

Northland Review

Monthly Variety Paper

Bingo: Page 12 • Meat Raffles: Page 14

FREE Publication
FEBRUARY 2019



www.northlandreview.com

SEE OUR AD ON PAGE 6

VFW POST 1782
4496 LAKE AVE S, WHITE BEAR LAKE, MN. 55110
651-426-4944

Thurs. Feb 14th, Starts at 4:30pm
**White Table Cloth
Candle Light Dinner**
Walleye, shrimp and crab legs, choice
of potato, soup or salad, and cheese cake bites
• All for \$24.99 • Wine and champagne specials •

Annual HORSESHOES ON THE ICE
Sat. Feb. 16th
Register at 9:30am
Start at 10:30am
Entry Fee:
\$10 Per Person
(Two Person Team Event)

Big Game!
Drink Specials!
Lots of TV's
and Seating!

**Co-Ed Softball on White
Bear Lake Ice Tournament**
Sat. Feb 9th. Show up @ 9am, Starts @ 10am.
Entry Fee \$125 per team
For more Information, call Dan at 651-231-5607 or 651-762-2916

SEE OUR AD ON PAGE 6

**ROSEVILLE ANDERSON
NELSON VFW POST 7555**
1145 Woodhill Drive • Roseville, MN 55113 • 651-483-5313
vfwroseville.org

Feb. 1, 8:30pm: 2nd annual
**"I Hate Winter"
Party!**
Turn up the heat,
forget the cold!

Tropical Drinks
Door Prizes
Karaoke!

**"SOUP"ER
BOWL PARTY!**
Food & Drink Specials!
Prizes! **FEB. 3RD**
SOUP COOK-OFF
4-6pm \$5 to enter or
sample all entries

SEE OUR AD ON PAGE 5

Two Stooges
SPORTS BAR & GRILL
www.twostoooges.com

7178 University Ave NE,
Fridley, MN
763-574-1399

**Fireball
Fridays: DJ Every Friday**

January 31st, 8pm
**Vikings Greats
Meet and Greet**
Tommy Kramer, Keith Millard,
& Henry Thomas,
signing autographs.
Jerseys and footballs
available for purchase.

Big Game Party!!
• 50" TV to be given away
during game!
• Tons of Football
Memorabilia,
Given away!
• Drink and Food
Specials!
Must be present to win prizes.

Feb. 3rd.

SEE OUR AD ON PAGE 4

SCOOPS PUB
PHONE: 763-757-7600
482 NORTHDAL BLVD. COON RAPIDS, MN. 55448
GREAT FOOD & DRINK SPECIALS EVERY DAY

Valentine's Weekend
Sat. Feb. 16th
Couples Dart Tournament
\$1000 added! • Sign-up starts @ 10:30am

Sun. Feb. 17th
Bingo Party!
8 Games, Starts @ 2pm • \$150 payouts
and a mega coverall for \$2000!
Meat Raffle @ 1pm

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

SEE OUR AD ON PAGE 5

Benefit Dinner For Super Solomon
February 23rd, 5pm - 8pm
CR's Sports Bar - 8525 Cottonwood St. NW.
Coon Rapids, MN. 762-780-1585

SEE OUR AD ON PAGE 20

McCARRON'S
PUB & GRILL
1986 Rice St. • Maplewood MN
651-788-7362

**Happy Hour M - F
2pm to 6pm**
Sat. 1pm-3pm • Sun. 7pm-11pm
\$2 rails, \$2.50 domestics,
\$3 House Wines &
\$1 off calls and taps

**BIG GAME DAY
SPECIALS!**
FEB. 3RD
**BUCKET SPECIAL AND
SELECT DISCOUNTED APPS.**

SEE OUR AD ON PAGE 2

NORTH TARTAN GIRLS BASKETBALL
Titans Sports Saloon
1267 Geneva Ave N,
Oakdale, Minnesota 55128

Sun., Feb. 3rd, 2pm
**Big Game
Pre-Party**
Meat raffles
Cheerleaders
Contests!

Sat., Feb. 9th, 1pm
Valentines Party
\$2000 Bingo!
**Steak and
Seafood raffles
during and after bingo!**

SEE OUR AD ON PAGE 8

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

DESIGNER PURSE BINGO
Feb. 13, 6pm @ The Beach Bar
2030 St. Croix Trail S., Lake St. Croix Beach • 651-436-5065
Feb. 14, 7pm @ The Withrow
12169 Keystone Ave. N., Hugo • 651-439-5123
Feb. 28, 7pm @ Bayport Legion
263 N. 3rd St., Bayport • 651-439-5463

SEE OUR AD ON PAGE 4

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

**PIZZA
LOVES**

Get Your Sweetheart a
Heart Shaped Pizza on
Valentine's Day
February
14th

**COME WATCH THE
BIG GAME
WITH US!**
12 TV'S AND 5
FEB. 3RD
BIG SCREENS!

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


SEE OUR AD ON PAGE 7

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

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

New members welcome! Come check out what the VFW is about!
Feb 7th, 5pm
**Sweethearts
Meat Raffle**
Lobster Tails and Crab Legs

**Big screen TV's
for
THE
BIG GAME!!!**



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.*
Like a good neighbor, State Farm is there.®
CALL FOR QUOTE 24/7.



*Discounts vary by states.

1001174.1 State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, Bloomington, IL



Roseville Area Youth Hockey



JOE SENSERS Feb. 12th, Tuesday Night. Raffles at 6pm, Bingo at 6:30pm
Cash Or Carry, a once a Month Bingo event!

- Two \$500 guaranteed coverall every night!
- \$125 regular games or choice of Merchandise!
- **Purse Bingo at Sensers!**

KITCHEN BAR
 2350 Cleveland Ave.
 Roseville MN, 55113
 A-03191 -07
Complimentary Wine/Rose Sampling: 6 - 7pm.21+

ROSEVILLE BINGO HALL

2525 N. Snelling Ave. (1 block north of Rose-dale) • 651-697-1090
 Welcome to Roseville Bingo Hall! We always PAY!!! And we always PLAY!!!

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

BINGO! \$50 Buy-In On Mondays!
 50% Off Admission Tuesdays and Wednesdays!

Check out our Website for Bingo Specials! www.rosevillebingo.com

- 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

VFW Post #6690

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 Available
 Lic. B00629

HAPPY HOUR
 Mon. - Fri. Noon - 6pm
 Football Sundays All Day and Night

Meat Raffle
 Every Sat. @ 3:30



NORTH TARTAN GIRLS BASKETBALL

Titans Sports Saloon
 1267 Geneva Ave N
 Oakdale, Minnesota 55128

Like Us on Facebook! Sherri (651) 338-9619 (text only please)

Every Wednesday and Saturday
Guaranteed \$1199 Coverall
 9 games \$20/packet (with 50 packets sold - less than 50 packets we will guarantee \$500.)
Wed. Night Bingo: 6pm
Sat. Bingo: 1pm & 7:30pm
Raffles Following Saturday Bingo!

Thursday February 28th at 6pm
Bingo: \$1199 Coverall
Mystery Raffles at 5pm

Sunday, February 10th at 1pm
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 noon

Sunday, February 3rd, 2pm
Big Game Pre-Party
 Meat raffles, Cheerleaders and Contests!

Friday, February 1st at 6:30pm
Bingo
 Raffles at 5:30pm
Guaranteed \$2000 Coverall!
\$20/packet

Saturday, February 9th, 1pm
Valentines Party
 \$2000 Bingo!
Steak and Seafood raffles during and after bingo!

Get Here Early to Get a Seat!

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 QUAINATMOSPHERE. 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

519 Coon Rapids Blvd NW., Minneapolis, MN 55433
 (763) 780-8285



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Illetschko's Meats & Smokehouse



LIKE US  [651-455-4333](https://www.facebook.com/illetschkos)

101 E Richmond St.
South St. Paul,
MN 55075

www.illetschkos.com

Attention Hunters!
We provide full service wild game and deer processing, including skinning, cutting, wrapping, grinding, smoking, and custom sausage.

Best of the community
Reader Choice Awards
Voted best place to buy Meat and Seafood 2010, 2011 and 2013

Thank You to all our customers!




Guitars, Pianos, Drums, Keyboards, Band & Orchestral Instruments, Lessons, Kind and Professional Service.

SWEETHEART DEALS

February means Sweetheart Deals!

Save HUNDREDS on HUNDREDS of items

Stop in and we'll share the love.

Music Connection has Loved its Customers and Music since 1981!

Sale Dates: February 4th-28th

Make Music!

Make The Connection!

BUY-SELL-TRADE-RENT- REPAIR-LESSONS

77 Eighth Ave. SW • Forest Lake, MN 55025 • 651-464-5252

“Serving Musicians Since 1981”

ConnectwithMusic.com

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CONTACT

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Minneapolis, MN 55406

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production@thenorthlandreview.com
Phone: 612-814-1906

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SCOOPS PUB

"COON RAPIDS BEST KEPT SECRET"

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



Free Texas Holdem

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

Paying out Up to \$200!



Premier Dart Location

Leagues
Sun - Mon - Tues - Wed
Tournaments
Thurs - Fri - Sat
8:30pm

The Big Game!

Feb. 3rd
Giving away a
BIG SCREEN TV!
Burger and Wing Specials!
2-4-1 Drink Specials!

Valentine's Weekend

Sat. Feb. 16th
Couples Dart Tournament
\$1000 added!
Sign-up starts @ 10:30am
Sun. Feb. 17th
Bingo Party!
8 Games, Starts @ 2pm
\$150 payouts and a mega coverall for \$2000!
Meat Raffle @ 1pm

Hours

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

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

Happy Hour

2pm - 6pm • Mon - Fri
4-6pm Saturdays
2 for 1 on all Domestic Beer and Rail Drinks

Bar Bingo

Wed. @ 6:30pm, Sat. @ 2pm
\$1000 Winner, Every Saturday!

Meat Raffles

Sat. @ 4:30pm

WILD SPECIALS

\$3.25 Domestic Taps
\$4 Drop Shots when a Wild Player gets in a fight!
2 for 1's at the end of the 2nd Period of play

Sunday, Feb. 3rd

BIG GAME DAY PARTY!

VIP Package: \$100 Per Person
Includes: Prime Rib OR Chicken Dinner, CR's T-Shirt, all your drinks/beer One Hour before, during, and One Hour after game, and two spots on the free numbers board
Sign-up today!
First 25 people paid are in!

