

Ward County, ND

Resident Guide

FREE



- Local Events
- Residential Services
- Area History
- Parks & Rec. Info
- Local Attractions
- Hunting & Fishing Seasons
- DNR License Centers
- Outdoor Recreation Trails



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LOCAL AREA EVENTS

JANUARY

KMOT TV Ag Expo | Minot

FEBRUARY

American Legion Winter Conference | Minot
Soup it Up | Minot

MARCH

KXMC Sports & RV Show | Minot
Wild About Wheels | Minot
Home & Garden Show | Minot
Prairie Quilt Festival | Minot
Martini Masquerade | Minot

APRIL

The Big One Arts & Crafts Fair | Minot
Trestle Valley Marathon | Minot

MAY

Drag Racing at the Fairgrounds | Minot

JUNE

Roughrider Rodeo Association | Minot

JULY

Festival of the Parks | Minot
ND State Fair | Minot
MSU's Summer Theatre | Minot

AUGUST

The Great Tomato Festival | Minot

SEPTEMBER

Burlington Carousel Festival
Festival on Main | Minot
Motor Magic | Minot
Sertoma's Third Annual Beer Fest
Adult Kickball Tournament | Minot
Lamplighter Oktoberfest | Minot
Norsk Høstfes | Minot
Troll Games | Minot

OCTOBER

Kenmare Goosefest
Y's Men's Indoor Pro Rodeo | Minot
Artfest | Minot
Minot Flea Market

NOVEMBER

The Big One Arts & Crafts Fair | Minot
Pride of Dakota Holiday Showcase | Minot
Chamber of Commerce Showcase of Business
| Minot

DECEMBER

Renaissance Christmas Feast | Minot

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12:30 PM - Early Birds
1:00 PM - Regular Sessions
Mini Mid
4:00 PM

Evening Session
6:15 PM - Bingo Bennie
6:30 PM - Early Birds
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RESIDENTIAL SERVICES

Auditor/Treasurer	(701) 857-3420 or (701) 857-6426
Emergency Management	(701) 857-3561
Extension Service	(701) 857-6444
Home Flood Damage Hotline	(877) 212-0316
Highway Department	(701) 838-2810
Human Resources	(701) 857-6499
Kenmare Public Library	(701) 385-4090
Recorder	(701) 857-6410
Sheriff	(701) 857-6500
Social Services	(701) 852-3552
State's Attorney	(701) 857-6480
Superintendent of Schools	(701) 857-6495
Tax Equalization	(701) 857-6430
Veterans Services	(701) 857-6490
Ward County Jail	(701) 857-6535
Ward County Juvenile Detention Center	(701) 857-6518
Ward County Public Library	(701) 852-5388

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- Practice interview skills.

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or call 701-857-4488 for current class offerings



*I*n 1885 Ward County was established before the admission of North Dakota to the United States in 1889. The county was named after legislature member, Hon. J.P. Ward and Burlington was selected as the county seat until voters moved it to Minot in 1888. By 1900 its population had reached 7,961 and within 10 years its population grew dramatically to over 25,000 which was prompted by railroad expansion. The area has now become a popular destination for recreational enthusiasts as many hunting and fishing opportunities are available. Today Ward County is home to approximately 61,675 residents.

- BERTHOLD** – pop. 454
- BURLINGTON** – pop. 1,060
- CARPIO** – pop. 157
- DES LACS** – pop. 204
- DONNYBROOK** – pop. 59
- DOUGLAS** – pop. 64
- KENMARE** – pop. 1,096

- MAKOTI** – pop. 154
- MINOT (COUNTY SEAT)** – pop. 36,256
- RYDER** – pop. 85
- SAWYER** – pop. 357
- SURREY** – pop. 93
- *Populations are approximate.*

BURLINGTON

In 1883 Burlington was established and was the first community founded in Ward County. Mining dominated early industry as lignite coal was discovered throughout the area. By 1884 a post office was established with James Johnson serving as its first postmaster. Burlington was selected as the county seat of Ward County until it was moved to Minot in 1888 and the community has continued to prosper. Today Burlington is home to approximately 1,060 residents.

KENMARE

Kenmare was founded in 1897 as a post office was established. The community was named after Kenmare, Ireland and railroad development allowed for growth. In 1902 a windmill was constructed by a Danish resident which continues to attract visitors annually. The area is also home to the Des Lacs National Wildlife Refuge, a place known for its active bird population. Today Kenmare is home to approximately 1,096 residents.

MINOT (COUNTY SEAT)

Construction of the railroad in 1886 prompted the birth of Minot and the community was recognized as the “Magic City” due to its quick development. Within one year its population had reached 5,000 and continued to grow. The community was named in honor of railroad financier Henry Davis Minot and was incorporated in 1887. In 1888 the county seat was moved from Burlington to Minot, where it remains today. The area has witnessed substantial flooding within its history, however residents have continued to rebuild resiliently, a quality that makes Minot a great place to live and visit. Today Minot is home to approximately 36,256 residents.

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Get up earlier

Some of the most successful people in the world start their days before 6 a.m. It may be hard at first, but you can start by waking up 15 minutes earlier and gradually increase the time from there. Soon enough you will be awake and getting things done before most people are out of bed. That will allow you a head start on everybody else.

Start with "me time"

First thing in the morning go through all of your social media posts, respond to all of the little things that others need you to so they can get to work and set up a schedule for the rest of your day. Getting organized in the morning will help the rest of the day go smoother.

Sleep well

While waking up early is important, so is going to bed early. The bare minimum a person needs to sleep is 7-8 hours at a time to stay healthy. You will be able to think more clearly and make better decisions if you have a good night's sleep.

Use time-blocking

Take your to-do list and block off a time to get each item done. Make sure all of your desktop, online, mobile, and physical calendar's are in sync. You want to be on the same page with all your devices.

