

# Discover

# Itasca County, Minnesota

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



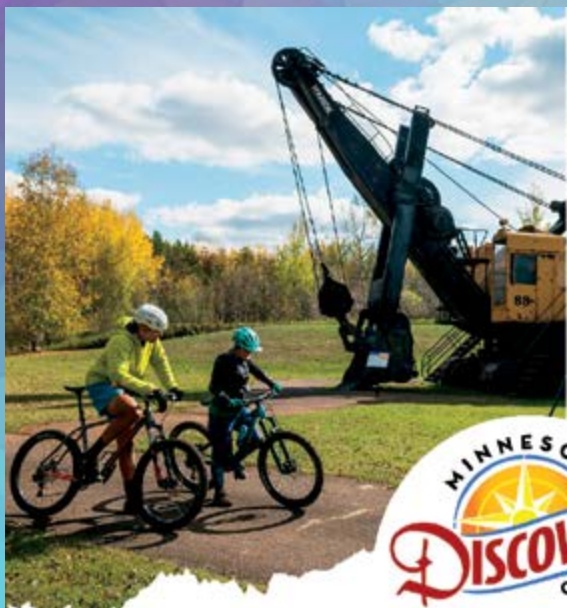
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# T A B L E O F C O N T E N T S

- 2-3 Local Area Events
- 4 Residential Services
- 6 Itasca County History
- 7-9 Itasca County Communities
- 14-15 Parks & Recreation
- 16-17 Local Area Attractions
- 18-19 Hunting Seasons
- 20-21 DNR License Centers
- 22-23 Fishing Seasons
- 30-31 Area Trails

Scan the QR Code to  
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Itasca County



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# LOCAL AREA EVENTS

## JANUARY

5 & Under Spiel at Itasca Curling Club | Grand Rapids  
Jacobson Classic Snowmobile Ride | Grand Rapids  
Junior Spiel at Itasca Curling Club | Grand Rapids  
MacRostie 1st Friday Artist Reception (Monthly) | Grand Rapids

## FEBRUARY

Caddyshack Spiel | Grand Rapids  
Fat Forest Fourteen (Fat Tire Bike Race) | Grand Rapids  
Grand Rapids Annual Open House Indoor Boat Show  
Northwoods Pond Hockey Championship | Grand Rapids

## MARCH

International Last Chance Bonspiel | Grand Rapids  
Jaycee's Home, Sport & Travel Show | Grand Rapids  
NMBA Home and Cabin Show | Grand Rapids  
Pi Day Volunteer Drive | Grand Rapids  
Polar Bear Plunge | Grand Rapids

## APRIL

Arrowhead Home & Builders Show | Duluth  
Art for Earth Day Gallery Hop | Duluth  
Bovey Farmers' Day Fundraiser Pancake Feed  
Children's Fair | Grand Rapids  
Easter Egg Hunt | Throughout Iron Range  
Homegrown Music Festival | Duluth  
Iron Range Earth Fest  
Last Chance Bonspiel | Hibbing  
Spring Craft Show | Grand Rapids  
World Men's Curling Championship | Grand Rapids

## MAY

Duluth Dylan Fest  
Grand Rapids Farmer's Market  
Itasca Symphony Orchestra | Grand Rapids  
North Central MN Farm & Antique Assn's Swap Meet | Grand Rapids

## JUNE

Bigfork Wilderness Days | Grand Rapids  
DQ Cruise Night (Thursdays in Summer) | Grand Rapids  
First Friday Show-N-Shine Art Walk | Grand Rapids  
Grandma's Marathon | Duluth  
River Grand Fathers Day Car Show | Grand Rapids  
White Oak Society Rendezvous | Deer River

## JUNE (CONT.)

Bluegrass Festival | Grand Rapids  
Bridge City Music Festival | Virginia  
Coleraine City Band Concert in the Park | Coleraine  
Hibbing Jubilee  
Judy Garland Festival | Grand Rapids  
National Trails Day | Park Rapids  
United Way Day of Action | Deer River  
United Way's Day of Action | Deer River

## JULY

4th of July Parade | Nashwauk, Keewatin, Grand Rapids  
Art Fair | Grand Rapids  
Car Show and Swap Meet | Grand Rapids  
Deer River Bar-b-Que and Brew Fest  
Deer River Wild Rice Festival  
Grand Jam | Grand Rapids  
Grand Rapids Summer Art Walk  
Homegrown Music Festival | Duluth  
MacRostie Art Center Downtown Art Fair | Grand Rapids  
Northshore Dragon Boat Festival | Duluth  
Northstar Stampede Rodeo | Effie  
Park Rapids 4th of July Parade and Fireworks  
Park Rapids MN Headwaters ProRodeo & Xtreme Bulls  
Pokegama Lake Fireworks | Grand Rapids  
South St. Louis County Fair | Proctor  
Timberman Triathlon | Cohasset  
Two-Town Ten Trillion Nanometer Race | Nashwauk  
Weekend Of Wheels Car Show | Grand Rapids  
Women on Water Fishing Tournament | Grand Rapids

