

ANOKA COUNTY NEWS

Volume 3-2017



This typical teen's bedroom contains 150 items that could point to alcohol and/or drug use, self-harm, eating disorders, or bullying.

How many can you find?

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100 years of Extension in Anoka County



Autumn is the hush before winter.
French proverb



Anoka County
MINNESOTA

Respectful. Innovative. Fiscally Responsible

FIGHTING BACK AGAINST HEROIN IN OUR COMMUNITIES

Last year, 34 people died of heroin/opioid-related overdose in Anoka County. Victims ranged in age from 18 to 61. In one particularly grim 12-hour period, six unrelated heroin/opioid overdose cases were reported. Two of those victims, young men in their early 20s, died; a third was taken to the hospital in critical condition.

The alarming surge in heroin/opioid and other drug overdose cases is not unique to Anoka County. Nationally, drug overdoses kill more people each year than gun homicides and car crashes, according to a report by the federal Commission on Combating Drug Addiction and the Opioid Crisis. Last year in Minnesota, 637 people died from drug overdose, compared to 583 deaths in 2015.

Addiction experts point to increasingly widespread use of prescription opioids for pain management as a contributing factor in the drug overdose crisis. In Minnesota, prescribed opioids, such as oxycodone and hydrocodone, account for the greatest number of opioid-involved deaths – 186 in 2016. Health care providers wrote more than 260 million prescriptions for painkillers in the U.S. in 2012, more than enough for every adult in the country to have a bottle of pills.

"We can't bury our heads in the sand and pretend this isn't a serious public health and safety issue in our community," said Commissioner Rhonda Sivarajah, chair, Anoka County Board. "The opioid epidemic is real and its impact is devastating."

According to the American Society of Addiction Medicine, four in five new heroin users started out misusing prescription painkillers. Too often, people can easily find pills in the homes of friends or family members who may have leftover painkillers in their medicine cabinet. That's why it is so important to properly dispose of prescription drugs you no longer want or need at a local "Drug Take-Back" site (see page 5). When prescription drugs become too difficult to obtain, people often turn to a dangerous substitute: heroin.

"We are committed to raising awareness and protecting our families through outreach and education efforts, such as the Top Secret Project (see page 6) and our #LastTag marketing campaign," Sivarajah said. "It is imperative that we do all we can to end the scourge of heroin and opioid abuse in our community. Your life – or the life of someone you love – may depend on it."

Watch for #LastTag public service announcements in area movie theaters this November and December.

For more information and a list of resources, including how to get help, go to anokacounty.us/heroinkills.



Dose of Reality program targets prescription drug abuse

by Anoka County Attorney Tony Palumbo

Between 2000 and 2016, opioid-related fatalities in Minnesota jumped nearly 700 percent. Nationally, the numbers have quadrupled; in fact, 91 Americans die every day from drug overdoses, according to the Center for Disease Control (CDC).

Public safety agencies are working hard to find solutions. But citizens also have a role to play. The Anoka County Attorney's Office believes it starts with education. Our office has partnered with Attorney General Lori Swanson on a public awareness campaign called *Dose of Reality*. The campaign provides information about how to safely use, store, and dispose of drugs; facts about the risks of addiction; and resources for getting help.

- **Danger:** Taking just one dose too large, or combining prescription painkillers with alcohol or other drugs, can cause serious health problems or death.
- **Getting help:** Recognizing that you have a drug problem is the first step in getting better. Asking for help is the second step.



The *Dose of Reality* message is being shared by local law enforcement. Other public safety agencies also have their own public awareness campaigns. At the end of the day, we're all in this together and we share the same goal: to save lives.

For more information, go to DoseOfReality.mn.gov.

Key elements of *Dose of Reality*:

- **Storage/disposal**
More than four million Americans misuse prescription painkillers; about 70 percent of them get the drugs from a family member.
- **Who's at risk?:**
People who abuse prescription painkillers have a greater risk of addiction than people who take them as prescribed, but it's important to remember that the medication itself is addictive.

New "Fresh Start" program aims to break cycle of addiction

by Anoka County Sheriff James Stuart

It's no surprise to anyone who works in law enforcement that the Twin Cities is a hub for narcotics trafficking and that heroin remains a serious issue in our communities. We see the impact of heroin use on the streets, in our courts, in our jails, and most tragically, in our homes. Addicts who don't die from this poison continue to be drawn down paths that no one would want for themselves or a loved one.

