

The Northland Review

FREE Publication
SEPTEMBER 2018

www.northlandreview.com
Monthly Variety Paper

SEE OUR AD ON PAGE 31

South St. Paul VFW Presents the 4th Annual
ARCH ALLIES CORN FEED
September 14, 2018

111 S. Concord Exchange
S. St. Paul
651-455-1505

Arch Allies Plays
8:30pm - Midnight

ONE BULLET
PLAYS 6:30 - 8PM

ArchAllies.com

RAIN OR SHINE

AMERICA'S PREMIER TRIBUTE SHOW FEATURING THE MUSIC OF
JOURNEY Styx BON JOVI
KT LADD REO BOSTON

TAKE PRIDE IN 295
VFW
POST 295
South St. Paul, MN

\$15



SEE OUR AD ON PAGE 15

SEPT. 14TH-16TH
STAGECOACH DAYS!

Our Prime Has No Equal!
Cornerstone
Pub & Prime
In the heart of Wyoming, MN

FRIDAY SEPT. 14TH
JAKE NELSON
8PM-MIDNIGHT

SATURDAY SEPT. 15TH
FARMERS DAUGHTERS
8PM-MIDNIGHT

26753 Forest Blvd. Wyoming, MN 55092

WYOMING STAGECOACH Celebration



SEE OUR AD ON PAGE 4

CR's Sports Bar & Carbone's Pizzeria
8525 Cottonwood St. NW / Coon Rapids, MN / Bar: (763) 780-1585 / Carbone's: (763) 717-0327

Sept. 7th, 8pm:
Live Music by
Del Counts
Customer Appreciation Night

Sept. 15th 8:30pm
Live Music with
Capone and Friends

Sept. 16th, 9am
TAILGATE PARTY
Vikings vs Packers
Includes:
Tap Beer, Brats,
Chips, Spot on board
for PRIZES,
and a chance to
win some
Viking Gear!
\$20 Per Person




SEE OUR AD ON PAGE 29

DRKULA'S BOWL
INVER GROVE HGTS., MN

6710 Cahill Ave
Inver Grove Heights
f 651.451.1717
www.dracspub.com

Inver Grove Heights Tent Event
SEPT. 7TH & 8TH LIVE MUSIC

Tent Opens at 7:30pm
Bands play 8pm-Midnight

Pro Wrestling Sept 8th @ 2pm
No Cover Charge with IGH Days Button

TIM SIGLER
SEPT. 7TH

BAD GIRLFRIENDS
SEPT. 8TH




SEE OUR AD ON PAGE 12

ROSEVILLE ANDERSON NELSON VFW POST 7555 License #00017-001
1145 Woodhill Drive • Roseville, MN 55113 • 651-483-5313

First Annual
Oktoberfest
Sat. Sept. 22, 8pm
Beer Specials, LIVE Polka Band,
Hammerschlagen,
dancing, and door prizes!

Savarian Boys



SEE OUR AD ON PAGE 5

ADAGIO'S PIZZA FACTORY

2052 Silver Lake Road,
New Brighton, MN 55112
Phone: 651.631.9441
www.adagiospizza.com

Tuesday Pull Tabs
Bar Bingo & Meat Raffle - 6:30pm

Wednesday
3rd Wednesday of Every Month is Designer Purse Bingo - 7p.m.

Friday
Meat Raffle - 6:30pm \$100,000 in 2017!

New Brighton
Lions Gambling
License #01754





SEE OUR AD ON PAGE 12

Carbone's Pizzeria & Pub Carbone's Pizzeria & Pub
White Bear Lake
1350 Highway 96E
White Bear Lake
MN 55110

PIZZA
THE WHOLE FAMILY
LOVES
1929 SINCE 1924

We are having our
2nd Annual Tent Party!
September 8th, 3pm-Close.
Live Music with
The Swamp Hounds 6-10pm

Phone: (651)429-7609 • Website: www.carbonespizzeria.com



SEE OUR AD ON PAGE 12

(763) 537-9914
5222 Bass Lake Rd
Crystal, MN 55429

CHARLES KNAEBLE
VFW POST #494

Vikings Game Day Specials
FREE: Cash Prize Numbers Board,
Raffles and Prizes each quarter,
Purple Hooters when Vikes Score,
and Food Buffet at Halftime!
Skol Vikes!

Breakfast Menu
8am-1pm
\$2 Bloody's, Screw-
drivers, Mimosas, &
Domestic Taps
\$1 Off all Cocktails,
\$5 Lunch Specials
Mon.-Fri. 11am-2pm



SEE OUR AD ON PAGE 3

YOUR DEER PROCESSING HEADQUARTERS CALL NOW!

Illetschko's Meats & Smokehouse
101 E Richmond St.
South St. Paul,
MN 55075
LIKE US f 651-455-4333
www.illetschkos.com

Stop by and see us at
INVER GROVE HEIGHTS DAYS
Saturday, Sept. 8th
Offering a great selection of
our products to sample



SEE OUR AD ON PAGE 11

SLP Lions PIM436 \$2

85% PAYOUT!

See Our Ad
For Participating
Locations!




White Bear RENTAL

IT'S TIME TO AERATE! Rentals available in walk or towable family business

Locally-owned

OPEN SEVEN DAYS A WEEK
 Mon - Fri. 7:30a-6:00p
 Saturday 8:00a-5:00p
 Sunday 10:00a-2:00p

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 1.5 miles north of 694
 3865 Highway 61 N.
 White Bear Lake, MN 55110

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651.426.4433

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- Construction Equipment
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 Sat 9am - 5pm - Sun 12am - 4pm

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We have over 300 professionally tuned *Giant and Specialized* bikes ready to ride.

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www.robsautoinc.com

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763-786-5823 Spring Lake Park, Mn 55432 docscues.com

KANAKA CREEK
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Kanaka Creek Custom Cues Now In Stock!

ROSEVILLE RAIDERS

Roseville Area Youth Hockey

JOE SENSORS Sept. 11th, Tuesday Night. Raffles at 5:30, Bingo at 6:30
 Cash Or Carry, a once a Month Bingo event!
 \$1000 guaranteed coverall every night
 \$125 regular games or choice of Merchandise
 Purse Bingo at Sensors

2350 Cleveland Ave.
 Roseville MN, 55113

A-03191-07

ROSEVILLE BINGO HALL

Welcome to Roseville Bingo Hall! We always PAY!!! And we always PLAY!!!

2525 N. Snelling Ave.
 (1 block north of Rose-dale) • 651-697-1090

We have more sessions than any other Bingo Hall! Check us out, 30 sessions - Open Every Day!

Bingo HALL has BOGO at 7 and 9pm on Sept. 27th
 Buy 7 & 9p.m before 7 p.m., and your 9.p.m is FREE!
 Doors open at 5:30pm

- Monday: 1, 3, 7, & 9pm • Tuesday: 3, 7, & 9pm • Wednesday: 3, 7, & 9pm •
- Thursday: 1, 3, 7, 9, & 11pm • Friday: 1, 3, 7, 9, & 11pm •
- Saturday: 1, 3, 7, 9, & 11pm • Sunday: 1, 3, 7, 9, & 11pm •

A-03191-03

NORTH TARTAN GIRLS BASKETBALL

Like Us on Facebook!

Titans Sports Saloon
 1267 Geneva Ave N
 Oakdale, Minnesota 55128

Questions about our events?
 Sherri (651) 338-9619
 (text only please)

Every Wednesday and Saturday
Guaranteed \$1000 Coverall
 9 games \$20/packet
 (with 50 packets sold - less than 50 packets we will guarantee \$500.)
Wed. Night Bingo at 6pm
Sat. Bingo at 1pm & 8:30pm

Raffles Following Saturday Bingo!

Friday, September 21
Moneybags Bingo
 Designer purses with cash inside!
GUARANTEED \$500 IN THE COVERALL PURSE.
 We pay out 100% of our total packet sales prior to the first game.
 Raffles at 5pm, Bingo at 6:30pm

Saturday, September 29th
Tippy Cup Bingo
 6:30pm - Raffles start at 5:30pm
Guaranteed \$1199 Coverall with \$99 pots \$20/packet

Vikings Football - Titan's is the place to be to cheer for the Vikes!
 MEAT RAFFLES, JERSEY RAFFLES, AND CASH RAFFLES DURING THE GAMES
SPIN THE WHEEL FOR PRIZES, including a \$100 TITAN'S GIFT CARD!
 Free Chili Bar at half-time with a beverage purchase!
Free shots when the Vikings score!

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Ramsey Bicycle

CHECK OUT ALL OF OUR ELECTRIC BIKES!

HARO TREK GIANT REDLINE WILL GO UP TO 60 MILES ON A CHARGE!

Ramsey Bicycle has Everything for the Biking Enthusiast!
 6825 Highway 10 Ramsey, MN • 763-323-6666

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www.illetschkos.com

Stop by and see us at **INVER GROVE HEIGHTS DAYS Saturday, Sept. 8th**

Offering a great selection of our products to sample

CONTACT

The Northland Review, LLC
P.O. Box 6539
Minneapolis, MN 55406
E-mail: production@thenorthlandreview.com

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"COON RAPIDS BEST KEPT SECRET"

PHONE: 763-757-7600
482 NORTHDAL BLVD. COON RAPIDS, MN. 55448



Texas Holdem

Tues - Thurs - Sat
7pm & 9:30pm

Paying out
Up to \$200!

Hours

Mon
11am to 1am
Tues - Thurs
11am to 2am
Fri - Sat
7am to 2am
Sun
7am - 1am



Premier Dart Location

Leagues
Sun - Mon - Tues - Wed
Tournaments
Thurs - Fri - Sat

VIKINGS FOOTBALL SPECIALS



2 -4 -1 Drink Specials
Burger & Wings Specials



Pull Tabs

Every Day

Bingo

Mon. & Wed. @ 6:30pm, Sat. @ 2pm

Meat Raffles

Fri. @ 5:30pm & Sat. @ approx. 4:30pm



Sponsored by Coon Rapids Youth Hockey Lic #35285-008

CR's Sports Bar & Carbone's Pizzeria

8525 Cottonwood St. NW / Coon Rapids, MN / Bar: (763) 780-1585 / Carbone's: (763) 717-0327



Mon. - Fri.
11am - 2am
Sat. - Sun.
9:30am - 2am
OPEN 7 DAYS A WEEK.

Carbone's Hours

Monday - Thursday: 11am - 11pm
Friday - Saturday: 9:30am - Mid.
Sunday: 9:30am - 11pm

Every Wednesday in September,

3 Coveralls Each Night!

\$1,000 In 57#'s

1st Coverall - \$100 Consolation
2nd Coverall - \$150 Consolation
3rd Coverall - \$200 Consolation
+ 8 Regular Bingo Games - \$99 Payouts
Bingo starts at 6pm

Bar Bingo

Wed. @ 6pm, Sat. @ 2pm
\$1000 Winner, Every Saturday!

Meat Raffles

Sat. @ 4:30pm

In House 8 - Ball League

Monday Nights, Starting Oct. 2nd
\$13,500 Total Payout based on 12 teams

Sept. 7th, 8pm:

Live Music by Del Counts
Customer Appreciation Night



Sept. 8th, 11am - 7pm

CRYHA GOLF TOURNAMENT
4 Person Scramble at Victory Links Golf Course

Sept. 15th 8:30pm

Live Music with Capone and Friends

Sept. 16th, 9am

TAILGATE PARTY



Vikings vs Packers
Includes: Tap Beer, Brats, Chips, Spot on board for PRIZES, and a chance to win some Viking Gear!
\$20 Per Person

Sept. 22nd, 12pm

2018-2019 MPA Season Opener
\$2,000 Added Singles 8-Ball

Sept. 29th, 6-8pm

CRYHA (Coon Rapids Youth Hockey) Fundraiser

COME IN AND TRY OUR JUICY LUCY'S!