Once you have the time set aside to accomplish a task do not get distracted. If turning off your phone and locking yourself in a room is what it takes, then do that!

Use checklists

If you are operating under a deadline or you have a lot of tasks to accomplish, a checklist will help you keep you focused and on track.

Schedule breaks

Taking breaks is important because it allows your body and mind to get organized. If you schedule your breaks regularly it allows your mind to structure your day better. It would be hard for most people to do but if you can take a 10-20 minute power nap right after lunch it may help you feel energized and refreshed!

Clear your clutter

It is important to keep a clean work station because order will help your mind focus on accomplishing your goals. Even if it looks like a mess to others having a place for everything will help anybody focus and be more productive.

Get Fit

Being in shape and exercising regularly will help keep you energized throughout the day.

North Dakota

Oil Mining Facts

- Today there are 7,699 wells capable of producing oil and gas in North Dakota
- Each drilling rig creates approximately 120 direct and indirect jobs
- The time needed to drill a well has dropped by two-thirds since 2007 from 60 to 20 days
- A typical well drilled in North Dakota will produce about 540,000 barrels of oil during its 29-year lifespan
- North Dakota is the second largest producer of oil in the US
- Oil output from North Dakota has more than doubled in the last two years
- The Bakken which spans from North Dakota, Montana to part of Canada holds more oil than the Persian Gulf.
- North Dakota has more than 4,000 wells producing oil and gas



North Dakota

Agricultural Facts

- North Dakota production agriculture generates over \$5 Billion in cash receipts each year.
- Production agriculture is the largest aspect of North Dakota's economy, making up to 25% of the economic base.
- Nearly 25% of North Dakota workers are farmers or employed in farm-related jobs.
- North Dakota has over 30,000 farms and ranches.
- An average North Dakota farm is approximately 1,300 acres.
- Nearly 90% of North Dakota's land area is made up of farms and ranches
- Farms provide food and shelter for over 70% of North Dakota wildlife.
- North Dakota ranks third in the U.S. with 108,000 certified organic acres.



The winter can be tough for everyone. During these months you find yourself dealing with cold temperatures, ice, and snow. Here are a few ways to make your winter safer and more enjoyable.

Prevent slips and falls on ice.

- Wear cleats on your boots or shoes while outdoors.
- Take your boots or shoes off when indoors. They may have snow or ice on the bottom making them slick on smooth surfaces.
- Salt and sand driveway and sidewalks or have someone do it for you.
- Step down when getting out of a car or off a curb instead of stepping out.

Keeping warm

Before going outside in the wintertime you need to prepare yourself to prevent things like hypothermia or frostbite. Warning signs of hypothermia include, lots of shivering, cold skin that is pale or ashy, feeling very tired, confused and sleepy, feeling weak, problems walking, slowed breathing or heart rate. Warning signs of frostbite include, skin that's white or ashy (for darker skin) or grayish-yellow (for lighter skin), skin that feels hard or waxy, and numbness. Dress in Layers when going outside. For the best results, wear polypropylene or another man-made fabric next to the skin, a knit middle layer, and a man-made outer layer. Never stay in the cold if you have wet or damp clothing, it cools the body more quickly. Depending on the temperature or wind chill you may want to cover all exposed skin to reduce the risk of hypothermia or frostbite.

Carbon monoxide poisoning and fires

During the winter months the risks of carbon monoxide poisoning and fires is much greater due to the different heating methods used to stay warm. While trying to stay warm we are heating our houses with fire places, furnaces, electric heaters, and boilers. When one of these heating methods fail or stop working properly there are potential safety hazards.

- Make sure carbon monoxide detector and fire alarms are working properly.
- Have fireplace and chimney cleaned or furnace and boiler inspected.
- Make sure electric heaters are working properly and not too close to anything flammable.
- Keep a fire extinguisher easily accessible in the areas of your home that have a potential fire hazard.
- Never try heating your home with things that are not made for it like, a stove, oven, or grill.

Winter Driving

- Don't drive in bad weather unless you have to.
- Never use cruise control on snowy, icy, or wet surfaces.
- Increase your following distance.
- Have a phone on you and let someone know your plans.
- Check your car or get it inspected to make sure things like the tires, antifreeze, window wipers, window washer fluid, oil, battery, and other components are up to date and working properly.
- Stock your car with emergency supplies like a first aid kit, extra warm clothes or blankets, jumper cables, shovel, window scraper, a warning device like a flare or caution lights and a material like kitty litter or sand in case you get stuck on ice.
- Keep your gas tank close to full in case you end up stuck or stranded and to prevent gas line freeze.
- Clear off the entire car for increased visibility.
- Never warm up your vehicle in an enclosed area like a garage.

DES LACS NATIONAL WILDLIFE REFUGE

Co. Hwy. 2A | Kenmare | (701) 385-4046
 The Des Lacs National Wildlife Refuge is located on over 19,500 acres, serves as a haven for birds and a variety of wildlife and features hiking trails, hunting areas and fishing opportunities.

MAKOTI THRESHERS CAMPGROUND

S Main St. | Makoti | (701) 726-5623
 Makoti Threshers Campground features electrical hook-ups, fishing opportunities and is adjacent to the Makoti City Park which features a swimming pool, baseball field, tennis courts and playground equipment.

NELSON CARLSON LAKE PARK

Co. Rd. 22 | Douglas | (701) 838-2810
 Nelson Carlson Lake Park is located north of Douglas and features a campground, hiking trails, swimming beach and fishing opportunities.

OLD SETTLERS PARK

Park Rd. | Burlington | (701) 838-2810
 Old Settlers park is open May through October and features a campground with electrical hook-ups, baseball field, volleyball court, horseshoe pits, playground equipment and fishing opportunities. Camping fees are \$12 daily and an additional \$6 for electricity.