In an effort to stop the revolving door of addiction for those caught up in the legal system, we have implemented a new program called *Fresh Start*, designed to give jail inmates just that – a fresh start. This completely voluntary program allows inmates to receive an injection of Vivitrol prior to being released from jail. (Vivitrol is an extended release form of naltrexone.)

Vivitrol is an opioid inhibitor that is designed to block the effects of heroin and subsequently, take away the urge to use it. This innovative approach,

when combined with follow-up shots and ongoing treatment and accountability, dramatically reduces the number of users who relapse.

FRESH START IS THE FIRST PROGRAM OF ITS KIND IN MINNESOTA AND IS DESIGNED TO GIVE ADDICTS A NEW BEGINNING AND A SECOND CHANCE AT LIFE

While we embrace many programs and efforts to combat the scourge of heroin, *Fresh Start* is the first program of its kind in Minnesota. It is designed to give addicts a new beginning and a second chance at life.

The Anoka County Sheriff's Office has partnered with Anoka County Correctional Health; Nystrom & Associates, Ltd.; and Alkermes, the makers of Vivitrol, to develop this program. We are excited to expand this partnership and the program across the region.

Fresh Start is another example of what community partnerships can do to positively impact lives, families, and communities.

DISPOSE OF UNWANTED MEDS AT DRUG TAKE-BACK SITES

It's important to properly dispose of prescription medications that you no longer want or need. Take them to any of the drug take-back sites listed below. There is no charge and you can remain anonymous. (Open hours subject to change; please call to confirm.)

Location	Address	Telephone	Hours
Anoka County Sheriff's Office	13301 Hanson Blvd. N.W., Andover	763-324-5000	M-F, 8 AM-4:30 PM
Blaine Police Dept.	10801 Town Square Drive N.E., Blaine	763-785-6168	M-F, 7 AM-4:30 PM
Centennial Lakes Police Dept.	54 North Road, Circle Pines	763-784-2501	M-F, 8 AM-4:30 PM
Columbia Heights Police Dept.	825 41st Ave. N.E., Columbia Heights	763-706-8100	M-F, 8 AM-4:30 PM
Fridley Police Dept.	6431 University Ave. N.E., Fridley	763-572-3629	M-F, 8 AM-4:30 PM
Lino Lakes Police Dept.	640 Town Center Parkway, Lino Lakes	651-982-2300	24/7 (Box is in lobby of Police Dept.)
Ramsey Police Dept.	7550 Sunwood Dr., Ramsey	763-427-6812	M-F, 8 AM-4:30 PM
Spring Lake Park Police Dept.	1301 81st Ave. N.E., Spring Lake Park	763-792-7200	M-F, 8 AM-4:30 PM
St. Francis Police Dept.	4058 St. Francis Blvd. N.W., St. Francis	763-753-1264	M-F, 8 AM-4:30 PM
Total Care Pharmacy (There is no take-back box. Give meds to pharmacist.)	7221 University Ave. N.E., Fridley	763-444-1064	M-F 9 AM-6 PM SAT. 9 AM-1 PM
Walgreens (Take-back box located by pharmacy.)	10686 University Ave. N.W., Coon Rapids	763-755-1259	24/7
Hennepin County Sheriff Patrol	9401 83rd Ave. N., Brooklyn Park	612-348-3777	M-F 8 AM-4:30 PM
Hennepin County Library/District Court Brookdale	6125 Shingle Creek Pkwy., Brooklyn Center	612-348-3777	M-Th, 9 AM-9 PM F-Sa, 9 AM-5 PM Su, NOON-5 PM
Ramsey County Sheriff Patrol Station	1411 Paul Kirkwold Dr., Arden Hills	651-633-3279	M-F 8 AM-4 PM
Washington County Headwaters Service Center	19955 Forest Road N., Forest Lake	651-275-7270	M-F 8 AM-4:30 PM
Isanti County Sheriff's Office Isanti County Sheriff's Office	509 18th Ave. S.W., Cambridge 2440 Main St. S., Cambridge	763-689-2141 763-689-2141	24 hours M-F 8 AM-4:30 PM

Parents key to preventing drug or alcohol use by teens



Children whose parents talk to them about the risks of using drugs or alcohol are up to 50 percent less likely to experience addiction later in life, according to research by the Partnership for Drug-Free Kids. Studies show that many young people do not drink alcohol or experiment with drugs because they don't want to disappoint their parents.

