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FREE Resident Guide



Information Included

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

ITASCA COUNTY
WITH GRAND
RAPIDS, MN



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JANUARY

Family Night at the Itasca Curling Club | Grand Rapids
White Oak Sled Dog Classic | Deer River
Winter Fest | Deer River
Wine Country Tales: A Pairing of Music and Art | Grand Rapids
Jacobson Classic Snowmobile Ride | Grand Rapids

FEBRUARY

Annual Chili Bowl | Grand Rapids
Itasca Symphony Orchestra | Grand Rapids
Hurlbut-Ziemer American Legion Post 475 Ice Fishing Contest | Grand Rapids
Hurlbut-Ziemer Ice Fishing Contest | Marble

MARCH

Fun Fair Carnival & Expo | Duluth
Northern Minnesota Builder's Show | Grand Rapids
Grand Rapids Area Boat Show
Once in a Lifetime Perch Tournament | Grand Rapids
Jaycee's Home, Sport & Travel Show | Grand Rapids
Polar Bear Plunge | Grand Rapids
Home and Cabin Show | Grand Rapids
Jaycees Home Sport & Travel Show | Grand Rapids
Fat Forest Fourteen (Fat Tire Bike Race) | Grand Rapids

APRIL

Arrowhead Home & Builders Show | Duluth
Art for Earth Day Gallery Hop | Duluth
Homegrown Music Festival | Duluth
Easter Egg Hunt | Throughout Iron Range
Last Chance Bonspiel | Hibbing
Vocal Essence: River Songs & Tales with Mark Twain | Big Fork

MAY

Christopher & Banks MS Walk | Duluth
Dulcimer Day in Duluth Folk Music Festival
Memorial Day Parade | Duluth
Grand Rapids Farmer's Market
Old Car Cruise Night | Grand Rapids
Stockcar Races | Grand Rapids
Fishing Opener BBQ | Grand Rapids
Dylan Days | Hibbing

MAY CONTD.

North Central MN Farm & Antique Assn's Swap Meet & Consignment Auction | Blackberry
James Sewell Ballet | Grand Rapids
Get Fit Itasca Open Streets-Children First! Event | Grand Rapids

JUNE

Grandma's Marathon | Duluth
Larkin Hoffman MS 150 Bike Tour | Duluth
Lincoln Park District Walleye Open | Duluth
Minnesota State H.O.G. Rally | Duluth
Park Point Art Fair | Duluth
Sieur Du Luth Summer Arts Festival | Duluth
Spring Dance | Grand Rapids
Bigfork Wilderness Days
Durchroom Softball Tournament | Grand Rapids
Bluegrass Festival | Grand Rapids
Judy Garland Festival | Grand Rapids
Hibbing Jubilee
Shifters Car Show | Hibbing
National Trails Day | Park Rapids
Ladyslippers of Itasca | Park Rapids

JULY

Downtown Duluth Sidewalk Days
Finn Fest in Duluth
Northshore Dragon Boat Festival | Duluth
Spirit Valley Days | Duluth
All Spartan Class Reunion | Keewatin
Keewatin Centennial Fireworks
Round Robin Canoe Race | Grand Rapids
National Lumberjack Championships | Keewatin
Prior Lake Water Ski Show | Keewatin
Two-Town Ten Trillion | Nashwauk
4th of July Parade | Nashwauk, Keewatin, Grand Rapids
Coleraine City Band Concert
Juried Art Show | Bigfork
Deer River Wild Rice Festival
Timberman Triathlon | Grand Rapids
Woodcraft Festival | Grand Rapids
MacRostie Art Center Garden Tour | Grand Rapids
Krazy Dayz Sales | Grand Rapids

JULY CONTD.

Larry Maki Memorial Stockcar Race | Grand Rapids
Northstar Stampede Rode | Effie
Northern Cruisers Car Show | Grand Rapids
Mines & Pines | Hibbing
Lions Club Fly'n-Drive In Pancake Breakfast | Bigfork
Harris Township Centennial Celebration
Women on Water Fishing Tournament | Grand Rapids
Calumet Centennial
Worldwide Photowalk | Grand Rapids
Judy Garland Festival | Grand Rapids
South St. Louis County Fair | Proctor
Car Show and Swap Meet | Grand Rapids
Mississippi River Music Festival | Grand Rapids
Shootin the Rapids | Grand Rapids

AUGUST

Brewhouse Triathlon | Duluth
Glensheen's Festival of Fine Art and Craft | Duluth
Bayfront Blues Festival | Duluth
Juried Art Exhibition | Grand Rapids
Star of the North Youth Golf Tournament | Grand Rapids
Labor Day Shootout | Hibbing
Arts & Crafts Fair | Bigfork
White Oak Rendezvous | Deer River
Tall Timber Days | Grand Rapids
Greater Grand Rapids Rodeo
White Oak Casino Anniversary Celebration | Deer River
Dave Wohlers Memorial | Grand Rapids
Fish-A-Rama & Family 5k Fun Race | Coleraine
Threshing & Antique Show | Blackberry
Itasca County Fair | Grand Rapids
Real Horsepower & a Little Ox Power | Grand Rapids
St. Louis County Fair | Hibbing
North Country Hiking Fest | Park Rapids
Family Music Festival | Lake Itasca
Lumberjacks and Loons Bicycle Tour | Park Rapids

SEPTEMBER

Chisholm Fire Days
Burrito Union 10-hr Triathlon | Duluth
Grandma's Oktoberfest Celebration | Duluth
NorthShore Inline Marathon | Duluth

SEPTEMBER CONTD.