RICE LAKE PARK

Co. Rd. 13 | Ryder | (701) 838-2810
 Rice Lake Park is located northeast of Ryder and features a swimming beach, hiking trails and fishing opportunities.

Precautions:

- KNOW WHERE YOU CAN TAKE SHELTER IN SECONDS.
- HAVE A PLACE, EVERYONE KNOWS, TO GO TO AFTER THE STORM HAS PASSED.
- FLYING DEBRIS IS THE BIGGEST DANGER DURING A TORNADO. YOUR SHELTER SPACE SHOULD HAVE MATTRESSES OR THICK BLANKETS AROUND, TO PROTECT YOURSELVES.
- DO NOT OPEN YOUR WINDOWS TO TRY & "EQUALIZE THE PRESSURE." THIS ONLY MAKES IT EASIER FOR DEBRIS TO INJURE YOU.
- ALSO, STAY AWAY FROM WINDOWS!

Things to Look and Listen for:

- CONSTANT ROTATION OF THE CLOUDS BASE.
- FLYING/ROTATING DEBRIS UNDER THE CLOUD.
- TORNADOS DON'T ALWAYS HAVE A VISIBLE FUNNEL.
- HEAVY RAIN OR HAIL FOLLOWED EITHER BY AN EERIE CALM IN THE STORM OR RAPID WIND CHANGES & SHIFTS.
- LISTEN FOR LOUD, CONTINUOUS RUMBLING WITH NO BREAKS IN IT LIKE THUNDER.

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Do Not Open Your Windows!

AREA ATTRACTIONS

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BERTHOLD GOLF CLUB

1st Ave. SE | Berthold | (701) 453-3140

BLACK BUTTE ADVENTURES

4777 Hwy. 41 N | Velva | (701) 626-2226

DAKOTA TERRITORY AIR MUSEUM

100 NE 34th Ave. | Minot | (701) 852-8500

DANISH MILL

S Central Ave. | Kenmare | (701) 385-4257

DES LACS NATIONAL WILDLIFE REFUGE

Hwy. 52 & Co. Rd. 1 | Kenmare | (701) 328-5355

DOUGLAS CENTENNIAL MUSEUM

Prairie St. S | Douglas | (701) 529-4493

JACK HOEVEN WEE LINKS

900 Forest Rd. | Minot | (701) 857-1570

KENMARE COUNTRY CLUB

US Hwy. 52 | Kenmare | (701) 385-4384

LAKE COUNTY HISTORICAL MUSEUM

US Hwy. 52 | Kenmare | (701) 385-4248

LILLIAN & COLEMAN TAUBE MUSEUM OF ART

2 N Main St. | Minot | (701) 838-4445

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MAKOTI THRESHERS MUSEUM

Williams St. N | Makoti | (701) 726-5656

MINOT COUNTRY CLUB

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ROOSEVELT PARK ZOO

1219 E Burdick Expy. | Minot | (701) 857-4166

RYDER HISTORICAL MUSEUM

20510 SW 184th St. | Ryder | (701) 758-2527

SCANDINAVIAN HERITAGE PARK

1020 S Broadway | Minot | (701) 852-9161

SOURIS VALLEY GOLF COURSE

2400 SW 14th Ave. | Minot | (701) 857-4189

SPLASHDOWN DAKOTA SUPER SLIDE

2400 SW 10th St. | Minot | (701) 837-3100

V & R TOY MUSEUM

517 NE 3rd Ave. | Kenmare | (701) 385-4491

WARD COUNTY HISTORICAL SOCIETY

2005 E Burdick Expy. | Minot | (701) 839-0785

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**Hiking
Safety Tips**

Before heading out on a hike, make sure you are prepared. Determine the length of the hike you're going on and the type of terrain you are going to traverse. Make sure to wear suitable footwear depending on the weather and terrain. Pack an appropriate size backpack and proper gear for your hike. Let a friend or family member know when and where you are going and how long you plan on being gone.

For general information on firearm safety training call 1 (888) 646-6367 or (701) 328-6615.

Contact the North Dakota Game and Fish Department for specific zone areas:

Online: www.gf.nd.gov, By Phone: (701) 328-6300.

Turkey

Fall/Regular: October 14 - TBD
Spring/Regular: April 8 - May 14

Dove

September 1 - November 29, 2017

Pronghorn

Bow: September 1 - 24, 2017
Regular: October 6 - 22, 2017

Mule and White-tailed Deer

Bow: September 1 - January 7, 2018
Gun: November 10 - 26, 2017
Muzzleloader: December 1 - 17, 2017

Mule and White-tailed Deer (Youth Season)

September 15 - 24, 2017

Mountain Lion

Early Season/Firearms, archery equipment:
September 1 - November 26, 2017 (Zone 1)
Late Season/Firearms, archery equipment, and pursuing with dogs:
November 21 - March 31, 2017 (Zone 1)
Conditional Season/Firearms and archery equipment:
March 31 - TBD (Zone 1)
Regular/Firearms and archery equipment.
Beginning November 21, mountain lions may also be harvested by pursuing with dogs:
September 2 - March 31, 2017 (Zone 2)

Ring-necked Pheasants

Regular: October 14 - January 7, 2018
Youth: September 30 - October 1, 2017

Sharptail Grouse, Hungarian Partridge, Ruffed Grouse, Squirrel

September 9 - January 7, 2018

Mink and Muskrat Trapping

October 22, 2017 - May 10, 2018

Fox (Red and Gray)

Regular/Firearms, traps, archery equipment, pursue with dogs:
Open Year-Round
Regular/Cable Devices:
November 27, 2017 - March 15, 2018
Hunting at Any Hour/Firearms:
November 27, 2017 - March 15, 2018