So why *do* teens begin to drink alcohol or use drugs? According to the Partnership, among the key issues and influences driving teens to drug and alcohol use are:

- Peer pressure and/or modeling parents' behavior;
- Imitating what they see and hear in popular music, movies, and TV;
- Self-medication and escape;
- Boredom;
- Rebellion;
- Instant gratification;
- Lack of confidence;
- Misinformation.

Along with maintaining active and ongoing communication with your children, the Hazelden Betty Ford Foundation offers additional tips for parents:

- Challenge your children to think critically about the messages they are receiving at school and in the media.
- Encourage your kids to stay involved in extra-curricular activities. These activities take up otherwise idle time and also build a sense of community and identity.
- Get to know your kids' friends and their parents.
- Educate yourself about the signs and symptoms of drug or alcohol use.

Anoka County, in partnership with area schools and the Hazelden Betty Ford Foundation, is presenting a special program for parents called *Top Secret Project: Decoding the Mysteries of the Teen Domain*. (See dates and locations below.)

This educational program helps parents identify dozens of ordinary items in a teen's room that may point to drug or alcohol use, self-harm, or eating disorders. Parents will learn how commonly found objects, such as books, candles, dental floss, light bulbs, lip balm, and more may be cause for concern. The program is free and includes a discussion with Hazelden Betty Ford staff.



TOP SECRET PROJECT PRESENTATION SCHEDULE

- **November 14, 2017**
6-8:30 p.m.
Fridley High School Auditorium
6000 W. Moore Lake Dr. N.E.
- **January 11, 2018**
6-8:30 p.m.
Anoka-Hennepin School District
Educational Service Center
2727 N. Ferry St., Anoka
- **January 9, 2018**
6:30-8:30 p.m.
Centennial High School West Bldg.
4757 North Rd., Circle Pines
- **February 22, 2018**
(St. Francis area; time and location to be determined)

For more information about the Top Secret Project, go to hazeldenbettyford.org/resources-for/top-secret-project. For questions about upcoming Top Secret Project presentations, go to anokacounty.us/TopSecret or contact Diana C. Hoffman at diana.hoffman@co.anoka.mn.us or 763-324-1624

When (and when NOT) to call 911

Anoka County's 911 dispatchers respond to emergencies 24 hours a day, seven days a week. Our dispatchers answer more than half a million calls each year, most within 10 seconds. While most people understand when it's appropriate to call 911 – and when it's not – periodically, the 911 dispatch center receives calls that would be better handled by non-emergency police and fire numbers.

The Metropolitan Emergency Services Board (MESB) recommends you call 911 in any situation that requires immediate response from law enforcement, fire, or an ambulance, including:

- Medical emergencies;
- Structure fire;
- Domestic violence;
- Burglary, theft, or other crimes in progress;
- Grass fire;
- Car accident with life-threatening injuries;
- Suspicious activities;
- Anything else that seems like an emergency or requires a response from law enforcement, fire, or Emergency Medical Services (EMS).



Do NOT call 911 if an immediate response is not needed from law enforcement, fire, or EMS, including:

- Requesting information/directions;
- Reporting a power outage;
- Reporting broken fire hydrants;
- Seeking legal advice;
- Requesting animal control service;
- Checking if someone is in jail;
- For other issues that do not require immediate response from law enforcement, fire, or ambulance.

The bottom line? When in doubt, call 911 and allow professional 911 dispatchers to determine whether or not something is an emergency.

2018 preliminary property tax levy addresses public safety needs

Facing rising costs related to public safety, the Anoka County Board has approved a preliminary property tax levy increase of 3.9 percent. "Public safety has long been a top priority for this county board," said Commissioner Rhonda Sivarajah, chair. "The levy increase we are proposing will fund seven new positions in the Sheriff's Office and four new dispatcher positions in our 911 Emergency Communications Center."

Additional detention deputies are needed to provide adequate supervision in the county jail, where the average daily inmate population has climbed from 54 in 1981 to 247 this year, nine over capacity. It will also help reduce the need for detention deputies to work overtime hours, which not only takes a

toll on deputies and their families, but is costly as well.

The number of 911 calls is up more than 15 percent from 2010, necessitating the hiring of at least four new dispatchers to handle the growing volume of requests for assistance.