Game Time Specials

\$4 Drop Shots
\$9 All You Can Eat Carbone's Pizza Buffet During Game



Feb. 15th & 16th, 4pm:

Upper Midwest Bar Table Shootout

Feb. 23rd, 5pm:

Cancer Benefit for Solomon

Breakfast Served Saturday & Sunday 10am-2pm

Sunday Night is Trivia Night @ 7pm with Trivia Mafia



814 Mainstreet, Downtown Hopkins
952.938.2400 • mainstreetbar.com

LIVE MUSIC DRINK SPECIALS

\$4 DOMESTIC TAPS, BOTTLES AND RAIL DRINKS

LIVE MUSIC

FRI. AND SAT. NIGHTS

BEST BURGERS

IN HOPKINS!

36 BEERS ON TAP!!

CRAFT BEER

WEDNESDAYS 9PM

COME WATCH THE GAME ON OUR NEW 200 INCH BIG SCREEN TV!



Meat Raffle

Wednesday & Thursday @ 5pm



BINGO

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

Mingo

W/DEAL OR NO DEAL
Tue. & Thurs. 6:30pm

Progressive Mingo

Sat. at 2pm

Hopkins Youth Hockey Lic# 04157-02

ENTERTAINMENT

FRI. FEB 1ST
ROUGH HOUSE

SAT. FEB 2ND
HIGH & MIGHTY

FRI. FEB 8TH
WICKED GARDEN

SAT. FEB 9TH
BAD GIRLFRIENDS

FRI. FEB 15TH
LOW VOLTAGE

SAT. FEB 16TH
G. B. LEIGHTON

FRI. FEB 22ND
TRICK SHIFT

SAT. FEB 23RD
THE MAGIC SUNSHINE BAND

FRI. MAR 1ST
BLUE HOUND BAND

SAT. MAR 2ND
LADY LUCK

COME TRY OUR NEW HAPPY HOUR MENU!

Afternoon Happy Hour
3-6:30pm Sun.-Thurs.

Late night Happy Hour
9-Midnight Sun.-Wed.

\$2 Domestic Bottle
\$3 Rail Liquor



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

PIZZA
THE WHOLE FAMILY
LOVES
SINCE 1954

Visit us on Facebook at Carbone's Pizzeria & Pub of White Bear Lake



Happy Hour

2 for 1's
Every Day 3-6 pm

Double up for a buck

Every Day
9- 10:30pm

Bucket Special
5 for \$15



Designer Purse Bingo
Feb. 20th @ 6:30pm
Come in Early!

Get Your Sweetheart a Heart Shaped Pizza on Valentine's Day
February 14th



COME WATCH THE **BIG GAME** WITH US!
12 TV'S AND 5 BIG SCREENS!
FEB. 3RD

Bingo Tuesday 6pm

Win up to a \$1,000

Meat Raffles

Every Tuesday & Friday @ 5pm

Flash Bingo

Minnesota Linked Bingo

Win up to \$100,000

E - Tabs Now Available

Win up to \$1,499

85% payback

Monday - Thursday:
3pm - 10:30pm

Friday: 3pm - 11pm

Saturday: 12 - 11pm

Sunday: 12 - 9pm



White Bear Lake Lions Club #02378-012

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





Benefit Dinner For Super Solomon

February 23rd, 2019 5pm - 8pm
CR's Sports Bar 8525 Cottonwood ST. NW.,
Coon Rapids 763-780-1585
Meet Super Solomon!

This spunky three year old is a true warrior. As an infant, Solomon was diagnosed with epilepsy as a result of an in-utero stroke he had suffered. He has worked hard in physical, occupational and speech therapy to continue growing stronger each day. Recently, Solomon was diagnosed with High Risk B Cell Acute Lymphoblastic Leukemia on April 1st, 2018 just three days before his 3rd birthday. He has a long road of 3.5 years of chemotherapy treatment ahead of him. Solomon is the youngest of three kiddos and lives with his family near the Twin Cities in Minnesota.





Spaghetti Dinner \$10
Beer Bust \$10
Silent and Live Auction
Shake-a-Day Raffle \$5






neisens.com
952.846.4513
4851 West
123rd Street
Savage, MN

MINNESOTA'S PREMIER LIVE BANDS

FRIDAYS AND SATURDAYS 8:30PM - 12:30AM

NO COVER CHARGE!

For Updated Band Info, Check out www.neisens.com or on Facebook at [NeisensSportsBar](https://www.facebook.com/NeisensSportsBar)

Thursday Open Mic Jam Band



CHEESE CURDS

WORLD FAMOUS WISCONSIN FRIED CHEESE, HAND BATTERED DAILY AND SERVED WITH OUR HOUSE DIPPING SAUCE. 1 POUND: \$9



HAPPY HOUR DAILY

3PM-6PM
\$3/\$4 Tap Beer



KARAOKE

W/Paul
Wednesday and Sunday Nights



Wednesday & Thursday Bar Bingo 7pm

WIN BIG AT BINGO! & Pull Tabs!

Two Progressive Jackpots. 1st pays \$700 in 56#'s, 2nd \$500 Guaranteed.
Sponsored By **German Days** Minnesota's Top 20 pay-out pull-tabs!



Lic# 35239

ADAGIO'S PIZZA FACTORY

2052 Silver Lake Road, New Brighton, MN 55112
Phone: 651.631.9441
www.adagiopizza.com
Dine-In | Carry Out | Delivery | Catering

Tuesday

Bar Bingo & Meat Raffle - 6:30pm

Wednesday

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

Friday

Meat Raffle - 6:30pm

Monday

Free Cribbage Tournaments
1st & 3rd Monday of the Month: Singles - 6:30PM
2nd & 4th Monday of the Month: Doubles - 6:30PM
½ 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.
½ Price Wine Bottles
Music Mayhem: 8-10PM

Thursday

Free Live Music with Vinnie Rose: 8-11PM

Pull Tabs



We Serve
Donated over \$100,000 in 2017!
New Brighton Lions Gambling License #01754

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: 7PM



Check out our New Menu Items!

Bar Hours: Mon.-Thurs.: 11am-1am • Fri.: 11am-2am • Sat.: 10am-2am • Sun.: 10am-1am
Kitchen Hours: Sun.: 10am-11pm • Mon.-Thurs: 11am-11pm • Fri.: 11am-12am • Sat.: 10am-12am

Two Stooges SPORTS BAR & GRILL

www.twostoooges.com

Fireball Fridays DJ Every Friday

Big Game Party!!

50" TV to be given away during game!
Tons of Football Memorabilia, Given away! **Feb. 3rd.**
Drink and Food Specials! Must be present to win prizes.

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

January 31st 8pm Vikings Greats Meet and Greet

Tommy Kramer, Keith Millard, & Henry Thomas, signing autographs.
Jerseys and footballs available for purchase.
\$4 Miller Lite 22oz. drafts.




PULL TABS DAILY

Tip Boards

Fridley Lions Club

Lic # 00306-006
7178 University Ave NE, Fridley, MN Ph: 763-574-1399



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



E-TABS ARE HERE
 Guaranteed 85% Payout

Live Performance!




Sat. Feb. 16th., 9pm

Monday's!
 Feb. 4, 11, 18 & 25
 1pm
.50¢ Special!
 Sun. Feb. 17th., 1pm



The City Knights
 Sat. Feb. 23rd., 8pm

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

Karaoke
 Every Friday!
 8:30p-mid.



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



Friday
Get A Clu Trivia
 7:15pm
Meat Raffle
 Every Friday @6pm



Saturday
Saturday Karaoke
 8:30 pm
Texas Hold'em 3pm
Meat Raffle
 Every Saturday @2:30pm
Big Game Party Feb. 3
 Pot luck starting at Noon

Special Meat Raffle
 Feb. 8 & Feb. 9
 10 packs. \$2 tickets
Offering Lobster Tails, Steaks, & Shrimp

Valentine's Day
Prime Rib Buffet
 \$21.95
 Call for reservations
 5 - 8pm





ROSEVILLE ANDERSON NELSON VFW POST 7555

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

Feb. 9, 12 - 1:30
Children's Valentine's Party!
 Decorate Cookies, Make Valentines, Games, and Snacks!
 Please call or stop in to sign up!

Feb. 14
Valentine's Day
Steak or Walleye Dinner
 Call for reservations

"SOUP"ER BOWL PARTY!
 Food & Drink Specials!
 Prizes! FEB. 3RD
SOUP COOK-OFF
 4-6pm \$5 to enter or sample all entries

Now Serving Breakfast!
 Saturdays 9am-noon

Karaoke Every Friday 8:30pm - 12:30am
Karaoke Special Feb. 6, 7-10pm

Feb. 1, 8:30pm: 2nd annual
"I Hate Winter" Party!
 Turn up the heat, forget the cold!
 Tropical Drinks, Door Prizes, Karaoke!

Feb. 6, 6-7:30 pm: **Morganettes**
 FREE Captain Morgan Drink Tasting and Giveaways!

Meat Raffle Weds 5pm & Sat 4pm

Pull-Tabs & E- Tabs Daily

Progressive Cash Bingo Thurs 6:30 pm
 Up To \$1000 Coverall



License # G00017



VFW POST 1782

4496 LAKE AVE S
 WHITE BEAR LAKE, MN. 55110
 651-426-4944

Big Game!
 Drink Specials!
 Lots of TV's and Seating!

• **Happy Hour Monday – Friday 4pm – 6pm** •

2 Nights of Rock-A-Billy
 Saturday, Feb. 9th at 8pm
 Friday, Feb. 22nd at 8pm

Star Chiefs

Thurs. Feb 14th, Starts at 4:30pm
White Table Cloth Candle Light Dinner
 Walleye, shrimp and crab legs, choice of potato, soup or salad, and cheese cake bites
 • All for \$24.99 • Wine and champagne specials •

Co-Ed Softball on White Bear Lake Ice Tournament
 Sat. Feb 9th
 Show up @ 9am
 Starts @ 10am
 Entry Fee \$125 per team
 For more Information call Dan at 651-231-5607 or 651-762-2916

Build a Burger for the Troops
 (Beyond Yellow Ribbon Program)
 Tue. Feb. 12, 5-8pm

Fish Fry Fridays
 One refill per customer



Annual HORSESHOES ON THE ICE
 Sat. Feb. 16th
 Register at 9:30am
 Start at 10:30am
 Entry Fee: \$10 Per Person
 (Two Person Team Event)

Texas Hold'em
 Every Tuesday @ 7pm

Meat Raffles
 Wednesday and Friday at 5pm and Saturday at 4pm

Wingo
 Every Thursday @ 6:30pm
 No Wingo on Thursday, Feb. 14th

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



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

Big screen TV's
 for ALL
 Sporting Events

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

Monday - Texas Hold'em 7^{PM}
Tuesday - Meat Raffles 5^{PM}
Wednesday - Bingo 6:30^{PM}
Friday - Bargo 7:30^{PM}, DJ at 9:30^{PM}
Saturday - Meat Raffles 3:30^{PM}, Karaoke

Feb 7th, 5pm Sweethearts Meat Raffle Lobster Tails and Crab Legs \$50 packs!