Bovey Farmer's Days
Goods From the Woods | Grand Rapids
12k Woodtick Run | Grand Rapids
Autumn Harvest Festival and Lantern Lit Hike | Park Rapids

OCTOBER

Halloween Trick-or-Treat | Throughout Iron Range
Boo at the Zoo | Duluth
Haunted Ship | Duluth
Midnight Sun Grand Traverse | Duluth
Fall Colors Vista Hike | Park Rapids
Edge Center for the Arts Gallery | Big Fork
MacRostie Art Center First Friday Opening Reception | Grand Rapids

NOVEMBER

Area-Wide Craft Sales | Throughout Iron Range
AMSOIL Duluth National Snocross
Bentleyville "Tour of Lights" | Duluth
Gales of November | Duluth
Gobble Gallop Race | Duluth
PAVSA Art Auction | Duluth
The Polar Express Train Ride | Duluth
Cabin Crafters Craft Sale | Grand Rapids
Christmas Lights & Carols | Grand Rapids
Hunting Widow's Mountain Bike Ride | Grand Rapids

DECEMBER

Glensheen Holiday Brunches | Duluth
Holiday Banquet & City Lights Tour | Duluth
Holiday Gallery Stroll | Duluth
Holiday Spirit in the Lights | Duluth
Weihnachtsfest | Duluth
Star of the North Hockey Tournament | Grand Rapids
Christmas Program | Grand Rapids
Formal Colonial Christmas Dinner | Deer River
Wildlife Tracking Hike | Park Rapids

* For more MN events visit

www.exploreminnesota.com

RESIDENTIAL SERVICES

ITASCA COUNTY

Administration	(218) 327-2847
Assessor	327-2861
Attorney	327-2867
Auditor/Tasurer	327-2860
Court Administration	327-2870
Emergency	911
Environmental Services	327-2857
Extension Service	327-7486
Health & Human Services	327-2941
Information Services	327-2862
Land Department	327-2855
Parks Department	327-2855
Probation/Parole	327-2869
Recorder	327-2856
Sheriff	327-7470
Soil & Water Conservation	326-0017
Surveying & Mapping	327-2854
Transportation	327-2853
Veterans Services	327-2858

GRAND RAPIDS

Administration	(218) 326-7600
Airport	326-0893
Civic Center/Parks & Recreation	326-2500
Community Development	326-7601
Engineering	326-7625
Finance	326-7603
Fire Department	326-7639
Library	326-7643
Police Department	326-3464
Public Works	326-7480
Public Utilities	326-7024

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Itasca County was originally inhabited by Indians and later fur trappers, until loggers were attracted to the white pines in the area in 1829. By 1872, over 17 lumber camps had been established and more followed. As lumbermen needed supplies, stopping places such as Grand Rapids were built throughout the area which often included a hotel, saloon, general store and warehouse. In 1874 a post office was established in Grand Rapids by Lowe Seavey and by 1880, the Iron Range was full of loggers. Settlers began arriving and a school house was built in 1887 in Grand Rapids. In 1890 the Winnipeg Railroad line reached the Grand Rapids area and roads were improved, causing the county to boom. After incorporation in 1891, Grand Rapids successfully battled LaPrairie for the county seat. By 1900 Itasca County had a population of 4,573. Today Itasca County is home to approximately 45,058 residents.

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Would like to Thank You for **30 Years** of Loyal Business

- BIGFORK** – pop. 443
- BOVEY** – pop. 665
- CALUMET** – pop. 355
- COHASSET** – pop. 2,541
- COLERAINE** – pop. 1,008
- DEER RIVER** – pop. 918
- EFFIE** – pop. 85
- GRAND RAPIDS** – pop. 8,743
- KEEWATIN** – pop. 1,070

- LA PRAIRIE** – pop. 593
- MARBLE** – pop. 672
- NASHWAUK** – pop. 915
- SQUAW LAKE** – pop. 94
- TACONITE** – pop. 293
- WARBA** – pop. 176
- ZEMPLE** – pop. 93

**Populations are approximate.*

BIGFORK

Loggers, fur traders and trappers were the first to develop the area known as Bigfork. The first settler, Damase Neveaux, claimed land and built a log cabin near the Big Fork River in 1892. As a result, the community was named after the Big Fork River. The first post office was established in 1902 and incorporation followed in 1907. Today Bigfork is home to approximately 443 residents.

BOVEY

Located in Arbo Township, Bovey was developed as a logging site and many locals were involved in the mining industry. Erick Johnson opened the first store in 1903. A year later he established the post office and the community was platted on 40 acres of forested land. Incorporation soon followed. Today Bovey is home to approximately 665 residents.

CALUMET

Calumet was first settled by loggers and miners in 1880. The area was named after Indian peace pipes. As the Hill Mine was established, Calumet became an official community. A general store, hardware store, blacksmith shop, women's clothing store, cigar factory, butcher shop, ice house, livery barn, public sauna and 14 saloons were opened by 1900. In 1908 a post office was established and Calumet was incorporated in 1909. Today Calumet is home to approximately 335 residents.

COHASSET

Located in Bass Brook Township, Cohasset was named after an Indian word for pine trees. In 1892 a post office was established and the community was incorporated in 1902. Minnesota Power, one of Minnesota's largest electrical production operations, is located here. Today Cohasset is home to approximately 2,541 residents.

COLERAINE

Settled by miners and loggers, Coleraine was named after Thomas F. Cole, a prominent figure in the northern iron mines. The community was developed in 1904 by John Campbell Greenway as an Oliver Mining town. In 1906 a post office was established and by 1909 Coleraine was incorporated. Today Coleraine is home to approximately 1,008 residents.

DEER RIVER

Settled by fur traders and loggers, Deer River was established in 1894. As the community developed, Deer River was known as a booming lumberjack town. With the arrival of the railroad in 1898, the population dramatically increased. Roads, sidewalks and businesses were then built to accommodate the growing needs of the community. Today Deer River is home to approximately 918 residents.

EFFIE

As the Minneapolis and Rainy River Railway arrived to the area, development in Effie began. The first post office was established by Eva R. Wenaus in 1903 and named the community after her daughter, Effie Wenaus. Today Effie is home to approximately 85 residents.

GRAND RAPIDS

Logging camps and trading posts were the first buildings in the area known as Grand Rapids. In 1872 the Potter Company General Store was built and the post office was established in 1874. Named after the Mississippi rapids, Grand Rapids was first incorporated as a village in 1891. A year later the community successfully battled LaPrairie for the county seat. In 1957 Grand Rapids was incorporated as a city. The Blandin Paper Company, internationally recognized for making the lightest weight coated paper ever produced, is located here. Today Grand Rapids is home to approximately 8,743 residents.

KEEWATIN

In 1904 large deposits of iron ore were discovered and settlement of Keewatin began. The area is named after an Indian word meaning "north wind." As a slow growing community, development in Keewatin did not begin until the Great Northern Railroad arrived in 1909. Today Keewatin is home to approximately 1,070 residents.

LA PRAIRIE

Located in Grand Rapids Township, LaPrairie developed as a logging community. The area was first known as Neal's Landing after Neal Carr, changed to Nealsville, renamed Saginaw and finally deemed LaPrairie. In 1890 the railroad arrived, the first post office was established and LaPrairie was incorporated. Today LaPrairie is home to approximately 593 residents.