Tin Cup's

1220 Rice Street
St. Paul, MN • 651-487-7967

Hours
Restaurant Daily
10am-10pm
Bar Daily 10am-1am

~~~~~ Famous Fish Fry ~~~~~

Voted #1 In the St. Paul Pioneer Press
AS SEEN IN THE ST. PAUL PIONEER PRESS
Fish Fryday • All you can eat \$11.99



Game Day Specials

Miller Lite

\$4 Miller Lite pints, and keep a souvenir cup!
\$8 Pitchers



COME CHECK OUT OUR NEW MENUS!



NEW DAILY DRINK SPECIALS!



Wed Night Bingo @ 6:30PM

MEAT RAFFLES SUNDAYS 2PM & 4PM FRIDAYS AT 5PM, LARGEST MEAT PACKAGES ON RICE STREET
MEAT PROVIDED BY KAMP'S GROCERY & MEAT MARKET
STARTING ON JULY 20TH

VOTED BEST BURGER!
\$2 Tacos
ALL DAY - ALL NIGHT
SATURDAY & SUNDAY





CHECK OUT ALL OF OUR LOCATIONS IN THE SCOOP TEXAS HOLDEM LISTINGS

Sfpokertour.com

Straight Flush Poker League

- Sundays: 2 p.m. - Carbone's - Cottage Grove
- Sundays: 2 p.m. - Biff's Sports Bar - Spring Lake Park
- Sundays: 5 & 8 p.m. - Detour 19 - Loretto
- Sundays: 7 p.m. - White Bear Bar - WBL
- Mondays: 7 p.m. - Palmer Lake VFW - Brooklyn Park
- Mondays: 7 p.m. - Casper's Cherokee - Eagan
- Mondays: 7 p.m. - Country Nites - Hastings
- Mondays: 7:30 p.m. - Chanhassen Legion Post 580 - Chanhassen
- Mondays: 7:30 p.m. - Barn Board Grill - Roberts, WI
- Mondays: 7 p.m. - Willies Hidden Harbor - Saint Paul Park
- Tuesdays: 7:30 p.m. - Schuggy's American Grill - Hammond, WI
- Tuesdays: 7 p.m. - Jersey's Bar - Inver Grove Heights
- Tuesdays: 7 p.m. - White Bear Bar - WBL
- Wednesdays: 7 p.m. - Park Place - St. Paul Park
- Wednesdays: 7 p.m. - The Pour House - NYA
- Wednesdays: 7 p.m. - Biff's Sports Bar - Spring Lake Park
- Thursdays: 7 p.m. - Cedarvale Fitz's - Eagan
- Thursdays: 7 p.m. - Carbone's - Cottage Grove
- Thursdays: 7 & 8:30 p.m. - Medina Entertainment Center - Medina
- Thursdays: 7:30 p.m. - Big Guy's BBQ Roadhouse - Hudson, WI
- Fridays: 7 p.m. - Park Place - St. Paul Park
- Fridays: 7 p.m. - Biff's Sports Bar - Spring Lake Park



www.twostoooges.com



Fireball Fridays with DJ Bob

UFC #229: Oct. 6th Nurmagomedov VS McGregor

1 HOUR OF FREE POOL
w/ purchase of Lunch
M-F 11am-4pm
Pool and Dart Leagues Now Forming

- Four 14' HD Big Screens
- 25,000 square feet of FUN!
- Full Service Restaurant
- Corporate Events
- 43 Pool Tables
- Dart Boards
- 20-500 Guests
- Patio Seating
- Parties
- Banquets
- Sports Bar
- 35 Plasma TVs

Vikings vs. Packers
Sept. 16th

Football Game Day Specials!
Specials and Prizes
Separate Packer Zone
Football Tip Board

PLAN YOUR NEXT EVENT AT TWO STOOGES

Holiday Parties, Class Reunions, Fantasy Football, Softball Teams, Graduations, Weddings, Birthdays, Retirement Parties, Groom's Dinners, Rehearsal Dinners, Benefits, Non-Profit Events, Anniversary Parties.


PULL TABS DAILY Tip Boards

Fridley Lions Club





Lic # 00306-006



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Tuesday
Bar Bingo & Meat Raffle - 6:30pm

Wednesday
3rd Wednesday of Every Month is Designer Purse Bingo - 7p.m.

Friday
Meat Raffle - 6:30pm

Pull Tabs





We Serve

Donated over \$100,000 in 2017!

New Brighton Lions Gambling License #01754

Monday
Free Cribbage Tournaments
1st & 3rd Monday of the Month: Singles - 6:30PM
2nd & 4th Monday of the Month: Doubles - 6:30PM
1/2 Price Pizza Night: 5-10PM
Dine-in only, w/purchase of 2 beverages

Wednesday
ALL YOU CAN EAT Pasta Night 5-10PM, \$9. Dine-in only.
Music Mayhem: 8-10PM

Thursday
Free Live Music with Vinnie Rose: 8-11PM

Friday
Live Trivia with DJ: 9PM
Free Darts & Touch Tunes: 11PM
Late Night Drink Specials: 10PM-Close

Saturday
Karaoke: 9:30PM

Sunday
Bloody Mary Bar: 10AM-2PM
Texas Hold'em: 8PM

Enjoy Drink and Food Specials during all Vikings games!






Lounge/Bar Hours: Sunday-Thursday: 11AM-1AM • Friday-Saturday: 11AM-2AM
Kitchen Hours: Sunday-Thursday: 11AM-11PM • Friday-Saturday: 11AM-12AM



Mad Jacks
SPORTS CAFE

Brooklyn Park
You Don't Know Jack!

BIKE NIGHT
Every Wednesday Night
Starts at 5 pm

8078 Brooklyn Blvd. • Brooklyn Park, MN 55445

Ph: (763) 432-6263



Mad Jacks Brooklyn Park is a unique upscale casual sports cafe that offers a wide variety of menu items that are made fresh daily. Whether it is a private function in our cabin room, dinner with your family and friends, or drinks in our bar area, we hope to see you soon!!

HAPPY HOUR & SPECIALS

Monday - Sunday
2-4 pm: \$2 Domestic Taps & Single Pour Rail Drinks
4-6 pm: \$1.50 Off All Drinks
2-6 pm: \$2 Off Select Apps

Saturday
2-6 pm: \$3 Kamikaze Shots

Sunday
11-2 pm: \$4.50 Basic Bloody



FOOTBALL SPECIALS

\$3 Grape Apes with Phillips Vodka on every Minnesota Touchdown

\$3 Miller Lite Taps with collector cups

12 One Topping Pizza with 2 Domestic Tap Beers
valid on SUNDAYS ONLY!

SUPER Bingo

Tues. (Starting Sept. 11th) @ 6:30pm,
Sat. (Starting Sept. 8th) @ 1:30pm
Progressive jackpots up to \$2,000

Designer Purse Bingo
2nd Thursday of the month
Sept. 13th @ 6:30pm

Meat Raffles

Wednesdays @ 5:30pm
Saturdays @ 1:30pm

WIN BIG AT BINGO!

(Northwest Area Jaycees Lic # 02463-007)

VFW Post 230
 4446 Central Ave. N.E. Columbia Heights, MN. 55421
 www.facebook.com/vfwpost230
 763-788-8187

Pull-Tabs Open Daily
 Sun. Mon. Tue. Wed. Thur.
 Noon-9pm.
 Fri. Noon-mid. Sat. 11am-11pm
 License #00012-001

BINGO
Monday's!
 Sept. 3, 10, 17 & 24
 1pm
.50c Special!
 Sept. 30th
 1pm

Fish Fry 5pm-8pm & Karaoke Every Friday 8:30pm-mid.

ROCK
 Sat. Sept. 8th 8pm-mid.

The City Knights
 Sat. Sept. 22nd., 8pm-mid.

Wed., Thur. & Fri. Burger Baskets & More 5pm-9pm
Sat. Breakfast 8am-Noon

Meat, Meat, Meat, Meat, Meat! Raffles... Every Friday @ 6pm!

Post 6587 Kraus Hartig
Kraus-Hartig VFW Post 6587
 8100 Pleasant View Drive NE.
 Spring Lake Park, MN 55432
 763-780-1900

Sundays Bar Bingo
 2 coveralls up to \$1000! 2:30pm

Tuesday Bar Bingo
 2 coveralls, up to \$1000! 6:30pm

Taco Tuesdays
 2nd and 4th Tuesday every month

Wednesday Texas Hold'em
 6:30pm

TRMA
Friday Get A Clu Trivia
 7:15pm
Meat Raffle
 Every Friday @6pm, Starting 9/7

Saturday Saturday Karaoke
 8:30 pm

Texas Hold'em
 3pm

Meat Raffle
 Every Saturday @2:30pm, Starting 9/8

Palmer Lake VFW Post 3915
 2817 Brookdale Dr Brooklyn Park, MN 55444
 763-560-3720

Palmer Lake VFW
 ALL-AMERICAN POST 3915

Hours: Mon.-Thurs. Noon-1AM
 Fri.-Sun. 10AM-1AM

Big screen TV's for ALL Sporting Events
 www.palmerlakevfw.com

New members welcome! Come check out what the VFW is about!

- Monday** - Texas Hold'em 7PM,
- Tuesday** - Meat Raffles 5PM
- Wednesday** - Bingo 6:30PM
- Thursday** - Open Band Night, 7PM
- Friday** - Bargo 7:30PM, DJ at 9:30PM
- Saturday** - Meat Raffles 3:30PM, Karaoke

Food Truck Festival
 Sept. 8th
BOOYA
 Oct. 13th

Hall Rental, 200 Capacity, Separate bar available

Pulltabs
 Mon.-Thurs. Noon- Close, Fri. 10am-Close,
 Sat. 11AM to Close, Sun. 12PM-Close
 10 Boxes, 6-85%, 9/10 Posted

Meat Raffles
 Tue. at 5PM \$25 packs, - Sat. at 3:30PM • \$25 packs
 Packages supplied by Osseo Meats.

Bingo:
 Wed. at 6:30PM. 9 \$99 pots guaranteed,
 Coverall for \$1000 (rules apply)



Video Horse/Car Races:
 Every Sat. at 3:30PM. Number of races vary per crowd.
 Prizes up to \$500 per race!
 Gambling Control Number # 00-632

Fred Babcock VFW Post 5555
 6715 Lakeshore Drive Richfield MN 55423
 Phone: 612-869-5555

Open
 7 days a week!

Look us up on the Web and Facebook, you're going to love our New Look!

September Entertainment
 Sat. Sept. 1 - Northernaires
 Sat. Sept 8 - Impromptues
 Fri. Sept. 14 - Hi Hats
 Sat. Sept 22 - Top 3
 Sat. Sept 29 - Northernaires



Karaoke
 Tuesdays & Thursdays
 7:30 - 11:30pm

Join us for Viking Game Specials

BINGO & Meat Raffle Sundays @ 2pm
Bar BINGO Wednesdays @ 5pm
Meat Raffle & Texas Holdem Fridays @ 6:30 & 8:30pm
Great pull tabs, every day!
 Gaming License # 00073-004

Bayport American Legion Post 491
 263 N. 3rd St. 651-439-5463



BAR BINGO

Mon. - 7pm @ Stillwater Bowl
 5862 Omaha Ave N, Stillwater • (651)-439-2444

Fri. - 7:15pm @ Legion Post 491
 263 N. 3rd St, Bayport • (651)-439-5463

Sat. - 2pm @ The Bungalow
 1151 Rivercrest Rd, Lakeland • (651)-436-5005

WIN BIG AT BINGO!

6	22	34	53	72
11	27	38	56	71
4	●	●	52	69
13	21	42	●	67
14	24	32	59	68

Kelly Green- 651-491-8972 Lic. # 00467



Talk to your neighbors, then talk to me.

Christopher Kisch Ins Agcy Inc
 Christopher Kisch, Agent
 625 Southview Blvd
 South St Paul, MN 55075
 Bus: 651-455-9700

See why State Farm® insures more drivers than GEICO and Progressive combined. Great service, plus discounts of up to 40 percent.*
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 1001174.1 State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, Bloomington, IL

VFW Post #6690
 1323 Sibley Memorial Highway • Mendota, MN (651) 688-7408



Monday Night Bingo
 Two Progressive Jackpots Starting @ 7pm

6	22	34	53	72
11	27	38	56	71
4	●	●	52	69
13	21	42	●	67
14	24	32	59	68

Pulltabs Daily
 Lic. B00629



HAPPY HOUR
 Mon. - Fri. Noon - 6pm
 Sun. All Day




Meat Raffle
 Every Sat. @ 3:30



The American Legion Post 225
 Like us on Facebook FOREST LAKE AMERICAN LEGION
 355 W. Broadway Forest Lake, MN. 55025
 651-464-2600

BluesFest
 September 15th, 3pm to midnight.



- LIVE outdoor bands •
- BBQ • Art •
- And lots of specials!

Loaded Bloody Mary Bar
 Saturday and Sunday from 11am-3pm
BIGGEST IN THE AREA!

Football Specials
 2-4-1s during Touchdowns
 Specialized football food specials
 \$10 Wristbands include FREE food and beer.

Bingo
 Sundays at 2pm,
 Wednesdays at 6pm.

43	22	72	36	4
29	18	63	52	●
70	8	FREE	24	●
6	27	16	30	4
31	12	39	57	26

Meat Raffles
 Wednesdays at 5pm,
 Fridays at 6pm, Saturdays at noon
 Lic. # 00131-002

Free Hall Rental for Weddings



the Old Log Cabin RESTAURANT & BAR
 9726 SCANDIA TRAIL N, FOREST LAKE, MN
 55025-8934
 PHONE: 651-433-5646

SUNDAY: 11AM-9PM MONDAY: 4PM-9PM TUESDAY TO SATURDAY: 11AM-10PM



"AMAZING, GOOD FOOD! PORTIONS WERE LARGE. NICE SERVICE AND A QUAINAT ATMOSPHERE. THE WHOLE FAMILY ENJOYED THEMSELVES."
 - A GOOGLE USER



HAPPY HOUR MONDAY TO FRIDAY: 3PM-6PM SUNDAYS: 12PM-3PM

FOREST LAKE LIONS PULL TABS DAILY



OLD LOG CABIN NOW HAS E-TABS, TRY THEM OUT!
 Lic. # 02190-007

NEW 
Jimmy's
 "Monday Morning Bingo"
 9am



New Specials EACH DAY!
CALENDAR POSTED
EACH MONTH ON
FACEBOOK

Upcoming Events!!!

Big Bingo Party * **\$200 Payouts**
White Bear Bar * **\$500 Bonanza**
September 16th 1pm * **\$1000 Coverall**



Free Prizes!!
Raffles!



Big Top Bingo!
Saturday, September 29th
White Bear Sports Center
\$40 packages. Big Cash Payouts!

Friday Nights!

9:30pm



VILLAGE SPORTS BAR
 WHITE BEAR LAKE, MN
\$26 Packages
Glow in the Dark Dobbers!
FREE Prizes & Games!
\$100 Payouts EACH GAME!
\$1000 Coverall!

WHY PLAY BINGO AT THESE LOCATIONS??

BEST CASH PRIZE PAYOUTS IN THE METRO AREA



THATS WHY!



YOU
DON'T
WANT
TO
MISS
IT!!


- JIMMY'S** - Mondays 9am TuesdaysThursdays at 6pm
- SAKS VILLAGE SPORTS BAR** - Wednesdays 6pm
- MCCARRON'S** - Mondays 6pm and Saturdays Noon
- SAKS SPORTS BAR** - Mondays at 6pm and Saturdays at 2pm
- WHITE BEAR BAR** - Thursdays at 7pm

 www.facebook.com/wblhockeygambling
 LIKE US ON FB AND FOLLOW OUR SPECIALS

- \$1000 COVER ALL GAMES**
- \$2000 PROGRESSIVE GAMES**
- \$1000 PROGRESSIVE GAMES**
- "FREE B" GAME - WINNERS TAKES IT ALL!**
- \$200 HOT BALL - EVERY GAME!**
- BONUS PRIZES - BAR GIFT CERTIFICATES**

FOREST LAKE ATHLETIC ASSOCIATION

"Supporting Youth" Football, Lacrosse, Volleyball, Basketball, Softball, Fastpitch, and Baseball www.FLAAA.org

 Like Us On Facebook

CHARITABLE GAMBLING LOCATIONS

Charitable Gambling License # G-04354

Vannelli's By The Lake

55 Lake St. South
 Forest Lake, MN 55025
 Phone: (651)395-2400

We have Pull-Tabs Daily, Meat Raffles Wednesdays and Fridays at 5:30pm
 Friday, Sept. 14th, @ 8:30pm
 Cosmic Bingo! Games, Music, Lights, and an Overall Wild Time at Vannelli's By The Lake!!



Cornerstone Pub & Prime

26753 Forest Blvd.,
 Wyoming, MN 55092
 Phone: (651) 462-1211

We have Pull-Tabs Daily, and Meat Raffles Thursdays and Fridays at 4:30pm

Forest Hills Golf Course

7530 210th St North.,
 Forest Lake, MN 55025
 Phone: (651) 464-3097

We have Pull-Tabs Daily

The Meet Market

555 W Broadway Ave #7
 Forest Lake, MN 55025

We have Pull-Tabs Daily

The Liquor Barrel

7997 Lake Drive,
 Lino Lakes, MN 55014
 Phone: (651) 251-0108

We have Pull Tabs Daily

Tanners Brook Golf Course

5810 190th St N.,
 Forest Lake, MN 55025
 Phone: (651) 464-2300

We have Pull-Tabs Daily

Circle E Wine and Spirits

4869 208th St. N.,
 Forest Lake, MN 55025
 Phone: (651) 982-1814

We have Pull Tabs Daily

Mallards Forest Lake

220 Lake St. N.
 Forest Lake, MN 55025
 (651) 272-5152

We have Pull-Tabs Daily

Splitrocks Entertainment Center

5063 273rd St,
 Wyoming, MN 55092
 Phone: (651) 462-6000

Pull-Tabs Daily, Bingo on Wednesdays at 6:30pm and Saturdays at 1pm (starting back up Sept.15), Meat Raffles on Wednesdays and Saturdays during Bingo, and Fridays at 6pm (starting back up Sept. 14)

Brookside Pub

21050 Ozark Ct. N.
 Scandia, MN 55073
 (651) 433-0147

We have Pull-Tabs Daily, Bingo on Thursdays at 6:30pm, Meat Raffles on Thursdays during Bingo and Fridays at 5:30pm.

TEXAS HOLD 'EM

MONDAYS

Am Legion Post 1776
14521 Granada Drive, Apple Valley, MN
952-431-1776 • 7pm

Barn Board Grill (Straight Flush Poker)
517 Cherry Ln, Roberts, WI
715-760-3663 • 7:30pm