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!

Tip Boards
 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!

Watch The BIG GAME Here!!
Feb. 3rd

Live Music Saturdays!

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

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

Our restaurant serves only made-from-scratch Homemade American Food
 With delicious daily specials, and we're open for breakfast!
 And don't forget about the Fish Fry, every Friday!

Gaming License # 00073-004



Sgt. John Rice VFW POST 6316
 1374 109th Ave NE
 Blaine, MN 55434
 763-757-4540



Karaoke
 Friday 8:30pm - 12:30am
 Saturday 9pm - 1am

Buffet All You Can Eat 11:30 to 1:30 pm Monday - Friday
 \$8.99/person, Senior - \$6.99 after 1pm



Full Menu & Dinner Specials
 Wednesday - Saturday Served 5pm - 8pm

We have a full service catering department offering excellent service, extensive menu, and a fantastic value with a large facility. Give Aaron a call to book your next event 763-757-4540

February Live Music
 7pm to 10pm, Thursday Nights

7th - The Authorites
 14th - CJ & The Road
 21st - Armadillo Jump
 28th - Johnny O and Fillet-O-Soul

Meat Raffle
 Friday at 5pm and Saturday at 3pm
 Video Horse Races After Meat Raffle

PULL TABS & E - TABS
 Open Daily

Thursday Night
 7pm-10pm
 BBQ Ribs 1/2 Rack, Fries & Toast: \$9.99

Tuesday @ 7 pm MEGA - SOTA Statewide Progressive Bingo

Lic. #A-01298

Did you know?

According to Oldways, a nonprofit organization that helps people rediscover and embrace shared cultural eating traditions, traditional meals in Africa varied depending on where on the continent one might be.

In Central Africa, Oldways notes that traditional meals were often based on hearty vegetable soups and stews that were poured over boiled and mashed tubers or grains.

In Eastern Africa, the main features of traditional meals were whole grains and vegetables such as cabbage, kale and maize. In places like Ethiopia and Somalia, flat-breads play a significant role in traditional meals. Meals were based on these breads and beans, such as lentils, fava beans and chickpeas, and served with spices.

Beans were eaten throughout Africa, and Oldways notes that they were often pounded into a powder for bean pastes.

ROSETOWN AMERICAN LEGION
 651 - 483 - 3535
 700 W. Cty Rd C
 Roseville, MN 55113
 rosetownlegion.com



Beautiful Banquet hall available inquire within

MN LOTTERY SCRATCH OFF MACHINE
 PULL TABS DAILY Lic #0113

HAPPY HOUR DAILY Noon-2pm & 5pm - 7pm
 Serving lunches from 12-2pm M-F

NEW MEMBERS WELCOME

BINGO! Sat. Feb. 2nd & 16th **Bingo at 3pm**
 Serving Appetizers during bingo
 Spaghetti dinner served from 5-8pm \$8. Comes w/salad and a breadstick

Sunday, Feb 3rd
THE BIG GAME DAY PARTY
 FREE FOOD DURING GAME, PLUS HAPPY HOUR!

Thursday, Feb 14th, 4-9pm
Valentines Day Dinner

Saturday, Feb. 2nd
Annual Snow Ball Treasure Hunt Party
 Treasure Hunt, Food, Fun, and Prizes!
 Hunt starts @ 6pm sharp (or just after bingo), bring your flashlight and dress for the weather
 Pulled Pork Sandwiches and Coleslaw - \$7, Chili - \$4, from 4-8pm

10oz. NY and 5oz. Lobster Tail. \$23
 Special dinner menu and appetizers will also be available
 Dinners come with choice of Soup/Salad, choice of Potato, Veggie and Dinner Roll.
NO TACOS!

Every Sunday • Noon-2pm
\$3 Bloody Mary Bar
\$2 Screwdrivers
MEAT RAFFLE @3pm

Sign up for \$1 DRINK Fan of the Week!

NEW! MONDAYS: .50¢ Wings! 5 - 8pm
 10 Varieties!

EVERY TUESDAY TURKEY DINNER FROM 5-8PM
 \$8⁰⁰ comes w/mashed potatoes & gravy, cranberries, stuffing, veggie, dinner roll

Every Wednesday Night
\$1.50 Burger
\$3 Fish Sandwich
5-8pm
GIFT CARD RAFFLE @ 5PM

Every Thursday 5-8pm
\$2 TACOS, .50¢ WINGS, & \$5.95 Dagos
Texas Hold Em 7pm

New! Friday Night Specials and Menu!
Every Friday Dinner Menu 5-8pm
 \$11 All You Can Eat Fish Fry!
 Comes with French fries and coleslaw
Gift Card Raffle @5pm
FRIDAY NIGHT Live Music 7-11pm

Every Saturday: Free Darts after 9PM!

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



BAR BINGO

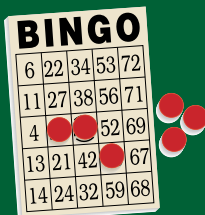
Kelly Green
 651-491-8972
 Lic. # 00467

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
 Meat Raffle Before Bingo

Sat. - 2pm @ Sal's Angus Grill
 12010 Keystone Ave N, Stillwater • 651-439-6625
 Meat Raffle Before Bingo



DESIGNER PURSE BINGO

Feb. 13, 6pm @ The Beach Bar
 2030 St. Croix Trail S., Lake St. Croix Beach • 651-436-5065

Feb. 14, 7pm @ The Withrow
 12169 Keystone Ave. N., Hugo • 651-439-5123

Feb. 28, 7pm @ Bayport Legion
 263 N. 3rd St., Bayport • 651-439-5463



Supporting Stillwater Baseball

**TEXAS
HOLD 'EM****SUNDAYS**

**Adagio's Pizza Factory
(Straight Flush Poker)**
2052 Silver Lake Road, New Brighton
651-631-9441 • 7pm

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

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

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

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

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

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

MONDAYS

Am Legion Post 1776
14521 Granada Drive, Apple Valley
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
651-454-6744 • 7pm

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

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

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

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

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

TUESDAYS

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

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

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

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

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

Scoops Pub
482 Northdale Blvd, Coon Rapids
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
651-426-4944 • 7pm

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

WEDNESDAYS

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

Buffalo Bar
904 Commercial Dr., Buffalo
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
651-459-9018 • 7pm

Rich's Bar
34 Oak Ave N, Annandale
320-274-9992 • 7pm

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

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

THURSDAYS

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

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

**Invictus Brewing Co.
(Straight Flush Poker)**
2025 105th Ave. NE, Blaine
763-208-3063 • 7pm

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

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

FRIDAYS

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

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

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

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

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

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

SATURDAYS

Blainbrook Bowl
12000 Central Ave, Blaine
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
651-773-8867 • 8pm

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

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

KARAOKE**SUNDAYS**

Mounds Park Sports Bar
1067 Hudson Rd, St. Paul
651-340-0319

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

MONDAYS

Bay Street Grill
731 Randolph Ave. St Paul
651-294-3240

TUESDAYS

Mounds Park Sports Bar
1067 Hudson Rd, St. Paul
651-340-0319

Tin Cups
1220 Rice St., St. Paul
651-487-7967 • 7pm

VFW Richfield Post 5555
6715 Lakeshore Drive, Richfield
612-869-5555

WEDNESDAYS

American Legion Post 435
6501 Portland Ave S, Richfield
612-866-3647

Friar's
1500 South Lake St, Forest Lake
651-464-5040

Mounds Park Sports Bar
1067 Hudson Rd, St. Paul
651-340-0319

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

VFW Roseville Post 7555
1145 Woodland Drive, Roseville
651-483-5313 • Jan. 9, 6:30 - 10pm

THURSDAYS

Ham Lake Lanes
16465 HWY 65 NE, Ham Lake
763-434-6010

Tin Cups
1220 Rice St., St. Paul
651-487-7967 • 7pm

**VFW Coon Rapids
Post 9625**
1919 Coon Rapids Blvd, Coon Rapids
763-755-4760 • 7pm

VFW Richfield Post 5555
6715 Lakeshore Drive, Richfield
612-869-5555

FRIDAYS

Am. Leg. Rosetown
700 W Cty Rd C, Roseville
651 - 483 - 3535

American Legion Post 98
328 Broadway Ave, St Paul Park
651-459-8016

American Legion Post 566
7731 Lake Drive, Lino Lakes
651-783-0055

American Legion Post 620
5383 140th St N, Hugo
651-255-1432

American Legion Post 622
3073 Bridge St., St. Francis
763-753-4234

**American Legion
White Bear Lake**
2210 Third St., White Bear Lake
651-429-5770

Celts Inver Grove Heights
6559 Concord Blvd, Inver Grove Hgts
651-455-5210

Coopers
4185 Robert Trail, Eagan
651-452-3061

Friar's
1500 South Lake St, Forest Lake
651-464-5040

Guldens Restaurant & Bar
2999 Maplewood Dr., Maplewood
651-482-0384

Park Place Sports Bar
200 Broadway, St Paul Park
651-459-9018

Stillwater Bowl
5862 Omaha Ave. N, Oak Park Heights
651-439-2444

**Sgt John Rice VFW
Post 6316**
1374 109th Ave NE, Blaine
763-757-4540

**VFW Bloomington
Post 1296**
311 West 84th St., Bloomington
952-854-1296

**VFW Columbia Heights
Post 230**
4446 Central Ave. NE, Columbia
Heights. 763-788-8187

VFW Richfield Post 5555
6715 Lakeshore Drive, Richfield
612-869-5555

VFW Roseville Post 7555
1145 Woodland Drive, Roseville
651-483-5313

SATURDAYS

Adagio's Pizza Factory
2052 Silver Lake Road, New Brighton
651-631-9441 • 8pm

**American Legion
Post 1776**
14521 Granada Drive, Apple Valley
952-431-1776 • 8pm

**American Legion
White Bear Lake**
2210 Third St., White Bear Lake
651-429-5770 • 1pm

**American Legion
Post 577**
1129 Arcade St, St. Paul
651-771-8778

Cam's Bar & Eatery
8517 63rd Ave N., Brooklyn Park
763-533-4159

Celts Inver Grove Heights
6559 Concord Blvd, Inver Gr. Heights
651-455-5210

Coopers
4185 Robert Trail, Eagan
651-452-3061

Ham Lake Lanes
16465 HWY 65 NE, Ham Lake
763-434-6010

Kelly's Korner Bar
7098 Centerville Road, Centerville
651-493-6626

**Neighbors Eatery &
Saloon**
5772 Main Avenue NE, Albertville
763- 515-6300

**Sgt John Rice VFW
Post 6316**
1374 109th Ave NE, Blaine
763-757-4540

Palmer Lake VFW
2817 Brookdale Dr, Brooklyn Park
763-560-3720

**Kraus-Hartig VFW
Post 6587**
8100 Pleasant Drive NE, Spring Lake
Park. 763-780-1900 • 8:30pm



Sudoku 1

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

Sudoku 2

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

⊙ * ♂ ♀ ♁ ~ Ⓞ ∞ ✧ ✨ ✩ ✪ ✫ ✬ ✭ ✮ ✯ ✰ ✱ ✲ ✳ ✴ ✵ ✶ ✷ ✸ ✹ ✺ ✻ ✼ ✽ ✾ ✿ ⋄ ⚔ ⚚ ⚛ ⚞ ⚟ ⚠ ⚡ ⚢ ⚣ ⚤ ⚥ ⚦ ⚧ ⚨ ⚩ ⚪ ⚫ ⚬ ⚭ ⚮ ⚯ ⚰ ⚱ ⚲ ⚳ ⚴ ⚵ ⚶ ⚷ ⚸ ⚹ ⚺ ⚻ ⚼ ⚽ ⚾ ⚿