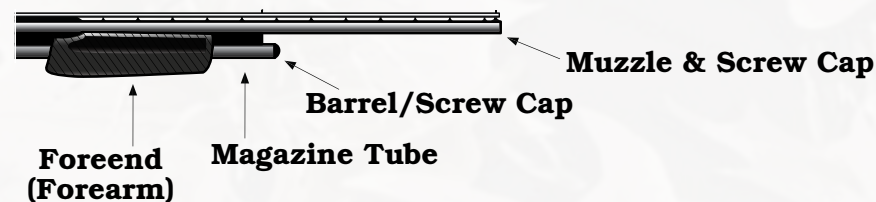
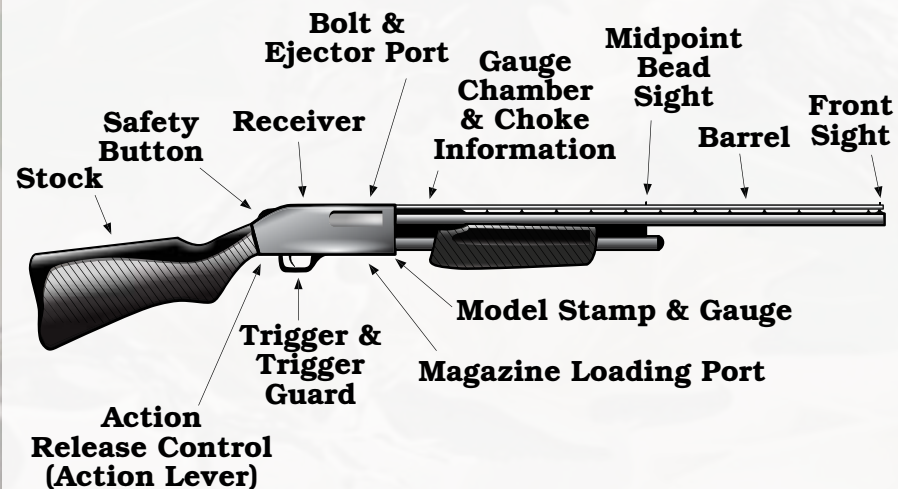
Ducks

Regular - Resident Only:
Low Plains Unit: September 23 - December 3
High Plains Unit: September 23 - December 3
Regular - Nonresident Only:
Low Plains Unit: September 30 - December 3
High Plains Unit: September 30 - December 3
Regular - Resident Only:
High Plains Unit: December 9 - December 3

Canada Geese

Early Season:
August 14 - September 15, 2017
Regular - Resident Only:
September 23 - December 21, 2017
Regular - Nonresident Only:
September 23 - December 21, 2017

*Contact the ND GFD for specific zone and season information by calling: 1 (888) 646-6367.



All hunters should consider taking an advanced hunter education class to learn the latest hunting techniques along with tips on coming home alive.

Here are 5 Suggestions for a safe and successful hunting experience:

1. Get a detailed map of the area you are hunting, review it before you leave, and carry it with you in the field.
2. Carry a compass and know how to use it. Decide ahead of time the direction to head for if you get lost or disoriented.
3. Weather can change quickly, so hunters should carry a simple survival kit and be prepared for an unexpected overnight stay in the field. The survival kit should contain a rope, a knife, water, waterproof matches, an emergency shelter, and first aid supplies.
4. If you are on the water, make sure to wear a personal flotation device (life preserver).
5. Know your hunting partners' physical and emotional limitations, as well as your own, and don't push your partners or yourself beyond those limits.

You can purchase hunting and fishing licenses, cross-country ski passes and snowmobile trail stickers through the Electronic License System. Online www.dnr.state.nd.us, Toll Free: 1 (888) 646-6367
Or visit one of the ELS agents available throughout the area:

GAS STOP

3010 S. Broadway | Minot | (701)852-5717

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Fall Preparation & Clean Up

- Clean out the gutters.
- Clean or replace dirty furnace filters.
- Clean humidifiers by replacing old filters and clean the inside compartment.
- Drain and winterize outdoor faucets and irrigation systems.
- Winterize air conditioning unit (depending on climate).
- Remove fallen leaves from the lawn and fertilize.
- Service sprinklers and irrigation system.
- Put away seasonal furniture.
- Put up storm windows.
- Repair damaged sidewalks, driveways and steps.
- Seal windows and cracks around the house.
- Insulate the duct work in your home.
- Test smoke and CO monitors also inspect fire extinguishers.
- Get the furnace and water heater checked by a professional.
- Check fireplaces for soot or creosote build-up.
- Get your winter equipment ready.
- Inspect your roof for damage.

ICE SAFETY GUIDELINES:



Did you know?

- Ice always forms unevenly. It can be 2 feet thick in one spot, and just a few inches thick a couple feet away.
- The most dangerous ice is formed over flowing water. It's especially dangerous near streams, culverts and bridges. Also, the faster the water is running, usually means the weaker the ice will be.
- Snow insulates the ice and slows the freezing process. The added weight of the snow reduces the strength of the ice. Also, ice that is closer to shore is usually weaker than ice farther out.
- Cracking and rumbling ice isn't always bad. The ice expands and contracts as the temperature rises and falls.
- Fish and birds/wildlife can also effect the ice. Schools of fish can bring warm water from the bottom of lakes, and open holes in seemingly thick ice.
- **ALWAYS BE CAUTIOUS WHEN YOU ARE ON ICE!**



HUNTING/FISHING FEES

Certain species licenses are issues by lottery and require additional application procedures. Contact the North Dakota Game and Fish Department for license availability and eligibility. Online: www.gf.nd.gov, By Phone: (701) 328-6300.