## AUGUST

Bayfront Blues Festival | Duluth  
Brewhouse Triathlon | Duluth  
Cha Cha Bah Nig Traditional Pow Wow | Inger  
Family Music Festival | Shevlin  
Great River Energy Mesabi Trail Tour | Chisholm  
Itasca County Fair | Grand Rapids  
Running The Rapids | Cohasset  
Spirit Valley Days | Duluth  
St. Louis County Fair | Chisholm  
Star of the North Youth Golf Tournament | Grand Rapids  
Tall Timber Days | Grand Rapids  
Third Coast Chamber Music Festival

## SEPTEMBER

Avenue of Pines Fall Festival | Deer River  
Bargains are Great on Hwy 38 Garage Sales | Grand Rapids  
Bovey Farmer's Days  
Duluth Oktoberfest  
Fall Fun Days | Grand Rapids  
Grandma's Oktoberfest Celebration | Duluth  
Grand Rapids Chamber of Commerce Taking Care of Business  
Grand Rapids Riverfest  
Klocktoberfest - Klockow Brewing Co. | Grand Rapids  
Lumberjack Mile & 5K | Grand Rapids

## OCTOBER

Annual Itasca Dog Lodge Dogtoberfest  
Duluth Trunk-or-Treat  
Halloween Trick-or-Treat | Throughout Iron Range  
Midnight Sun Grand Traverse | Duluth  
Spookyspiel at Itasca Curling Club | Grand Rapids

## NOVEMBER

The Craft Show | Grand Rapids  
Snowflake Bazaar | Grand Rapids

## DECEMBER

Home is Where the Heart Is Dinner Fundraiser | Grand Rapids  
Star of the North Hockey Tournament | Grand Rapids  
Winterglo Festival | Grand Rapids

*\* For more MN events visit: [www.exploreminnesota.com](http://www.exploreminnesota.com)*

*\*Events are subject to change*

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# RESIDENTIAL SERVICES

## ITASCA COUNTY

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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.

**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 355 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 (County Seat)**

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**

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 93 residents.

# Health Benefits of Physical Activity

## Major Research Findings

from the Center for Disease Control and Prevention



- Regular moderate-to-vigorous physical activity reduces the risk of many adverse health outcomes.
- Some physical activity is better than none.
- For most health outcomes, additional benefits occur as the amount of physical activity increases through higher intensity, greater frequency, and/or longer duration.
- Substantial health benefits for adults occur with 150 to 300 minutes a week of moderate-intensity physical activity. Additional benefits occur with more physical activity.
- Both aerobic and muscle-strengthening physical activity are beneficial.
- Health benefits occur for children and adolescents, young and middle-aged adults, older adults, and those in every studied racial and ethnic group.
- The health benefits of physical activity occur for people with chronic conditions or disabilities.
- The benefits of physical activity generally outweigh the risk of adverse outcomes or injury.

### Guidelines for Adults

- For substantial health benefits, you should do at least 2.5hrs a week of moderate-intensity, or 1.25hrs a week of vigorous-intensity aerobic activity, or a combination of the two activities. Aerobic activity should be performed in episodes of at least 10 minutes, and should be done throughout the week.
- For even better health benefits, adults should increase their aerobic physical activity to 5hrs a week of moderate-intensity, or 2.5hrs a week of vigorous-intensity aerobic physical activity, or a combination of the two activities.

### Guidelines for Children and Adolescents

- Children and adolescents should do an hour or more of physical activity daily.
- Aerobic: Most of the hour or more a day should be either moderate- or vigorous-intensity aerobic physical activity.
- Muscle-strengthening: As part of their hour or more of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days of the week.
- Bone-strengthening: As part of their hour or more of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days of the week.
- It is important to encourage young people to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.

*Start slowly. Cardiac events, such as a heart attack, are rare during physical activity. But the risk does go up when you suddenly become much more active than usual. For example, you can put yourself at risk if you don't usually get much physical activity and then all of a sudden do vigorous-intensity aerobic activity, like shoveling snow. That's why it's important to start slowly and gradually increase your level of activity.*

## Intensity Examples

### Moderate Intensity

- Walking briskly (3 mph or faster, but not race-walking)
- Water aerobics
- Bicycling slower than 10mph
- Tennis (doubles)
- Ballroom dancing
- General gardening

### Vigorous Intensity

- Race walking, jogging, running
- Swimming laps
- Tennis (singles)
- Aerobic dancing
- Bicycling 10mph or faster
  - Jumping rope
  - Heavy gardening (continuous digging or hoeing)
- Hiking uphill or with a heavy backpack



## Operating Watercraft

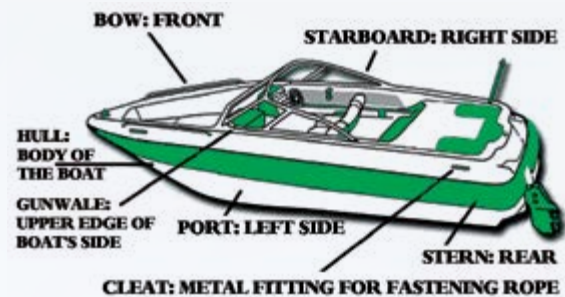
FOLLOW THESE GUIDELINES TO HELP PREVENT AND PREPARE FOR CAPSIZING, SWAMPING, OR SOMEONE FALLING OVERBOARD.