CRYPTO FUN

Solve the code to discover words related to love and affection. Each number corresponds to a letter. (Hint: 26 = e)

- A. 18 17 5 5 26 5**
Clue: Pecks on the lips
- B. 10 23 3 5**
Clue: Embraces
- C. 25 11 2 7 6 24 26**
Clue: Excitement about love
- D. 1 7 14 26 6 16 17 6 26**
Clue: Sweetheart

⊙ * ♂ ♀ ♁ ~ Ⓞ ∞ ✧ ✨ ✩ ✪ ✫ ✬ ✭ ✮ ✯ ✰ ✱ ✲ ✳ ✴ ✵ ✶ ✷ ✸ ✹ ✺ ✻ ✼ ✽ ✾ ✿ ⋄ ⚔ ⚚ ⚛ ⚞ ⚟ ⚠ ⚡ ⚢ ⚣ ⚤ ⚥ ⚦ ⚧ ⚨ ⚩ ⚪ ⚫ ⚬ ⚭ ⚮ ⚯ ⚰ ⚱ ⚲ ⚳ ⚴ ⚵ ⚶ ⚷ ⚸ ⚹ ⚺ ⚻ ⚼ ⚽ ⚾ ⚿

CRYPTO FUN

Solve the code to discover words related to heart health. Each number corresponds to a letter. (Hint: 11 = e)

- A. 6 12 23 6 2 22 9 8 11**
Clue: Move around
- B. 19 11 1 1 11 22 1**
Clue: Hollow containers
- C. 5 22 3 3 17**
Clue: Fuels the body
- D. 5 11 9 8**
Clue: Pulsate

VALENTINE'S DAY WORD SEARCH

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

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

WORDS

ANNIVERSARY
ARROW
BOUQUET
CANDY
CARDS
CELEBRATION
CHOCOLATE
CUPCAKE
CUPID
DESSERT
DOVES
EMBRACE
FEELINGS
FLIRT
FLOWERS
GIFTS
HEARTS
HOLIDAY
HUG
JEWELRY
KISS
LACE
LOVE
MARRIAGE
MEMORIES
MUSIC
POEM
RELATIONSHIP
ROMANCE
ROSES
SAINT
SERENADE
SWEET
TRADITION
VALENTINE
WOOL

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to romance.

OLWREF

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to the heart.

SFLHU

| | | | | | | | | | | | |
|----|---|----|---|---|---|----|----|---|----|----|----|
| 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 |
| | | | | | | 34 | | | 35 | | 36 |
| | | | | | | 38 | | | 39 | | 40 |
| | | | | | | 41 | | | 42 | | 43 |
| | | | | | | 44 | | | 45 | | 46 |
| | | | | | | 48 | | | 49 | | 50 |
| | | | | | | 51 | | | 52 | | 53 |
| | | | | | | 54 | | | 55 | | 56 |
| | | | | | | 57 | | | 58 | | 59 |
| | | | | | | 60 | | | 61 | | 62 |
| | | | | | | 63 | | | 64 | | 65 |
| | | | | | | 66 | | | 67 | | 68 |
| | | | | | | 69 | | | 70 | | |

60. Potato state
61. Toy that spins around
64. Barium
65. Type of molding
67. Closes again
69. Sounds the same
70. Come into view

CLUES DOWN

1. Nix
2. Indicates position
3. Quantitative facts
4. Strong and healthy
5. Former measure of length
6. Dads tend to be this
7. Parts of a movie
8. An animal's foot
9. Expression of sorrow or pity
10. Saudi Arabian money
11. One billion gigabytes
12. Smallest musical interval
13. A rugged box (usually made of wood)

CLUES ACROSS

1. Got paid
7. Sets free
13. Domestic hybrid cattle
14. Quality of one's character
16. Doctor's helper
17. Not holding back
19. Type of degree
20. Short but severe
22. 007's creator
23. Linguistics icon
25. Large integers
26. Upset
28. Former
29. Peyton's younger brother
30. An Irish dance
31. Title of respect
33. Small lump
34. Baroque musical instrument
36. The third sign of the zodiac
38. The 1st letter of the Hebrew alphabet
40. A group of nine
41. Garment
43. Capital of Yemen
44. One point south of due east
45. Drain
47. Moved quickly
48. Bar bill
51. An idiot
53. Indicates silence
55. Protein-rich liquids
56. Samoan monetary units
58. " __ your i's, cross your t's"
59. Forms the bottom

15. Cheese dish
18. An ugly, evil-looking old woman
21. Widely used
24. Makes into pages
26. Afflict in mind or body
27. Set up
30. Toilets
32. "Life of Jesus" theologian
35. A big deal on Wall St.
37. Western Thai people
38. Free from contamination
39. Type of dog
42. Revolver
43. High schoolers' exam
46. San Diego ballplayers
47. Hit the sack
49. Suitable for crops
50. Red mineral
52. Yellowish-brown
54. Lowest point between two peaks
55. Late TNT broadcaster
57. Thin strip to align parts
59. Swiss wind
62. A way to chill
63. Jewel
66. Rhodium
68. The top lawyer in the land

| | | | | | | | | | | | | |
|----|----|----|---|---|----|---|----|---|----|----|----|----|
| 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 |
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| 52 | 53 | 54 | | | 55 | | | | 56 | | 57 | 58 |
| 60 | | | | | 61 | | | | 62 | | 63 | |
| 64 | | | | | 65 | | | | 66 | | | |
| 67 | | | | | 68 | | | | 69 | | | |

CLUES ACROSS

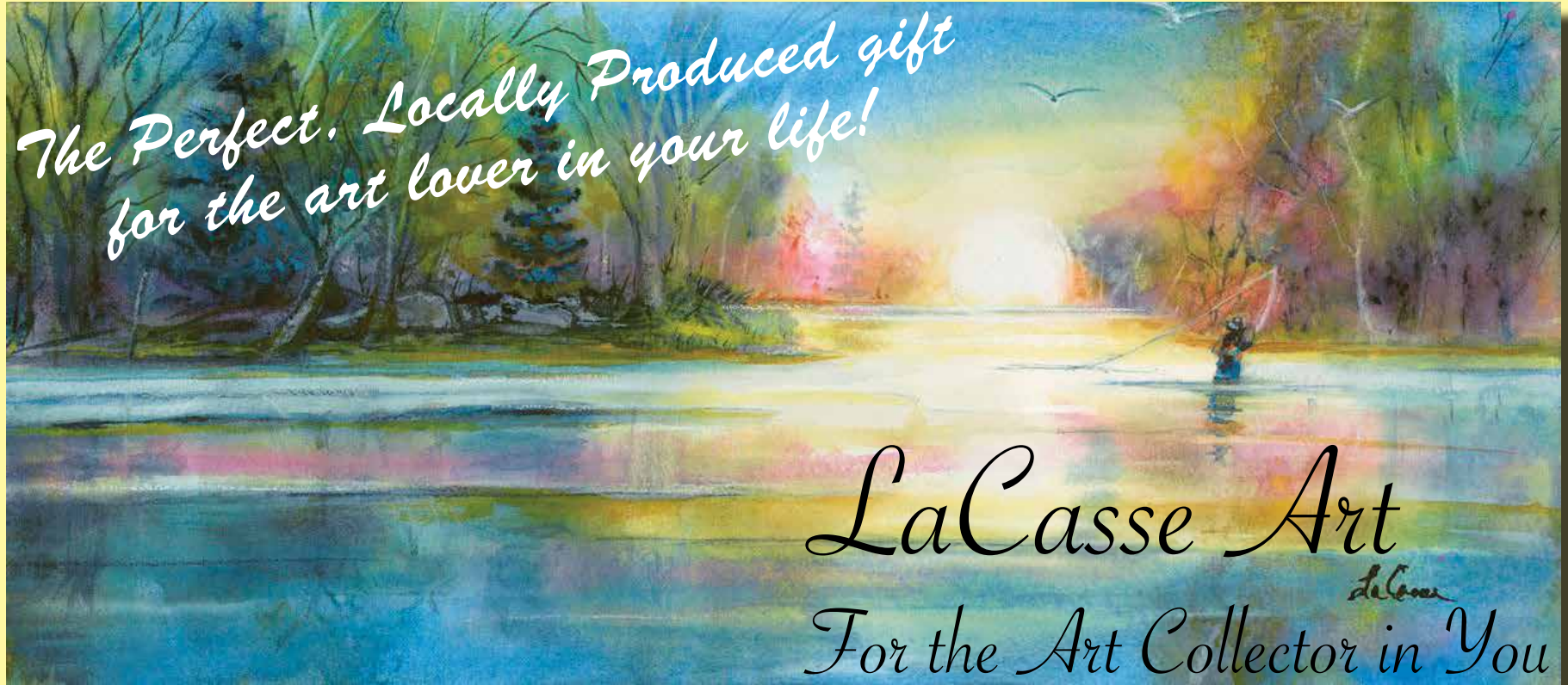
1. Civil rights organization
5. Cause to lose courage
10. Outside entertaining area
14. Botswana currency
15. Comedic Actor Tim
16. Barbary sheep
17. German river
18. Take
19. Catches
20. Eating houses
22. Consumed
23. Lawyers try them
24. Hugh Jackman character
27. Basics
30. No (Scottish)
31. Duct
32. Athlete who plays for pay
35. Unit of distance
37. Female bird
38. Predatory reptile
39. Regions
40. Dishonorable man
41. Dry white Italian wine
42. A way to understand
43. Actors' organization
44. Beach hut
45. Disappointment
46. Police officer
47. Digital audiotape
48. Western Thai people
49. Of a polymer
52. Secret political clique

55. Sound unit
56. Cavalry sword
60. Whale ship captain
61. Eastern Austria spa town
63. Holds food
64. Filippo __, Saint
65. Holds bottles of milk
66. Intestinal pouches
67. Arab ruler
68. Chicago political family
69. "Transparent" actress Kathryn