The 2018 budget is also impacted by a projected eight and one-half percent jump in employee health insurance premiums. "We are certainly not unique in facing rising health insurance premiums," Sivarajah said. "Employers everywhere — public and private — are dealing with these significant increases. It is a cost of doing business and is necessary to attract and retain quality workers."

The county board will vote to adopt the final levy in December. To learn more about the county budget and property tax levy, plan to attend the "Truth in Taxation" meeting on Thursday, December 7 at 6 p.m. in Room 705 of the Anoka County Government Center in Anoka.

THE AVERAGE DAILY NUMBER OF

INMATES IN THE COUNTY JAIL

HAS GONE FROM 54 IN 1981

TO 247 TODAY.

Note: Anoka County only has authority over the county portion of the property tax bill; cities and school districts have their own taxing authority.

Fall Into Fun

The Anoka County Library features a full range of programs, classes, and services for community members of all ages. Join us for special events held across the library system. To learn more, visit anokacountylibrary.org, then click on Events & Classes.

Every Day Resources

The Anoka County Library offers a wide range of services, such as homework help; Book a Tech Tutor; resources for businesses, job seekers, and early and adult learners; legal reference questions; and more. Visit the library in person or online at anokacountylibrary.org.

Storytime

Join us as we play, read, talk, write, and sing together to build early literacy and school readiness skills. Storytimes are held at every library, now through Saturday, November 18, and are available for babies, toddlers, and the entire family. For more information, visit anokacountylibrary.org, then click on Events & Classes.

Special End-of-the-Year Storytimes

Centennial Library	December 28	10:15 am
Northtown Library	December 28	10:30 am
St. Francis Library	December 30	11:00 am
North Central Library	December 30	11:30 am
Rum River Library	December 30	11:30 am

Read To A Dog!

Youth Grades K - 3 can practice their reading skills with a licensed therapy dog. Call your local library to register.

Crooked Lake Library	November 4	11:00 am
Northtown Library	November 11	1:00 pm
Rum River Library	November 18	10:00 am
Johnsville Library	November 18	11:00 am
Johnsville Library	December 9	11:00 am
Mississippi Library	December 28	3:00 pm



Young Art Classes

Global Games	Crooked Lake Library	November 1	4:30 pm
Hand Built Pottery	Northtown Library	December 2	1:30 pm

Family Events

Children's Stories from India	November 4	10:30 am	Rum River Library
International Games Day	November 4	1:00 pm	Mississippi Library
International Games Day	November 4	1:00 pm	Rum River Library
Children's Stories from India	November 4	1:30 pm	Northtown Library
Family Fun Night	November 15	6:30 pm	Mississippi Library
Toddler Obstacle Course	November 30	10:30 am	Northtown Library
Block Party	December 1	12:30 pm	Crooked Lake Library
Family Fun Night	December 20	6:30 pm	Mississippi Library
Family Fort Night	December 27	5:00 pm	Johnsville Library

Friends of the Library

Support your local library and join the Friends.

Rum River Library	November 8	6:30 pm
Northtown Library	December 13	6:30 pm

Law Library Director Q&A

Rum River Library	2nd Wednesdays	5 - 7 pm
Rum River Library	4th Wednesdays	5 - 7 pm

Technology and Computers

Book a Tech Tutor	All Libraries	Call your local library to register	
Tech Time Drop-in	Rum River Library	Mondays	1:00 pm
Tech Time Drop-in	Northtown Library	Thursdays	12:00 pm
Identity Theft	Northtown Library	November 5	2:00 pm
Google Tools	Mississippi Library	November 6	5:45 pm

Local History

Journeys in Anoka County	Johnsville Library	December 2	2:00 pm
World War I in Anoka County	Rum River Library	December 9	2:00 pm

Get Creative

Picture Books 101	Crooked Lake Library	November 6	6:00 pm
Thank You Cards	Crooked Lake Library	November 13	6:00 pm
Pop-Up Cards	Johnsville Library	November 18	2:00 pm
Fire Roast Mountain Boys Concert	Rum River Library	December 2	2:00 pm

Health and Wellness

Dementia Dialogue	Rum River Library	November 7	6:30 pm
Family Aging	Centennial Library	November 15	6:00 pm
Dementia Dialogue	Rum River Library	December 5	6:30 pm

Family History

Why DNA?	Crooked Lake Library	November 18	2:00 pm
Genealogy Q and A	Northtown Library	November 18	2:30 pm
Family Tree Maker	Rum River Library	November 20	5:30 pm
Clues to Finding Your Roots	Northtown Library	December 9	2:30 pm

Anoka County Library: Ideas. Information. Inspiration.