Casper's Cherokee (Straight Flush Poker)
4625 Nicols Rd, Eagan, MN
651-454-6744 • 7pm

Chanhassen Legion Post 580 (Straight Flush Poker)
290 Lake Dr E, Chanhassen, MN
952-934-6677 • 7:30pm

Country Nites Saloon (Straight Flush Poker)
712 Vermillion Street, Hastings, MN
651-346-1042 • 7pm

Jumping Jacks
1715 Badger Blvd West, Isanti, MN
763-444-8311 • 7pm

Mounds Park Sports Bar
1067 Hudson Rd, St. Paul, MN
651-340-0319 • 7:30pm

Palmer Lake VFW (Straight Flush Poker)
2817 Brookdale Dr, Brooklyn Park, MN
763-560-3720 • 7pm

TUESDAYS

Dawn's Corner Bar
305 West Avenue, Dundas, MN
507-663-0593 • 7pm

Elks Lodge

720 Hwy 7 East, Hutchinson, MN
320-587-3116 • 7pm

Finish Line

31924 125th St, Princeton, MN
763-631-2233 • 7pm & 9pm

Flicek's Bar & Grill
114 Main St. S., Lonsdale, MN
507-744-5164 • 7pm

Jersey's Bar (Straight Flush Poker)
6449 Concord Blvd, Inver Grove Hgts, MN
651-455-4561 • 7pm

Scoops Pub
482 Northdale Blvd, Coon Rapids, MN
763-757-7600 • 7pm & 9:30pm

Schuggy's American Grill & Taphouse (Straight Flush Poker)
1055 Davis St, Hammond, WI
715-796-2319 • 7:30pm

VFW White Bear Lake
4496 Lake Ave S, White Bear Lake MN
651-426-4944 • 7pm

White Bear Bar (Straight Flush Poker)
2135 4th St, White Bear Lake, MN
651-426-4111 • 7 & 10pm

WEDNESDAYS

Biffs Sports Bar (Straight Flush Poker)
7777 Hwy 65 NE, Spring Lake Park, MN
763-784-9446 • 7pm

Buffalo Bar
904 Commercial Dr., Buffalo, MN
763-682-5806 • 7pm

Kraus-Hartig VFW Post 6587
8100 Pleasant Drive NE, Spring Lake Park
763-780-1900 • 6:30pm

Park Place Sports Bar (Straight Flush Poker)

200 Broadway, St Paul Park MN
651-459-9018 • 7pm

Rich's Bar

34 Oak Ave N, Annandale, MN
320-274-9992 • 7pm

Stoney's Bar
158 Broadway St.E, Rockville, MN
320-253-2330 • 7pm

The Pour House (Straight Flush Poker)
325 Elm St W, Norwood Young Am, MN
952-467-2112 • 7pm

THURSDAYS

Big Guy's BBQ Roadhouse (Straight Flush Poker)
1237 Hwy 35 N, Hudson, WI
715-549-6255 • 7:30 pm

Cedarvale Lanes/ Fitz's Bar & Grill (Straight Flush Poker)
3883 Cedar Grove Parkway Eagan, MN
651-452-7520 • 7pm

Cottage Grove Carbone's Kitchen & Pub (Straight Flush Poker)
7155 Jorgensen Lane S, Cottage Grove, MN
651-459-6666 • 7pm

Flicek's Bar & Grill
114 Main St. S., Lonsdale, MN
507-744-5164 • 7pm

Medina Entertainment Center (Straight Flush Poker)
500 - Hwy 55, Medina, MN
763-478-6661 • 7 & 8:30pm

Rosetown American Legion
700 W Cty Rd C, Roseville, Mn
651-483-3535 • 7pm

Tin Cups

1220 Rice St., St. Paul, MN
651-487-7967 • 6:30pm

Titans Sports Saloon
1267 Geneva Ave N, Oakdale, MN
651-444-8488 • 6pm

Trappers
6810 Lake Drive, Lino Lakes, MN
651-784-7474 • 6:30pm

The Village Inn & Stadium Bar
3600 Hoffman Rd, White Bear Lake, MN
651-770-8670 • 6pm

VFW Coon Rapids Post 9625
1919 Coon Rapids Blvd, Coon Rapids, MN
763-755-4760 • 6pm

VFW Post 295 South St. Paul
111 S. Concord Exchange, S. St. Paul, MN
651-455-1505 • 7pm

VFW Richfield Post 5555
6715 Lakeshore Drive, Richfield MN
612-869-5555 • 5pm

THURSDAYS

Jimmy's Food & Drink
1132 Co Rd E East, Vadnais Heights
651-482-1100 • 6pm

Mainstreet Bar and Grill
814 Mainstreet, Hopkins, MN
952-938-2400 • 6:30pm

Neisen's Sports Bar & Grill
4851 W. 123rd St, Savage, MN
952-846-4513 • 7pm

Park Place Sports Bar
200 Broadway, St Paul Park MN
651-459-9018 • 6:30pm

Station 57
3800 Restwood Rd. Lexington MN,
763-786-1014 • 6:30pm

VFW Crystal Post 494
5222 Bass Lake Rd, Crystal, MN
763-537-9914 • 6pm

VFW Roseville Post 7555
1145 Woodland Drive 55113
651-483-5313 • 6:30pm

VFW White Bear Lake
4496 Lake Ave S, White Bear Lake MN
651-426-4944 • 6:30pm (except 1st thurs.)

Welsch's Big Ten Tavern
4703 Highway 10, Arden Hills, MN 55112
(651) 633-7253

Every 3rd Thursday 6:30pm
White Bear Bar
2135 4th Street, White Bear Lake
651-426-4111 • 7pm

Scoops Pub

482 Northdale Blvd, Coon Rapids, MN
763-757-7600 • 7pm & 9:30pm

FRIDAYS

American Legion Post 255
355 W. Broadway, Forest Lake, MN
651-464-2600 • 7pm

Biffs Sports Bar (Straight Flush Poker)
7777 Hwy 65 NE, Spring Lake Park, MN
763-784-9446 • 7pm

Blainbrook Bowl
12000 Central Ave
763-755-8686 • 7pm & 10pm

Mounds Park Sports Bar
1067 Hudson Rd, St. Paul, MN
651-340-0319 • 7:30pm

Park Place Sports Bar (Straight Flush Poker)
200 Broadway, St Paul Park MN
651-459-9018 • 7pm

VFW Richfield Post 5555
6715 Lakeshore Drive, Richfield MN
612-869-5555 • 6:30pm & 8:30pm

SATURDAYS

Blainbrook Bowl
12000 Central Ave
763-755-8686 • 7pm & 10pm

Kraus-Hartig VFW Post 6587
8100 Pleasant Drive NE, Spring Lake Park
763-780-1900 • 3pm

Sidewinders Bar
2573 7th Ave E, North St Paul MN
651-773-8867 • 8pm

Mounds Park Sports Bar
1067 Hudson Rd, St. Paul, MN
651-340-0319 • 2pm

FRIDAYS

Am. Legion Bayport Post 491
263 N. 3rd St. Bayport, MN
651-439-5463 • 7:15pm (Lic# 00467)

Montes Sports Bar & Grill
8299 University Ave NE, Spring Lake
Park, MN 55432 (763) 784-2230 • 5:30pm

Palmer Lake VFW
2817 Brookdale Dr, Brooklyn Park, MN
763-560-3720 • 7:30pm

The Village Inn & Stadium Bar
3600 Hoffman Rd, White Bear Lake, MN
651-770-8670 • 9:30pm (Disco Bingo)

Designer Purse Bingo

@ **Titans Sports Saloon**
1267 Geneva Ave N, Oakdale, MN
651-444-8488

Friday, September 21
Moneybags Bingo-Designer purses
with mystery cash inside!

GUARANTEED \$500
pay out 100%
Raffles 5pm, Bingo 6:30pm

SATURDAYS

American Legion Rosetown
1st & 3rd Sat./month
700 W Cty Rd C, Roseville, MN
651-483-3535 • 3pm

Biffs Sports Bar & Grill
7777 Hwy 65 NE, Spring Lake Park, MN
55432 (763) 784-9446 • 3pm

Bungalo
1151 Rivercrest Rd, Lakeland, MN
651-436-5005 • 2pm (Lic # 00467)

CR'S Sports Bar
8525 Cottonwood St NW
763-780-1585 • 2pm

Drkula's
6710 Cahill Ave, Inver Grove Hgts, MN
651-451-1717 • Noon

Dugout Bar & Grill
158 Main St. NW, Bethel, MN
763-434-0119 • 3pm

Kelly's Korner Bar
7098 Centerville Road, Centerville, Mn
651-493-6626 • 2pm

Mainstreet Bar and Grill
814 Mainstreet, Hopkins, MN
952-938-2400 • 2pm

Mc Carron's
1986 Rice St., Maplewood. MN
651-788-7362 • Noon

SAK'S
1460 - E County Rd E Vadnais Heights, MN
651-484-6119 • 2pm

Sal's Angus Grill
12010 Keystone Ave N, Stillwater
(651)-439-6625 • 2pm

Scoops Pub

482 Northdale Blvd, Coon Rapids, MN
763-757-7600 • 7pm & 9:30pm

SUNDAYS

Adagio's Pizza Factory
2052 Silver Lake Road, New Brighton, MN
Phone: 651.631.9441 • 8pm

American Legion Post 620
5383 140th St N, Hugo, MN
651-255-1432 • 5:30pm

Biffs Sports Bar (Straight Flush Poker)
7777 Hwy 65 NE
Spring Lake Park, MN
763-784-9446 • 2pm

Blainbrook Bowl
12000 Central Ave
763-755-8686 • 5pm & 8pm

Cottage Grove Carbone's Kitchen & Pub (Straight Flush Poker)
7155 Jorgensen Lane S, Cottage Grove, MN
651-459-6666 • 2pm

Detour 19 (Straight Flush Poker)
300 N Medina St, Loretto, MN
763-479-2821 • 5 & 8pm

Stoney's Bar
158 Broadway St.E, Rockville, MN
320-253-2330 • 7pm

White Bear Bar (Straight Flush Poker)
2135 4th St, White Bear Lake, MN
651-426-411 • 7pm

BAR BINGO

MONDAYS

Handbag Bingo at Banquets of Minnesota
1009 109th Ave NE, Blaine, MN 55434
(612) 803-6468
Every 3rd Monday 6:30PM

Grumpy's Bar and Grill
2801 N. Snelling Ave, Roseville MN,
(651) 379-1180 • 6pm

Mc Carron's
1986 Rice St., Maplewood. MN
651-788-7362 • 6pm

SAK'S
1460 - E County Rd E Vadnais Heights, MN
651-484-6119 • 6pm

Scoops Pub
482 Northdale Blvd, Coon Rapids, MN
763-757-7600 • 6:30pm

Stillwater Bowl
5862 Omaha Ave N Stillwater
651-439-2444 • 7pm (Lic# 00467)

The Dog House
2029 Woodlynn Ave, Maplewood, MN
651-621-1535 • 10pm

Trappers
6810 Lake Drive, Lino Lakes MN
651-784-7474 • 6:30p

VFW Columbia Hgts. Post 230
4446 Central Ave. NE, Columbia Hgts MN
763-788-8187 • 1pm

VFW Crystal Post 494
5222 Bass Lake Rd, Crystal, MN
763-537-9914 • 6pm

VFW Mendota Post 6690
Sibley Memorial Hwy, Mendota, Mn
651-688-7408 • 7pm

TUESDAYS

Adagio's Pizza Factory
2052 Silver Lake Road, New Brighton, MN
Phone: 651.631.9441 • 7pm

Carbone's Pizzeria & Pub
1350 Highway 96E, White Bear Lake MN
651 429-7609 • 6pm

Dugout Bar & Grill
158 Main St. NW, Bethel, MN
763-434-0119 • 6:30pm

Jimmy's Food & Drink
1132 Co Rd E East, Vadnais Heights
651-482-1100 • 6pm

Kelly's Korner Bar
7098 Centerville Road, Centerville, Mn
651-493-6626 • 6:30pm

Mainstreet Bar and Grill
814 Mainstreet, Hopkins, MN
952-938-2400 • 6:30pm

Kraus-Hartig VFW Post 6587
8100 Pleasant Drive NE, Spring Lake Park,
763-780-1900 • 2:30pm

Designer Purse Bingo

@ **JOE Senser's**
Tuesday, September 11
Raffles @ 5:30pm - Bingo @ 6:30pm
\$1000 guaranteed coverall every night
\$125 regular games or choice of Merch.
2350 Cleaveland Ave. Roseville MN,
(651) 631-1781 • 6:30pm

WEDNESDAYS

Designer Purse Bingo
@ **Adagio's Pizza Factory**
2052 Silver Lake Road, New Brighton, MN
Phone: 651.631.9441

3rd Wednesday of Every Month
is **Designer Purse Bingo 7pm**

American Legion Post 225
355 W. Broadway, Forest Lake, MN
651-464-2600 • 6pm

Designer Purse Bingo
@ **Carbone's Pizzeria & Pub**
1350 Highway 96E, White Bear Lake MN
651 429-7609

September 19 @ 6:30pm, Come in Early.

CR'S Sports Bar
8525 Cottonwood St NW
763-780-1585 • 6:30pm

Drkula's
6710 Cahill Ave, Inver Grove Hgts, MN
651-451-1717 • 6:30pm

Montes Sports Bar & Grill
8299 University Ave NE, Spring Lake Park,
MN 55432 (763) 784-2230 • 5pm

Mounds Park Sports Bar
1067 Hudson Rd, St. Paul, MN
651-340-0319 • 7:30pm

Neisen's Sports Bar & Grill
4851 W. 123rd St, Savage, MN
952-846-4513 • 7pm

Palmer Lake VFW
2817 Brookdale Dr, Brooklyn Park, MN
763-560-3720 • 6:30pm

PR'S Sport's Bar
14889 Florence trail Apple Valley, MN
(952) 855-8888 • 7pm

Scoops Pub
482 Northdale Blvd, Coon Rapids, MN
763-757-7600 • 6:30pm

Splitrocks Entertainment Center
5063-273rd St, Wyoming, MN 55092
651-462-6000 • 6:30pm

The Sunset Grill
8466 Hwy. 65, Spring Lake Park, MN 55432
(763) 204-8648 • 6:30pm

RAFFLES

MONDAYS

Grumpy's Bar and Grill

2801 N. Snelling Ave, Roseville MN,
(651) 379-1180 • 5:30pm

Mc Carron's

1986 Rice St., Maplewood. MN
651-788-7362 • 6pm

Trappers

6810 Lake Drive, Lino Lakes MN
651-784-7474 • 5:30pm

TUESDAYS

Adagio's Pizza Factory

2052 Silver Lake Road, New Brighton, MN
Phone: 651.631.9441 • 7pm

Carbone's Pizzeria & Pub

1350 Highway 96E, White Bear Lake MN
651 429-7609 • 5pm

Dugout Bar & Grill

158 Main St. NW, Bethel, MN
763-434-0119 • 6pm

Jimmy's Food & Drink

1132 Co Rd E East, Vadnais Heights
651-482-1100 • 6pm

Kelly's Korner Bar

7098 Centerville Road, Centerville, MN
651-493-6626 • 6:30pm

Palmer Lake VFW

2817 Brookdale Dr, Brooklyn Park, MN
763-560-3720 • 5pm

WEDNESDAYS

American Legion Post 225

355 W. Broadway, Forest Lake, MN
651-464-2600 • 5pm

American Legion Post 260

304 Elm Street, Monticello, MN
763-295-2574 • 4pm

American Legion Rosetown

700 W Cty Rd C, Roseville, Mn
651-483-3535 • 5pm

Cam's Bar & Eatery

8517 63rd Ave N., Brooklyn Park , MN
763-533-4159 • 6pm

Doc's Landing

3200 White Bear Ave, White Bear Lake
651-770-3582 • 5pm

Mainstreet Bar and Grill

814 Mainstreet, Hopkins, MN
952-938-2400 • 5pm

The Roadside Bar & Grill

12530 Ulysses St. N, Blaine, MN 55434
(763) 710-4804 • 6pm

Splitrocks Entertainment Center

5063-273rd St, Wyoming, MN 55092
651-462-6000 • 6:30pm

TRAPPERS

6810 Lake Drive, Lino Lakes MN
651-784-7474 • 5:30pm

VFW Coon Rapids Post 9625

1919 Coon Rapids Blvd, Coon Rapids ,MN
763-755-4760 • 5:30pm

VFW Roseville Post 7555

1145 Woodland Drive 55113
651-483-5313 • 5:15pm

VFW White Bear Lake

4496 Lake Ave S, White Bear Lake MN
651-426-4944 • 5pm

The Village Inn & Stadium Bar

3600 Hoffman Rd, White Bear Lake, MN
651-770-8670 • 5pm

Vanneli's By The Lake

55 Lake St. S. Forest Lake , MN
651-395-2400 • 5pm

THURSDAYS

Bogarts

14917 Garrett Ave, Apple Valley, MN
952- 432-1515 • 7pm

Cornerstone Pub & Prime

26753 Forest Blvd, Wyoming, MN
651-462-1211 • 4:30pm

Jimmy's Food & Drink

1132 Co Rd E East, Vadnais Heights
651-482-1100 • 5pm

Mainstreet Bar and Grill

814 Mainstreet, Hopkins, MN
952-938-2400 • 5pm

Montes Sports Bar & Grill

8299 University Ave NE, Spring Lake Park,
MN 55432 (763) 784-2230 • 4pm

Station 57

3800 Restwood Rd. Lexington MN,
763-786-1014 • 6pm

The Sunset Grill

8466 Hwy. 65 Spring Lake Park, MN 55432
(763) 204-8648 • 6pm

White Bear Bar

2135 4th Street, White Bear Lake
651-426-4111 • 6pm

FRIDAYS

Adagio's Pizza Factory

2052 Silver Lake Road, New Brighton, MN
Phone: 651.631.9441 • 6:30pm

American Legion Post 225

355 W. Broadway, Forest Lake, MN
651-464-2600 • 6pm

American Legion Post 298

131 4th. Ave, Foley, MN
320-968-7902 • 5:30pm

Biff's Sports Bar and Grill

7777 Hwy 65 NE, Spring Lake Park, MN
763-784-9446 • 5pm

Cam's Bar & Eatery

8517 63rd Ave N., Brooklyn Park , MN
763-533-4159 • 6pm

Carbone's Pizzeria & Pub

1350 Highway 96E, White Bear Lake MN
651 429-7609 • 5pm

Cornerstone Pub & Prime

26753 Forest Blvd, Wyoming, MN
651-462-1211 • 4:30pm

Doc's Landing

3200 White Bear Ave, White Bear Lake
651-770-3582 • 5pm

Dugout Bar & Grill

158 Main St. NW, Bethel, MN
763-434-0119 • 6pm

Elwoods Bar

7997 Lake Drivelino Lakes MN
651-330-5266 • 5pm

FRIARS

1500 South Lake Street, Forest Lake, MN
651-464-5040 • 5pm

Jimmy's Food & Drink

1132 Co Rd E East, Vadnais Heights
651-482-1100 • 5pm

Kelly's Korner Bar

7098 Centerville Road, Centerville, Mn
651-493-6626 • 6pm

Mc Carron's

1986 Rice St., Maplewood. MN
651-788-7362 • 6pm