CLUES DOWN

1. Detailed drawing
2. Class of comb jellies
3. Musical symbol
4. Hall of Fame ballplayer Rod
5. Pouch
6. Split
7. Having wings
8. Set aside
9. Midway between northeast and east
10. Daughter of Acrisius
11. Periods of time
12. Rapper Ice __
13. Any of several candies
21. Units of loudness
23. Central nervous system
25. Resinous secretion of insects
26. 007's creator
27. Separate from
28. Exposes to view
29. Harsh squeaking sound
32. Fishing vessel (Naut.)
33. Western Ukrainian city
34. The sea
36. Unhappy
37. Old miserable woman
38. Corn comes on it
40. Guinea pig-like mammal
41. Self-immolation by fire rituals
43. Fifth note of a major scale
44. Automobile
46. Military title (abbr.)
47. Expunge
49. Chad language Bura-__
50. Something you win
51. Grab
52. Town in Galilee
53. Polite interruption sound
54. Italian Seaport
57. La __ Tar Pits
58. "To __, his own"
59. Tom Clancy hero Jack
61. These three follow A
62. One of Napoleon's generals

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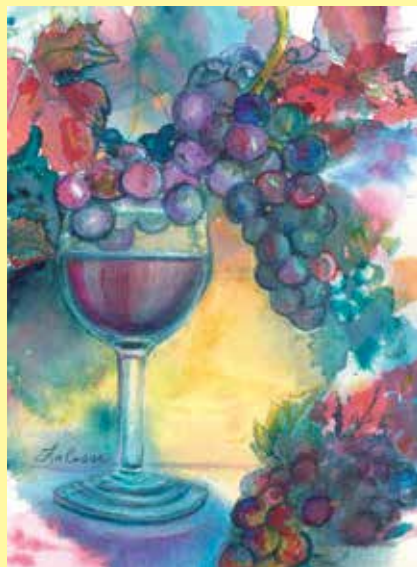
Follow your heart to attain inner peace and happiness.

Mystical White Heron by LaCasse



Awaken to your true life purpose.

Napa Dragonfly by LaCasse



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Minnesota!**



418 Bench Street Downtown Taylors Falls on the St. Croix River! • 651-465-3220

BAR BINGO

SUNDAYS

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

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

MONDAYS

Grumpy's Bar and Grill
2801 N. Snelling Ave, Roseville MN,
651 379-1180 • 9pm

Jimmy's Food & Drink
1132 Co Rd E East, Vadnais Heights
651-482-1100 • 9am

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

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

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

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

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

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

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

TUESDAYS

Adagio's Pizza Factory
2052 Silver Lake Road, New Brighton,
651-631-9441 • 6:30pm

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

Dugout Bar & Grill
158 Main St. NW, Bethel
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,
651-493-6626 • 6:30pm

Mad Jacks Brooklyn Park
8078 Brooklyn Blvd. Brooklyn Park
763-432-6263 • 6:30pm

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

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

Sgt. John Rice VFW Post 6316
1374 109th Ave NE, Blaine
763-757-4540 • 7pm MEGA-SOTA

The Sunset Grill
8466 Hwy. 65, Spring Lake Park
763-204-8648 • 1pm

WEDNESDAYS

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

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

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

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

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

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

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

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

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

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

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

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

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

THURSDAYS

Brookside Pub
21050 Ozark Ct. N., Scandia
(651) 433-0147 • 6:30

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

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

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

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

The Sunset Grill
8466 Hwy. 65, Spring Lake Park
763-204-8648 • 6pm
Feb. 14, 6:30pm,
Pick-a-Present Valentines Theme!

Titans Sports Saloon
1267 Geneva Ave N, Oakdale
651-444-8488 • Feb. 28, 6pm
Mystery Raffle before at 5pm

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

VFW White Bear Lake
4496 Lake Ave S, White Bear Lake
651-426-4944 • 6:30pm
(except 1st Thurs. & Feb. 14)

Welsch's Big Ten Tavern
4703 Highway 10, Arden Hills
651-633-7253 • Feb. 21, 6:30pm

White Bear Bar
2135 4th Street, White Bear Lake
651-426-4111 • 7pm

FRIDAYS

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

Montes Sports Bar & Grill
8299 University Ave NE, Spring Lake Park. 763-784-2230 • Feb. 8, 6pm
Pick-a-Present Valentines Theme!

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

Titans Sports Saloon
1267 Geneva Ave N, Oakdale
651-444-8488 • Feb. 1, 6:30pm
Raffle before at 5:30pm

Vanneli's By The Lake
55 Lake St. S. Forest Lake
651-395-2400 • Feb. 8, Mar. 8
• 8:30pm. Cosmic Bingo
In Basement

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

SATURDAYS

American Legion Rosetown
1st & 3rd Sat./month Jan. 5 & 19
700 W Cty Rd C, Roseville
651-483-3535 • 3pm

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

Bungalo
1151 Rivercrest Rd, Lakeland
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
651-451-1717 • Noon

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

Kelly's Korner Bar
7098 Centerville Road, Centerville
651-493-6626 • 2pm
(Except on Feb. 16)

Mad Jacks Brooklyn Park
8078 Brooklyn Blvd. Brooklyn Park
763-432-6263 • 1:30pm

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

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

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

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

Scoops Pub
482 Northdale Blvd , Coon Rapids
763-757-7600 • 2pm

Splitrocks Entertainment Center
5063-273rd St, Wyoming
651-462-6000 • 1pm

Titans Sports Saloon
1267 Geneva Ave N, Oakdale
651-444-8488 • 1pm & 7:30pm
Feb. 9, 1pm, Valentines Party!
\$2000 Bingo! Steak and Seafood
Raffles During and After Bingo!

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

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

DESIGNER PURSE BINGO

SUNDAYS

Titans Sports Saloon
1267 Geneva Ave N, Oakdale
651-444-8488 • Feb. 10 @ 1pm
Designer purses with cash inside!
GUARANTEED \$500! Pay out 100%
Raffle at noon

MONDAYS

Banquets of Minnesota
1009 109th Ave NE, Blaine
612-803-6468 • Feb. 18 @ 6:30PM

TUESDAYS

Joe Senser's
2350 Cleveland Ave., Roseville
651-631-1781 • Feb. 12 @ 6:30PM
Raffle @ 6pm. Two \$500 Coverall!
Complimentary Wine/Rosé Sampling
6-7pm. 21+

WEDNESDAYS

Carbone's Pizzeria & Pub
1350 Highway 96E, White Bear Lake
651-429-7609 • Feb. 20 @ 6:30pm
Come in Early.

The Beach Bar
2030 St. Croix S., Lake St. Croix Beach
651-436-5065 • Feb. 13 @ 6pm

THURSDAYS

Am. Legion Bayport Post 491
263 N. 3rd St. Bayport
651-439-5463 • Feb. 28 @ 7pm
(Lic# 00467)

The Withrow
12169 Keystone Ave. N., Hugo
651-439-5123 • Feb. 14 @ 7pm

Welsch's Big Ten Tavern
4703 Highway 10, Arden Hills
651-633-7253 • Feb. 21 @6:30pm

SATURDAYS

Maxx Bar
17646 Central Ave. NE., Ham Lake
763-434-4970 • Feb. 9 @ 1pm



BIG BINGO PARTY

Starts at 1pm - *Sunday, February 17th*
 Get there Early to *Saks Sports Bar*
 Get a Seat!

- * \$200 Payout Each Game PLUS
- NEW "Star Burst" WIN \$100 to \$300 MORE Per Game!!
- * Coverall \$1000
- * Layer Cake \$500
- * X Game \$200 PLUS \$100 FREE Bingo Paper
- * \$1 Raffle for a 6 \$100 Gift Cards

NEW MEAT RAFFLES

Starting January 17th
 THURSDAYS **4:00pm**
 FRIDAYS
 SATURDAYS VILLAGE SPORTS BAR



\$1 Chance!! Win Meat Packages
 or Gift Cards! Your Choice!!

WHITE BEAR LAKE HOCKEY 03111

TRY OUR NEW ELECTRONIC GAMING WIN CASH!!

1. GRAB A MACHINE
2. PUT MONEY ON IT (PAY YOU BARTENDER)
3. HAVE FUN!



85% PAYOUT

ALL DAY EVERYDAY!!

WHITE BEAR LAKE HOCKEY 03111



WHITE BEAR LAKE HOCKEY

License #03111

The White Bear Lake Youth Hockey Association would like to thank these Six Businesses and all of our Customers who help support the White Bear Lake Boys and Girls Youth Hockey Programs.

THANK YOU!!



PULLTABS * BINGO * RAFFLES * TRI WHEEL
 Nobody offers better CASH payouts or EXCITEMENT!
 Always something NEW!



WHITE BEAR BAR



Thursdays, Fridays &
 Saturdays at 5pm

WHITE BEAR LAKE HOCKEY OFFERS BINGO HANDHELD DEVICES



Monthly Coupons and SPECIALS!!
 Calendar Posted on Facebook

Like us on Facebook
 to see all our Specials and Events!



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 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, and

Kosmic Bingo held on the second Friday of the month. Feb. 8th and Mar. 8th at 8:30pm. In the basement



Cornerstone Pub & Prime

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

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

The Meet Market

555 W Broadway Ave #7
 Forest Lake, MN 55025

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

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, Meat Raffles on Wednesdays and Fridays at 6:30pm

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 6:30pm.

LACROSSE REGISTRATION

Don't miss out on this fun, fast paced, growing sport!

Leagues available for youth athletes ages 7-14 year old boys, 10-18 year old girls.

BOYS
 Field Play



GIRLS
 Field Play

March - July Season
 14U - \$350
 12U - \$300
 10U - \$230
 8U - \$140

Register at
forestlakelax.org

May - August Season
 18U - \$325
 14U - \$310
 12U - \$275
 10U - \$175

The Liquor Barrel

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

We have Pull Tabs Daily

Mallards Forest Lake

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

We have Pull-Tabs Daily

MEAT RAFFLES

SUNDAYS

American Legion Rosetown
700 W Cty Rd C, Roseville
651-483-3535 • 3pm

Dugout Bar & Grill
158 Main St. NW, Bethel
763-434-0119 • 11am

Elwoods Bar
7997 Lake Drive Lino Lakes
651-330-5266 • 1pm

The Roadside Bar & Grill
12530 Ulysses St. N, Blaine
763-710-4804 • 2pm

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

Titans Sports Saloon
1267 Geneva Ave N, Oakdale
651-444-8488 • Feb. 3, 2pm
Big Game Party! Meat Raffles, Cheerleaders, and Contests!