ELECTION DAY NOVEMBER 7

Not all areas of the state have elections November 7. If your municipality or school district does have an election scheduled this year, please note: your polling place may be different than where you voted in the 2016 presidential election. Go to mnavotes.org to:

- find your polling place;
- view a sample ballot;
- check to see if you are registered to vote (and if you're not, register online);
- find information about voting absentee, and more.

You may also call Anoka County Elections & Voter Registration at 763-324-1300 or go to anokacounty.us/elections to learn more.

HOME REHAB LOAN FUNDS AVAILABLE

No interest, deferred payment home improvement loans are available for qualified Anoka County homeowners to correct health, safety, and accessibility issues or improve energy efficiency. No monthly payments are required and over time, a portion of the loan may be forgiven.

Applicants must be current on mortgage, property tax, and insurance payments. Homeowners also must meet income limits and program guidelines. Loans become payable when the home is sold or deeded to another person. Go to anokacounty.us/cd or call 763-324-4650 for more information.



WELL & SEPTIC FIX-UP FUNDS

Low interest loans are available to fix water quality issues for eligible property owners and businesses located in Anoka County. To be eligible, property owners must be current on their mortgage payments and property taxes and have no reverse mortgages.



Go to anokacounty.us/cd or call 763-324-4650 for more information on these programs, to obtain a loan application, or to order a radon test kit.

RADON TEST KITS AVAILABLE

Radon is a colorless, odorless, radioactive gas that can seep up from the soil into your home. Long term exposure may cause health problems. Check your home for radon with a \$5 test kit (includes lab fee) available from Anoka County.



New phone numbers at county offices



Anoka County recently replaced its obsolete phone system with a unified communication system that gives county workers new tools to boost efficiency and provide better customer service. With the new system, most county phone numbers have been changed to a common 763-324 prefix. Below are new numbers for some of the most frequently called county offices.

General Information	763-324-4000	Job Training Center	763-324-2300
Administration/Commissioners	763-324-4700	Juvenile Center, Administration	763-324-4980
Adult Mental Health	763-324-1420	Law Library	763-324-5560
Adult Protection Reporting	1-844-880-1574	Library Administration	763-324-1500
Child Care Assistance	763-324-2350	License Center Information	763-324-2150
Child Care Licensing	763-324-1235	Long-Term Services/MnCHOICES	763-324-1450
Child Protection Intake After Hours	763-324-1440 612-852-0935	Mental Health Mobile Crisis Response	763-755-3801
Child/Teen Check-ups	763-324-4280	MNsured - Anoka County MNsured - State of Minnesota	763-422-7200 1-855-366-7873
Child Support	763-324-2420	Property Records & Taxation	763-323-5400
Children's Mental Health	763-324-1430	Parks & Recreation	763-324-3300
Civil Process/Foreclosure	763-324-5030	Recycling & Resource Solutions	763-324-3400
County Attorney	763-324-5550	Sheriff - Main	763-324-5000
Community Corrections	763-324-4800	Sheriff - Property Room	763-324-5097
Community Health & Environmental Services	763-324-4200	Sheriff - Records Request	763-324-5050
Eastern Anoka County Human Service Center	763-324-2210	Social Services & Behavioral Health: Main Number	763-324-1400
Economic Assistance EZ Info Line	763-422-7200	Southern Anoka County Human Service Center	763-324-2220
Elections/Voter Registration	763-324-1300	Transit	763-324-3250
Employee Relations	763-324-4300	U Of M Extension Service	763-324-3495
Finance & Central Services	763-324-1700	Veteran Services	763-324-4500
Highway	763-324-3100	Warrants	763-422-7500
Immunization Info Line	763-324-4210	WIC	763-324-4230
Jail Information	763-324-5100	Workhouse	763-324-4860

ANOKA COUNTY Americans With Disabilities Transition Plan For Highway Right-of-Way

The Anoka County Highway Department is seeking public input to identify ways to make our roadways and pedestrian ramps more accessible to residents with disabilities.