Montes Sports Bar & Grill

8299 University Ave NE, Spring Lake Park,
MN 55432 (763) 784-2230 • 4pm

Park Place Sports Bar

200 Broadway, St Paul Park MN
651-459-9018 • 5:30pm

Rosetown American Legion

700 W Cty Rd C, Roseville, Mn
651-483-3535 • 5pm

Scoops Pub

482 Northdale Blvd , Coon Rapids, MN
763-757-7600 • 5:30pm

Southern Rail

7082 Centerville Road, Centerville, Mn
651-528-8230 • 5:30pm

Splitrocks Entertainment Center

5063-273rd St, Wyoming, MN 55092
651-462-6000 • 6pm

Station 57

3800 Restwood Rd. Lexington MN,
763-786-1014 • 5:30 pm

Titans Sports Saloon

1267 Geneva Ave N, Oakdale, MN
651-444-8488 • 5pm

TRAPPERS

6810 Lake Drive, Lino Lakes MN
651-784-7474 • 5:30pm

VFW Crystal Post 494

5222 Bass Lake Rd., Crystal, MN
763-537-9914 • 4pm

Kraus-Hartig VFW Post 6587

8100 Pleasant Drive NE. Spring Lake Park
763-780-1900 • 6pm

VFW Post 295 South St. Paul

111 S. Concord Ex., South St. Paul, MN
651-455-1505 • 4:30pm

VFW Coon Rapids Post 9625

1919 Coon Rapids Blvd, Coon Rapids ,MN
763-755-4760 • 5:30pm

VFW Columbia Hgts. Post 230

4446 Central Ave. NE, Columbia Hgts MN
763-788-8187 • 6pm

VFW Richfield Post 5555

6715 Lakeshore Drive, Richfield MN
612-869-5555 • 6:30pm

VFW White Bear Lake

4496 Lake Ave S, White Bear Lake MN
651-426-4944 • 5pm

Vanneli's By The Lake

55 Lake St. S. Forest Lake , MN
651-395-2400 • 5pm

The Village Inn & Stadium Bar

3600 Hoffman Rd, White Bear Lake, MN
651-770-8670 • 5pm

Welsch's Big Ten Tavern

4703 Highway 10, Arden Hills, MN 55112
(651) 633-7253 • 5pm

White Bear Bar

2135 4th Street, White Bear Lake
651-426-4111 • 5pm

SATURDAYS

American Legion Post 225

355 W. Broadway, Forest Lake, MN
651-464-2600 • Noon

American Legion Post 260

304 Elm Street, Monticello, MN
763-295-2574 • 3pm

CR'S Sports Bar

8525 Cottonwood St NW
763-780-1585 • 4:30pm

Drkula's

6710 Cahill Ave, Inver Grove Hgts, MN
651-451-1717 • Noon

Kelly's Korner Bar

7098 Centerville Road, Centerville, Mn
651-493-6626 • 1pm

Mc Carron's

1986 Rice St., Maplewood. MN
651-788-7362 • 1pm

Montes Sports Bar & Grill

8299 University Ave NE, Spring Lake Park,
MN 55432
(763) 784-2230 • 4pm

Palmer Lake VFW

2817 Brookdale Dr, Brooklyn Park, MN
763-560-3720 • 3:30pm

SAK'S

1460 - E County Rd E Vadnais Heights, MN
651-484-6119 • 2pm

Splitrocks Entertainment Center

5063-273rd St, Wyoming, MN 55092
651-462-6000 • 1:30pm

Trappers

6810 Lake Drive, Lino Lakes MN
651-784-7474 • 2pm

Scoops Pub

482 Northdale Blvd , Coon Rapids, MN
763-757-7600 • 4:30pm

Station 57

3800 Restwood Rd. Lexington MN,
763-786-1014 • 1:30pm

The Sunset Grill

8466 Hwy. 65, Spring Lake Park, MN 55432
(763) 204-8648 • 2pm

VFW Crystal Post 494

5222 Bass Lake Rd., Crystal, MN
763-537-9914 • 2pm

VFW Post 295 South St. Paul

111 S. Concord Ex., S. St. Paul, MN
651-455-1505 • Noon

VFW Mendota Post 6690

Sibley Memorial Highway, Mendota, Mn
651-688-7408 • 3:30pm

VFW Roseville Post 7555

1145 Woodland Drive 55113
651-483-5313 • 4pm

VFW White Bear Lake

4496 Lake Ave S, White Bear Lake MN
651-426-4944 • 4pm

Welsch's Big Ten Tavern

4703 Highway 10, Arden Hills, MN 55112
(651) 633-7253 • 2pm

SUNDAYS

American Legion Rosetown

700 W Cty Rd C, Roseville, MN
651-483-3535 • 3pm

Dugout Bar & Grill

158 Main St. NW, Bethel, MN
763-434-0119 • 11am

Elwoods Bar

7997 Lake Drivelino Lakes MN
651-330-5266 • 1pm

The Roadside Bar & Grill

12530 Ulysses St. N,
Blaine, MN 55434
(763) 710-4804 • 2pm

Tin Cups

1220 Rice St., St. Paul, MN
651-487-7967 • 2pm

VFW Richfield Post 5555

6715 Lakeshore Drive, Richfield MN
612-869-5555 • 2pm

KARAOKE

MONDAYS

Bay Street Grill

731 Randolph Ave. St Paul, MN
651-294-3240

The Dog House

2029 Woodlynn Ave, Maplewood, MN
651-621-1535

TUESDAYS

Mounds Park Sports Bar

1067 Hudson Rd, St. Paul, MN
651-340-0319

Tin Cups

1220 Rice St., St. Paul, MN • 7pm

VFW Richfield Post 5555

6715 Lakeshore Drive, Richfield MN
612-869-5555

WEDNESDAYS

American Legion Post 225

355 W. Broadway, Forest Lake, MN
651-464-2600

American Legion Post 435

6501 Portland Ave S, Richfield, MN
612-866-3647

Bogarts

14917 Garrett Ave, Apple Valley, MN
952-432-1515

Friar's

1500 South Lake St , Forest Lake MN
651-464-5040

Mounds Park Sports Bar

1067 Hudson Rd, St. Paul, MN
651-340-0319

Neisen's Sports Bar & Grill

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VFW Crystal Post 494

5222 Bass Lake Rd., Crystal, MN
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Fri.,
& Sat.
@ 4PM



Bingo
Wed.
@ 5PM,
Fri.
@ 5:30PM

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Biffs Sports Bar & Grill Lic. # 00584-007
7777 Hwy 65 NE,
Spring Lake Park, MN 55432
(763) 784-9446

Bingo
Sat. @ 3PM

Meat Raffle
Fri. @ 5PM

Banquets of Minnesota Lic. # 00584-21
1009 109th Ave NE
Blaine, MN 55434
(612) 803-6468

Handbag Bingo
Every 3rd Mon. @ 6:30PM

The Sunset Grill Lic. # 00584-002
8466 Hwy. 65
Spring Lake Park, MN 55432
(763) 204-8648

Surf n' Turf Meat Raffles
Thurs. @ 6PM, Sat. @ 2PM

Bingo
Wed. @ 6:30PM, Sat. @ 7:30PM

The Roadside Bar & Grill Lic. # 00584-019
12530 Ulysses St. N,
Blaine, MN 55434
(763) 710-4804

Meat Raffles
Wed. @ 6PM, Sun. @ 2PM

Welsch's Big Ten Tavern Lic. # 00584-24
4703 Highway 10
Arden Hills, MN 55112
(651) 633-7253

Bingo
Every 3rd Thurs. @ 6:30

Meat Raffle
Fri. @ 5PM, Sat. @ 2PM

Sticks and Stones Lic. # 00584-020
9250 Lincoln St. NE
Blaine, MN 55434
(763) 233-0699

Meat Raffle
Fri. @ 6PM



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Live Music with
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Specials • Giveaways
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Saturday: 12 - 11pm
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\$1199 progressive coverall

Tuesday's
Trivia @ 6:30pm
\$4.94 1/2lb burger w/ fries
5:30-8:30pm

Wednesday's
Benefit dinners 5-7pm
Live music w/ Mark Banker 5:30-7:30pm
Karaoke 8pm-Midnight

Thursday's
Bingo 6pm

Fridays
Meat Raffle 4pm
Live music 7:30-11:30pm
Gambling License # 00155

Designer Purse Bingo
SAVE THE DATE! Sept. 30th @2pm

Trivia

Breakfast Menu
8am-1pm
\$2 Bloodys, Screwdrivers, Mimosas, & Domestic Taps
\$1 Off all Cocktails,

\$5 lunch Specials
Mon.-Fri. 11am-2pm

Vikings Game Day Specials
FREE: Cash Prize Numbers Board, Raffles and Prizes each quarter, Purple Hooters when Vikes Score, and Food Buffet at Halftime!
Skol Vikes!

Saturday's
Breakfast menu 8am-1pm
Horseshoe Tournaments 1pm
Meat Raffle 2pm
FREE Ringo 5pm

Sunday's
Breakfast 8am-1pm

Happy Hour 3-6pm, Mon.- Fri.
• \$2 can beer • \$2 taps •
• \$2 rail drinks •
• \$1 off everything else •
\$3 OFF Full Portion Appetizers

Pulltabs - Lottery - Horse Races!



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1145 Woodhill Drive • Roseville, MN 55113 • 651-483-5313
vfwroseville.org

Roseville VFW

First Annual Oktoberfest
Sat. Sept. 22, 8pm
Beer Specials, LIVE Polka Band, Hammerschlagen, dancing, and door prizes!



Bavarian Boys

Karaoke Every Friday 8:30pm - 12:30am

Our kitchen is now open on Sundays!

Sept. 12
Karaoke Special 6-10pm

Sept. 14
Classic Car Show 4pm

Viking Football Specials - All Season!
\$3 Aluminum Bottles!

Friday Night Special:
Walleye Dinner

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New Menu!
Great Food, Great Prices

Happy Hour
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Meat Raffle Weds 5pm & Sat 4pm
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SUN - THURS KITCHEN CLOSING AT 8pm.
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Now serving HER Vodka, and New Oktoberfest Beers!!

Build a Burger for the Troops
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Ole Piper Inn | 7:30pm *
Blaine, MN

* Except first Monday each month

-TUESDAYS-

Celts Pub | 7:00pm
Farmington, MN

Clive's Roadhouse | 8:00pm
Burnsville, MN

Clive's Roadhouse | 8:00pm
Champlin, MN

Maxwell's American Pub | 9:00pm
Minneapolis, MN

-WEDNESDAYS-

Clive's Roadhouse | 8:00pm
Blaine, MN

La Fonda de Los Lobos | 8:00pm
Eagan, MN

Sgt. Peppers | 8:00pm
Oakdale, MN

Clive's Roadhouse | 8:30pm *
Rogers, MN

* Starts September 26th

Scoreboard Bar & Grill | 8:30pm
Minnetonka, MN

-THURSDAYS-

Pinz | 8:00pm
Oakdale, MN

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HUNTING

SAFETY TIPS

4 GUN SAFETY RULES TO LIVE BY

1. Never point your gun at something you don't wish to destroy.
2. Keep your finger off the trigger until on target and ready to fire.
3. Perform a safety check every time you pick up your gun.
4. Know your target and what is beyond.

GET YOUR KIDS IN THE WOODS

Take them out walking with you while they are young. Teach them to respect firearms, how to track & how to wait for the right moment to pull the trigger.



PLAN AHEAD

- Practice shooting regularly, check zero/shot pattern on your firearm.
- Always ask permission before entering private land.
- Tell someone where you are going and what time you intend to return.
- Carry and know how to use a compass, even if you have a GPS device.
- Have means to start a fire.

Pro Tip: Dryer lint mixed with lip balm makes a great fire starter.



GUN SAFETY

- Always use a haul rope to pull your unloaded gun into your tree stand.
- Unload your firearm any time you approach a questionable crossing. (fence, creek etc.)
- Never shoot at noise. You must see your target.
- Always wear a PFD when in a watercraft. **COLD WATER KILLS!**



AFTER THE KILL

- Moisture, heat and dirt are the leading causes of meat spoilage.
- Transport game in such a manner as to not offend non-hunters.
- Process game as soon after harvesting as possible.



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GET TO KNOW FAVORITE WINES FOR GIVING

A glass of wine makes a nice accompaniment to a meal or something to enjoy and sip while conversing with friends in social situations. Many people have a favorite style of wine, and some even have a favorite vineyard. In addition, the popularity of wine makes it a versatile gift for the holidays or something to bring along to a holiday party as a hostess present.

Novice wine enthusiasts may be interested in learning more about wine so they can choose their wine selections for gifting and enjoyment more readily. According to the experts at Wine Enthusiast, learning to taste wine and differentiate between flavors is similar to appreciating art or music. Understanding the varietals can simplify the process of selecting wines.

- Cabernet Sauvignon: This is a full-bodied red grape heavily planted in the Bordeaux region of France. Cabernet generally has high levels of alcohol and tannins.
- Merlot: The smoothness and mild flavor of this red wine make it a great option for those who need an introduction to red wine. This wine is lower in tannins than Cabernet Sauvignon, and it tends to have a more fruity flavor profile as well.
- Cabernet Franc: This is a light- to middle-weight wine that features a high acid content and savory flavors.
- Malbec and Carménère: Similar to Merlot, these grapes originated in France but then made their way to other regions of the world. Malbec is most popular in Argentina, while Carménère is grown in Chile.
- Zinfandel: Although mostly associated with the rosé wine White Zinfandel, Zinfandel is actually a medium-bodied red wine that originated in Croatia.
- Pinot Noir: Soft tannins and high acid give this light-bodied red wine its appeal. The grapes were first widely planted in France but can now be found elsewhere.
- Chianti: Chianti is the most famous Italian red wine in North America. It's a dry red that pairs very well with food. Chianti, which comes from the Chianti region in Tuscany, is made exclusively with Sangiovese grapes, or at least 80 percent of them and other blends.
- Chardonnay: This is a medium- to full-bodied dry white wine. The Chardonnay grape is a white grape from the Burgundy region of France.
- Sauvignon Blanc: Citrus-driven and often light-bodied, Sauvignon Blanc is another dry white grape planted widely in France. It also is a parent grape to Cabernet Sauvignon.
- Pinot Gris/Pinot Grigio: Pinot Grigio is a zesty, dry white wine that is particularly associated with Italy even though it originated in France, where it is thought to be a mutation of the Pinot Noir grape. Pinot Grigio skins are not green like other white grapes, but have a gray hue, hence the name.
- Reisling: Those who prefer a sweet white wine can opt for Reisling, which can be traced to Germany. It can be a good match for those who appreciate other sweet white wines, such as Moscato or Gewürztraminer.

There are many wines to tempt palates. When gifting, the selections mentioned above can tempt foodies and budding sommeliers alike.



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- Monday - \$6 Burger/Chicken Sandwich
 - Tuesday - \$1 Whole Wings
 - Wednesday - AYCE Prime Rib
 - Thursday - \$14 Rack of Ribs
 - Meat Raffles @ 4:30 Thurs. & Fri.
 - Happy Hour 3-6
- All specials start at 4:00pm

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Tribute to
Queen
SATURDAY,
NOV 3RD



**RONNIE
MILSAP:
A LEGEND IN
MY TIME TOUR**
FRIDAY,
NOV 9TH

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- FABULOUS ARMADILLOS: EAGLES TRIBUTE - FRIDAY, OCT 26TH
- HALLOWEEN DANCE W/ MATERIAL GIRL - SATURDAY, OCT 27TH