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

MONDAYS

Grumpy's Bar and Grill
2801 N. Snelling Ave, Roseville
651-379-1180 • 5:30pm

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

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

TUESDAYS

Adagio's Pizza Factory
2052 Silver Lake Road, New Brighton,
651-631-9441 • 6:30pm

Carbone's Pizzeria & Pub
1350 Highway 96E, White Bear Lake
651-429-7609 • 5pm

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

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

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

Palmer Lake VFW
2817 Brookdale Dr, Brooklyn Park,
763-560-3720 • 5pm

WEDNESDAYS

American Legion Rosetown
700 W Cty Rd C, Roseville
651-483-3535 • 5pm

Cam's Bar & Eatery
8517 63rd Ave N., Brooklyn Park
763-533-4159 • 6pm

Doc's Landing
3200 White Bear Ave, White Bear
Lake. 651-770-3582 • 5pm

FRIARS

1500 South Lake Street, Forest Lake
651-464-5040 • 7pm

Mad Jacks Brooklyn Park
8078 Brooklyn Blvd. Brooklyn Park
763-432-6263 • 5:30pm

Mainstreet Bar and Grill
814 Mainstreet, Hopkins
952-938-2400 • 5pm

The Roadside Bar & Grill
12530 Ulysses St. N, Blaine
763-710-4804 • 6pm

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

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

VFW Roseville Post 7555
1145 Woodland Drive
651-483-5313 • 5:15pm

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

The Sunset Grill
8466 Hwy. 65 Spring Lake Park
763-204-8648 • 5:30pm

The Village Inn & Stadium Bar
3600 Hoffman Rd, White Bear Lake
651-770-8670 • 5pm

Vannelli's By The Lake
55 Lake St. S. Forest Lake
651-395-2400 • 5:30pm

THURSDAYS

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

Brookside Pub
21050 Ozark Ct. N., Scandia
651-433-0147 • 6:30

Cornerstone Pub & Prime
26753 Forest Blvd, Wyoming
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
952-938-2400 • 5pm

Montes Sports Bar & Grill
8299 University Ave NE, Spring Lake
Park. 763-784-2230 • 4pm

Titans Sports Saloon
1267 Geneva Ave N, Oakdale
651-444-8488 • Feb. 28, 5pm
Mystery Raffle

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

FRIDAYS

Adagio's Pizza Factory
2052 Silver Lake Road, New Brighton,
651-631-9441 • 6:30pm

Biff's Sports Bar and Grill
7777 Hwy 65 NE, Spring Lake Park
763-784-9446 • 5pm

Brookside Pub
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651-433-0147 • 6:30

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

Elwoods Bar
7997 Lake Drive Lino Lakes
651-330-5266 • 5pm

FRIARS
1500 South Lake Street, Forest Lake
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
651-493-6626 • 6pm

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

Montes Sports Bar & Grill
8299 University Ave NE, Spring Lake
Park. 763-784-2230 • 4pm

Park Place Sports Bar
200 Broadway, St Paul Park
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
763-757-7600 • 5:30pm

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

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

Sgt. John Rice VFW Post 6316
1374 109th Ave NE, Blaine
763-757-4540 • 5pm
Special Raffle Feb. 8 • \$2 Tickets
Lobster Tail, Steak & Shrimp
10 Packs

Titans Sports Saloon
1267 Geneva Ave N, Oakdale
651-444-8488 • 5:30pm

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

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

VFW Columbia Heights Post 230
4446 Central Ave. NE, Columbia Hgts
763-788-8187 • 6pm

VFW Richfield Post 5555
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651-426-4944 • 5pm

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3600 Hoffman Rd, White Bear Lake,
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651-633-7253 • 5pm

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651-426-4111 • 5pm

SATURDAYS

CR'S Sports Bar
8525 Cottonwood St NW
763-780-1585 • 4:30pm

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

Kelly's Korner Bar
7098 Centerville Road, Centerville
651-493-6626 • 1pm

Mad Jacks Brooklyn Park
8078 Brooklyn Blvd. Brooklyn Park
763-432-6263 • 1:30pm

Mc Carron's
1986 Rice St., Maplewood
651-788-7362 • 1pm

Montes Sports Bar & Grill
8299 University Ave NE, Spring Lake
Park. 763-784-2230 • 4pm

Palmer Lake VFW
2817 Brookdale Dr, Brooklyn Park
763-560-3720 • 3:30pm

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

Sgt. John Rice VFW Post 6316
1374 109th Ave NE, Blaine
763-757-4540 • 3pm
Special Raffle Feb. 9 • \$2 Tickets
Lobster Tail, Steak & Shrimp
10 Packs

Splitrocks Entertainment Center
5063-273rd St, Wyoming
651-462-6000 • 1:30pm

Titans Sports Saloon
1267 Geneva Ave N, Oakdale
651-444-8488 • 1pm & 8:30pm
Bingo Times, Raffle After Bingo.
Feb. 9, 1pm - Valentines Party!
Steak and Seafood Raffles
During and After Bingo!

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

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

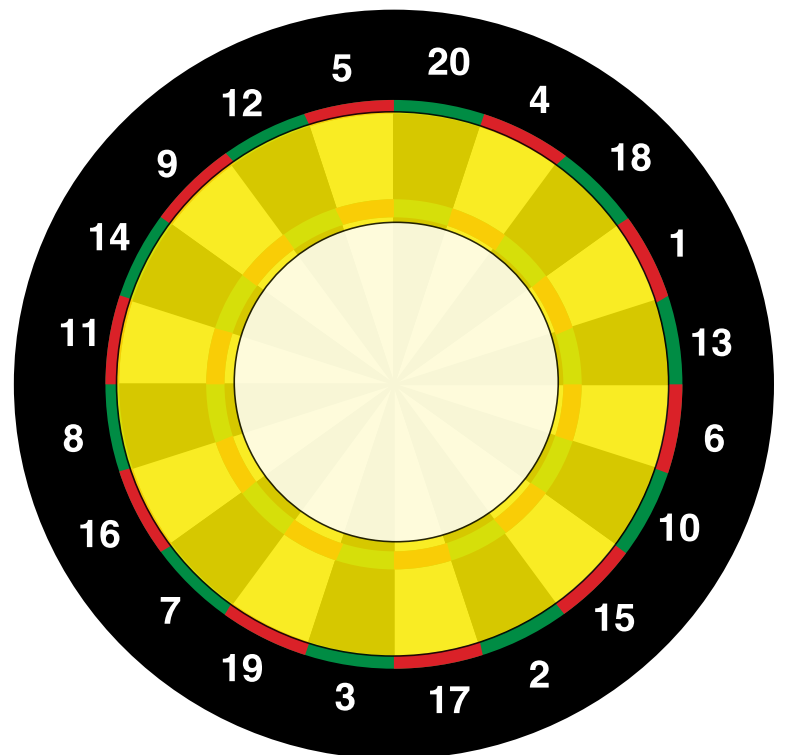
The Sunset Grill
8466 Hwy. 65, Spring Lake Park
763-204-8648 • 3pm

VFW Mendota Post 6690
Sibley Memorial Highway, Mendota
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
651-426-4944 • 4pm

Welsch's Big Ten Tavern
4703 Highway 10, Arden Hills
651-633-7253 • 2pm



CHOOSE WISELY WHEN SELECTING VALENTINE GIFTS

As the clock ticks down to Valentine's Day, the pressure is on to find the ideal gift. While some sweethearts may provide some clues to help with Valentine's Day shopping, many gift-givers are on their own.

The National Retail Federation predicts that, in 2019, shoppers may match Valentine's Day spending from a year ago, when lovebirds spent a total \$18.2 billion on gifts for their sweethearts. With so much money invested, shoppers no doubt want to find the best gifts possible. When shopping for Valentine's Day, try to avoid these common mistakes and choose gifts that are creative and heartfelt.

- **Skip the gas station flowers, candy or last-minute gifts.** Valentine's Day is a time to show you care. If you've left gifting to the last minute, you may make the situation worse by giving something impersonal you picked up on an errand. If you forgot or ran out of time, simply admit you goofed or time got away from you. Then ask your sweetheart what he or she wants and go shopping together.
- **Avoid attention-getter antics.** Sure it may seem like a good idea to send 20 helium balloons and a boatload of flowers to a sweetheart's office. But what if he or she really doesn't like being in the limelight? Are you gifting this way for the attention you'll receive rather than doing so to make your sweetheart happy?
- **Eschew overly personal gifts.** If your relationship is in its infancy and you haven't both mutually expressed interest to take it to the next level, avoid gifts that suggest moving in together (appliances), personal fragrances, couples massages, or other intimate activities. Wait until the relationship has reached certain milestones before getting too personal with gifts.
- **Stop trying to be helpful.** If your sweetheart has expressed a desire to make certain lifestyle changes, you may think a gym membership or a subscription to a new wardrobe mail service makes a great gift. But such gifts may send the wrong message, inadvertently, and even falsely, indicating that you don't like your partner the way he or she is.
- **Pass up practical gifts.** Valentine's Day is a time to cater to fantasies and wishes more so than necessities. Even if your sweetheart needs that new electric shaver or a snow scraper for the car, go for something more special on Valentine's Day. Valentine's gifters should focus on presents that will be meaningful to the recipient and something he or she may see as an indulgence.



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Meat Raffles
Thurs., Fri., & Sat. @ 4PM

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

Lic. # 00584-001

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

Bingo
Sat. @3PM

Meat Raffle
Fri. @5PM

Lic. # 00584-007

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

Surf n' Turf Meat Raffles
Wed. @5:30PM, Sat. @3PM

Bingo
Tue. @1PM, Thurs. @6PM

Lic. # 00584-026

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

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

Lic. # 00584-019

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

Lic. # 00584-020

Banquets of Minnesota
1009 109th Ave NE Blaine, MN 55434 (612) 803-6468

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

Lic. # 00584-21

Maxx Bar
17646 Central Ave NE, Ham Lake, MN 55304 (763) 434-4970

Handbag Bingo
Feb. 9 @1PM

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

Bingo
Every 3rd Thurs. @6:30PM

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

Lic. # 00584-24

Handbag
Bingo

Feb. 21 @6:30PM

HOW TO SET UP PARENTAL CONTROLS ON CHILDREN'S TABLETS

The internet is a valuable tool that can benefit kids in the classroom and beyond. But as parents know, the internet also can be a danger to youngsters.

As hard as parents may try to govern their children's internet usage, kids' curiosity often compels them to go online when parents aren't keeping watch. Parental controls are a great way to protect youngsters while they're online. Setting up such controls may vary depending on the type of devices kids use, and the following guide can help parents whose children use popular Android, Amazon Fire and iOS devices.

Android

The parental controls on Android devices allow moms and dads to restrict access to various types of content, including television shows and movies, games and apps. The Family Link app, which can be downloaded through the Google Play store, enables parents to track their kids' online usage and even set up limits on how much time they can spend online each day, as well as monitor the location of the device and when it is on. When using the Family Link app, parents will need to create a separate Google account for their children.