• JOIN US AT AN OPEN HOUSE •

Monday, October 30, 2017 • 4:30 PM - 6:30 PM

Columbia Heights Public Library, 3939 Central Ave. N., Columbia Heights

Questions? Call Jack Forslund, Anoka County Transportation Planner, at 763-324-3179 or email jack.forslund@co.anoka.mn.us

PLAN YOUR PARKS

WE WANT YOUR FEEDBACK

Anoka County Parks would like to engage current park users, as well as residents who are unfamiliar with the park system, to assist in future planning efforts. We are currently in the process of developing a comprehensive system plan. The last comprehensive system plan was developed and approved by the County Board in 2006. This new plan will provide a framework for the Parks Department to follow over the next ten years.

In collaboration with the Metropolitan Council, Anoka County Parks will be engaging the community through various outreach efforts to ensure that park amenities reflect changing community needs. These outreach events will take place at local libraries, farmers markets, and other community events.

Anoka County Parks will have a draft of the comprehensive system plan ready in early 2018. At that point, the County will post the draft plan online and conduct additional engagement events for public feedback. After the public, local cities, and other jurisdictional agencies weigh in on the plan, a final draft will be available in summer 2018, with County Board approval to follow in fall 2018.

Anoka County is still seeking input through the "Plan Your Parks" website. Share your thoughts and comments on what you would like to see in the park system to enhance your experience. Go to anokacountyparks.com/PlanYourParks.

SPECIAL EVENTS

at wargo nature center

WINTER RECREATION SAMPLER

DECEMBER 23; 1 – 3 p.m.
WARGO NATURE CENTER

Get a taste of some of the many things to do outside in Minnesota during our colder months! You will sample a variety of recreational activities, including kick sledding, snowshoeing, and cross-country skiing. This event is open to families and individuals of all ages. Pre-registration is required. **\$7/adult, \$5/child + tax**

SNOW DAY - 18TH ANNUAL

JANUARY 27; 1 – 4 p.m.
WARGO NATURE CENTER

Come play in the snow! The Anoka County Parks and Recreation Department, in collaboration with the Cities of Lino Lakes and Blaine Parks and Recreation Departments, is offering the 18th annual Snow Day event. Participants of all ages will have a chance to enjoy a variety of activities, including snowshoeing, winter crafts, ice fishing, kicksledding, cross-country skiing, live animal displays, and more. This is a free event, open to the public. **FREE**

MAPLE SYRUP FESTIVAL

MARCH 18; 2 – 4 p.m.
WARGO NATURE CENTER

Come and celebrate spring! Learn about the tradition of gathering maple sap and cooking it down to make maple syrup and sugar. We'll go through the syrup process, do some maple crafts, participate in a spring scavenger hunt, and taste some maple-y treats. Fun for the whole family! Pre-registration is required. **\$4/person +tax**

Anoka County News



ENRICHMENT PROGRAMS

at wargo nature center



FRESH CHEESE-MAKING

WHERE Wargo Nature Center
WHEN November 4; 1:30 – 3 p.m.

Ages 12+ Do you love fresh cheese? Want to learn how to make fresh mozzarella? It is easier than you think and you'll come away with some tasty fresh cheese. We'll take you through the whole cheese-making process, introducing you to the ingredients and skills you need to make fresh cheese at home. Pre-registration is required. Minors must be accompanied by a registered adult. **\$25/person + tax**

DIY NATURAL BODY PRODUCTS

WHERE Wargo Nature Center
WHEN November 15; 6 - 7:30 p.m.

Ages 15+ Come discover the power of plants! We'll spend the evening discussing the useful properties of common plants and how to incorporate them into homemade body products. We will use our newfound knowledge to make a homemade body lotion, headache salve, and lip balm. Participants will take home a gift set of all three products, perfect for a holiday gift! Pre-registration is required. **\$20/person + tax**

FALL NIGHT HIKE

WHERE YMCA Camp Heritage
WHEN November 18; 6:30 - 7:30 p.m.

Ages 8+ Explore the nighttime world and some of the Minnesota animals that frequent it. We'll take a nighttime trek around the Wargo Nature Center's Heritage Lab property to listen for owls and look at the stars. Bring a flashlight and bundle up. Pre-registration is required. **\$5/person + tax**

FAMILY WILDERNESS SURVIVAL BASICS

WHERE Wargo Nature Center
WHEN November 4; 10 a.m. - 12 p.m.