MARBLE

Albert F. Gross built the first homestead in the area known as Marble in 1888, who founded the Gross-Marble Mining Company. The community was then platted by the Oliver Mining Company in 1908 and the post office was soon established. Today Marble is home to approximately 672 residents.

NASHWAUK

The first mining community in Iron Range, Nashwauk was platted in 1902 with incorporation soon following. As the community developed, many families began to arrive and the population of Nashwauk grew dramatically from 220 in 1902 to 2,080 in 1920. Today Nashwauk is home to approximately 915 residents.

SQUAW LAKE

Located in Max Township, Squaw Lake was developed as a trade center on the Great Northern Railway. The first post office was established in 1923 and Squaw Lake was incorporated in 1940. Today Squaw Lake is home to approximately 94 residents.

TACONITE

Taconite was platted by the Oliver Mining Company and is the location of the earliest iron mining experimentation. The first post office was established in 1906 and the community was incorporated in 1909. Today Taconite is home to approximately 293 residents.

WARBA

Developed as a logging community, Warba is named after an Indian word "Waiba" meaning "white swan" or "resting place." Located in Feeley Township, Warba's first post office was established in 1901 and platted in 1904 by Thomas J. Feeley. Today Warba is home to approximately 176 residents.

ZEMPLE

Was named after R. T. Zempel, who owned most of the land in the area and became the first village president. The city was officially organized in 1911 and the main industry was lumber. Logs were floated down the Mississippi River to the planing mill, veneer mill and box mill that all ended up burning down in later years. In the early 1900's the population was over 300 residents, today the population is around 100 residents.

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.

Operating Watercraft

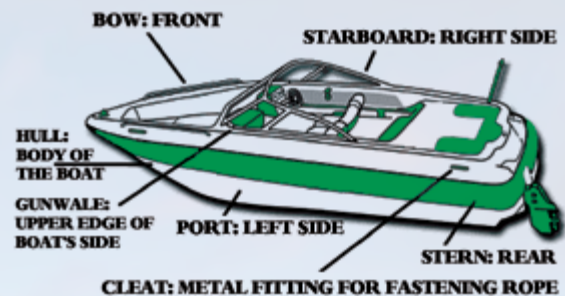
FOLLOW THESE GUIDELINES TO HELP PREVENT AND PREPARE FOR CAPSIZING, SWAMPING, OR SOMEONE FALLING OVERBOARD.

- MAKE SURE THAT YOU AND YOUR PASSENGERS ARE WEARING LIFE-JACKETS WHILE THE BOAT IS MOVING.
- ATTACH THE IGNITION SAFETY LANYARD TO YOUR WRIST, CLOTHES, OR LIFE JACKET.
- DON'T ALLOW ANYONE TO SIT ON THE GUN WALE, BOW, SEAT BACKS, MOTOR COVER, OR AREAS NOT DESIGNED FOR SEATING. ALSO, DON'T LET ANYONE SIT ON PEDESTAL SEATS WHEN CRAFT IS NOT IN IDLE.
- DON'T OVERLOAD YOUR BOAT. BALANCE THE LOAD OF PASSENGERS AND GEAR STORED ON-BOARD.
- KEEP YOUR CENTER OF GRAVITY LOW BY NOT ALLOWING PEOPLE TO STAND UP OR MOVE AROUND WHILE CRAFT IS IN MOTION.
- IN SMALL BOATS, DON'T ALLOW ANYONE TO LEAN BEYOND THE GUNWALE.
- TURN BOAT AT SLOW RATES OF SPEED.
- SECURE THE ANCHOR LINE TO THE BOW, NEVER TO THE STERN.
- DON'T RISK OPERATING WATER CRAFT IN ROUGH CONDITIONS OR BAD WEATHER.

Who May Operate a Motorboat

(OTHER THAN A PERSONAL WATERCRAFT)

- **FOR ENGINES 25 HORSEPOWER OR LESS:**
 - THOSE UNDER AGE 12 MAY OPERATE WITHOUT RESTRICTIONS.
- **FOR ENGINES OVER 25 HORSEPOWER THROUGH 75 HORSEPOWER:**
 - THOSE UNDER AGE 12 MUST HAVE SOMEONE 21 YEARS OF AGE OR OLDER ON BOARD WITHIN REACH OF THE CONTROLS.
- **FOR ENGINES OVER 75 HORSEPOWER:**
 - NO CHILDREN UNDER AGE 12 MAY OPERATE, EVEN WITH AN ADULT ON BOARD.
 - OTHER RESTRICTIONS APPLY TO BOAT OPERATORS 12 TO 17 YEARS OLD:
 - OPERATORS FROM 12 TO 17 YEARS OF AGE MAY OPERATE ENGINES OF 25 HORSEPOWER OR LOWER WITH NO RESTRICTIONS.
- **FOR ENGINES OVER 25 HORSEPOWER:**
 - OPERATORS 12 TO 17 YEARS OF AGE MUST HAVE: A WATERCRAFT OPERATOR'S PERMIT, OR SOMEONE AGE 21 YEARS OR OLDER ON BOARD WITHIN REACH OF THE CONTROLS.



All Watercraft Must Have...

- AT LEAST ONE COAST GUARD APPROVED TYPE 1, 2, 3 OR 5 FLOTATION DEVICE THAT IS THE PROPER SIZE FOR EACH PERSON ON BOARD OR BEING TOWED.
- ALL DEVICES MUST BE IN GOOD CONDITION AND EASILY ACCESSIBLE.
- CHILDREN UNDER AGE 10 MUST WEAR A DEVICE WHEN ON BOARD A BOAT THAT IS UNDERWAY UNLESS:
 - IN AN ENCLOSED CABIN OR BELOW DECK OR ON AN ANCHORED BOAT THAT IS BEING USED FOR SWIMMING OR DIVING OR PASSENGER CRAFT WITH A LICENSED CAPTAIN.
- ALONG WITH THE ABOVE AT LEAST ONE APPROVED TYPE 4 MUST BE ON BOARD BOATS 16 FT. OR LONGER (EXCEPT CANOES AND KAYAKS) AND IMMEDIATELY AVAILABLE.
- A COAST GUARD APPROVED TYPE 5 DEVICE MAY BE SUBSTITUTED FOR ANY OTHER COAST GUARD APPROVED DEVICE IF IT MEETS THE SAME REQUIREMENTS AND IS NOTED ON THE LABEL.
- ANYONE RIDING A JET SKI OR OTHER PERSONAL WATER CRAFT MUST WEAR AN APPROVED -NON INFLATING FLOTATION DEVICE, AS WELL AS ANYONE BEING TOWED BY A WATER CRAFT.