RESIDENT	NON-RESIDENT
FISHING, HUNTING, FURBEARER CERTIFICATE (Prerequisite for All Hunting/Fishing Licenses) \$1.00	FISHING, HUNTING, FURBEARER CERTIFICATE (Prerequisite for All Hunting/Fishing Licenses) \$2.00
GENERAL GAME & HABITAT LICENSE (Prerequisite for Hunting Licenses) \$13.00	GENERAL GAME & HABITAT LICENSE (Prerequisite for Hunting Licenses) \$13.00
COMBINATION FISHING/HUNTING (General Ages 16+) \$32.00	SMALL GAME LICENSE (General) \$85.00
SMALL GAME LICENSE (General Ages 16+) \$6.00	WATERFOWL (State-Wide) \$125.00 (Zone-Restricted) \$85.00
SANDHILL CRANE PERMIT* \$5.00	NON-GAME (General) \$15.00 (Furbearer & Non-Game) \$25.00
DEER (Gun 1st Lottery) \$20.00 (Bow) \$20.00 (Youth Gun/Bow) (Ages 16 & Under) \$10.00	SANDHILL CRANE PERMIT* \$5.00
PRONGHORN (Gun 1st Lottery) \$20.00 (Bow) \$20.00 (Youth Gun/Bow Ages 16 & Under) \$10.00	DEER (Gun 1st Lottery) \$220.00 (Bow) \$200.00
FURBEARER (Trapping/Hunting Ages 16+) \$7.00	PRONGHORN (Bow) \$200.00
WILD TURKEY* (Spring/Fall 1st Lottery) \$8.00	WILD TURKEY* (Spring/Fall 1st Lottery) \$80.00
FISHING (General Ages 16+) \$10.00 (Husband/Wife) \$14.00 (Senior Citizen 65+ & Permanently Disabled) \$3.00 (Paddlefish) \$3.00	FISHING (General Ages 16+) \$35.00 (Husband/Wife) \$45.00 (3 Day) \$15.00 (10 Day) \$25.00

*Requires small game license in addition to permit.

Summer Energy Saving Techniques

Conduct an energy assessment to find out where you can save the most. This will allow you to see where the biggest problem areas are.

Windows

- Close curtains during the day to block sunlight and open them at night.
- Plant trees, shrubs, or vines to help shade your home.
- Apply solar window film to windows.

Adjust Your Thermostat

- When you're home and awake, set your thermostat at the highest comfortable temperature.
- When you're out of the house, turn your thermostat up. You can save 1-3 percent per degree, for each degree the thermostat is set above 72 degrees, depending on the outside temperature.
- You can set a programmable thermostat to keep the temperature where you want day and night.

Maintain Your Cooling Systems

- Schedule service for your cooling system.
- Do regular maintenance to keep your cooling system operating efficiently.

Fans and Vents

- Keep inside air vents clear from furniture and other objects.
- Run energy efficient ceiling and whole-house fans to circulate the air.
- Use the bathroom vent to remove the heat and humidity after showering.

Appliances and Electronics

- Try not to use the oven on hot days. Cook on the stove top, microwave, or grill outside.
- Keep your fridge and freezer full. The refrigerator will run less often.
- Air dry dishes in the dish washer.
- Wash laundry with cold water and air dry.
- Unplug electronics when not in use.

Lighting

- Use light emitting diodes "LED's". They use less energy and have a longer life span, plus they produce less heat than incandescent and CFL bulbs.

Winter Energy Saving Techniques

Windows

- Open curtains during the day to allow sunlight in and close them at night.
- Tape a clear plastic sheet or film to the window frames.
- Install insulating drapes or shades on windows.

Adjust Your Thermostat

- When you are home and awake, set your thermostat at the lowest comfortable temperature.
- When you are asleep or out of the house, turn your thermostat down about 12 degrees for eight hours and save around 10% a year on your heating bills.
- You can set programmable thermostats to keep the temperature where you want day and night.

Air Leaks and Insulation

- Seal the air leaks on the inside and outside walls of your home. These can be holes for pipes and wires, gaps around chimneys, or unfinished spaces behind cupboards and closets.
- Add caulk or weatherstripping to seal air leaks around leaky doors and windows.
- Check your attics insulation. Depending on what climate you live in there are different insulating products and thickness that work best for your area.

Maintain Your Heating Systems

- Schedule service for your heating system.
- Do regular maintenance to keep your heating system operating efficiently.
- Furnace - Replace your furnace filter once a month or as needed.
- Fireplace - Clean the flue vent regularly and the inside of the appliance with a wire brush periodically to ensure that your home is heated efficiently.

Lower Your Water Heating Costs

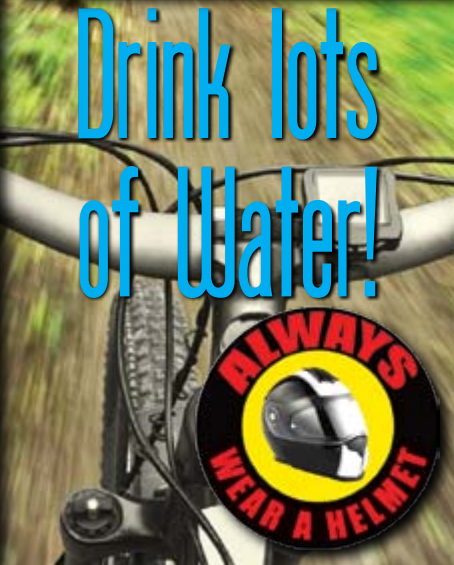
- On average 18% of the energy consumed in your home is from the water heater. Turn down the temperature of your water heater to a setting around (120°F). This will save energy and can help prevent burns.

Lighting

- Use light emitting diodes "LED's". They use less energy and have a longer life span.