- 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.

## **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.

## **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.

## **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.

## **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.

## **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.

## **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.

## **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.

## **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 Pokegama 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**

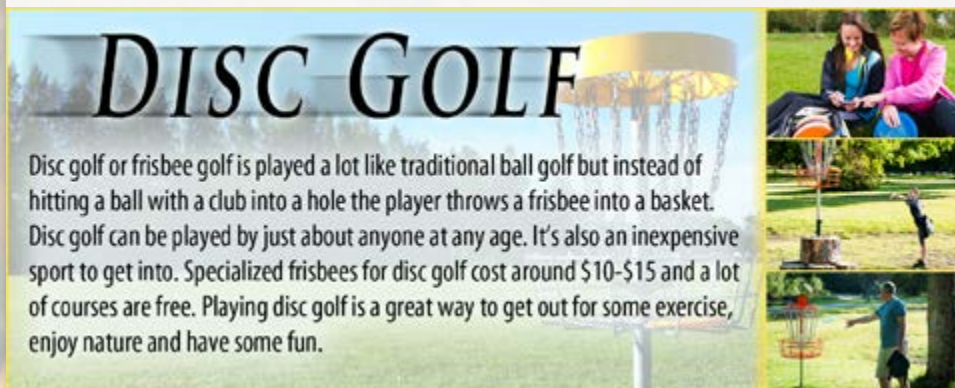
Located on 6 miles of aspen and hardwood forest, the Stoney Ridge Trail was developed as hunting trails and is open for hiking, biking and cross-country skiing.

## **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.



**DISC GOLF**

Disc golf or frisbee golf is played a lot like traditional ball golf but instead of hitting a ball with a club into a hole the player throws a frisbee into a basket. Disc golf can be played by just about anyone at any age. It's also an inexpensive sport to get into. Specialized frisbees for disc golf cost around \$10-\$15 and a lot of courses are free. Playing disc golf is a great way to get out for some exercise, enjoy nature and have some fun.

# AREA ATTRACTIONS

## ADVENTURE ZONE

329 Lake Ave. S | Duluth | (218) 740-4000

## ANNABELLA'S ANTIQUE MALL

407 2nd St | Bovey | (218) 245-2055

## BLANDIN PAPER CO. TOURS

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

## BLUEBERRY BOWL

44919 Golf Course Rd. | Deer River | (218) 246-8048

## 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 PLAYHOUSE & PLAYGROUND

211 East Superior Street | 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

460 Peterson Rd | Grand Rapids | (218) 326-3348

## GREAT LAKES AQUARIUM

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

## GREAT RIVER RANCH

15152 W Winnie Rd NE | Bena | (218) 591-7487

## GREYHOUND BUS MUSEUM

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

## HILL ANNEX MINE

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

## INTERNATIONAL WOLF CENTER

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

## JUDY GARLAND MUSEUM

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

## LAKE SUPERIOR ZOOLOGICAL GARDENS

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

## MAC ROSTIE ART CENTER

405 1st Ave. NW | Grand Rapids | (218) 326-2697

## MARCUS LAKES CINEMA

4351 Stebner Rd. | Hermantown | (218) 729-0335

## MINNESOTA MUSEUM OF MINING

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

## MN SHOOTING SPORTS EDUCATION CENTER

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

## NORTH AMERICAN BEAR CENTER

1926 Hwy. 169 | Ely | (218) 365-7879

## PAULUCCI SPACE THEATRE

1502 23rd St. E | Hibbing | (218) 262-6720

## PHEASANTS PLUS HUNTING PRESERVE

14897 Sago #4 | Warba | (218) 492-4450

## POKEGAMA GOLF CLUB

3910 Golf Course Rd. | Grand Rapids | (218) 326-3444

## SPIRIT OF THE WILDERNESS

2030 E Sheridan St. | Ely | (218) 365-3149

## SOUDAN UNDERGROUND MINE

1379 Stuntz Bay Road | Soudan | (218) 753-2245

## SUGARBROOKE GOLF CLUB

37584 Otis Lane | Grand Rapids | (800) 450-4555

## THUNDER ALLEY XL & BIG THUNDER MINI GOLF

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

## TWEED MUSEUM OF ART

1201 Ordean Building | Duluth | (218) 726-8222

## UNITED STATES HOCKEY HALL OF FAME

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

## VIRGINIA AREA HISTORICAL SOCIETY

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

## WILLIAM A IRVIN MUSEUM

350 Harbor Dr. | Duluth | (218) 722-7876

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

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

## BEAR

08/12/22 **Bear baiting** start date

Permit areas & no-quota area

09/1/22 - 10/16/22 **Bear**

Permit areas & no-quota area

## DEER

09/17/22 - 12/31/22 **Deer - Archery** Statewide

10/20/22 - 10/23/22 **Deer - Early Antlerless**

Portions of southeastern Minnesota

10/20/22 - 10/23/22 **Deer - Youth** Statewide

11/5/22 - 11/20/22 **Deer - Firearm** (Season A)

100 Series permit areas

11/5/22 - 11/13/22 **Deer - Firearm** (Season A)