- BLACKHAWK - FRIDAY, NOV 16TH
- THE OUTLAWS & MOLLY HATCHET - SATURDAY, NOV 17TH

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GREAT GIFT IDEAS FOR NEW PARENTS

A baby's first holiday season is a special time. Baby Center states that slightly less than four million babies are born in the United States each year. In Canada, around 390,000 babies are born annually, according to data from Statistics Canada. That means there are millions of new parents out there who are looking forward to their first holiday season with their newborn children.

Come the holiday season, gift givers can offer new parents presents that are fitting for their new roles and responsibilities, as well as some gifts that pamper parents who are learning on the job just how tiring caring for a little one can be.

- **Childhood journal:** A journal can be a keepsake that new parents cherish for years to come. They can record all of the things their child does through the years as well as all the off-the-cuff remarks made by children who are learning to speak. A journal is something a new parent may not think to purchase on his or her own.
- **Subscription service:** Enroll new parents in a subscription service for streaming movies, free delivery, groceries, or any of the other myriad services now available. Newly minted parents spend a lot of time indoors until they develop a knack for taking their babies out on routine trips. The convenience of services like Amazon Mom and streaming services like Netflix can make new parents' daily lives a little less complex.
- **Cleaning service:** New parents find time is often in short supply. While parents are tending to their newborns, other tasks may fall by the wayside. A cleaning service means new parents will have one less chore on their to-do lists
- **Gift card to a spa:** Birthing and caring for a child is hard work. New moms and dads may enjoy an hour free from baby duty to relax and recharge at a spa for a massage or facial.
- **Sleep aids:** Sleep is a rare commodity for new parents. White noise makers, instructional books or DVDs on sleep strategies, or other devices for helping baby (and parent) self soothe to enjoy a restful night's sleep can make for a perfect gift.
- **Double-duty jewelry:** Designers now create necklaces that look fashionable but also double as teething toys for babies.
- **Sanitizing wand:** Sanitizing wands get rid of germs without the need for harsh chemicals. This makes faster work of keeping bathrooms or kitchen surfaces germ-free.
- **Free babysitting:** Of course, new parents will love complimentary babysitting, which allows new parents to get out of the house and unwind for a little bit.



Monday Select Burgers
With Chips, Fries, Or Mashed Potatoes
\$6.99
3-11 PM

- Bleu on Black
- Cowboy
- Four Pepper
- Cream Cheese
- Summit
- California
- Bacon Nutter
- Early Bird
- Buffalo Bleu
- Arizona
- Mushroom Swiss
- Bacon Cheese

Domestic Pitchers \$7.50
Premium Pitchers \$10.50
All Day!

www.poorrichardscommonhouse.com

Tuesday Taco Platters \$9.99

Pescado
Flash-fried fish, pico de gallo, lime-cilantro cabbage, spicy salsa

Pollo
Blackened chicken breast, lettuce, pico de gallo, sour cream

Barbacoa
Slow-braised beef, chopped onions, cilantro, spicy salsa

\$12.99

Ahi
Seared ahi, pico de gallo, lime-cilantro cabbage, spicy salsa

El Jefe Grande
Soft shell, corn shell, ground beef, pico de gallo, lettuce, shredded cheese, refried beans, seasoned sour cream

3 Tacos Per Platter

\$12 Margarita Pitchers!

WEDNESDAY WEDNESDAY

ALL BOTTLES HALF-PRICED (ALL DAY)

All-You-Can-Eat Friday Fish Fry

House Beer-Battered Cod Fried to Golden Perfection.

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5-10 PM

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Wednesday

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\$4 Boneless Wings

3-11 pm

CHIPOTLE HONEY LIME
TERIYAKI
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BUFFALO
BOURBON BBQ
DRY BLACKENED RUB

Add Ranch, Blue Cheese or Celery for 50¢

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All Sliders **\$6.99**

ALL DAY!

Sports BINGO

The fourth Monday of every month, at 6:30 PM, 4 play for \$30.00 for all 9 games.

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No reservation allowed: It's first come first served.

Prime Rib Saturday's!

5-10PM

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Only \$14.99!

Slice of Prime Rib
Dinner Salad
Mashed Potatoes
Vegetable du Jour

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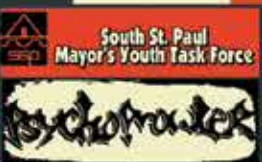
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WHAT KIDS CAN DO IN THE FACE OF BULLYING

Many adults may recall being bullied or witnessing bullying when they were in school. Despite that, it's important that adults, including parents and educators, not see bullying as an inevitable part of growing up. The effects of bullying can be severe, affecting those involved — including the bullied, the bullies and those who merely witness bullying — long after their school days have ended.

According to the U.S. Department of Health and Human Services, bullying has been linked to various negative outcomes, mental health issues, substance abuse and suicide. When taking steps to combat bullying, parents and educators should not overlook the benefits of enlisting children in their efforts. Kids can be great allies in the fight against bullying, and the following are some ways adults can work with youngsters who want to stop bullying.

Teaching kids to respect others

StopBullying.gov, the DHHS' website devoted to stopping bullying once and for all, notes the importance of teaching kids to treat everyone, including other children, with respect. Parents can teach kids to pause before saying or doing something that can be harmful to someone else. Bullying inflicts physical and emotional pain on its victims, so teaching kids to recognize that words can be just as harmful as fists may encourage them to think twice before saying something mean to a classmate.

The DHHS also recommends advising children to do something else if they feel an urge to say or do something mean. Walk away from a situation to watch television, play a video game or engage in another activity rather than saying or doing something hurtful.

What kids being bullied can do

Kids being bullied also can employ certain strategies to overcome bullying. The DHHS recommends teaching children to look at bullies and telling them to stop in a calm, clear voice. Laughing it off might also work for kids who find joking comes naturally to them. The DHHS advises against fighting back, instead suggesting kids walk away and stay away before finding an adult who can stop the bullying on the spot.

Encouraging students to confide in adults they trust also can help them overcome bullying and the feelings of loneliness that bullying can elicit. Trusted adults can help children devise a plan to stop the bullying. The DHHS notes that most bullying happens when adults are not around, so staying near adults and other children can help kids avoid situations where they might be vulnerable to bullies.

What witnesses to bullying can do

Bullying can have a negative impact on children who witness bullying, even if they aren't the victims. Adults can encourage children to speak to trusted adults and to report instances of bullying. In addition, children should be encouraged to be kind to children who are being bullied, inviting them to sit with them on the bus or in the lunch room and engaging them in conversations about topics that interest them.

Bullying affects children whether they're being bullied, doing the bullying or witnessing it. But bullying can be overcome if adults and children work together and keep lines of communication open at all times.



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HOW TO FIND AN ATTORNEY

THE NORTHLAND REVIEW

Attorneys can help people at various times in their lives. Much like doctors specialize in particular types of medicine, attorneys also tend to focus on one area of the law. For example, some lawyers might specialize in criminal law, while others may help their clients with estate planning.

Choosing an attorney is an important decision, and one that many people will need to make at least once during their lifetimes. The following tips can help people find an attorney to help them with whatever legal advice they need.

- **Book an initial consultation.** Initial consultations are typically free of charge and these meetings often give people a first impression of an attorney before they have to spend any money. Initial consultations are a great opportunity to gauge an attorney's personality and demeanor, determine his or her experience and even his or her outlook for your particular case. Book consultations with as many attorneys as necessary until you feel comfortable making a decision.

- **Be ready to ask questions.** Attorneys should not be the only ones to speak during a consultation. Make a list of general questions and questions specific to your case and don't hesitate to ask them. Ask about the attorney's accessibility should he or she become your attorney, making sure to determine if the attorney or someone else, such as a paralegal, will be your primary contact during your case. Many people are most comfortable with attorneys to whom they can speak to directly throughout their case, and that's an important point to consider for people who may never have needed an attorney in the past.

- **Discuss costs.** Attorney fees are not immaterial, no matter how serious a case might be. Attorney fees vary widely, and professional legal advice is often expensive, especially when cases are complex and lengthy. Expect to sign a contract regarding fees before an attorney begins working on your case. Many attorneys will provide cost estimates, so get those in writing.

- **Seek recommendations.** As noted, many people require the services of an attorney at least once in their lifetimes. So don't hesitate to ask family, friends or coworkers for recommendations. Word-of-mouth can be a great way to find a reliable, trustworthy attorney. In addition, certain organizations may be helpful. For example, AARP might recommend lawyers who specialize in estate planning.

Attorneys help people who need legal advice. Finding the right one involves careful consideration of a host of factors.



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4	●	●	52	69
13	21	42	●	67
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7 USES FOR FALLEN LEAVES

By the time autumn hits full swing, many trees will have shed their leaves for the season, and the last vestiges of red, yellow and orange magic will have faded to brown. Raking, blowing and collecting leaves becomes the primary chores of lawn and yard maintenance, and presents most homeowners with large piles of gathered leaves to tend to.

It is impossible to count just how many leaves fall to the ground each year, or just how many pounds of leaves get collected curbside, but the numbers are substantial. Cleaning up leaves is considerable work, but not all of those leaves need to be carted away. In fact, there are several different uses of leaves that can be beneficial.

1. Spread leaves as a protective mulch to cover tender perennials or root crops/bulbs in the ground. The leaves will form a natural insulating cover that keeps the soil and the plants within a bit warmer over winter.
2. Create a pile of leaves that will break down and form a crumbly, compost-like material called leaf mold. Even though leaf mold may sound like a blight, it's actually a good amendment to garden soil, improving its structure and ability to hold water. Leaf mold also attracts beneficial organisms that are vital in healthy soil.
3. Brown leaves can be added to green materials in compost piles to improve the health of the compost being formed. According to the healthy living resource Care2, the ideal ratio is 75 percent brown to 25 percent green materials in compost. Turn compost piles regularly to aerate them.
4. Store dried, mulched leaves in a dry spot so they can be used in the spring as a weed barrier for spring plantings. They will keep weeds at bay and help retain soil moisture to ensure small sprouts have the resources to grow.
5. Use shredded leaves as a lawn supplement. Pass a lawn mower over leaves left on the lawn to break them down into pieces too small to rake. This will help keep the lawn healthy throughout the winter without blocking out needed sunlight.
6. Bag dried leaves and pack them tightly together in cold areas of the home, such as basements or garages. They can act as added insulation. Bags of leaves also can be placed around planting containers to protect them from frost.
7. Gather a few of the best-looking leaves and preserve them. Use an iron on a low setting and press leaves between two pieces of waxed paper until the waxed paper seals together. Or use clear contact paper to achieve the same effect.

Fallen leaves can be used in many different ways throughout the year.



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PREPARE NOW TO AVOID DRY, CRACKED WINTER SKIN