ALDER POND TRAIL

Located on 6 miles of aspen and hardwood forest, the Alder Pond Trail was developed as hunting trails and is open for hiking, biking and cross-country skiing. *Located east of Grand Rapids.*

AMERICAN LEGION MEMORIAL PARK

Located at Hwy 38 and 14th Street NW, Grand Rapids, MN. The park features a baseball field, lighted cross country ski trails, biking trails, hiking trails, IRA Civic Center, conifer field, Cody Siem Memorial skateboard park, picnic and park area, horseshoe pits, bocce ball courts, outdoor rinks and a warming house.

AMEN LAKE TRAIL

Located on 4.5 miles of the Chippewa National Forest, the Amen Lake Trail is open for hiking, biking and cross-country skiing. *Located south of Amen Lake and west of Long Lake.*

BASS LAKE COUNTY PARK

Located on 663 acres of spruce, aspen, cedar and red and white pines, Bass Lake County Park features multi use trails for hiking, horseback riding and biking. Facilities include 29 camp sites and five tent sites with picnic tables, fire grates, tent pad and/or camper slots, lakeshore access and a public beach. *Located 11 miles east of Effie or 11 miles west of Togo.*

BEAR HEAD LAKE STATE PARK

Located 15 miles southeast of Tower, Bear Head Lake State Park features wildlife viewing opportunities, nature trails, camping sites, canoe areas and swimming areas. *Located in Ely.*

BIG RIDGE TRAIL

Located on 6 miles of forest near Swan Lake, the Big Ridge Trail is open for hiking, biking and cross-country skiing. *Located south of Swan Lake.*

DRUMBEATER ISLAND NATURAL AREA

Located on 17 acres of island within Pokegama Lake, Drumbeater Island Natural Area was developed to provide a wildlife habitat and undeveloped lakeshore for fish. *Located southwest of Grand Rapids.*

FURLONG FAMILY MEMORIAL PARK

Located on 8 acres of Norway pines, Furlong Family Memorial Park was donated in memory of John Furlong and features carry-in access to Loon Lake. *Located south of Marble.*

GRUSSENDORF PARK

Located at 8th Avenue and 6th Street SW, Grand Rapids, MN. The park includes a playground, picnic/park Area, tennis courts, softball field, basketball court, outdoor hockey rink and warming house.

GUNN PARK

Located on 50 acres of spruce, aspen and red and white pines, Gunn Park was developed by the Blandin Paper Company in the 1960s. Facilities include a reservable open-air pavilion with picnic tables, playground equipment, a fishing pier and ballfields. *Located north of Grand Rapids in Arbo Township.*

LOST CREEK PARK

Located at 4th Avenue and 8th Street NW, Grand Rapids, MN. The park offers a playground, picnic area, park area with a creek running through.

MAPLEWOOD PARK

Located at 5th Avenue and 14th Street SE, Grand Rapids, MN. Park has a playground, picnic and park area

PORTAGE PARK

Located at 25570 Katherine Ave, Cohasset, MN. The park has a beach, picnic area and fishing pier.

RIVER FRONT TRAIL PARK

Located at N Pokegame Avenue and NE 1st Street, Grand Rapids, MN. The park provides access to the city trail system and a fishing pier on Mississippi River.

STONEY RIDGE TRAIL

Located on 6 miles of aspen and hardwood forest, the Stoney Ridge Trail was developed as hunting trails and is open for hiking, biking and cross-country skiing. *Located north of Nashwauk.*

VETERAN'S PARK

Located at 7th Avenue SE and Highway 2, Grand Rapids, MN. The park features a playground, picnic/park area, 2 sheltered pavilions, electricity, water, horseshoe pits, and Mississippi River crossing access. Reservations are highly recommended. If you have a question or wish to make a reservation contact the office at 326-2500.

WABANA TRAIL

Located on 6 miles of forest and wildflowers, the Wabana Trail is open for hiking, biking and cross-country skiing. *Located northeast of Grand Rapids.*

BLANDIN PAPER CO. TOURS

115 SW 1st St. | Grand Rapids | (218) 327-6682

BLUEBERRY MEADOWS

34471 Eight Mile Rd. | Grand Rapids | (218) 326-0671

BOWSTRING SHORES RESORT

49231 Co. Rd. 173 | Deer River | (888) 832-3101

CHILDREN'S DISCOVERY MUSEUM

2727 S Pokegama Ave. | Grand Rapids | (218) 326-1900

CINEMA 6

8426 Enterprise Dr. S | Mountain Iron | (218) 741-2008

COMET THEATER

102 River St. S | Cook | (218) 666-5814

CUT FOOT RANGER STATION

PO Box 308 | Deer River | (218) 246-8233

DEPOT - ST. LOUIS COUNTY HERITAGE & ARTS CENTER

506 Michigan St. W | Duluth | (218) 727-8025

DULUTH CHILDREN'S MUSEUM

506 Michigan St. W | Duluth | (218) 733-7543

DULUTH OMNIMAX THEATRE

301 Harbor Dr. | Duluth | (218) 727-0022

DULUTH PLAYHOUSE & PLAYGROUND

506 Michigan St. W | Duluth | (218) 733-7555

EAGLE RIDGE GOLF CLUB

1 Green Way | Coleraine | (218) 245-2217

ELY GOLF CLUB

901 Central Ave. S | Ely | (218) 365-5932

FOND-DU-LUTH CASINO

129 Superior St. E | Duluth | (218) 722-0280

FOREST HISTORY CENTER

2609 County Rd. | Grand Rapids | (218) 327-4482

GOLF ON THE EDGE

59851 County Rd. 261 | Bigfork | (218) 743-3626

GRAND RAPIDS GUN CLUB

PO Box 911 | Grand Rapids | (218) 326-3348

GREAT LAKES AQUARIUM

353 Harbor Dr. | Duluth | (218) 740-3474

GREYHOUND BUS MUSEUM

1201 Greyhound Blvd. | Hibbing | (218) 263-5814

HILL ANNEX MINE

880 Gary St. | Calumet | (218) 247-7215

ITASCA HERITAGE CENTER MUSEUM

10 NW 5th St. | Grand Rapids | (218) 326-6431

INTERNATIONAL WOLF CENTER

1396 Hwy. 169 | Ely | (218) 365-4695

JUDY GARLAND BIRTHPLACE HISTORIC HOUSE

2727 S Pokegama Ave. | Grand Rapids | (218) 327-9276

LAKE SUPERIOR MARINE MUSEUM

600 Lake Ave. S | Duluth | (218) 720-5260

LAKE SUPERIOR RAILROAD MUSEUM

506 W Michigan St. | Duluth | (218) 733-7590

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7210 Fremont St. | Duluth | (218) 730-4900