Be Aware of your Surroundings

- Always wear a properly fitting bike helmet as most serious injuries are to the head.
- Be sure your handlebars, seat and wheels fit snugly.
- Keep your bike in good shape by checking and oiling your chain, making sure your brakes work properly and maintaining your tire pressure.
- Always ride with both hands on the handlebars except when doing turn signals.
- When leaving a driveway, curb or alleyway always stop and check for traffic in both directions.
- Cross only at intersections.
- Use the crosswalk to walk your bike across busy intersections and follow the traffic signals.
- Never ride against traffic. Travel in the same direction as the cars.
- Whenever you can, use bike routes and avoid busy streets.
- Don't ride near parked cars as doors can open and cause accidents.
- Obey all traffic signs and traffic lights.
- When biking with friends, ride in a single file.
- Always pass other bikers or pedestrians on the left and say "On your left!" to make your presence known.
- Always use bicycle hand signals to alert traffic of your changing direction.



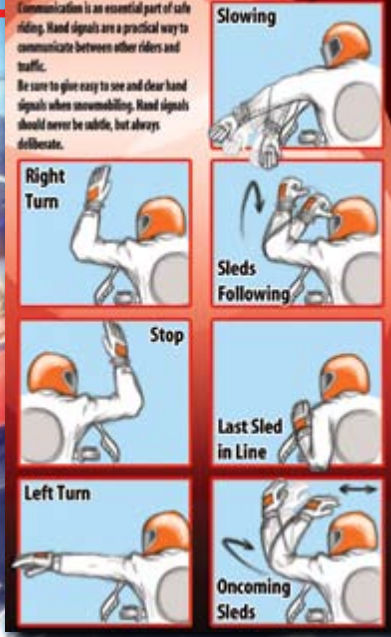
Know Your ATV

Read the owner's manual and know your vehicle thoroughly.

- Check your vehicle before you ride.
- Wear protective equipment and clothing.
- Don't lend your vehicle to unskilled riders.
- Supervise young or inexperienced riders.
- Never carry a passenger on vehicles meant for one rider.
- Do not operate under the influence of drugs or alcohol.
- Drive at speeds that are appropriate to trail conditions.
- Stay to the right on trails.
- Stay away from thin ice, open water and wetlands.
- Know the weather forecast.
- Make sure headlights and taillights work properly.
- Maintain safe distances between other riders.
- Reduce your speed when riding at night.
- Yield to other motor vehicles and trail users.
- Young or beginning riders are encouraged to take a safety training course.

- Do not consume alcohol or take drugs prior to or during your snowmobile trip. Doing so increases your chances of injury or death.
- Slow down and don't cut to the inside of the trail corners. It's dangerous and illegal.
- If you snowmobile at night, don't override your lights.
- Always use the buddy system. Never ride off alone.
- Drowning is one of the causes of many snowmobile fatalities. Whenever possible, avoid the ice.
- Wear sensible, protective clothing designed for operating a snowmobile.
- Use a full size helmet, goggles, or visor to prevent injuries from twigs, stones, ice chips and other debris.
- Avoid wearing long scarves. They may get caught in moving parts of the snowmobile.
- Know the terrain you are going to ride. If unfamiliar to you, ask someone who has traveled over it before.
- Know the weather forecast, especially the ice and snow conditions.
- Be sure your snowmobile is in top-notch mechanical condition throughout the months of use.
- Familiarize yourself with the snowmobile you are driving. Thoroughly read the manual that accompanies the snowmobile.
- Do not pursue domestic or wild animals. That is not the conduct of a sportsman. Report such violations to the nearest law enforcement officer.

Snowmobile Hand Signals



PRIVATE PROPERTY
NO TRESPASSING

Please respect private property and no trespassing signs. Stay on trails. Exercise extreme caution on all lakes and streams. Obey all state and local laws and ordinances. Do not operate snowmobiles/ATV's on county roads or state highways.

Eat Breakfast

A healthy balanced breakfast every morning is very important. It allows your body to run smoothly throughout the day and can help with weight control while lowering your cholesterol levels. It will improve things like concentration, performance and strength. Also studies have shown that women who skip breakfast have a higher chance of developing diabetes and men who skip breakfast have a higher chance for heart disease.

Eat Your Greens

Leafy greens and vegetables contain phytochemicals which help to fight diseases. This will help against things like metabolic syndrome, diabetes, cancer and strokes. Vegetables are also rich in fiber which helps with hunger. The recommended amount of vegetables for the average person is around 2 ½ cups a day.

Drink Enough Water

Many people don't get enough water throughout the day. It is recommended that the average person drinks roughly a half gallon a day which is equal to about eight 8 ounce glasses. Water helps rid the body of toxins and with unwanted weight gain by flushing out by-products of fat in your system. Water also helps your immune system, energy levels, focus and mood.

Take a Walk During Lunch Break

Your body and mind benefit greatly when getting out for a quick walk. A walk can help with weight management, blood pressure, bone strength, balance and coordination. Plus it helps you focus by getting extra blood flow and oxygen to your brain. Also a lot of people don't get enough vitamin D in their diet and getting outside is one of the easiest ways to ensure you are getting your vitamin D.