All Ages What would you do if you got lost in the woods? Do your kids know what to do to stay safe? If you're not sure how to answer these questions, this program might be for you! We'll learn about safety in the outdoors, discuss myths and facts about dangers in the backcountry, and get hands-on experience with building shelters. Pre-registration is required. **\$5/person + tax**

LUNCH WITH A NATURALIST

WHERE Wargo Nature Center
WHEN November 8; 11:30 a.m. - 1 p.m. (Bird Language)
December 13; 11:30 a.m. - 1 p.m. (Owls)

Ages 50+ Bring your lunch and join a naturalist for our *Lunch with a Naturalist* series. These monthly presentations will include local natural history information and possibly, a relaxing stroll on the trails at Wargo. Any equipment that may be needed will be provided. Pre-registration is not required. **FREE!**

WARGO
nature center

register online at
anokacountyparks.com
or call 763-324-3350

GIVE THEM SPACE



An Anoka County Parks gift card makes an excellent gift for the holidays or any occasion. Gift cards can be used throughout the Anoka County Park system, including Chomonix Golf Course, Bunker Beach Water Park, and Wargo Nature Center. Gift cards can be purchased in any amount over \$10 and can have value added as needed. Call the Parks and Recreation office at 763-324-3300 to order today.



BUSINESS RECYCLING ASSISTANCE PROGRAM

You've probably taken lots of steps at home to make sure you recycle everything you can, but do you recycle at work?

A 2015 state law requires 75 percent of solid waste in the metro area be composted or recycled by 2030.

In 2015, the Minnesota Legislature passed a law requiring a 75 percent recycling rate in the metro area by 2030. Last year, Anoka County recycled 52 percent of its waste, so we've got work to do! Your business plays an important role in helping Anoka County reach that 75 percent recycling goal.

A robust recycling program says you mean business when it comes to conserving our natural resources and demonstrating your organization's commitment to your community. And recycling more may help your bottom line.

Anoka County can help in the following ways:

- We offer on-site technical assistance through the Minnesota Chamber of Commerce's Waste Wise program. A technical expert will visit your site to help you find ways to reduce your waste, design a new or improved recycling program, or get you started with organics recycling.
- We provide labels for your recycling and trash containers. Labels are an essential part of an effective recycling program. We have a variety of labels to fit your needs.
- Grant funding is available to purchase collection containers, equipment, and supplies to help your business recycle more.

Questions? Go to AnokaCounty.us/recycle and select Commercial Recycling; or call 763-324-3481; or email commercial@co.anoka.mn.us.

Anoka County Household Hazardous Waste (HHW) Facility

3230 101st Ave. N.E., Blaine

Cold weather hours for the HHW facility:

November-March

Wednesday: 2-8 p.m.

Saturday: 9 a.m.-3 p.m.

(Closed Christmas Eve Day, Christmas, and New Year's Day.)

For more information, go to

AnokaCounty.us/hhw

Anoka County Compost Sites

Bunker Hills Compost Site

13285 Hanson Blvd. N.W.

Coon Rapids

Rice Creek Compost Site

7701 Main St.

Lino Lakes

Cold weather hours for compost sites:

December-March, weather permitting

Saturday: 9 a.m.-1 p.m. ONLY

Both sites accept leaves, grass, tree waste, & organics.

For more information, go to

AnokaCounty.us/yardwaste

YESTERDAY, TODAY, TOMORROW

Celebrating 100 years of University of Minnesota Extension Anoka County

Anoka County Extension educational programs have changed over the years as Anoka County evolved from a primarily farm and food growing economy to urban/suburban communities. Populations and employment shifts, new technology, and needs of families and youth challenged Extension Educators to expand programs to meet critical community needs.

During and after World War II, Extension supported the Food for Freedom effort via home and community victory gardens and programs that demonstrated ways to increase production through better farming practices. Beginning in the early 1940s, Extension staff and volunteers guided 4-H and other youth groups to plant trees in areas that had earlier been cleared to plant potatoes and other crops. Many of the mature stands of pines and other trees in Camp Salie and near other county lakes, parks, and forest plots were likely planted by these youth groups.



By 1956, Anoka County was one of the fastest growing counties in Minnesota. Increased rural electrification created demand for Extension programs about new appliances and labor-saving devices. Educational radio programs expanded and the first local TV program with a County Extension Agent was broadcast in 1953. In the 1960s and 1970s, Home Extension Agents offered presentations to county

homemakers' clubs on small electric appliances, such as electric frying pans, slow cookers, and microwave ovens. In the 1970s, an expanded food and nutrition program increased Extension outreach to low income, elderly, and diverse audiences.