MACROSTIE ART CENTER

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1401 E US Hwy. 169 | Grand Rapids | (218) 326-5950

MINNESOTA MUSEUM OF MINING

701 Lake St. W | Chisholm | (218) 254-5543

MINNESOTA SHOOTING SPORTS EDUCATION CENTER

483 Peterson Rd. | Grand Rapids | (218) 327-0583

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NORTH AMERICAN BEAR CENTER

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SOUDAN UNDERGROUND MINE

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SUGARBROOKE GOLF CLUB

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801 Hat Trick Ave. | Eveleth | (218) 744-5167

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800 N 9th Ave. W | Virginia | (218) 741-1136

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WHITE OAK SOCIETY LEARNING CENTER

33155 State Hwy. 6 | Deer River | (218) 246-9393

WILLIAM A IRVIN MUSEUM

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HUNTING SEASONS

For general information on firearm safety training call: 1 (888) 646-6367 or (651) 296-6157.

Contact the MN DNR for specific zone areas/dates:

Online: www.dnr.state.mn.us, Toll Free: 1 (888) 665-4236.

You can purchase hunting and fishing licenses by phone: 1 (888) 665-4236.

Small Game - Rabbits, Squirrels season 09/17/16 - 02/28/17	Fall Turkey season 10/01/16 - 10/30/16
Raccoon, Red Fox, Gray Fox, Badger, Opossum (South) Hunting & Trapping 10/22/16 - 03/15/17	Bear Hunt Lottery Deadline 05/06/16
Raccoon, Red Fox, Gray Fox, Badger, Opossum (North) Hunting & Trapping 10/15/16 - 03/15/17	Bear Baiting start date 08/12/16
Crow Hunting (1st season) 01/01/16 - 01/15/16	Bear season 09/01/16 - 10/15/16
Crow Hunting (2nd season) 03/01/16 - 03/31/16	Elk Hunt Lottery Deadline 06/17/16
Crow Hunting (3rd season) 09/01/16 - 10/31/16	Statewide Wild Rice Harvesting 08/15/16 - 09/30/16
Crow Hunting (4th season) 12/15/16 - 12/31/16	Snipe and Rail Hunting season 09/01/16 - 11/07/16
Spring Turkey Hunt Lottery Deadline 01/22/16	Mourning Dove season 09/01/16 - 11/09/16
Spring Turkey "A" season 04/13/16 - 04/19/16	Early Canada Goose season 09/03/16 - 09/22/16
Spring Turkey "B" season 04/20/16 - 04/26/16	Pheasant season 10/15/16 - 01/01/17
Spring Turkey "C" season 04/27/16 - 05/03/16	Youth Waterfowl Day-Tentative 09/10/16
Spring Turkey "D" season 05/04/16 - 05/10/16	Waterfowl season opener-Tentative 09/24/16
Spring Turkey "E" season 05/11/16 - 05/17/16	Sandhill Crane season-NW zone-Tentative 09/10/16 - 10/16/16
Spring Turkey "F" season 05/18/16 - 05/31/16	Ruffed and Spruce Grouse, Hungarian Partridge season 09/17/16 - 01/01/17

Sharptailed Grouse season 09/17/16 - 11/30/16	Deer Hunt - Muzzleloader season 11/26/16 - 12/11/16
Woodcock season 09/24/16 - 11/07/16	Fisher and Pine Marten-north of I-94 and US Hwy 10 only 11/26/16 - 11/30/16
Prairie Chicken Hunt Lottery Deadline 08/19/16	Bobcat - Hunting & Trapping-north of I-94 and US Hwy 10 only 11/26/16 - 01/08/17
Prairie Chicken season 09/24/16 - 10/02/16	Furbearer Trapping - Beaver - north zone 10/29/16 - 05/15/17
Take-a-Kid Hunting weekend 09/24/16 - 09/25/16	Furbearer Trapping - Beaver - south zone 10/29/16 - 05/15/17
Antlerless Deer and Special Hunt Lottery Deadline 09/08/16	Furbearer Trapping - Mink and Muskrat - north zone 10/29/16 - 02/28/17
Deer Hunt - Special Youth Deer season 10/20/16 - 10/23/16	Furbearer Trapping - Mink and Muskrat-south zone 10/29/16 - 02/28/17
Deer Hunt - Archery season 09/17/16 - 12/31/16	Furbearer Trapping - Otter - north zone 10/29/16 - 01/08/17
Deer Hunt - Firearm season - 1A 11/05/16 - 11/20/16	Furbearer Trapping - Otter - south zone 10/29/16 - 01/08/17
Deer Hunt - Firearm season - 2A and 3A 11/05/16 - 11/13/16	
Deer Hunt - Firearm season - 3B 11/19/16 - 11/27/16	

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

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29334 COUNTY ROAD 52 • BIG FORK, MN
56628
(218) 245-1277

ANTLER LAKE STORE
51761 SCENIC HWY • BIG FORK, MN 56628
(218) 245-2369

TWO RIVERS CENEX
406 N MAIN AVE • BIG FORK, MN 56628
(218) 743-3777

BOVEY
PETRICH'S STORE INC
34438 SCENIC HWY • BOVEY, MN 55709
(218) 245-1310

RON'S KORNER MARKET
7896 HWY 169 • BOVEY, MN 55709
(218) 247-7351

BALSAM STORE
41050 SCENIC HWY 7 • BOVEY, MN 55709
(218) 245-2285

HOLLYWOOD BAIT
54 COUNTY RD 10 • BOVEY, MN 55709
(218) 245-1612

BOWSTRING
SCHULTZ'S BOWSTRING STORE
46023 STATE HWY 6 • BOWSTRING, MN 56631
(218) 832-3123

COHASSET
CASEY'S GENERAL STORE #3471
15 US HWY 2 W • COHASSET, MN 55721
(218) 328-5189

THOUSAND LAKES SPORTING GOODS
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(218) 999-5992

RIVER RAT TRADING POST
38480 US HWY 2 • COHASSET, MN 55721
(218) 328-6171

DEER RIVER
THE BAIT SHOP
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(218) 246-2087

WINNIE TRADING POST
38499 STATE HWY 46 • DEER RIVER, MN 56636
(218) 246-9630

DEER RIVER CONTD.