200 & 300 Series permit areas

11/19/22 - 11/27/22 **Deer - Firearm** (Season B)

300 Series permit areas

11/26/22 - 12/11/22 **Deer - Muzzleloader**

Statewide

## GAME BIRDS

### Crow

03/1/22 - 03/31/22 first season - Statewide

09/1/22 - 10/31/22 second season - Statewide

12/14/22 - 01/15/23 third season - Statewide

### Pheasant

10/15/22 - 01/1/23 Ring-Necked - Statewide

### Grouse

09/18/21 - 11/30/21 Sharp-Tailed

Northwest zone

09/18/21 - 01/2/22 Ruffed & Spruce

Statewide

10/14/21 - 11/30/21 Sharp-Tailed (season

closed) East-central zone

### Partridge

09/18/21 - 01/2/22 Hungarian - Statewide

## SMALL GAME/ FURBEARERS

### Badger

10/15/22 - 03/15/23 - North furbearer zone

10/22/22 - 03/15/23 - South furbearer zone

### Beaver

10/23/21 - 05/15/22 North furbearer zone

10/30/21 - 05/15/22 South furbearer zone

### Bobcat

12/17/22 - 01/22/23 - North of I-94 and U.S.

Highway 10

### Fisher

12/18/21 - 12/26/21 North of I-94 and U.S. 10

only

### Fox Gray & Red

10/15/22 - 03/15/23 North furbearer zone

10/22/22 - 03/15/23 South furbearer zone

### Marten

12/18/21 - 12/26/21 North of I-94 and U.S. 10

only

### Mink

10/23/21 - 02/28/22 North furbearer zone

10/30/21 - 02/28/22 South furbearer zone

### Muskrat

10/23/21 - 02/28/22 North furbearer zone

10/30/21 - 02/28/22 South furbearer zone

### Opossum

10/15/22 - 03/15/23 North furbearer zone

10/22/22 - 03/15/23 South furbearer zone

### Otter

10/30/21 - 01/23/22 North furbearer zone

10/30/21 - 01/23/22 Otter South furbearer zone

### Rabbit

09/17/22 - 02/28/23 Cottontail & Snowshoe

Hare - Statewide

09/17/22 - 02/28/23 Jack - Statewide

## SMALL GAME/ FURBEARERS (CONTD)

### Raccoon

10/15/22 - 03/15/23 North furbearer zone

10/22/22 - 03/15/23 South furbearer zone

### Squirrel

09/17/22 - 02/28/23 Gray & Fox - Statewide

## WILD TURKEY

04/13/22 - 05/31/22 Spring - Achery

Statewide

04/13/22 - 04/19/22 Spring - A season

Statewide

04/13/22 - 05/31/22 Spring - Youth - Statewide

04/20/22 - 04/26/22 Spring - B season

Statewide

## WILD TURKEY (CONTD)

04/27/22 - 05/3/22 Spring - C season

Statewide

05/4/22 - 05/10/22 Spring - D season

Statewide

05/11/22 - 05/17/22 Spring - E season

Statewide

05/18/22 - 05/31/22 Spring - F season

Statewide

10/1/22 - 10/30/22 Fall - Statewide

*\*At the time of publication not all 2022 season dates were available. Check the MN DNR website for updates. <https://www.dnr.state.mn.us>*



# 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.

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](http://www.dnr.state.mn.us), Toll Free: 1 (888) 646-6367  
Or visit one of the ELS agents available throughout the area:

## **BIG FORK**

**ANTLER LAKE STORE**  
51761 SCENIC HWY | BIG FORK | (218) 245-2369

**TWO RIVERS CENEX**  
406 N MAIN AVE | BIG FORK | (218) 743-3777

**BOVEY**  
**BALSAM STORE**  
41050 SCENIC HWY 7 | BOVEY | (218) 245-2285

**HOLLYWOOD BAIT**  
54 COUNTY RD 10 | BOVEY | (218) 259-1848

**PETRICH'S STORE INC**  
34438 SCENIC HWY | BOVEY | (218) 245-1310

**RON'S KORNER MARKET**  
7896 HWY 169 | BOVEY | (218) 247-7351

**COHASSET**  
**CASEY'S GENERAL STORE #3471**  
15 US HWY 2 W | COHASSET | (218) 328-5189

**RIVER RAT TRADING POST**  
38480 US HWY 2 | COHASSET | (218) 328-6171

**DEER RIVER**  
**BOWEN LODGE INC**  
58485 BOWENS RD | DEER RIVER | (800) 331-8925

**EAGLE NEST LODGE**  
58671 EAGLE NEST RD | DEER RIVER | (218) 246-8701

**FREDS BAIT**  
363 MAIN AVE W | DEER RIVER | (218) 246-8710

**HOLIDAY STATIONSTORE #194**  
208 MAIN AVE E | DEER RIVER | (218) 246-2700

**JURVELIN HARDWARE INC**  
108 MAIN AVE E | DEER RIVER | (218) 246-8628

**WILLIAM'S NARROWS RESORT**  
43465 WILLIAMS NARROWS RD | DEER RIVER | (218) 246-8703

**WINNIE TRADING POST**  
38499 STATE HWY 46 | DEER RIVER | (218) 246-9630

**SCHULTZ'S BOWSTRING STORE**  
46023 STATE HWY 6 | DEER RIVER | (218) 832-3123

**EFFIE**  
**EFFIE COUNTRY SERVICE**  
101 SE HWY 38 | EFFIE | (218) 743-3616

## **GOODLAND**

**FRED'S STORE**  
19517 COUNTY RD 560 | GOODLAND | (218) 492-4477

**GRAND RAPIDS**  
**38 OUTPOST INC**  
34322 COUNTY ROAD 233 | GRAND RAPIDS | (218) 327-0214

**63 FUEL STOP**  
35 COUNTY RD 63 | GRAND RAPIDS | (218) 326-9230

**BURGGRAF'S ACE HARDWARE**  
1115 E HWY 169 | GRAND RAPIDS | (218) 326-8594

**GLEN'S ARMY NAVY**  
701 NW 4TH ST | GRAND RAPIDS | (218) 326-1201

**GOD'S COUNTRY OUTFITTERS**  
29755 STATE HWY 38 | GRAND RAPIDS | (218) 326-9866

**HOLIDAY STATIONSTORE #162**  
202 NE 4TH ST | GRAND RAPIDS | (218) 326-4204

**HOLIDAY STATIONSTORE #248**  
920 S POKEGAMA AVE | GRAND RAPIDS | (218) 326-1092

**L & M SUPPLY**  
1400 SOUTH POKEGAMA AVE | GRAND RAPIDS | (218) 326-2926

**EDWARDS LUCKY SEVEN GENERAL STORE**  
1515 NW 4TH ST | GRAND RAPIDS | (218) 326-0515

**POKEGAMA LAKE STORE**  
19457 S US HWY 169 | GRAND RAPIDS | (218) 326-9390

**THOUSAND LAKES SPORTING GOODS**  
331 NW 4TH ST | GRAND RAPIDS | (218) 999-5992

**WALMART SUPERCENTER #1609**  
100 SE 29TH ST | GRAND RAPIDS | (218) 326-9682

**KEEWATIN**  
**KEEWATIN SINCLAIR**  
210 N 1ST ST | KEEWATIN | (218) 778-6140

**MARCELL**  
**FRONTIER SPORTS**  
48919 STATE HWY 38 | MARCELL | (218) 832-3901

**SPIDER LAKE RESORT**  
43859 SPIDER LAKE RESORT RD | MARCELL | (218) 326-8286

**NASHWAUK**  
**K-M CORNER STORE**  
36971 STATE HIGHWAY 65 | NASHWAUK | (218) 885-2472

**LUCKY SEVEN GENERAL STORE**  
121 1ST ST | NASHWAUK | (218) 741-9634

**SINCLAIR EXPRESS MART**  
830 1ST ST | NASHWAUK | (218) 885-1772

**PENGILLY**  
**SWAN LAKE SINCLAIR**  
31277 HWY 65 | PENGILLY | (218) 885-3806

**THE GREAT OUTDOORS BOTTLE SHOP & BAIT**  
16207 LAKE ST | PENGILLY | (218) 208-2117

**SPRING LAKE**  
**ANCHOR INN RESORT**  
55960 COUNTY RD 4 | SPRING LAKE | (218) 659-2718

**SQUAW LAKE**  
**DIXON LAKE RESORT**  
49442 DIXON LAKE RESORT RD | SQUAW LAKE | (218) 659-4612

**MAX MINI STORE INC**  
50758 STATE HWY 46 | SQUAW LAKE | (218) 659-4235

**SWAN RIVER**  
**LUCKY SEVEN SWAN RIVER #24**  
16282 US HWY 2 | SWAN RIVER | (218) 492-4451

**TALMOON**  
**LITTLE TURTLE LAKE STORE**  
49926 STATE HWY 6 | TALMOON | (218) 832-3804

**WIRT**  
**SURE GAME WILDERNESS RESORT**  
52385 CO RD 31 | WIRT | (218) 659-2740

# OUTDOOR Fun Facts

- 85% of plant life is found in the ocean
- Fire usually moves faster uphill than downhill
- Wildfires can reach speeds of 14 miles per hour
- For every human there are around 200 million insects
- The only continent with no active volcanoes is Australia
- You can only see a rainbow if you have your back to the sun
- The record high in the U.S. was in Death Valley, CA at 134F and the record low was in Prospect Creek, AK at -79F
- Oak trees produce acorns when they are around 20 years old
- Parks run by the National Park Service have around 3 million campers per year

## OPENERS

- Stream trout opener - 04/16/22
- Walleye, sauger and northern pike opener - 05/14/22
- Muskellunge opener - 06/04/22

## INLAND WATERS

### General

Largemouth bass - 05/28/22 - 02/26/23  
Statewide excluding northeastern Minnesota

Smallmouth bass - 05/28/21 - 09/11/22  
Statewide excluding northeastern Minnesota

Lake sturgeon and shovelnose sturgeon -  
06/16/22 - 04/14/23  
Statewide inland waters

