



An alphabet FULL of helpful hints for your family!

A Children are amazing ... Acknowledge them!

Alexandria Golf Cars
204 6th Ave E, Alexandria • 320-762-1114

B Be caring. Protect the ones you love with life insurance.

Billmark's Lakes Area Insurance
913 Broadway, Alexandria • 320-763-9022

C Control the fire flow by closing doors to rooms before you doze

Alexandria Fire Department
302 Fillmore St., Alexandria • Emergency 9-1-1

D Dairy will help strengthen your bones!

Douglas County American Dairy Association
320-815-7070

E Embrace life and jump right into learning

Lakeland Shopping Guide
P.O. Box 549, Alexandria 320-762-8385

F Fire is not a toy... Don't play with it!

Brandon Fire Department
107 Holmes Ave, Brandon • Emergency 9-1-1

G Good health means saying "NO" to drugs!

Douglas County Sheriff's Office
Emergency 9-1-1

H Having a positive outlook in life makes for a brighter day!

Echo Press.
P.O. Box 549, Alexandria. 320-763-3133

I Invest wisely for your child's future!

West Central Sanitation
Good Neighbors You've Come to Trust
800-246-7630 • www.wcsanitation.com

J Jumping Juniors Journey with Jon in a Newmar Motorhome!

Steinbring Motorcoach
7390 CR 82, Garfield • 320-834-6333

K Keep healthy by eating plenty of fresh fruits and veggies.

Elden's Fresh Foods
"LIVE - LOVE - LOCAL"
3rd & Nokomis, Alexandria 320-763-3446

L Books are a great reading tool for children. Read to them daily!

Douglas County Library
720 Fillmore St., Alexandria • 320-762-3014

M Make sure to keep children away from hot surfaces.

Lakeland Shopping Guide
P.O. Box 549, Alexandria, MN 56308 - 320-762-8385

N Nothing but fun for everyone at our indoor amusement center

Jump4Fun
Located in Viking Plaza Mall. 3015 Hwy 29 N, Alexandria - 888-642-6230

O One, Two, Three... Make sure to get plenty of exercise

The Osakis Review
P.O. Box 5, Alexandria, MN 56308 • 320-859-2143

P Provide Support For Parents!

Echo Press
P.O. Box 549, Alexandria. 320-763-3133

Q Quality food... thanks to the help of our local, seasonable, sustainable and organic farmers.

LaFerme
613 Broadway, Alexandria • 320-846-0777

R Remember... Call before you cut!

Hair A'la More
209 6th Ave. E, Alexandria • 320-763-4247

S Skaters all fall. It's how they GET UP that matters

Alexandria Figure Skating
P.O. Box 471, Alexandria, 320-852-3365

T Take time to play, it's how children learn.

Early Childhood Education Program
Alexandria Technical & Community College
320-762-0221

U Unlock a child's imagination.

Caplp Child Care Aware
218-512-1500 - 800-941-7003 www.caplp.org

V Vital Fit offers age based fitness classes. Dance, strength & Conditioning, tumbling, yoga, stretching.

Vital Fit
112 6th Ave E. Alexandria 320-762-0442 www.vitalfitclub.com

W Walk. Be fit, don't sit!

Winning Edge Graphics
202 Maple St., Alexandria • 320-763-7953

X Xylophone and guitars are a great way to grow your child's interest in playing instruments.

Osakis Review
P.O. Box 5, Alexandria, MN 56308 - 320-859-2143

Y "Your child will love the experience of our McDonald's Playland"

McDonalds North
6853 State Hwy 29 N, Alexandria • 320-759-7272

Z Zero Cavities

Young At Heart Dentistry
- Rick Thiery, DDS

...brought to you by these smart kids and community-minded businesses!