JURVELIN HARDWARE INC
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(218) 246-8628

WILLIAM'S NARROWS RESORT
43465 WILLIAMS NARROWS RD • DEER RIVER, MN
56636
(218) 246-8703

EAGLE NEST LODGE
58671 EAGLE NEST RD • DEER RIVER, MN 56636
(218) 246-8701

HOLIDAY STATIONSTORE #194
208 MAIN AVE E • DEER RIVER, MN 56636
(218) 246-2700

BOWEN LODGE INC
58485 BOWENS RD • DEER RIVER, MN 56636
(800) 331-8925

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361 MAIN AVE W • DEER RIVER, MN 56636
(218) 246-8710

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EFFIE COUNTRY SERVICE
101 SE HWY 38 • EFFIE, MN 56639
(218) 743-3616

GOODLAND
FRED'S STORE
19517 COUNTY RD 560 • GOODLAND, MN 55742
(218) 492-4477

GRAND RAPIDS
GRAND RAPIDS DEPUTY REGISTRAR #040
401 SE 11TH ST • GRAND RAPIDS, MN 55744
(218) 326-4225

OGLES MARKETPLACE FOOD
503 NW 4TH ST • GRAND RAPIDS, MN 55744
(218) 326-9322

38 OUTPOST INC
34322 COUNTY ROAD 233 • GRAND RAPIDS, MN 55744
(218) 327-0214

GOD'S COUNTRY OUTFITTERS
29755 STATE HWY 38 • GRAND RAPIDS, MN 55744
(218) 326-9866

L & M SUPPLY
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55744
(218) 326-2926

GRAND RAPIDS CONTD.

BEN KELLINS BAIT & TACKLE
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(218) 326-8281

GLEN'S ARMY NAVY
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(218) 326-1201

HOLIDAY STATIONSTORE #162
202 NE 4TH ST • GRAND RAPIDS, MN 55744
(218) 326-4204

HOLIDAY STATIONSTORE #248
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(218) 326-1092

BURGGRAF'S ACE HARDWARE
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(218) 326-8594

63 FUEL STOP
35 COUNTY RD 63 • GRAND RAPIDS, MN 55744
(218) 326-9230

LITTLE STORE GRAND RAPIDS #566
1515 NW 4TH ST • GRAND RAPIDS, MN 55744
(218) 326-0515

POKEGAMA LAKE STORE
19457 S US HWY 169 • GRAND RAPIDS, MN 55744
(218) 326-9390

WALMART SUPERCENTER #1609
100 SE 29TH ST • GRAND RAPIDS, MN 55744
(218) 326-9682

KEEWATIN
KEEWATIN SINCLAIR
210 N 1ST ST • KEEWATIN, MN 55753
(218) 778-6140

MARCELL
SPIDER LAKE RESORT
43859 SPIDER LAKE RESORT RD • MARCELL, MN 56657
(218) 326-8286

FRONTIER SPORTS
48919 STATE HWY 38 • MARCELL, MN 56657
(218) 832-3901

NASHWAUK
SINCLAIR EXPRESS MART
830 1ST ST • NASHWAUK, MN 55764
(218) 885-1772

NASHWAUK LITTLE STORE
121 1ST ST • NASHWAUK, MN 55769
(218) 885-3105

GUYERS CORNER STORE
36971 STATE HIGHWAY 65 • NASHWAUK, MN 55769
(218) 885-2472

PENGILLY

LAKEVIEW BAIT & LIQUOR
16207 LAKE ST • PENGILLY, MN 55775
(218) 208-2117

SWAN LAKE SINCLAIR
31277 HWY 65 • PENGILLY, MN 55775
(218) 885-3806

SPRING LAKE
SPRING LAKE STORE
48501 CO RD 4 • SPRING LAKE, MN 56680
(218) 832-3626

ANCHOR INN RESORT
55960 COUNTY RD 4 • SPRING LAKE, MN 56680
(218) 659-2718

SQUAW LAKE
DIXON LAKE RESORT
49442 DIXON LAKE RESORT RD • SQUAW LAKE, MN
56681
(218) 659-4612

MAX MINI STORE INC
50758 STATE HWY 46 • SQUAW LAKE, MN 56681
(218) 659-4235

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LUCKY SEVEN SWAN RIVER #24
16282 US HWY 2 • SWAN RIVER, MN 55784
(218) 492-4451

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LITTLE TURTLE LAKE STORE
49926 STATE HWY 6 • TALMOON, MN 56637
(218) 832-3804

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(218) 659-2740



Minnesota

The 10 Largest Lakes in Minnesota

- | | |
|---------------------|-----------------|
| Red Lake | Lake Kabetogama |
| Mille Lacs Lake | Mud Lake |
| Leech Lake | Cass Lake |
| Lake Winnibigoshish | Lake Minnetonka |
| Lake Vermillion | Otter Tail Lake |



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Grand Rapids, MN 55744



Bowfishing - 2016 early season - south of Hwy 210 only on lakes and on Minnesota, Mississippi or St. Croix rivers, from boats only.
02/29/16 - 04/29/16

Bowfishing - 2016 season
04/30/16 - 02/26/17

Smallmouth Bass - 2016 Season -South and West of U.S. Hwy 53 from Duluth to International Falls except Pelican and Ash lakes in St. Louis County
05/28/16 - 09/11/16

Smallmouth and Largemouth Bass - 2016 season -North and East of U.S. Hwy 53 from Duluth to International Falls and Pelican and Ash lakes in St. Louis County
05/14/16 - 02/26/17

Smallmouth and Largemouth Bass - 2016 early Catch and Release season Only -South and West of U.S. Hwy 53 from Duluth to International Falls except Pelican and Ash lakes in St. Louis County
05/14/16 - 05/27/16

Largemouth Bass - 2016 season -South and West of US Hwy 53 from Duluth to International Falls except Pelican and Ash Lakes in St. Louis County
05/28/16 - 02/26/17

Smallmouth Bass - 2016 Catch and Release season only (statewide)
09/12/16 - 02/26/17

Stream Trout (Winter) SE - 2016 season Catch and Release season only
01/01/16 - 04/15/16

Stream Trout (Fall) SE - 2016 season Catch and Release season only
09/15/16 - 10/15/16

Stream Trout in streams SE - 2016 season
04/16/16 - 09/14/16

Stream Trout in streams, except SE - 2016 season
04/16/16 - 09/30/16

Lake and Stream Trout - Winter (entirely within the BWCA)-2016 season
01/01/16 - 03/31/16