Lake trout - 01/15/22 - 03/31/22  
Statewide inland waters

Lake trout - 05/14/22 - 09/30/22  
Statewide inland waters

Walleye, sauger and northern pike -  
05/14/22 - 02/26/23  
Statewide inland waters

Muskellunge - 06/04/22 - 12/01/22  
Statewide inland waters

Lake sturgeon and shovelnose sturgeon -  
06/16/22 - 04/14/23  
Statewide inland waters

## Northeast

Smallmouth and largemouth bass -  
northeastern Minnesota -  
05/14/22 - 02/26/23  
Northeastern Minnesota

## LAKE SUPERIOR

Brook and brown trout -  
04/17/21 - 09/30/21  
Lake Superior and tributaries above posted  
boundaries

Brook trout and splake -  
04/16/22 - 09/05/22

Lake Superior and tributaries

Rainbow trout catch-and-release -  
04/16/22 - 09/30/22

Lake Superior and tributaries above posted  
boundaries

Walleye and northern pike -  
05/14/22 - 03/01/23  
Lake Superior and tributaries

Lake trout - 12/01/21 - 10/02/22  
Lake Superior and tributaries

## STREAM TROUT

### General

Stream trout in lakes - 01/15/22 - 03/31/22  
Outside or partly outside the BWCA

Stream trout - 05/07/22 - 09/30/22  
Excludes southeastern Minnesota

Stream trout in lakes - 05/14/22 - 10/31/22  
Statewide

## Southeast

Stream trout catch-and-release -  
01/01/22 - 04/15/22  
Southeastern Minnesota

Stream trout - 04/16/22 - 09/14/22  
Southeastern Minnesota

Stream trout - 04/16/22 - 09/14/22  
Specific southeastern state parks and cities

Stream trout catch-and-release -  
09/15/22 - 10/15/22  
Southeastern Minnesota

Stream trout catch-and-release -  
09/15/22 - 04/14/23  
Specific southeastern state parks and cities

## FREE FISHING

Take a Mom Fishing Weekend  
05/07/22 - 05/08/22  
Statewide

Take a Kid Fishing Weekend  
06/10/22 - 06/11/22  
Statewide

Take a Kid Ice Fishing Weekend  
01/14/23 - 01/16/23  
Statewide

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



201 Hoover Rd. N  
Virginia, MN  
(218) 741-5562

# Mosquitoes

## Prevention & Health Risks



### A MOSQUITO FREE YARD

Create an environment in your yard that invites animals that like to eat mosquitoes. Some things that enjoy eating mosquitoes are:

- Bats
- Frogs
- Fish
- Turtles
- Birds
- Dragonflies

To help repel mosquitoes, plant some of the different vegetation listed:

- Citronella
- Geranium
- Eucalyptus
- Rosemary
- Basil
- Anise
- Mint
- Marigolds
- Catnip
- Wormwood
- Tansy
- Lavender
- Cedar
- Cloves

Don't have stagnant water sitting around in things like buckets or tires.

### BE SAFE WHILE OUTDOORS

When a mosquito bites you it can leave saliva in your body. If the mosquito is infected it can transfer diseases to you. A few of the more common diseases transmitted to people are:

- Dengue
- Encephalitis
- Malaria
- Yellow Fever.

Mosquitoes can also transmit diseases to animals. A couple of these diseases are:

- Heartworm (mostly to dogs & cats)
- Encephalitis.

To reduce your chance of getting a disease from mosquitoes you can, apply mosquito repellent to your skin and clothing.

### RANDOM MOSQUITO FACTS

- More than 3,000 different mosquito species can be found around the world.
- There are around 50 different mosquito species in the Upper Midwest.
- Female mosquitoes feed on blood. Male mosquitoes feed on plant nectar.
- Some mosquito species prefer to feed on animals or reptiles over humans.
- All mosquitoes need water to complete their life cycle.
- One female mosquito can lay over 200 eggs at one time.
- Mosquito larvae only need a week in water to hatch.
- Mosquito eggs can survive for more than five years.
- Mosquitoes can fly around 1 to 2 mph.
- Mosquitoes find food by sight, infrared radiation and chemicals in the air.
- Around 1,000 Americans get ill or die from mosquito bites each year.
- Mosquitoes are a huge food source for birds, bats and some reptiles.



# TICKS

## Diseases & Prevention



You can get a tickborne disease if you are bitten by a tick that is infected • Tickborne diseases are increasing throughout the United States. • Personal protection methods can help reduce the odds of a tick bite while enjoying the outdoors

### Some symptoms of a tickborne disease

• Many tickborne diseases have similar symptoms  
 • Symptoms usually show up within 2-4 weeks of being bitten  
 Watch for symptoms like:

- Rash
- Fever
- Headache
- Fatigue
- Muscle or joint aches



### Tick Removal

Prompt tick removal is important.

Use tweezers to grasp the tick close to its mouth. Gently and slowly pull the tick straight outward.

Do not squeeze the ticks' body.

Wash the area and apply an antiseptic to the bite.

Watch for early signs and symptoms of a tickborne disease. Don't use folk remedies like Petroleum Jelly or a burnt match.