Winter weather brings harsh conditions that can wreak havoc on skin. Come winter, winds pick up, temperatures plummet and humidity levels in the air can drop. These factors create a recipe for sapping skin of its natural oils and vibrancy. Even the most well-maintained skin can be impacted by winter air, and the other changes the season brings forth. Taking the initiative ahead of winter's arrival can help people salvage the appearance of their skin.

- **Start exfoliating.** Skin's radiance can be dulled by a buildup of dead skin cells. These cells also can clog follicles, leading to breakouts. Regular exfoliation one to three times per week can assist with the removal of dead skin cells. Ridding the outer layer of skin of unnecessary debris can also help skincare products penetrate more readily.
- **Choose a thick moisturizer.** It may be necessary to ramp up moisturizing products to combat with dry, winter air. Look for products that contain shea butter, olive oil, jojoba oil, or cocoa butter. They'll help retain moisture and protect the skin against the wind and cold.
- **Turn down the heat.** While it's important to stay warm, bundle up rather than cranking the heat. Avoid especially hot water in the shower as well. Hot water can strip the skin of its natural moisture. Therefore, be sure to take warm showers instead of boiling hot ones.
- **Invest in a hydrator.** According to the experts at Glo Skin Beauty, hydrators are lighter than moisturizers, allowing them to penetrate further into the skin.
- **Use sunscreen.** Do not deviate from daily sunscreen use. Even though conditions seem less sunny, skin still needs to be protected from harmful UV rays.
- **Wear gloves to protect hands.** Frequent hand washing and exposure to cold temperatures can impact the skin on hands. Protect them with warm gloves and generously apply moisturizer.
- **Run the humidifier.** Use a humidifier at night to keep skin supple and improve the health of nasal passages.

Winter weather can be tough on skin. By preparing in advance of winter, people can head off dry skin and other problems.



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EXPLAINING COMMON TERMS FOUND ON FOOD LABELS

When shopping for groceries, some consumers may feel as if they need a degree in nutrition sciences to determine just what it is they're buying. Food labels can be complex and include various terms that may be unknown to consumers. Understanding these terms can help people make sound decisions regarding the foods they eat.

- **Cage free:** Eggs labeled "cage free" means that the hens that laid the eggs were not raised in caged housing systems, which the Humane Society of the United States has described as inhumane. The organization Food and Water Watch notes that living conditions for hens raised in cage-free environments may still be poor.
- **Daily value:** According to the medical resource WebMD, daily value indicates the percentage of a certain nutrient in a food, based on a 2,000-calorie-per-day diet. WebMD notes that 8 percent is general considered to be good.
- **Dietary fiber:** The Mayo Clinic notes that dietary fiber refers to the parts of plant foods that the human body cannot digest or absorb. Fiber is typically classified as soluble, which refers to types of fiber that dissolve in water, and insoluble, which is used to describe types of fiber that promote movement of material through the digestive system. Soluble fiber can help lower blood cholesterol and glucose levels, while insoluble can help people who suffer from constipation or irregular stools.
- **Enriched:** Foods that are labeled as "enriched" have had nutrients added to them to replace those that were lost when the food was processed.
- **Fortified:** Fortified describes foods that had nutrients added to them that were not present initially. A common example of a fortified food or beverage is milk, which is fortified with vitamin D to help the body absorb the calcium present in milk.
- **GMO:** GMO stands for "genetically modified organisms," which are organisms that have had their genetic material artificially manipulated in genetic engineering labs. The Non-GMO Project says that a growing body of evidence has connected GMOs with an assortment of health problems and environmental damage.
- **Grass fed:** Grass fed implies that the animals used to produce meat and dairy were fed only grass. Consumer Reports advises consumers to look for seals such as American Grassfed or PCO Certified 100% Grassfed to ensure that manufacturer claims have been verified and that the animals were fed 100 percent grass and raised on pasture.
- **Hormone free:** The federal government of the United States prohibits the use of hormones to raise poultry and hogs, so manufacturers who label their foods as "hormone free" have not gone above and beyond to make their foods healthier.
- **Organic:** The United States Department of Agriculture has strict criteria in regard to labeling foods as "organic." To be labeled "organic," dairy, eggs, meat, and poultry can come only from animals that were not given antibiotics or growth hormones. Fruits and vegetables can only be labeled "organic" if they were produced without conventional pesticides, fertilizers made with synthetic ingredients, bioengineering, or ionizing radiation.
- **Processed:** Many consider processed foods to be bad and loaded with additives. But that's not always the case. The USDA defines processed as foods that have undergone a change of character. For example, cut, prewashed spinach qualifies as a processed food.
- **Sodium:** Otherwise known as salt, sodium is necessary to maintain nerve and muscle health. However, many people consume too much sodium, oftentimes because of processed foods. WebMD notes that sodium intake should be limited to 2,300 milligrams or less per day. Certain people, such as those over the age of 51, African Americans or those with certain conditions, such as hypertension and diabetes, should consume no more than 1,500 milligrams of sodium per day.

Understanding food labels is a great first step toward eating healthy.





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Meat Raffle Fridays Sept. 7, 14, 21, & 28 @ 6:30pm

Centennial Youth Hockey Association Lic. # 03934-009

DIFFERENT GENERATIONS CAN LEARN AND BENEFIT FROM ONE ANOTHER

In the not-so-distant past, extended families frequently lived in close proximity to one another. Such families shared meals and experiences and essentially grew up together. Nowadays, families separate for various reasons, such as job opportunities and cost of living concerns.

While there are advantages to spreading out, there are also some disadvantages, namely that grandparents and grandchildren may not see one another frequently enough. Even though people of different age groups may not entirely have the same interests, the interactions between generations can benefit both young people and their aging relatives.

Finding renewed vigor

Senior living and active lifestyle communities provide invaluable care and amenities for seniors. While being around like-minded individuals can be handy, it's also limiting. Seniors who continue to age in place in mixed-age communities can extract joy from watching youthful children and young adults growing up, playing and socializing. Being around multiple generations also can spark interesting conversation, and all parties involved can learn something from one another.

Planning for the future

Younger generations may not understand the concept of "hard times" or "doing without" like a person who has lived through various ups and downs. Passing along advice about economic cycles, saving for the future and maintaining stability is one area of expertise at which many seniors excel.

Practicing interpersonal skills

All the technological savviness in the world cannot compensate for the power of strong interpersonal skills. Being able to address a group of people or speak one-on-one is essential in the workplace and in life. When younger generations speak to older adults, they may become stronger at verbal discourse and have greater perspective of different points of conversation.

Learning new technology

Younger generations can impart knowledge of technological devices to older adults. People with skills are usually happy to share their knowledge. Even if seniors aren't ready to purchase tablets or smartphones, they may be excited to have their grandchildren teach them about the latest gadgets.

Providing sense of purpose

Both seniors and younger generations can realize a greater sense of purpose when interacting with one another. That person may be the reason the other one greets the day with a smile. Visits from grandchildren can reduce the likelihood of isolation and depression in older adults. And younger generations can discover the benefits of personal social interaction rather than communicating exclusively through social media apps.

Fostering intergenerational connections is a great way to broaden social circles, improve communication and learn new things.










New Sunday Twins Game Specials



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Humane Society Fundraiser Cornhole Tournament

Sept. 15th 12pm
Blind Volleyball Tournament

Sept. 29th 1pm
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Daily Food Specials

Happy Hour Specials

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Open Bag Toss All Weekend

Vikings Game Specials

Pre Game Party 10am-noon

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Game Time Specials

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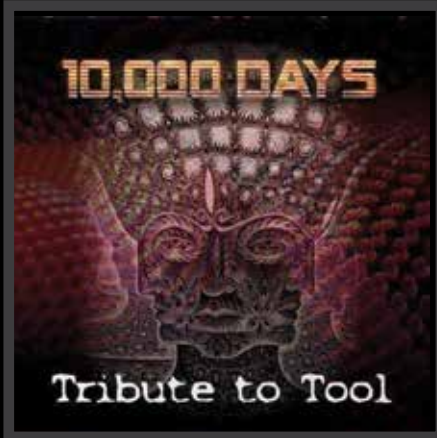
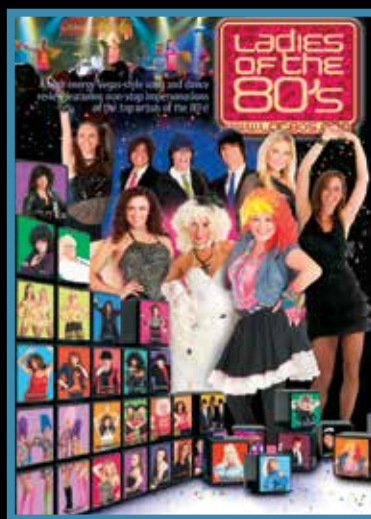
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- 9/15 - Bootleg \$5 Cover
- 9/21 - Ladies of the 80's \$6 Cover
- 9/22 - 10,000 Days (Tool Tribute) \$10 cover
- 9/28 - 5 Minute Major \$5 Cover
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FOOD EXPIRED? DON'T TOSS IT JUST YET

Do you freeze foods well before the expiration date? Check the milk to make sure it will last the week? Throw out items the moment they pass over the stamped deadline? If so, you may be doing so unnecessarily and even contributing to the vast food waste problem across the world.

The Food and Agriculture Organization of the United Nations says approximately one-third of the food produced in the world for human consumption every year, which amounts to 1.3 billion tons, gets lost or wasted. The organization says consumers in rich countries waste almost as much food as the entire net food production of sub-Saharan Africa.

It is important to note that the dates on various food and beverage items may mean different things, and not all of them are strict "expiration dates" requiring foods to be discarded. The United States Department of Agriculture states that food expiration dates are protecting food quality, not food safety. In fact, U.S. regulations do not require that expiration dates be put on meat, poultry, eggs, dairy, cans, and boxed foods. Baby formula is the only product that requires an expiration date on its packaging.

Rather, dates featured on foods are typically "sell-by" and "use-by" dates. The sell-by date refers to how long the store has to display the product. It is important to note that this date is essentially a guide for the retailer, so the store knows when to pull the item off the shelf. Furthermore, pulling the food is not mandatory in all states.

The use-by date or best-by date is an arbitrary date by which the manufacturer thinks the product will start to fall below its peak quality, states Business Insider. Prior to the use-by date, items will have the most flavor and texture or quality. This does not mean that the item becomes any less safe after the date.

The "pack" or "born on" date refers to when the product was packaged. It may be used for beer, which can go bad from sunlight after just a few months, or other perishable foods. A report from the Natural Resource Defense Council and Harvard Law School's Food Law and Policy Clinic says more than 90 percent of Americans throw out food prematurely, and 40 percent of the U.S. food supply goes uneaten every year because of food dating.

So how does one avoid getting sick but conserve food resources? By following these guidelines.

- Eggs can be consumed three to five weeks after purchase.
- Many nonperishable boxed or canned foods can still be enjoyed well beyond the stamped date with no noticeable changes in quality.
- Soft cheeses and dairy products generally can last one week past the sell-by date and still be palatable.
- Poultry or seafood should be frozen or cooked within a day or two of its sell-by stamp.
- Ground meats should be used within two days of purchase because bacteria on the surface of the meat can be mixed throughout the meat during grinding.
- Highly acidic canned foods will last a little more than a year, while low-acid foods are usually good for up to five years, say the nutrition experts at Texas A&M University.

Any foods that smell bad, have visible mold growth or seem to have a strange texture should be avoided, even if the date suggests they are fine. Use common sense when determining which foods are safe to eat.