Lake and Stream Trout - Winter (outside or partly outside the BWCA) - 2016 season
01/16/16 - 03/31/16

Lake Trout (summer) - 2016 season
05/14/16 - 09/30/16

Walleye, sauger, northern pike - 2016 season
05/14/16 - 02/26/17

Take-a-Kid fishing weekend
06/03/16 - 06/05/16

Muskellunge (Muskie) - 2016 season
06/04/16 - 12/01/16

Ice houses must be off the ice each night unless attended south of Hwy 10, Hwy 34, Hwy 200 and Hwy 2
03/07/16

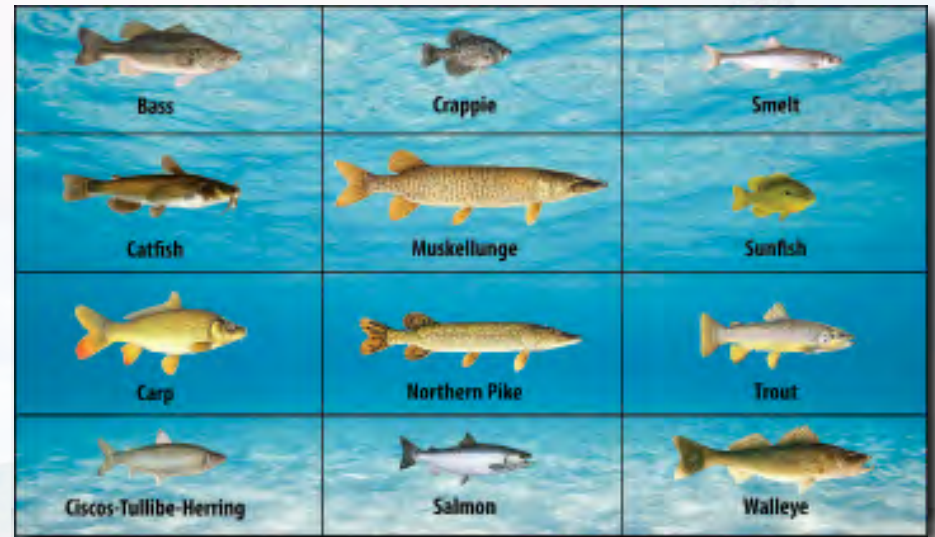
Ice houses must be off the ice each night unless attended north of Hwy 10, Hwy 34, Hwy 200 and Hwy 2
03/21/16

Dark House Spearing-2016 season
11/15/16 - 02/26/17

Sucker Spearing - 2016 season
04/30/16 - 02/26/17

Bullhead, Redhorse, other rough fish Spearing - 2016 season
04/30/16 - 02/19/17

*Contact the MN DNR for specific zone information by calling:
1 (888) 646-6367 or go to www.dnr.state.mn.us



WOUNDED WARRIORS GUIDE SERVICE

WOUNDED WARRIORS GUIDE SERVICE is a cost free guide service founded by veterans for veterans. We here at **WOUNDED WARRIORS GUIDE SERVICE** provide waterfowl hunting and fishing opportunities for our vets that have been wounded serving our great nation. At **WOUNDED WARRIORS GUIDE SERVICE** we are always preparing for the seasons and decided that we want to share our great experiences with those who have sacrificed greatly for our country



218-209-1230

Donations Accepted @

www.woundedwarriorsguide.com



Bicycle Hand Signals



Snowmobile Hand Signals

Communication is an essential part of safe riding. Hand signals are a practical way to communicate between other riders and traffic. Be sure to give easy to see and clear hand signals when snowmobiling. Hand signals should never be subtle, but always deliberate.



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.

Know Your ATV

Drink lots of Water!

- 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.

Be Cautious of Other Bikers

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.

- 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.

Slow Down!

Snowmobiling is fun. Going to the hospital isn't.



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 with these symptoms:

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.

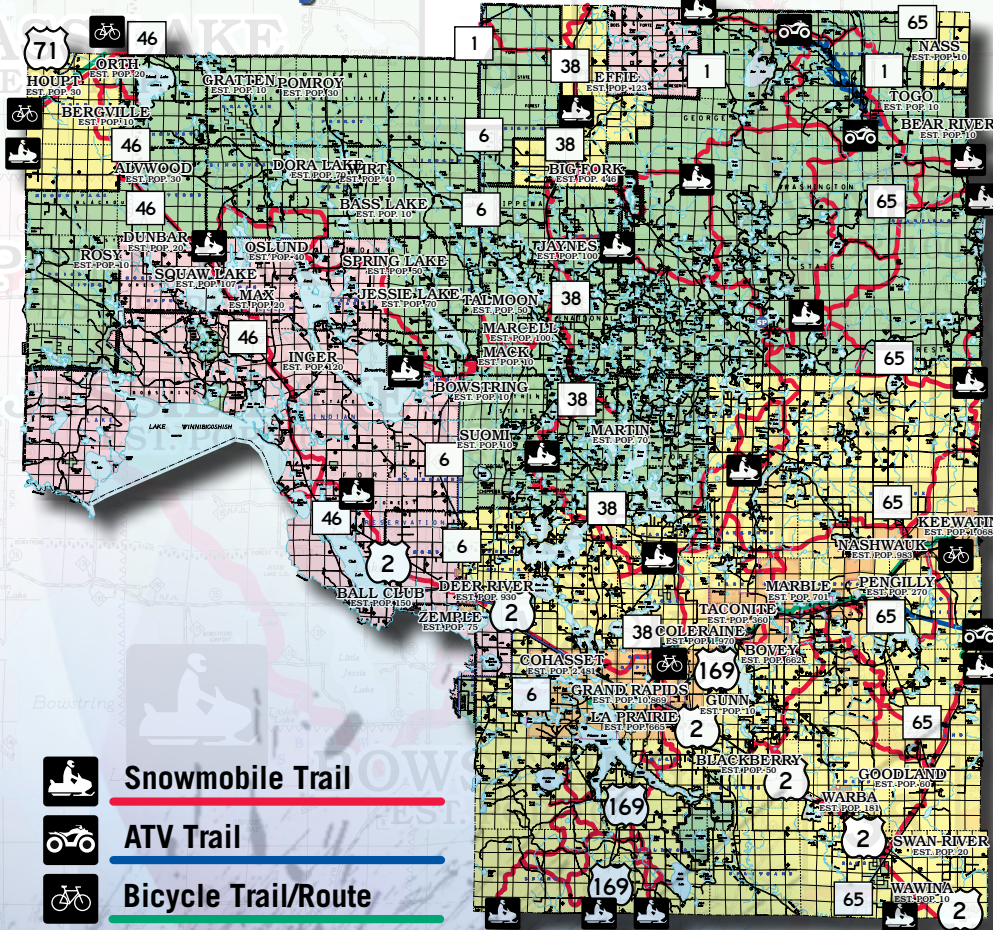
Keep

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 anti-freeze/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.



