

Sophia's Law took effect May 1

mn DEPARTMENT OF NATURAL RESOURCES

New carbon monoxide law aimed at saving boaters

In advance of the 2018 boating season, Minnesota will be the first state in the nation to require carbon monoxide detectors and warning stickers on certain boats. Sophia's Law, named after 7-year-old Sophia Baechler, who died

tragically from carbon monoxide poisoning while on her family's boat, took effect May 1.

"Carbon monoxide is a hidden danger," said Adam Block, boating law administrator for the Minnesota Department of Natural Resources. "The deadly gas is odorless, invisible and closely mimics signs of intoxication or seasickness. Even at low levels, carbon monoxide can be lethal."

Under the new law, functioning, marine-grade carbon monoxide detectors must be installed in recreational motorboats with a designated sleeping accommodation, a galley area with a sink, and a toilet compartment. For all gasoline-powered motorboats with an enclosed occupancy compartment, three carbon

monoxide warning stickers are required. The stickers must be attached at the helm, the enclosed occupancy space and the stern.

Warning stickers and information about the dangers of carbon monoxide while boating were mailed to registered boat owners in the spring of 2017. Stickers also can be found at all Minnesota deputy registrars and many marinas and marine dealers.

"As the land of 10,000 lakes, it makes good sense for Minnesota to lead the charge in boating safety," Block said. "Sophia's Law was designed to protect boaters from the dangers of carbon monoxide and prevent future tragedies from happening."

More details on Sophia's Law are at www.mndnr.gov/boatingsafety.

Buy a walleye stamp and help maintain fishing opportunities

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Some anglers go above and beyond to make fishing better in Minnesota by purchasing walleye stamps that help the Department of Natural Resources add walleye to lakes where there otherwise would be none.

"Buying a walleye stamp is a concrete way to help maintain fishing opportunities in Minnesota," said Neil Vanderbosch, DNR fisheries program consultant.

Funds from walleye stamps go toward the cost of purchasing 4- to 6-inch walleye called fingerlings from private fish farms for stocking into lakes. A walleye stamp is not required to fish for or keep walleye.

Anglers with a fishing

license can purchase the walleye stamp validation for \$5, and for an extra 75 cents can have the pictorial stamp mailed to them. Walleye stamps can be purchased anywhere Minnesota fishing licenses are sold, online at mndnr.gov/buylicense or by phone by calling 888-665-4236. Alternatively, anglers can download a form found at mndnr.gov/stamps and return it to the DNR to have the stamp mailed.

The DNR raises and stocks walleye, but also buys walleye fingerlings from private producers to be stocked into lakes – walleye stamp sales help pay for these fish. Since 2009, funds from the walleye stamp have pur-

chased over 40,000 pounds of walleye fingerlings that have been stocked in the fall, all over the state. Walleye fingerlings generally are stocked in lakes that do not have naturally reproducing walleye populations.

A vast majority of the walleye Minnesota anglers catch come from waters where the fish reproduce naturally – about 260 larger walleye lakes and in large rivers. But because of stocking, walleye can be found in an additional 1,050 Minnesota lakes spread throughout the state.

More information about habitat stamps can be found at mndnr.gov/stamps.

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Fish and Fishing

Anglers and waters

Licensed anglers: about 1.4 million

Fishable lakes: 5,400

Miles of fishable rivers and streams: over 18,000

Species of fish: 162 (although not every kind of fish lives everywhere)

Who goes fishing?

Most resident anglers are from urban areas. However, a higher percentage of people living in rural Minnesota fish compared to the percentage of people living in urban areas who fish. 1

Males account for 65 percent of fishing license holders. Females account for 35 percent.

Fishing habits

Significantly more time is spent fishing on lakes than on rivers and streams. 1

The average Minnesota angler spends 15 days fishing each year. (1)

Walleye are the most sought-after fish in Minnesota, followed by northern pike and muskie combined, then panfish, bass, crappie and trout. 1

(1) 2011 National Survey of Fishing, Hunting and Wildlife-Associated Recreation, (U.S. and Minnesota reports) U.S. Fish & Wildlife Service.

Fish Tacos with Honey-Cumin Cilantro Slaw and Chipotle Mayo

Ingredients

1 pound tilapia fillets, cut into chunks
1/2 cup fresh lime juice
1/3 cup fresh lime juice
2 tablespoons honey
1 tablespoon vegetable oil
1 teaspoon ground cumin
1/2 cup mayonnaise
2 chipotle chilies in adobo sauce
1 tablespoon adobo sauce from chipotle peppers
1/4 teaspoon salt
1/8 teaspoon cayenne pepper
1/3 cup all-purpose flour
2 eggs, lightly beaten
2 cups panko crumbs
salt and ground black pepper to taste
1 cup vegetable oil for frying
2 cups 3 color coleslaw blend
1 cup minced fresh cilantro leaves
8 (7 inch) flour tortillas, warmed

Directions

Place the tilapia chunks in a flat dish and pour 1/2 cup lime juice over the fish. Cover, and refrigerate at least 4 hours.

Meanwhile, make the honey-cumin sauce by whisking together 1/3 cup lime juice, honey, vegetable oil, and ground cumin in a small bowl. Set aside until needed.

To make the chipotle mayonnaise dressing, place the mayonnaise, chilies, adobo sauce, 1/4 teaspoon salt, and cayenne pepper together in the bowl of a food processor. Pulse until smooth. Cover, and refrigerate until needed.

To bread the fish, place the flour, eggs, and panko crumbs in three sepa-

rate shallow dishes. Season the fish with salt and pepper to taste. Dip the fish pieces first in the flour, coating evenly, and shaking off any excess. Dip next in the eggs, and last in the panko crumbs, patting the pieces to help the breadcrumbs hold. Set the fish aside on a plate.

To cook the breaded fish, pour 1 cup vegetable oil into a skillet to 1/4 inch deep. Heat the oil to 365 degrees F (185 degrees C) over medium heat. Cook the fish, turning until all sides are golden brown, and flesh is easily flaked with a fork. Drain on paper towels. Brush the fish with the honey-cumin sauce.

Mix the coleslaw and cilantro together in a bowl. Reserve 1/4 cup of the chipotle mayonnaise dressing, and pour the remaining dressing over the coleslaw mixture. Toss to coat evenly with the dressing.

Place the tortillas on a flat surface, and spread each with 1 tablespoon reserved chipotle mayonnaise dressing. Divide the fish between the tortillas. Top with the cilantro coleslaw.



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