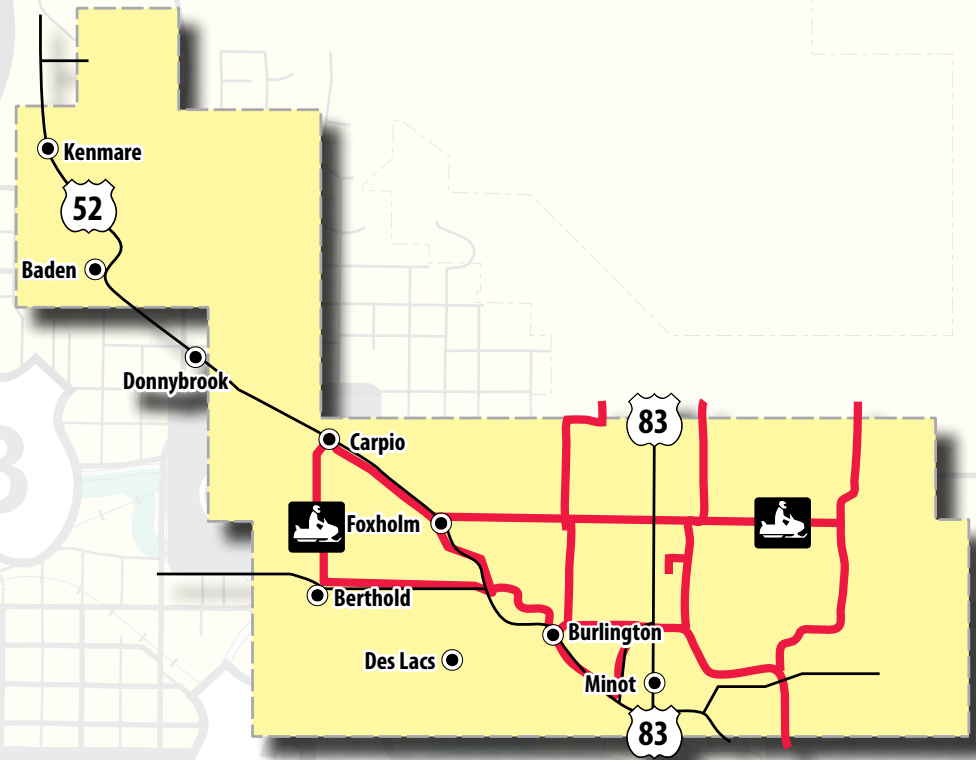
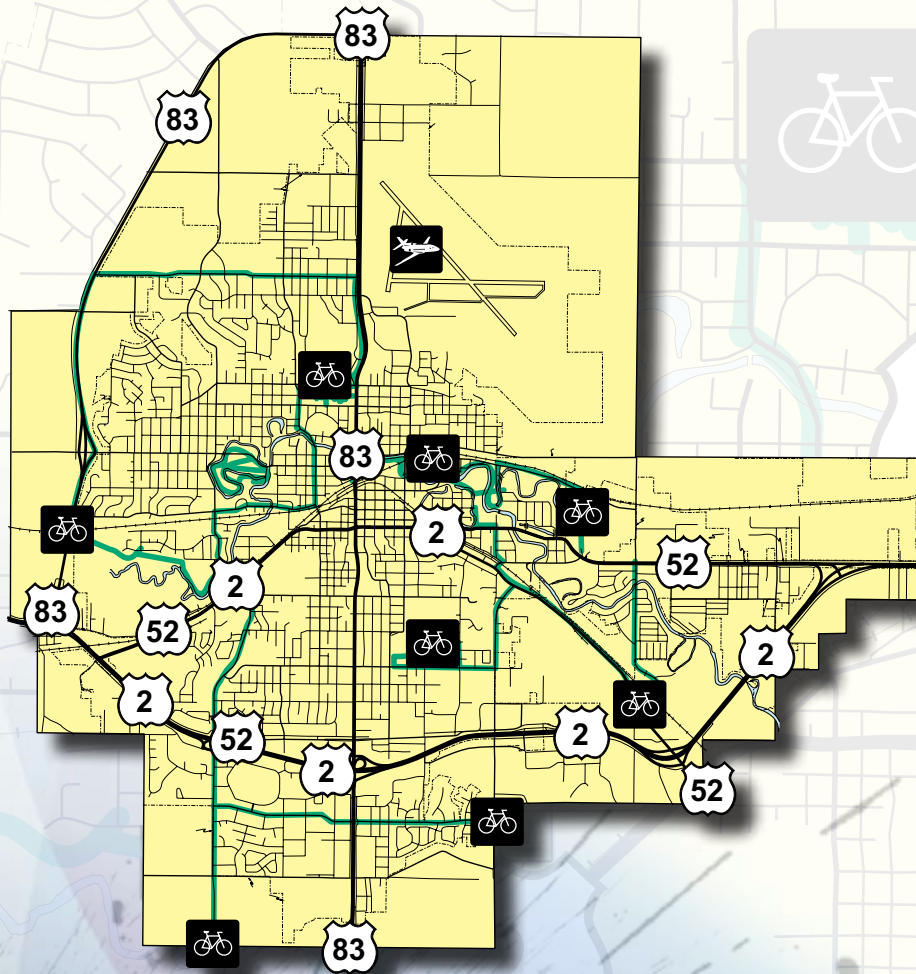
Get Up and Move




It is important to try and get around 10,000 steps in per day. It is very hard on our bodies when we are slumped over a desk or kicked back in a recliner all day. Studies have shown that just from walking more you can lower your risk of high cholesterol, high blood pressure and diabetes. It may be hard to get the 10,000 steps in every day but doing small things like getting up from your desk every so often and doing a lap around the office or parking farther away from your destination will help.

Floss and Brush

This might not seem like the most significant health issue but it is very important. If you don't floss and brush daily you build up plaque on your teeth and at the gum lines. This can lead to things like gum disease and if not treated can enter the bloodstream and trigger inflammation in the arteries causing things like heart disease, diabetes, erectile dysfunction in males and delayed conception for women.





-  Snowmobile Trail
-  Bicycle Trail/Route
-  Airport Locator

Recreation Trails

Get Active!!!

- Yard Work
- Gardening
- Walk the Dog
- Bike Ride
- Swimming
- ANYTHING!!!