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HAIR & BEAUTY WORD SEARCH

R E C L A P S L I O F Z O O R O L O C L
 D N E T A I L O F X E H A I R D S U E M
 O H O S A L O N E P H H N R E P R I X F
 O T K B C P Z L I C P E V R N C A S M S
 S K I N L O I A A K G P M C U E T R A V
 E Z I P A D G E F A G A I Y Y H E N A S
 D T S A R W L N L I B N I G G P I P Y T
 E X W I I B E L I R I F I I M T S K N R
 V T O N F Z O Z A N E G L T I E A T A A
 E O R O I C I S I P O H O Z T S N I A I
 L E Z M E B I T I L G I E A A U V T N G
 O N W M R O S L N I A R T N A Y C O T H
 P O Y A N B A E H E R R N C S R I R M T
 E T F U P T P W V B M E T S E S K E A E
 R N Y Y I U C Y U A H T A U U S H L S N
 Z S S O F A C I A L W R A F E Y W A S T
 C N N E P T U P K O B I G E G N P X A L
 Y Z X Z T B A C T I V A T O R Z O E G E
 S N O I S N E T X E Z N V X X T R R E I
 Z X N L N I T A R E K I B P Y G C W I T

Find the words hidden vertically, horizontally, diagonally, and backwards.

WORDS

ACTIVATOR
 AMMONIA
 BLEACH
 BOB
 BRASSY
 CLARIFIER
 COLLAGEN
 COLOR
 CROP
 CUTTING IN
 DERMABRASION
 DEVELOPER
 EPILATION
 EXFOLIATE
 EXTENSIONS
 FACIAL
 FOILS
 FUSION
 HAIR
 HENNA
 HIGHLIGHTS
 KERATIN
 MASSAGE
 NEUTRALIZE
 PERM
 PIGMENT
 RELAXER
 SALON
 SANITIZER
 SECTIONING
 SKIN
 SPA
 STRAIGHTEN
 TONE
 TREATMENT
 WAVES

Sudoku 1

	9	8				5		
	4	2					3	
			8		7	4		
1				5				9
6			3	2			1	
					9		2	4
		4		6				
	1		5					3

Sudoku 2

	3	2			8	4		
	4			5		8	2	
	8				6	9		
	1	3		2				
				7	3			
		6	9		4		7	
5					2	1		
								4

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to computers.

VEDIEC

--	--	--	--	--	--

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to beauty.

FIACLA

--	--	--	--	--	--

⊙ ⊛ ⊞ ⊕ ⊖ ⊗ ⊘ ⊙ ⊛ ⊞ ⊕ ⊖ ⊗ ⊘ ⊙ ⊛ ⊞ ⊕ ⊖ ⊗ ⊘

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to pizza.
 Each number corresponds to a letter.
 (Hint: 23 = t)

- A. 24 14 16 21 23
Clue: Hard dough
- B. 23 26 10 25
Clue: Not thick
- C. 21 6 16 24 22
Clue: Pureed tomatoes
- D. 23 6 21 23 3
Clue: Palate pleasing

⊙ ⊛ ⊞ ⊕ ⊖ ⊗ ⊘ ⊙ ⊛ ⊞ ⊕ ⊖ ⊗ ⊘ ⊙ ⊛ ⊞ ⊕ ⊖ ⊗ ⊘

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to home improvement.
 Each number corresponds to a letter.
 (Hint: 25 = e)

- A. 2 6 13 13 25 3
Clue: Hits nails
- B. 15 3 12 22 6 7 7
Clue: Sheetrock
- C. 3 25 11 19 23 6 9 25
Clue: Improve
- D. 2 19 1 24 25
Clue: Dwelling

Answers on page 34

1	2	3	4	5	6	7	8	9	10	11	12
13	14										15
16		17									18
19		20		21			22				23
24		25		26			27		28	29	
30			31			32		33		34	
35	36						37		38		
39								40			
41				42			43				
44			45	46		47			48	49	
50		51		52		53			54		55
56		57	58		59			60			61
62			63	64				65			66
67		68								69	
70											71

- 59. Obligated to repay
- 60. Lead prosecutor
- 61. Sun God
- 62. The Ocean State
- 63. Seek opportunity without scruples
- 66. Keeps you cool
- 67. Achievements
- 70. A beloved street
- 71. Analyze minutely

- CLUES DOWN
- 1. Cooks need one
 - 2. A mystic syllable
 - 3. Male parents
 - 4. Greek goddess of discord
 - 5. U.S.-based church (abbr.)
 - 6. Movies have lots of them
 - 7. Greek goddess of the dawn

- CLUES ACROSS
- 1. Where to shop
 - 6. A descendant of Shem
 - 12. NBA big man "Boogie"
 - 16. Integrated circuit
 - 17. Voice
 - 18. Larry and Curly's buddy
 - 19. Beloved English princess
 - 20. Used to emphasize
 - 21. Sun worshippers want one
 - 22. Atomic # 44 (abbr.)
 - 23. Lincoln's state
 - 24. Selects
 - 26. Organs present in invertebrates
 - 28. Self-immolation by fire
 - 30. Trauma center
 - 31. Automobile
 - 32. Mustachioed actor Elliott
 - 34. Something to do at auctions
 - 35. British School
 - 37. San Diego ballplayers
 - 39. Drumming pattern
 - 40. One-time Portuguese currency
 - 41. Honor
 - 43. Beaches have it
 - 44. Folk singer DiFranco
 - 45. Electronic data processing
 - 47. Where wrestlers ply their trade
 - 48. The Peach State
 - 50. Boat post
 - 52. Omitted from printed matter
 - 54. Witnesses
 - 56. Indicates position
 - 57. Atomic # 18 (abbr.)

- 8. Influential naturalist
- 9. Ancient town
- 10. Atlanta-based rapper
- 11. Animosities
- 12. Pop singer
- 13. Speak
- 14. One who lives in northern Burma
- 15. Not liquids
- 25. A framework
- 26. Peter's last name
- 27. Plants have it
- 29. To shorten a book
- 31. French philosopher
- 33. Murdered in his bathtub
- 36. Greek letter
- 38. A hiding place
- 39. Crazy supporters
- 41. Winged nut
- 42. Doctor of Education
- 43. Unhappy
- 46. Popular celeb magazine
- 47. ___ and greets
- 49. Poke holes in
- 51. Beloved Mexican dish
- 53. Monetary unit of Angola
- 54. More wise
- 55. Pouches
- 58. Hindu's ideal man
- 60. Type of gazelle
- 64. Revolutions per minute
- 65. Energy unit
- 68. Cerium
- 69. Canadian peninsula

1	2	3	4	5	6	7	8	9	10	11	12
13											15
16											18
19											21
22											24
27											30
33											36
41											47
53											59
65											71

- CLUES ACROSS
- 1. Relaxing places
 - 5. Creepy crawler
 - 11. Blacklisted artists
 - 14. Fought for position
 - 15. Outer layer of the eyeball
 - 18. Gymnopedies composer
 - 19. Membranes
 - 21. Short-term memory
 - 23. Comfort
 - 24. Icelandic poems
 - 28. Breezes through
 - 29. In the general surface area
 - 30. Replacement worker
 - 32. Days have 24 of them (abbr.)
 - 33. Bro or sis
 - 35. Large, flightless bird
 - 36. Future hovercraft
 - 39. Complication
 - 41. Core muscle
 - 42. Electronic point of scale
 - 44. Language of Cameroon
 - 46. Skin problem
 - 47. Slowly drink
 - 49. Meaty part of a chicken
 - 52. Bangladeshi currency
 - 56. Shout
 - 58. National capital
 - 60. Word derived from a noun
 - 62. Dances
 - 63. A memorable garden

- CLUES DOWN
- 1. The woman
 - 2. Leaders
 - 3. "Sin City" actress Jessica
 - 4. A type of machine
 - 5. Enhancing an offer
 - 6. Detachable aircraft unit
 - 7. Priestess of Hera
 - 8. Tooth caregiver

- 9. A way to engrave
- 10. Count on
- 12. Williamson Airfield code
- 13. Ancient Greek city
- 16. Range
- 17. Ancient Roman poet
- 20. Scottish tax
- 22. Doc
- 25. Bad grades
- 26. A great pitcher
- 27. Helpers
- 29. Former CIA
- 31. Guy (slang)
- 34. Actress Ling
- 36. One from the Balkans
- 37. Unofficially boxes
- 38. Mathematical ratio (abbr.)
- 40. Atomic # 64
- 43. Broken glass
- 45. Equally
- 48. Serbian currency
- 50. Envisions
- 51. Source of the Blue Nile
- 53. Leo's acting pal
- 54. Sour
- 55. What relief pitchers do
- 57. Ma
- 58. Spy organization
- 59. Monetary unit
- 61. Megabyte

★ Monthly Horoscopes

Aries

March 21-April 20

Relationships are a strong focus for you in September, dear Aries. Tending to a partner's needs is important now, and it would be wise to put some of your own personal projects on the back burner in order to focus on a significant partnership. The 8-14 brings romantic excitement, important news, and money opportunities. Past efforts on the job pay off this month. Some of you may find that your career is moving towards a more service-oriented direction. Increased public recognition and professional success can be had now.

Taurus

April 21-May 21

In September, there is a scurry of activity surrounding work and health matters, dear Taurus. Nevertheless, romantic matters are strong, and might be found on the job. Income from foreign sources could also figure this month. The 10-14 is a strong period for work, health, romance, and money. Take advantage! While your work demands a lot of attention in September, you are also more able to get away from the daily routine--more transportation options open, for example, or you have more free time to do so.

Gemini

May 22-June 21

Romantic and creative energy runs very high this month, dear Gemini. Financial gains may come through a partnership or there may be an increase in a partner's income in September. A partnership benefits from more expansive, warm, and intimate energy. A friend comes to you in the first week of the month, whether this is a new friend or one from your past. The 12-14 represents an opportunity period for you, particularly in the areas of romance, children, and friendship. Important decision making and presentations should be scheduled before the 24th.

Cancer

June 22-July 22

A busy home life figures strongly this month. Entertaining in your home is especially successful now. Relationships and partnerships benefit from expansive, warm energy, or successful new ones are entered in September. The lines of communication open up between you and a special someone. Sharing daily events and goings-on with one another gives you much pleasure. Income from work activities is strong and could increase. Pleasant and surprising news arrives around the Full Moon on the 15th, and has to do with travel, legal, or educational matters.

Leo

July 23-August 23

Practical matters and communications are a big focus for you in September. More security in your job is likely to boost your confidence. Your natural talents are more likely to be appreciated by others, particularly on the job. You have a stronger desire than usual to communicate your ideas, and siblings, relatives, and neighbors tend to play a stronger role in your life this month. The 4-5 brings romantic and creative opportunities; while the 12-13 can be tricky when it comes to relating with a significant other.

Virgo

August 24-September 22

Finances are in focus and strong in September, dear Virgo. You might find that expressing yourself creatively really helps to define yourself and to understand yourself better, and it could lead to some profits as well! You have a stronger ability to hold the attention of an audience in September. Children and romance thrive this month. Love, love affairs, and other social activities help to enhance a healthy self image. You are feeling less private and more open about your opinions and experiences now. The 15th brings surprises from a partner.

Libra

September 23-October 23

A very busy month is in store for you. Opportunities seem to fall into your lap this month, particularly involving education, travel, and relationships. Material profits come from communications projects. Home improvements, such as real estate or renovation purchases, are favored, as is moving to a new dwelling if applicable. The 10-14 presents stellar opportunities for partnerships, negotiations, and positive reinforcement in general. The 15-16 brings surprises surrounding work and health matters. The 22-23 is strong for personal finances, gifts, and acquiring new possessions.

Scorpio

October 24-November 22

Although you may find yourself in demand socially from time to time in September, dear Scorpio, most of your activities are behind the scenes. Relationships with a partner and with friends are low-key and private. A scurry of activity surrounding romance or children occurs around the 15th. Chances are excellent that you will find a lovely confidante this month--someone to share your daily activities and thoughts with. Gifts or opportunities may come through visits, short trips, messages, emails, or they could come through contacts with siblings, classmates, and neighbors.

Sagittarius

November 23-December 20

Stimulating friendships and group activities, as well as increased energy, figure strongly for you in September, dear Sagittarius. Personal projects bear fruit, and practical matters are especially favorable. It's an excellent period in which to ask for a raise, before the 24th. You may have more resources to invest into your career or business. Being in a position of responsibility or authority is something you place a high value on this month. Partnerships are friendly, and singles are more likely to find romance in group settings or through friends.

Capricorn

December 21-January 20

Others are likely to turn to you for advice this month, dear Capricorn, as all eyes turn to you. If you feel that others are judging you for what you have and haven't done this month, you're probably correct! Trips could be especially rewarding for you right now--they can provide a pleasant breather from pressures in your life. You are feeling especially proud and even buoyant in September, and this confidence enhances all areas of life. Romance may be found through your career and business activities. A private project can pay off now.

Aquarius

January 21-MARCH 18

A spirit for adventure and intrigue takes hold in September, dear Aquarius, when the humdrum simply doesn't satisfy! Friendships move forward, and you may be repaid if you're waiting on a friend. A partner is craving more intimacy this month. Singles will find romance when they are out and about, away from home and typical activities. Help seems to be magically there when you need it, and your own awesome strength and faith is always there to draw upon. An epiphany regarding money or possessions occurs around the 15th.

Pisces

MARCH 19-March 20

Dear Pisces, career matters moves forward this month, and the focus is on increasing business income. Success is indicated. Money from other sources than personal income, such as through a partner or bank loan, is also strong. A partnership is especially intimate in September. An awakening of emotional consciousness occurs around the Full Moon in your sign on the 15th. Stellar days on the 17-22 offer opportunities in the areas of relationships, negotiations, personal income, and family. Partnering with a friend in some tangible way can be part of the picture this month.