Amazon Fire

Amazon Fire is another popular, user-friendly tablet that many children use. Each Fire device comes with FreeTime built-in. FreeTime bans advertisements and restricts purchases so kids cannot spend mom and dad's money without permission. In addition, FreeTime allows parents to restrict content, ensuring kids will only be able to see content approved by their parents. Adults also can set up time restrictions to limit the amount of time their kids spend online, and they can even prevent access to certain activities, including video games.

iOS

The iOS is an operating system for mobile devices manufactured by Apple. The Screen Time function on iOS devices allows parents to restrict the use of and downloading of certain apps, including those built-in on iOS devices. Parents can specify which websites their children are allowed to visit, preventing them from visiting sites that kids should not see. Screen Time also allows parents to block purchases made through iTunes, ensuring kids won't run rampant spending money on music, television shows and music.

Parental controls can help parents' monitor their youngsters' tablet usage and protect them from visiting websites designed for adults.



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GREAT REASONS TO VISIT YOUR LOCAL LIBRARY

Many people have a wonderful resource at their disposal just minutes from their homes. This resource can transport them to distant lands, teach their children valuable lessons and serve as a great place to meet new friends. So what is this magical place? The local library.

Libraries are filled with books for adults and children. But libraries have even more than books to offer, making them an invaluable resource for the entire community. The following are just a handful of the many great reasons to visit your local library.

- **Reading may help improve long-term mental health.** A 2001 study from researchers at Case Western Reserve University found that patients with Alzheimer's disease were less active in early and middle adulthood in regard to intellectual, passive and physical activities than people who did not have AD. Young adults and middle-aged men and women who visit their local libraries and check out a good book might decrease their risk for cognitive decline later in life.
- **Reading can improve your vocabulary, even as you get older.** Reading for pleasure as a child has long been linked to helping young people age 16 and under develop strong reading and math skills. But a recent study from researchers at the University of London that examined how the vocabularies of more than 9,400 people developed between the ages of 16 and 42 found that vocabulary continued to improve long after teenage years. By continuing to read books from their local libraries into adulthood, adults can further develop their vocabularies.
- **Libraries provide lots of free entertainment.** Libraries are home to thousands of books, but that's not all you can find at your local branch. Newspapers, magazines, CDs, and DVDs are some examples of the forms of entertainment available at local libraries. Better yet, such entertainment is free to card holders.
- **Libraries offer age-appropriate programs for kids.** Some parents may lament the lack of programs available for their youngsters. Such parents are urged to visit their local libraries, which are often home to many programs that can inspire kids to read and foster their creativity. The scope of kid-friendly programs at your local library is wide and may range from sing-a-long sessions for toddlers to group art programs for preschool-aged children to STEM-based programs for elementary and secondary school students.



The local library is an invaluable resource than can benefit people of all ages.



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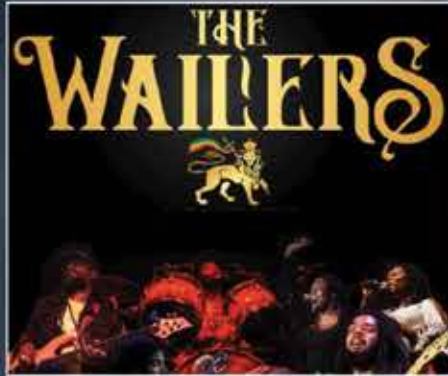


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HOW TO HONE YOUR TIME MANAGEMENT SKILLS

Ours is a busy society where everyone is moving from place to place quite rapidly, whether at school, home or work. As a result, many people may feel that there simply are not enough hours in the day to get it all done.

Quite often people delay certain tasks until the late hours of the night as a way to catch up. But that can be detrimental to health. The National Institute of Health warns that lack of adequate sleep can affect mood, adversely affect relationships, increase anxiety, and possibly contribute to depression. Inadequate sleep is also associated with increased risk of high blood pressure, obesity and heart disease.

Rather than tapping into precious hours of shut-eye, men and women can learn how to manage their time better so they complete more tasks during the day, leaving more time to relax and sleep at night.

Effective time management begins with these strategies.

• Set priorities.

Begin by setting priorities. This involves making a list of all the tasks that need to be completed, and then putting them in order of most essential to least essential. Once you understand where to first devote your attention, address items on the list in order of their priority.

• Develop goals.

Goals do not have to be far-off ideas for the future. They can be easily reached today. Simple goals such as, "I want to remove all nonessential paperwork from my desk" can be tackled quickly and without much effort. Goals give a person something to work toward and are important ways to steer you in the right direction. Without goals, you may wander aimlessly. Accomplishing goals of all shapes and sizes gives a feeling of accomplishment.

• Avoid distractions.

Distractions can pull attention away from important tasks at hand. Distractions can be phone calls, text alerts, personal issues, people in the room, and many other things. Figure out how you work best and minimize distractions so that you can fully focus on your priorities.

• Stop multitasking.

Unfortunately, multitasking is not the key to getting more things done. In fact, it could actually be hurting performance. Research conducted at Stanford University discovered that multitasking is less productive than doing a single thing at a time. You simply cannot put full effort into multiple things at once — and something will be short-changed if you try.

• Write things down.

Keeping information floating around your mind is ineffective and can lead to stress. Put things down on paper or make digital notes to keep track of what needs to get done. Set your targets and break each task down to manageable pieces. Physically cross items off your list as they are completed.

Time management is a skill that can be learned with practice and focusing on elements of success.



SEPARATING FACTS FROM FICTION IN REGARD TO ORGAN DONATION

Organ donation is overwhelmingly supported by the adult population of the United States. According to the U.S. Department of Health and Human Services, 95 percent of adults in the United States support organ donation. In spite of that, the DHHS notes that only 54 percent of U.S. adults are signed up as organ donors. That gap only highlights the need for education in regard to organ donation. Separating the facts and fiction surrounding organ donation might compel more people to sign up as donors, saving untold numbers of lives as a result.

- **People with medical conditions can still be organ donors.** Many people mistakenly assume that an existing medical condition precludes them from being organ donors. However, the DHHS notes that very few medical conditions would prevent people from becoming organ donors. Such conditions include HIV and active cancer. Transplant teams determine at the time of death if a donation is possible, so even prospective donors who have doubts can still sign up.
- **There is no age limit for organ donors.** The health and condition of the organs, and not their age, is what matters. In fact, the DHHS notes that the oldest donor in the United States was 93 at the time of donation.
- **Religions do not prohibit organ donation.** The DHHS notes that most major religion support organ donation, considering it a final act of love and generosity. Prospective donors who are uncertain if their religion supports organ donation can visit <https://www.organdonor.gov/about/donors/religion.html> for more information.
- **Celebrity status, race or financial well-being do not dictate who receives organs.** In the United States, a nationwide computer system matches donated organs to recipients. Blood type, geographic location and time on the waiting list are just some of the factors used to match donated organs to recipients. Race, celebrity status or financial well-being are never considered.
- **Medical personnel will try to save organ donors' lives.** Some people fear that signing up as a donor might compel medical personnel to abandon lifesaving methods if they become ill or injured. But that's not the case. Donation is not possible until all lifesaving methods have failed.

Organ donation is a selfless act that saves lives every day. Learn more at www.organdonor.gov.



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Champlin, MN

[wednesdays]
Charlie's On Prior | 7:30pm
Prior Lake, MN
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Blaine, MN
La Fonda de Los Lobos | 8:00pm
Eagan, MN
Sgt. Peppers | 8:00pm
Oakdale, MN
Clive's Roadhouse | 8:30pm
Rogers, MN
Scoreboard Bar & Grill | 8:30pm
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[thursdays]
Pinz | 8:00pm
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RECOMMENDATIONS FOR SCREEN TIME

Computers, tablets, smartphones, and gaming systems have revolutionized popular culture and the way people engage with one another. Devices also have transformed the way people live in their homes.

Cisco's annual visual networking index forecast indicates there will be four networked devices and connections per person globally by 2020. In North America, there will be 13 networked devices and connections per person by that time. As more people are connected to tech than ever before, many wonder if there's a healthy amount of time to spend on their devices? "Screen time" is defined as the amount of time spent each day using devices with screens, such as TVs, gaming consoles, smartphones, and tablets. Although how much screen time people engage in is entirely up to them, there are health risks associated with excessive screen time.

People may not realize just how much screen time they engage in each day. Nielsen reports that American adults spend more than 11 hours per day watching, reading, listening to, or simply interacting with media, which is up from nine hours, 32 minutes just four years ago. Common Sense Media's 2017 report shows American children age eight and under use screens for an average of 2 hours and 19 minutes per day. That time increases as kids age. In terms of healthy screen time limits, the experts have weighed in.

The latest guidelines from the American Academy of Pediatrics suggest that children under 18 months should avoid screen time, other than video chatting. Ages 18 months to two years can use high-quality programs or apps if adults participate with them. Children between the ages of two and five should limit daily screen time to an hour; age six and up should follow consistently imposed limits.

Doctors may be hesitant to prescribe screen limits for adults. But people can use certain health clues to determine if it's time to cut back. If screens (and their blue light) are adversely affecting sleep, reducing screen time might be necessary to avoid negative side effects. Screen time should not come at the expense of physical activity, as that can contribute to obesity. People are urged to take frequent breaks from screens to mitigate potential eye strain and headaches.

The Department of Health Government of Western Australia recommends adults age 18 and older minimize time spent sitting or lying looking at screens, and to break up long periods of sitting as often as possible.

People who routinely use screens for hours each day should weigh the benefits and detriments to the amount of time spent with devices and tailor their usage accordingly.



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UNDERSTANDING THE JARGON OF HEALTH INSURANCE

The world of healthcare can be confusing to navigate. Before the prevalence of health maintenance organizations and various other health and wellness insurance groups, obtaining medical assistance involved going to the doctor and then paying the bill. But today people must navigate copayments, coinsurance, deductibles, and savings plans, which can make it difficult to understand what's going on with your insurance company. Healthcare is standardized in some areas of the world and publicly financed with little to no out-of-pocket costs for participating citizens. Elsewhere, access to health insurance is provided through employers or government assistance programs or individually purchased. Understanding some health insurance-related jargon is a great way to better educate oneself about the industry.