Blacklegged Tick Coverage

American Dog Tick Coverage

Lone Star Tick Coverage

**Blacklegged (Deer) Tick**  
 Lyme disease  
 Anaplasmosis  
 Babesiosis  
 Ehrlichiosis  
 Powassan virus disease

**American Dog (Wood) Tick**  
 Rocky Mountain Spotted Fever  
 Tularemia

**Lone Star Tick**  
 Ehrlichiosis  
 Tularemia  
 Heartland virus disease  
 Southern Tick-Associated Rash Illness (STARI)

### Protect Yourself from Tickborne Diseases

**1-Know when and where you're at risk**  
 • Primarily Mid-May through Mid-July

- Wooded and brushy areas – Blacklegged Tick
- Grassy or wooded areas – American Dog Tick

**2-Wear EPA-registered tick repellent**  
 • DEET 20-30% on skin or clothing  
 • Permethrin 0.5% on clothing

**3-Check yourself for ticks**  
 • Shower after being outdoors  
 • Check at least once a day  
 • Remove ticks ASAP!



# The Best of Minnesota Outdoors

## Hiking:

Superior Hiking Trail, Lake Superior  
Silver Creek Trail, Jay Cooke State Park  
North River Trail, Afton State Park  
Glacial Pothole Trail, Interstate State Park  
Sioux Hustler Trail, Superior National Forest

## Fishing:

Bass: Lake Vermilion, Tower  
Walleye: Leech Lake, Walker  
Muskellunge: Lake Oscar, Holmes City  
Northern Pike: Lake of the Woods, Warroad

## Golf Courses:

Interlachen, Edina • Spring Hill, Wayzata  
Hazeltine National, Chaska  
Giants Ridge Golf & Ski Resort, Biwabik  
The Wilderness at Fortune Bay, Tower

## Mountain Biking:

Cuyuna Lakes, Ironton • Lebanon Hills, Eagan  
Elm Creek Park, Champlin • Brewer Park, Duluth  
Spirit Mountain, Duluth • Piedmont, Duluth

## Skiing:

Lutsen Mountains, Lutsen • Afton Alps, Afton  
Elm Creek Winter Rec. Area, Maple Grove  
Powder Ridge Ski Area, Kimball  
Giants Ridge Golf & Ski Resort, Biwabik

# FIREWOOD

**Burn it where you get it!**



Emerald Ash Borer and Gypsy Moth are a couple of invasive pests that have killed millions of trees in United States. Where these pests come from, the population stays in control because, they have natural predators. In the United States we do not have these natural predators so the populations have the chance to grow to extreme numbers.



**Emerald Ash Borer**

**Gypsy Moth Caterpillar**

## Preventing the Spread

- Buy local firewood.
- Burn all firewood completely at each destination.
- Move only Certified firewood out of a quarantine county or across state boundaries.
- Use firewood from nearby sources to heat your home or cabin.
- Tell your friends and family about the importance of not moving firewood.
- Don't move hardwood firewood out of a quarantine county, unless it is state or USDA certified.
- Don't move opened firewood bundles.
- Don't move firewood long distances to or from your lake home or cabin.