LOCAL AREA TRAILS

Itasca County



Snowmobile Trail

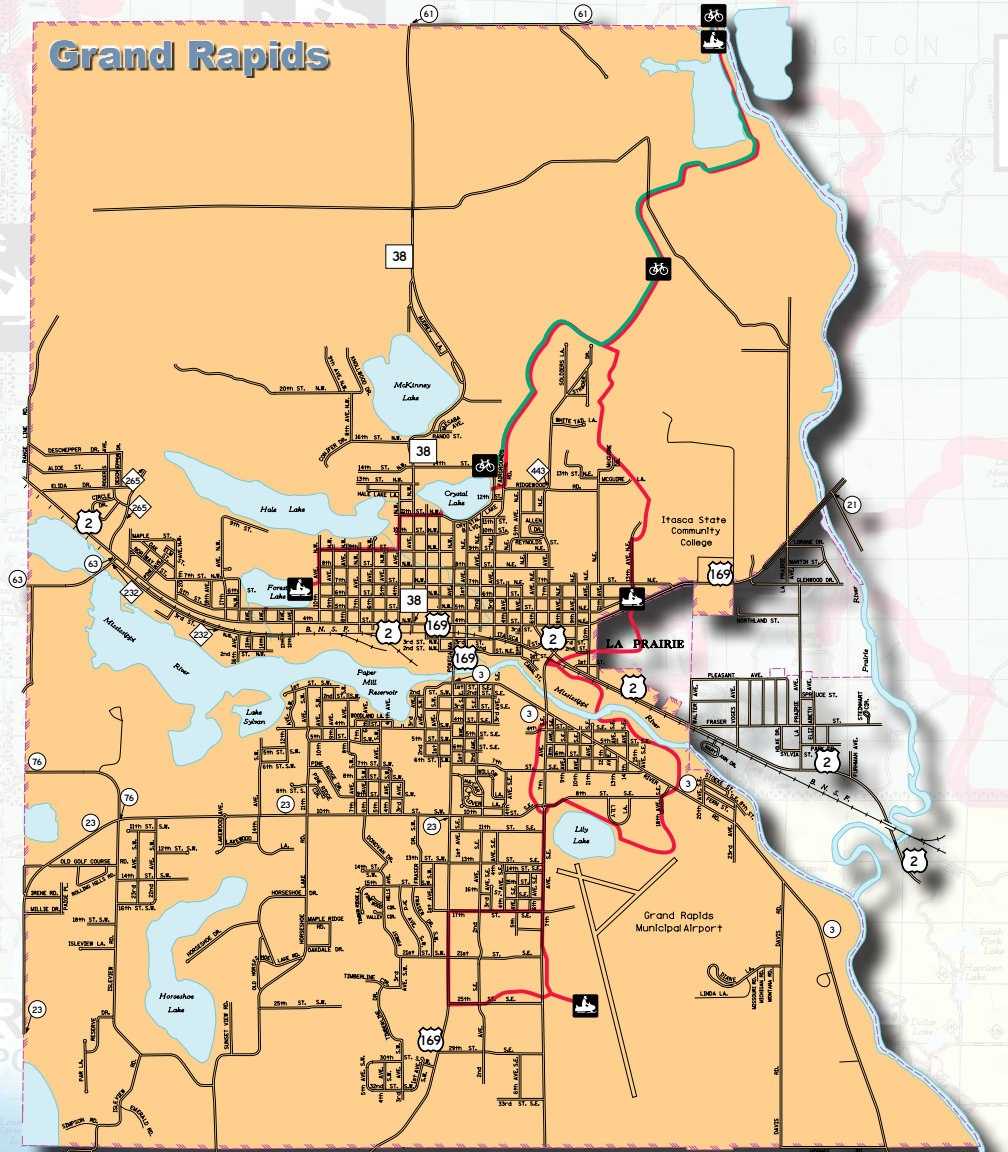


ATV Trail



Bicycle Trail/Route

Grand Rapids



Snowmobile Trail



Bicycle Trail/Route

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ATTORNEYS AT LAW

10 Tips for Green Thumb GARDENING

Don't like all the dirt in your fingernails while you work in the garden? Before you go out, run your fingernails across a bar of soap and you'll effectively seal the undersides of your nails so dirt cannot accumulate. Then, after you are all done gardening, use a toothpick or nailbrush to remove the soap and your nails will be sparkling clean.



Spray vegetable oil on your string trimmer to help prevent jamming or breaking (Treat before installing string in trimmer).



Make a convenient measuring tool out of a long handled garden tool by laying it on the ground next to a tape measure. Use a permanent marker to copy the inches and feet. Next time you are spacing plants you already have a dual-purpose measuring tool in your hand!

Write the names of your plants (With a permanent marker) on the flat parts of stones of any size and lay them in front of your plants for natural looking markers.



The next time you boil or steam vegetables, use the leftover water to water potted patio plants, and you'll be surprised at how the plants grow with "vege-soup."



You can use leftover tea and coffee grounds to help acidify the soil of acid-loving plants like azaleas, rhododendrons, camellias, gardenias and blueberries. A light sprinkle of about 1/4 of an inch applied once a month will help keep the pH of the soil on the acidic side.



You can use chamomile tea to control damping-off fungus, which often attacks young seedlings quite suddenly. Just add some tea to the soil around the soil of seedlings once a week for healthy plant.



Here is a really quick way to dry out your herbs: Just lay a sheet of newspaper on the seat of your car, arrange the herbs in a single layer, then roll up the windows and shut the car doors. Your herbs will be dry in no time!



Use your blender to grind up egg shells. Just like a mother bird chews up worms for the baby birds making the food easier to digest, grinding eggshells makes it easy for your garden to absorb the calcium egg shells retain.



Animals (cats especially) seem to think all of the hard work you've put into your garden looks like a huge litter box. To keep them from pooping on your basil and other plants, strategically place a few plastic forks around your plants to deter them from destroying your fresh herbs, fruits, and vegetables.



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

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