SPORTS SCHEDULES

Twins Schedule

Tue, Sept. 4 @ Astros 7:10 PM
 Wed, Sept. 5 @ Astors 7:10 PM
 Fri, Sept. 7 vs Royals 7:10 PM
 Sat, Sept. 8 vs Royals 6:10 PM
 Sun, Sept. 9 vs Royals 1:10 PM
 Mon, Sept. 10 vs Yankees 7:10 PM
 Tue, Sept. 11 vs Yankees 7:10 PM
 Wed, Sept. 12 vs Yankees 7:10 PM
 Thu, Sept. 13 @ Royals 7:15 PM
 Fri, Sept. 14 @ Royals 7:15 PM
 Sat, Sept. 15 @ Royals 6:15 PM
 Sun, Sept. 16 @ Royals 1:15 PM
 Mon, Sept. 17 @ Tigers 6:10 PM
 Tue, Sept. 18 @ Tigers 6:10 PM
 Wed, Sept. 19 @ Tigers 12:10 PM
 Fri, Sept. 21 @ Athletics 9:05 PM

Sat, Sept. 22 @ Athletics 8:05 PM
 Sun, Sept. 23 @ Athletics 3:05 PM
 Tue, Sept. 25 vs Tigers 7:10 PM
 Wed, Sept. 26 vs Tigers 7:10 PM
 Thu, Sept. 27 vs Tigers 7:10 PM
 Fri, Sept. 28 vs White Sox 1:10 PM
 Fri, Sept. 28 vs White Sox 7:10 PM
 Sat, Sept. 29 vs White Sox 6:10 PM
 Sun, Sept. 30 vs White Sox 2:10 PM

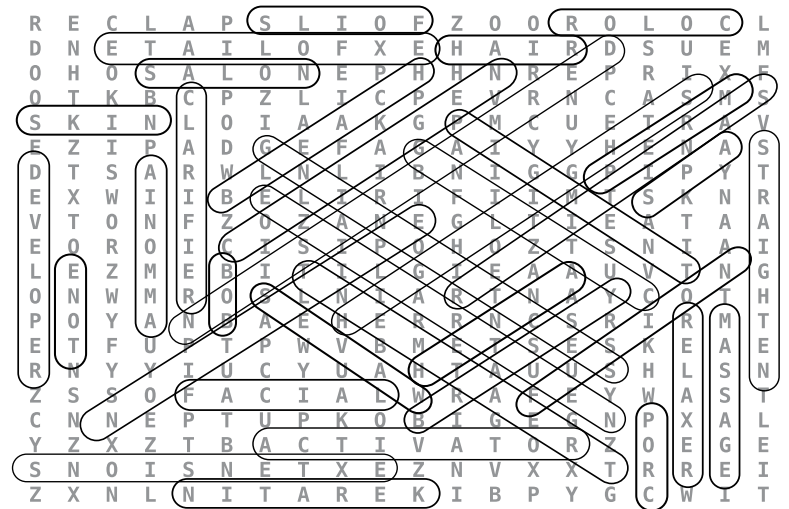
Vikings Schedule

Sun, Sept. 9 vs 49ers 12:00 PM
 Sun, Sept. 16 @ Packers 12:00 PM
 Sun, Sept. 23 vs Bills 12:00 PM
 Thu, Sept. 27 @ Rams 7:20 PM

Crypto answers A. crust B. thin C. sauce D. tasty
 A. hammer B. drywall C. renovate D. house

Word scramble 1. Device 2. Facial

Word Search Answers



Sudoku 1 Answers

3	9	8	4	1	2	5	6	7
7	4	2	6	9	5	8	3	1
5	6	1	8	3	7	4	9	2
1	8	3	7	5	6	2	4	9
4	2	7	9	8	1	3	5	6
6	5	9	3	2	4	7	1	8
8	3	5	1	7	9	6	2	4
9	7	4	2	6	3	1	8	5
2	1	6	5	4	8	9	7	3

Sudoku 2 Answers

7	3	2	6	9	8	4	5	1
9	4	1	3	5	7	8	2	6
8	6	5	2	4	1	7	3	9
2	8	7	5	1	6	9	4	3
6	1	3	4	2	9	5	8	7
4	5	9	8	7	3	6	1	2
1	2	6	9	8	4	3	7	5
5	9	4	7	3	2	1	6	8
3	7	8	1	6	5	2	9	4

Puzzle 1 Answers

R	O	D	E	O	S	E	M	I	T	E				
D	E	M	A	R	C	U	S	C	O	U	S	I	N	S
I	C	D	I	A	T	H	E	S	I	S	M	O		
D	I	A	S	T	A	N	R	U	I	L				
O	P	T	S	P	E	N	E	S	S	A	T	I		
E	R	C	A	R	S	A	M	B	I	D				
E	T	O	N	P	A	D	R	E	S					
F	L	A	M	R	E	I	S							
S	A	L	U	T	E	S	A	N	D					
A	N	I	E	D	P	M	A	T	G	A				
M	A	S	T	D	E	L	E	D	S	E	E	S		
A	T	A	R	O	W	E	D	A	R	A				
R	I	G	A	R	P	E	T	B	A	G	A	C		
A	C	C	O	M	P	L	I	S	H	M	E	N	T	S
S	E	S	A	M	E	P	A	R	S	E				

Puzzle 2 Answers

S	P	A	S	S	P	I	D	E	R			
H	O	L	L	Y	W	O	O	D	T	E	N	
E	L	B	O	W	E	D	S	C	L	E	R	A
S	A	T	I	E	H	Y	M	E	N	S		
S	T	M	E	A	S	E						
E	D	D	A	S	A	C	E	S				
O	N	S	C	A	B	H	R	S				
S	I	B	E	M	U							
S	S	C	S	N	A	G	A	B				
E	P	O	S	G	I	D	A	R				
R	A	S	H	S	I	P						
B	R	E	A	S	T	T	A	K	A	S		
S	C	R	E	A	M	C	A	R	A	C	A	S
D	E	N	O	M	I	N	A	T	I	V	E	
S	A	M	B	A	S	E	D	E	N			

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SEPT. 7TH & 8TH Inver Grove Heights Tent Event

Pro Wrestling Sept 8th @ 2pm
No Cover Charge with IGH Days Button

Bean Bag Tournament
Sept. 8th. Check in at 2:30 Play starts at 3:30.
\$30/team. Pre paid registration recommend.
40 team max.

Tent Opens
at 7:30pm
Bands Play
8pm-Midnight



TIM SIGLER
SEPT. 7TH

LIVE MUSIC



BAD GIRLFRIENDS
SEPT. 8TH

GIVE CAMPUS LIFE A "GREEN" MAKEOVER

College is full of challenges. While studying, socializing, joining clubs, and getting good grades are probably on college students' priority lists, young people also can think about living green on campus.

Data from Nielsen points to millennials as being an eco-conscious generation. Millennials are willing to pay extra for sustainable offerings, and they tend to stick to brands that have established a reputation for environmental stewardship.

Even though college students may have packed schedules, they can still manage to keep the planet in mind as they live and educate themselves. Here are just a few ways college students can live green in dorms and incorporate eco-friendly practices into their studies as well.

- **Live on campus.** One green idea is to skip the commute to and from classes and reside right on campus in dormitories or nearby student housing. According to the United States Environmental Protection Agency, transportation is responsible for 13 percent of the world's greenhouse gas emissions. Living close to the classroom can help reduce emissions.
- **Recycle as much as you can.** Whether it's plastic, paper, aluminum, or books, put recyclable items in the proper receptacles. Find ways to lend or give away items that you may no longer need, such as last semester's textbooks. Recycling cuts back on the size of landfills and lowers the demand for the production of new materials.
- **Buy and dine locally.** Choose sustainable, organic and locally produced items when shopping or dining out. This can include locally made furnishings and supplies, as well as farm-to-table restaurants.
- **Walk or bike.** Leave the car in its parking spot and walk or bike to nearby events. It's good exercise and good for the planet as well.
- **Borrow dorm room items.** Scout out items from family members or friends that can be used to equip a dorm room. Chances are you can find people willing to give you or loan out chairs, a small table, desk, electronics, and more. Borrowing enables you to buy less.
- **Take e-notes.** Bring a tablet or laptop to class and take electronic notes. This cuts back on paper usage and will enable you to have all notes in a compact file.
- **Use LED lights.** Illuminate your dorm room and work station with lamps that use LED lights, which burn significantly less energy and last much longer than incandescent bulbs.

• **Enroll in an environment-focused class.** Enroll in Environmental Science or a similar course that teaches you more about the impact industry and personal living has on the environment. Take what you know to educate others about what they can do to be more eco-conscious. Going green on campus can have a profound impact on students and their futures.



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*Except during Street Dances or Special Events

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SEPT 14

South St. Paul VFW Presents the 4th Annual
ARCH ALLIES CORN FEED
September 14, 2018

\$15

ARCH ALLIES

JOURNEY, STYX, BON JOVI, M2M, REO, BOSTON

Arch Allies Annual Street Dance and Corn Feed

SEPT 15

LIVE MUSIC
Featuring
Rock South Band

Rock South

SEPT 22

Stand Up Against Bullying Street Concert
Cosmic Fuse, Sawyer's Dream, The DNR Duo, Strike 13, Tommy Gun, Spychoprowler

\$7 Advance \$10 at Door

SEPT 28

ONE BULLET

SEPT 29

BLUE DREAM

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TUESDAY: Kitchen Closed
TUES., SEPT. 11TH TURTLE LAKE CASINO BUS
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Grilled Chicken Breast Basket Special \$6
Bar Bingo - Letter V \$500 - Cover All \$1000

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CHOOSE ANY 4 BEERS
Craft Flight Samplers \$4
Chicken Burrito Special \$6
Ladies & Gentlemen's Night 8-Close
Discount on all Drinks & Beers
New Karaoke 8pm-Midnight

FRIDAY:

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SATURDAY:

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Meat Raffle Noon-4pm

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September 14, 2018

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SHINE



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Arch Allies Plays
8:30 pm - Midnight

ArchAllies.com

**ONE
BULLET**

PLAYS 6:30 - 8PM

A GUIDE TO SAFELY REMOVING FALLEN LEAVES

Raking leaves is a chore many people immediately associate with autumn. Even though raking seems like a simple activity, it's still possible to be injured while removing leaves from the yard.

The University of Pittsburgh Medical Center advises that pain from outdoor leaf chores can range from strained back muscles to twisted knees. Blisters on the hands and sunburn are other potential side effects. Many people do not realize that raking is a thorough cardiovascular workout. Individuals at risk for cardiovascular disease or those who have recovered from surgery may not be well enough to rake leaves.

Here's how to make autumn leaf removal more of a breeze when the job is done safely.

- Pay attention when using a leaf blower. Be cautious not to point an operational blower in the direction of people or pets, as debris can be blown about and cause injury.
- Stretch out before raking leaves. Warm up muscles beforehand so they are less likely to cramp. UPMC experts suggest taking a short walk prior to raking to stimulate circulation.
- Use proper raking form. Much like snow shoveling, one should emphasize proper posture when raking, with legs slightly bent and weight distributed evenly. Hold the rake handle close to the body and keep one hand near the top of the rake for better leverage.
- Use the proper gear. A leaf rake fans out like a triangle and comes in various widths. Choose a lightweight material that can be easily maneuvered. A metal rake is for stones and dirt and shouldn't be used for leaves. To get between bushes, a smaller version of a leaf rake, called a shrub rake, should be used.
- Wear protective gear. When raking or leaf blowing, protect your eyes against debris. You also may want to use a mask to prevent inhalation of leaf mold and other particulates. Gloves can protect hands from blisters.
- Follow manufacturers' directions. Read the instructions for powered leaf blowers, and never modify the device in an unauthorized way.
- Use a tarp and lift wisely. Rake leaves onto a tarp that can be dragged to a garbage pail or to the curb for municipal pick up. For those who must lift bags of leaves, do so by bending at the knees, not from the waist.
- Wear sunscreen. Protect skin from the sun. Even though temperatures are cooler in the fall, this does not mean the sun's rays are any less harmful. Also, take breaks to rehydrate frequently.
- Use a secure ladder. When removing leaves from gutters, be sure the ladder is sturdy and secure. Consider having a friend serve as a spotter, holding on to the ladder to offer greater security. Do not overextend to stretch for leaves.

If at any time during leaf clean-up you feel sharp or dull, incessant pains, stop working. Listen to your body's signals and start the task anew the next day or when you feel better.





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NATURAL WAYS TO FIGHT FALL ALLERGIES

As the days become shorter and the weather cools down, a new crop of allergy symptoms can arise, turning the autumn season into one marked by sneezing, scratchy throats and itchy eyes. Medications can alleviate such symptoms, but allergy sufferers may want to investigate some natural ways to beat allergies.

According to the American College of Allergy, Asthma & Immunology, ragweed is one of the more common triggers of autumnal allergies. Ragweed contributes to "hay fever," which is a term to describe allergic rhinitis that occurs as a symptom of ragweed pollen in the air. Ragweed releases pollen in mid-August, and it can continue to be problematic until a deep freeze arrives. Other sources of fall allergies include leaf mold and pollen that is present on fallen leaves. This gets circulated when people begin to rake or blow fallen leaves. Classroom pets and chalk dust in schools (although chalkboards are largely a thing of the past) are other autumn allergens.

The good news is that many natural remedies work just as effectively as over-the-counter medications in regard to combatting ragweed and pollen problems. Here's how to beat the fall allergy blues.

- **Stay away from pollen.** Stay away from pollen and prevent it from being tracked indoors. Remove shoes when walking through the door. Take off clothes worn outside and launder them promptly, showering to wash pollen off of the body. Use an air conditioner or keep windows closed when the pollen count is high.
- **Increase omega-3 fatty acids.** It is well documented that fatty acids are good for brain health and cardiovascular well-being. But these acids also may help with allergies. A German study linked foods high in omega-3 fatty acids with the ability to fight inflammation, which is a hallmark of allergy suffering. Foods that are high in fatty acids include walnuts, flax, eggs, and cold-water fatty fish.
- **Rinse off pollen.** Use a mild cleanser to rinse the eyelids and eyelashes of pollen, as this is where it tends to congregate after being outdoors. Use saline spray to clear nasal passages of excess pollen as well.
- **Take natural supplements.** A study published in the journal Clinical and Experimental Allergy found participants who used tablets of the herb butterbar showed significant allergy relief after only one week. Select herbs from reputable manufacturers who certify them.
- **Use eucalyptus oil.** This oil is great to have in the house to help clear up sinuses and provide nasal congestion relief. Mix a small amount with coconut oil and rub onto the chest. There also is some evidence that adding a few drops of eucalyptus oil to cleansing products can help kill dust mites around the house.
- **Wear a mask.** When doing housework or yard work, wear a mask to reduce the inhalation of specific allergens. Avoid seasonal allergies by exploring natural ways to find prevention or relief of symptoms.





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