**Invasive Pests are a Problem!**



# 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.



## Drink lots of Water!



# 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

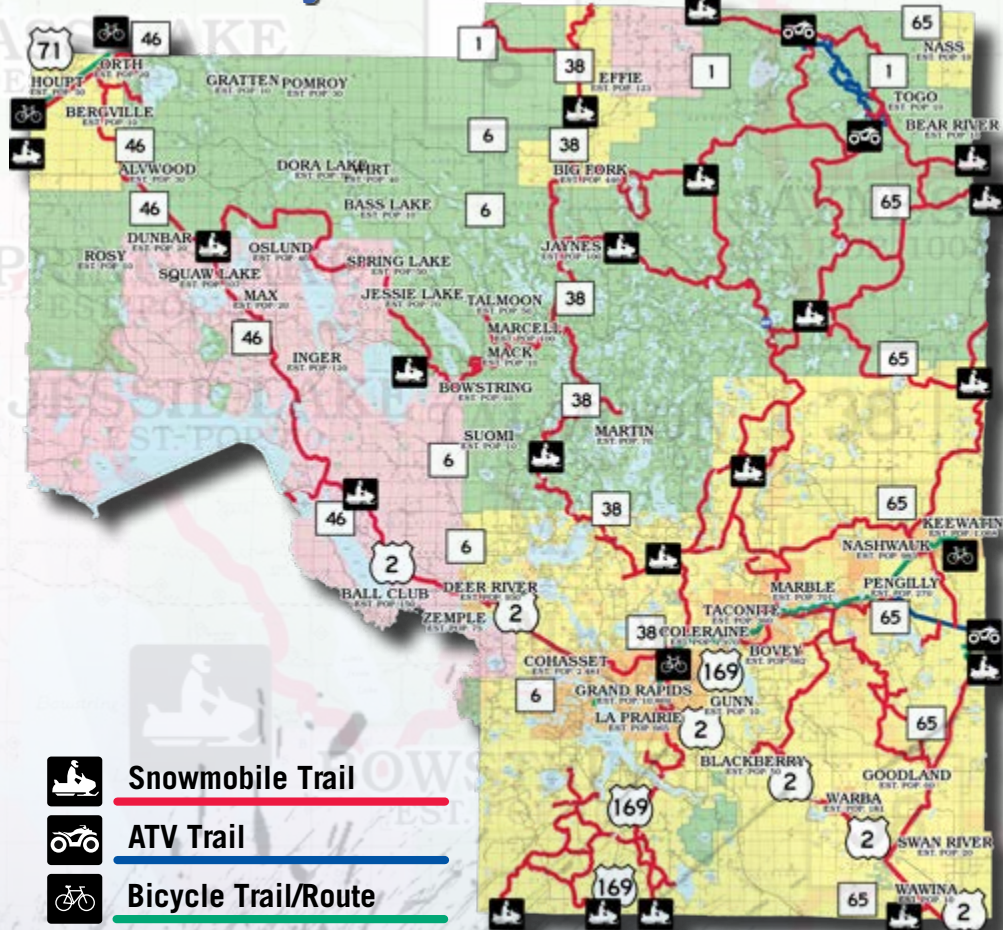


**PRIVATE PROPERTY**  
**NO TRESPASSING**

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/ATVs on county roads or state highways.

# LOCAL AREA TRAILS

## Itasca County



## Grand Rapids



### Rapid Taxi

**218-999-9318**  
**24/7**

Limo Service/Casino Runs  
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Serving the Grand Rapids  
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# ITASCA COUNTY VETERANS SERVICE OFFICE

(218) 327-2858

## Available Benefits:

### FEDERAL:

- Burial Benefits
- Dependents' & Survivors' Benefits
- Disability Benefits
- Education Benefits
- Health Care
- Home Loans
- Life Insurance
- Vocational Rehabilitation

### STATE:

- Bronze Star Markers
- Clothing Allowance\*\*
- Dental/Optical Program\*\*
- Education Benefits\*\*
- Emergency Medical\*\*
- Guardianship Program
- License Plate Program
- Soldier's Assistance Program\*\*
- Veterans Cemetery
- Veterans' Homes\*\*
- Veterans Preference



Help for veterans  
and families

## Minnesota Service C.O.R.E.

Family, financial, addiction and in-home counseling along with debt management and disability services are provided by C.O.R.E.

410 - 2nd Ave NE  
Grand Rapids, MN • 55744

## Buttered-Up Steak

With Roasted Potatoes & Garlic Green Beans



Simple meal with a Gourmet Feel

**1 PREP** Rinse and dry all produce. Preheat oven to 425 degrees. Take 1 TBSP butter and let sit at room temperature. Peel and cut **potatoes** into ½-inch cubes. Cut the **garlic** into thin slices and mince the **parsley**.

**2 ROASTING THE POTATOES** Spread **potatoes** out on a baking sheet with a drizzle of oil and a pinch of **salt** and **pepper** (*Wax paper aids in preventing the potatoes from sticking to the pan*). Roast in the oven for 20-25 minutes, until browned and tender.

**3 SEARING THE STEAK** Heat a splash of oil in a pan medium-high heat. Season **steak** to taste, add to pan and cook until browned, 2-3 minutes per side. Grab baking sheet from the oven and move **potatoes** to one side. Add **steak** to the sheet and place it back in to oven. Roast 5 - 7 minutes or to your desired doneness. Remove **steak** from sheet and let rest 5 minutes.

**4 COOKING THE GREEN BEANS** Heat a splash of oil in the pan used for the **steak** over medium heat. Add **green beans** and cook for about 4 - 5 minutes, tossing, until tender but still a little crisp. Now **garlic** and cook for about 1 minute then season with **salt** and **pepper** to taste.

### Ingredients

- Yukon Gold Potatoes
- Garlic
- Parsely
- Sirloin Steak
- Green Beans
- Dijon Mustard

### 4 person

- 24oz
- 4 Cloves
- ¼ oz
- 24 oz
- 12 oz
- 2 TSP

**5 MIXING HERB BUTTER** Mix **butter**, **mustard**, and a pinch of **parsely** in a small bowl. Season with **salt** and **pepper** to taste.

**6 PLATE & SERVE** Cut the **steak** against the grain and divide between plates, then top it with the **herb butter**. Serve with **green beans** and **potatoes** on the side. Use the remaining **Parsely** to garnish the dish.

Bon Appétit!

PREP: 10 MIN TOTAL: 30 MIN

# 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.

**2.** 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!

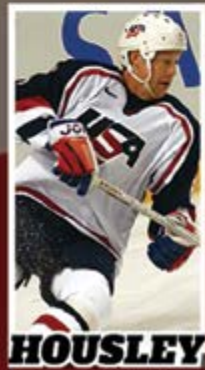
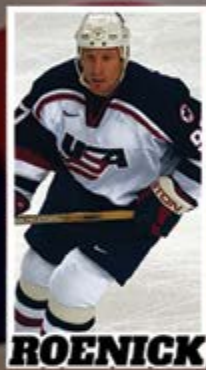


Use your blender to grind up egg shells. Just like a mother bird chews up worms for the baby birds making the food easier to digest, grinding eggshells makes it easy for your garden to absorb the calcium egg shells retain.

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.



# HOME OF AMERICAN HOCKEY



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Play • Stay

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...and support  
the community  
you live in!