By 1960, there were only 300 full time farmers left in the county; even fewer remained after the farm crisis in the 1980s. Anoka County Extension responded by shifting its focus to home and community horticulture and sod production. The Master Gardener program began in 1983, with trained volunteers bringing research-based horticulture information to residents. Home and Family Science programs reflected changing times, with topics that included home computers, chemical dependency, and tips for wise clothing purchases.

In the 1990s, state Extension law was changed to reflect broader programming. County Agents were renamed County Educators. Extension was renamed University of Minnesota Extension Service to replace the former Agriculture Extension Service. Home and Family Sciences became Family Consumer Science. As the number of families with large livestock continued to decline, participation surged in 4-H performing and creative arts and companion and small animal programs.

Today, Anoka County Extension Program Coordinators for 4-H and Youth Development programs, the Master Gardener Program, and Regional staff, including Health and Nutrition Educators, are housed at the Bunker Hills Activities Center.

Go to extension.umn.edu/county/anoka to learn more about Extension programs and services offered today and extension.umn.edu for statewide programming and general University of Minnesota Extension research and information.



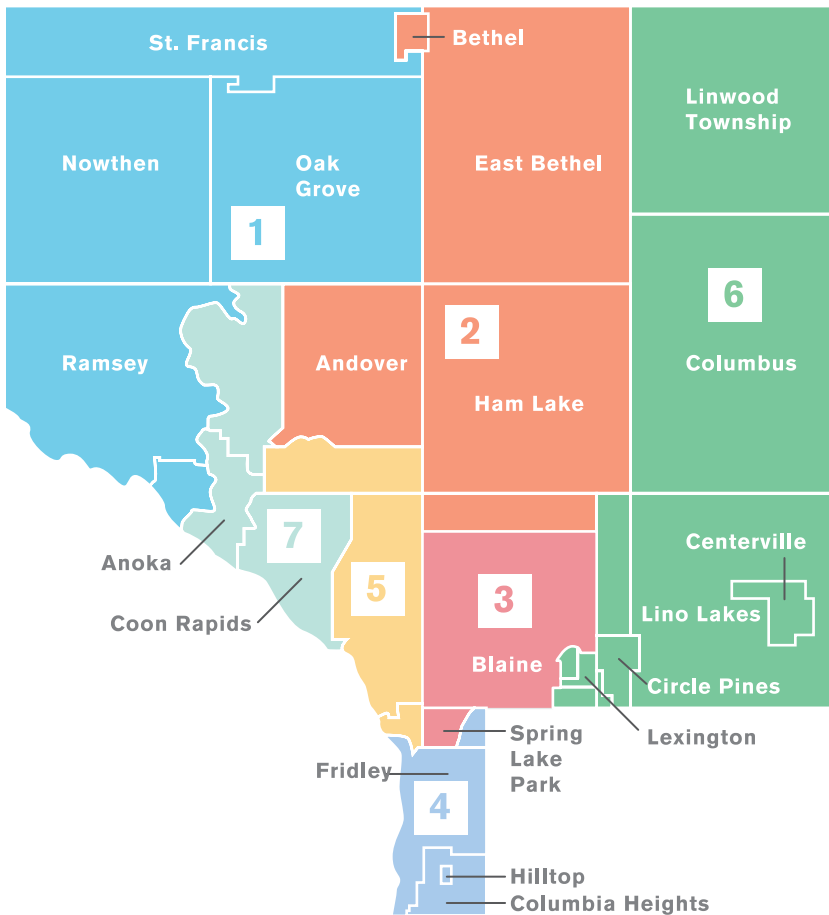
1. (1939) From left: Anoka County Commissioners C.J. Ramsden, George Nutter, and George Sanderson inspect a field infested with Creeping Jenny. 2. (1939) Participants in the Women's Home Project display their work. 3. (1943) A shop window created by Anoka County Extension and Anoka County Civilian Defense. 4. (1944) 4-H'ers join in a "hoeing bee" as part of a reforestation effort.



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County board meetings are generally held the second and fourth Tuesdays of the month at 9:30 a.m. in Room 705 of the Anoka County Government Center in Anoka. Watch board meetings live at anokacounty.us. "Anoka County News" is produced by Anoka County Communications, Erik Thorson, Director, 763-324-4612 publicinfo@co.anoka.mn.us • anokacounty.us/newsletter
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