Go Outside and Do SOMETHING!

Anything to get your heart rate up,
and your blood flowing...

YOU'LL FEEL BETTER and it's good for your health!



Tips on Living Greener



Recycle as much as you can. Even simple everyday things, such as plastic bottles and aluminum cans, can make a huge difference.



Switch your incandescent light bulbs to compact fluorescent ones. Save money and energy.



Bring your own reusable shopping bags with you to the supermarket or the mall.



Donate your unwanted clothing to a local charity. Eyeglasses, household items, electronics and even vehicles can be accepted.



Recycle your used ink and toner cartridges. Most office supply stores accept used cartridges.



Recycle your used batteries. This prevents poisonous mercury from seeping into our water supplies and soil. Switch to rechargeable ones.



Switch to unbleached toilet paper, paper towels and coffee filters. Avoiding bleached products can help preserve our water supply and soil.



Unplug any unused appliances. Your cellphone charger uses electricity, even when your phone isn't charging - especially if you are not going to be home.



Bring your own lunch. You'll avoid using non-recyclable styrofoam to-go containers and unnecessary throw-away packaging.



Start a compost bin in your yard. There are even ones that you can store under your kitchen sink.



Be crafty. Let old items be an inspiration for a craft project and repurpose old items. Punch holes in tin cans to make candle luminaries or use empty yogurt containers to organize nuts and bolts.



Have a green-cleaning product party. Invite your friends over to make enough vinegar-based homemade cleaners to share.



Run your washer/dryer/dishwasher after 5pm. This is when less electricity is being used, especially in larger cities. In air-conditioned summer months this can help prevent blackouts.



Reduce - Reuse - Recycle

PARENTS:

- Teach your kids that an emergency is when you need help from a doctor, a police officer or a firefighter.
- Designate a safe place by your house that a child can go to if they need help right away.
- Have your kids memorize your address and phone numbers. They should also know your full name and where you work.

KIDS:

FIRE SAFETY

- If you or someone else is on fire - remember to STOP, DROP and ROLL. Wrap a blanket on the person to help put out the fire.
- If there is a fire, leave the house as fast as you can! Crawl on the floor to avoid smoke and if the door is hot, don't open it - find another way out.
- Learn all the fire exits in your house. Assign a safe place outside for everyone to meet in case of a fire emergency.

HOME ALONE

- Never tell anyone that you are home alone.
- If someone calls and asks for your mom and dad, tell them "They cannot come to the phone right now, can you please call back later?"
- Do not answer the door, unless it is someone that you know your parents have okay'd them to come over.



FIRST AID FOR INSECT BITES/ANAPHYLAXIS & POISON SAFETY

INSECT BITES/ANAPHYLAXIS

Anaphylaxis is a severe allergic reaction from insect bites (latex, food and drug allergies can also cause Anaphylaxis). Typical symptoms include hives, the swelling of lips or eyes, swollen throat, drop in blood pressure, light headedness, confusion, nausea or diarrhea. If someone is having an allergic reaction from an insect bite seek medical attention immediately.

POISON PREVENTION

Teach your children about poison and how it can look like a food or drink. They should always ask an adult before eating or drinking anything. Have them learn the poison control phone number: 1-800-222-1222 and keep it programmed or posted near all your phones. Here are some prevention tips.

Lock up your poisons and medications. Keep them out of the reach of children, lock them up if possible. Make sure your children understand that medicine is not candy.

Follow directions carefully. Read your labels. Be sure to use and store all poisons and medications properly according to recommendations.

Keep your pets safe from household chemicals, too. Don't allow pets near areas that have just been cleaned with chemicals, such as freshly mopped floors or bleached bathtubs and sinks. Clean up any antifreeze/coolant spills. Pets like the flavor but they can die if they ingest it. Store poisonous foods or plants in areas that your pets cannot access. Call your local emergency veterinary hospital if you believe your pet has been poisoned.



SAFETY TIPS

FIRST AID FOR BURNS & CHOKING

BURNS

For minor 1st and 2nd degree burns smaller than 3" in diameter: Cool the Burn. Run cool water over the burned area for 5 minutes, or until the pain diminishes. Never put ice on a burn!

Bandage the burn with sterile gauze:

It is important to use loosely wrapped gauze. This will avoid pressure and the bandage protects blisters. NEVER put lotions, vaseline, ointments or butter on burn. Do not break any blisters, which can cause infection.

Take Aspirin, Ibuprofen, Naproxen or Acetaminophen to relieve pain:

Minor burns usually heal with these basic treatments. Be aware for signs of infection which may include: increased pain, redness, fever, swelling or oozing. If symptoms develop, seek medical help. Avoid tanning the burned area for at least a year. Protect the area with sun-screen outdoors. Avoid giving aspirin to children.

For 3rd degree burns/all major burns - DIAL 911

DO NOT run cold water over large severe burns - this can cause shock.

DO NOT remove burnt clothing.

Check for signs of breathing/coughing/movement.

If there are no signs of breathing begin CPR.

Elevate burned areas above heart level, if possible.

Cover the burn(s) with cool, sterile, moist bandages, towels or cloth.

CHOKING

Most people clutch at their throats when choking, an obvious symbol for help. However, if a person isn't giving that signal, be alert for these indications. Inability to talk, difficulty breathing or noisy breathing, inability to cough forcefully, skin/lips/nails turning blue, loss of consciousness.

The Red Cross recommends a "five-and-five" method for first aid: First give five blows between the person's shoulders with the heel of your hand. Second, perform the Heimlich maneuver (abdominal thrusts) five times. Alternate between five back blows and five abdominal thrusts until the blockage is dislodged.



IN AN EMERGENCY, DIAL 911

Shop • Dine Play • Stay



LOCALLY



...and support the community you live in!