- **Benefit period:** The benefit period refers to the duration of time services are covered under your plan. It is usually a calendar year from the point of start to end. It may begin each year on an anniversary date when you first received coverage.
- **Coinsurance:** This is a percentage of the cost of services rendered in specific areas outlined by the health plan that you are responsible for after a deductible is met. For example, a plan may cover 85 percent of costs, with patients responsible for the remaining 15.
- **Copayment (copay):** A copayment refers to the flat rate you pay to a provider at the time you receive services. Some plans do not have copays.
- **Deductible:** The amount you pay for health services before the insurance company pays. You must meet a set limit, which varies by plan and provider, before insurance will kick in and cover the remaining costs during the benefit period. Many plans have a \$2,000 per person deductible. This deductible renews with each calendar year.
- **HMO:** A health maintenance organization offers services only with specific HMO providers. Referrals from a primary care doctor often are needed to see specialists.
- **HSA:** A health savings account enables you to set aside pre-tax income up to a certain limit for certain medical expenses.
- **Long-term care insurance:** A specific healthcare plan that can be used for in-home nursing care or to pay for the medical services and room and board for assisted living/nursing home facilities.
- **Network provider:** This is a healthcare provider who is part of a plan's network. Many insurance companies negotiate set rates with providers to keep costs low. They will only pay out a greater percentage to network providers.
- **Non-network provider:** A healthcare provider who is not part of a plan's network. Costs may be higher if you visit a non-network provider or if you are not covered at all.
- **PPO:** A preferred provider organization is a type of insurance plan that offers more extensive coverage for in-network services, but offer additional coverage for out-of-network services.



Navigating health insurance is easier when policy holders understand some common industry jargon.

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Meat Raffle Fridays Feb. 1, 8, 15, & 22 @ 6:30pm

Centennial Youth Hockey Association Lic. # 03934-009

CANNED FOOD MYTHS DEBUNKED

The affordability of canned foods entices many people to stock up on the essentials. However, there are some people who still harbor concerns about the safety of canned foods. Getting to the truth about canned foods can assuage some of those concerns and help those on the fence stock up on these budget-friendly staples.

Myth #1: Canned foods are not as healthy as fresh foods.

Fresh foods, once harvested, have a finite shelf life. Plus, once fruit or vegetables are picked, their vitamin and mineral content decreases each day that they are not consumed. Many canned foods are picked and processed on the same day, helping to retain nutrients at their peak and lock them in for many months. Also, according to the Hy-Vee supermarket chain, sometimes canned foods are packed with additional nutrients, such as increased lycopene in canned tomatoes.

Myth #2: Canned foods are full of preservatives.

The perception that canned foods are "processed" foods often leads people to believe they're full of unsavory ingredients. The term processing is used to describe any food that has been changed from its natural form. So removing corn from a cob counts as processing, as is baking or boiling potatoes. Canned foods are preserved by heating the items and sealing them under pressure. No other preservatives are needed to keep them fresh.

Myth #3: Can linings are dangerous.

There has been controversy concerning BPA-containing plastics for many years. Even though the Food and Drug Administration, as well as other international food safety agencies, has evaluated the extensive body of science and continue to affirm BPA's safety in food packaging, some manufacturers are voluntarily moving away from it. Consumers can find many foods packed in cans with non-BPA linings. However, even foods packaged in BPA are considered safe for consumption.

Myth #4: Canned foods are full of sodium.

Some canned foods will contain salt as an added ingredient to improve taste and act as a freshness preservative. But canned foods do not rank among the biggest offenders in regard to excessive amounts of sodium. In 2012, the Centers for Disease Control and Prevention released a study that identified the top 10 food categories that contribute to high sodium diets. Pizza, cured meats, cold cuts, and rolls made the list, while canned foods did not.

Myth #5: Canned foods do not taste good.

Because foods are canned when they are at peak freshness and ripeness after harvest, they retain full flavor if properly stored.

Myth #6: All dented cans are unsafe.

Cans can become dented in transit. Drop a can and it will dent. But that doesn't necessarily mean foods inside dented cans are unsafe to eat. If a can is bulging or if the top or bottom of the can moves or makes a popping sound, the seal has probably been broken or compromised by bacteria and should be thrown out.



Canned foods are safe and can make for valuable additions to any pantry.

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7 WAYS NEWSPAPERS BENEFIT STUDENTS

Classrooms have come a long way since the days when pioneering settlers would send their children to single-room schoolhouses. Modern classrooms might be technical marvels, but one less flashy learning tool remains as valuable as ever.

Newspapers might not be as glamorous as tablets or other gadgets, but they are still an invaluable resource to educators and students.

The following are seven ways in which newspapers in the classroom can benefit students.

1. Newspapers build vocabulary.

Numerous studies have found that reading can improve youngsters' vocabulary. Each day, newspapers are filled with fresh stories that can introduce kids to new words, helping them to strengthen their vocabularies and make them more effective communicators.

2. Newspapers improve reading skills.

Like the old adage says, "Practice makes perfect." Reading newspapers each day can help kids develop their reading and comprehension skills.

3. Newspapers promote critical thinking.

Newspaper reporters are trained to objectively report the news, sharing facts without allowing their own opinions to influence their stories. Educators can choose stories from the newspaper to serve as catalysts for discussions that focus not just on the facts listed in the story, but what might be behind them. Such discussions can help youngsters develop their critical thinking skills.

4. Newspapers bring ideas and current events to life.

Many children are aware of major world events, even if they don't know or understand the details. Newspaper articles about world events can be used as avenues to discussions about what's going on in the world.

5. Newspapers build global awareness.

Customized newsfeeds funneled through social media outlets can make it hard for young people to recognize and understand the world beyond their own communities and interests. Each day, newspapers include local, national and international stories that can illustrate to kids that there's a world beyond their own.

6. Newspapers promote social consciousness.

Without newspapers, young people may never be exposed to the social issues facing their own communities or those issues that are affecting people across the country and the world. Newspapers provide unbiased exposure to such issues, potentially leading youngsters to further explore topics that are shaping their world and even encouraging them to form their own opinions.

7. Newspapers make learning fun.

According to a 2017 report from Common Sense Media, kids younger than eight spend an average of two hours and 19 minutes per day looking at screens. Newspapers provide a welcome break from tablets, smartphones and computers, and kids may have fun flipping pages and getting a little ink on their hands.

Newspapers remain invaluable resources that can benefit students in myriad ways.



PRACTICE HEALTHIER GAMING TECHNIQUES

Gaming continues to grow in popularity, and with new ways to engage in social or individual game play available thanks to various technological devices, the frequency with which gamers engage in these recreational pursuits only increases. In fact, a 2018 report by Limelight Networks found that gamers spend an average of 5.96 hours each week playing games.

Excessive gaming can pose a threat to gamers' overall health. The following physical and mental wellness tips can help gamers ensure they get to play without sacrificing their health.

- **Remember to blink.** Staring at screens for long periods of time can cause serious eye strain. Sometimes, when immersed in the intensity of game play, a gamer may forget to blink his or her eyes, and this can lead to tired, dry eyes. As with other screen usage, follow the 20-20-20 rule. Per the Canadian Association of Optometrists, every 20 minutes, take a 20-second break and focus your eyes on something at least 20 feet away.

- **Take frequent breaks.** Gamers should get up out of their seats and take breaks at regular intervals. This gives their eyes and ears a rest and allows them to stretch and reset their posture. Sitting for long periods of time can affect circulation and have adverse effects on the neck and spine as well.

- **Get some fresh air.** Individuals should use break opportunities to go outside and get some fresh air and sunshine, if possible. The light and the clean air can improve energy levels and possibly help restore focus when it comes time to return to the game. Spending too many consecutive hours in a dark room can impact the brain and may affect how people learn, according to research led by Michigan State neuroscientists. Dim lights can make it hard to retain memories, while bright light boosts information retention and mood.

- **Stretch hands and wrists.** Maintaining overall good posture and stretching hands and wrists can offset complications of carpal tunnel syndrome, a condition that can affect mobility in the wrists and lead to inflammation and pain.

- **Recognize addiction.** People can get addicted to gaming just as they would to any other activity or substance. Novelty addiction is prolonged time spent on video games, the internet or smartphones. Research indicates these novelties can trigger various psychological responses in the brain, and people grow accustomed to chasing those triggers. Incorporate other activities into one's day so that gaming is not the end-all.

People can enjoy gaming in a safe and healthy way by incorporating various wellness strategies into their gaming routines.



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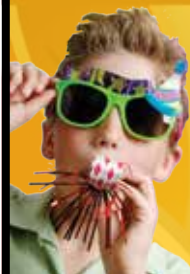
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MICROCONTROLLERS AND CIRCUITRY MADE EASIER

Children and adults who enjoy tinkering with electronics will find that a new wave of user-friendly products can help them learn more about what makes various gadgets tick. The Arduino trend has really taken root and can enhance fun through educational learning.

Arduino is both an Italian company and a programmable logic controller, according to programming and electronics information site MUO. Arduino produces microcontrollers in various forms, and these circuit boards are at the heart of many DIY projects, from arts to robotics to digital music. These open-sourced electronics are based on user-friendly hardware and software, according to Limor Fried, cofounder of Adafruit Industries, which sells kits and tools geared toward the tech DIYer.

Arduino is particularly attractive to anyone who has longed to build or modify his or her own devices. According to Arduino, the basis behind the technology was born at the Ivrea Interaction Design Institute as an easy tool for fast prototyping aimed at students without a background in programming and electronics. It soon spread to a wider community. The Arduino boards began to grow and change to offer various starting points for the DIY community. Because all the boards and software involved in the projects that can be completed are open-source, users can build them independently and customize them to their particular needs.

Interested parties can purchase components separately, such as the popular Arduino Uno board, and then go from there. Many retailers also offer pre-curated kits that include various items. Programming software is easy-to-use, and there are plenty of online tutorials to help. Pretty much anything can be connected to the microprocessor.

This learning tool is very affordable and will appeal to anyone interested in learning programming and working with the inner components of popular devices.





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 Sundays: 5 & 8 p.m. – **Detour 19** – Loretto
 Sundays: 7 p.m. – **White Bear Bar** – WBL
 Sundays: 7 p.m. – **Adagio's Pizza Factory** – New Brighton
 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. – **Invictus Brewing Co.** – Blaine
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 Fridays: 7 p.m. – **Biff's Sports Bar** – Spring Lake Park

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PAGE 26



# Weekly Horoscopes for February

## Aries

March 21-April 20

### Week 1:

Change is on the horizon, but you don't yet know where you fit into the equation, Aries. Enjoy the unexpected and don't worry so much about the future.

### Week 2:

Spend more time daydreaming, Aries. Even though it may seem to run counter to being productive, you may actually find some inspiration to get things done.

### Week 3:

A sense of magic is in the air this week, Aries. Some may conspire to keep you in the dark about a situation. Don't worry ... it will have a pleasant culmination.

### Week 4:

Aries, you have high hopes about everything that crosses your path this week. This includes your love life. You might be eager to step things up a notch in that area.

## Taurus

April 21-May 21

### Week 1:

Taurus, though you may think you can only choose one direction in life, you really can reverse course and go in another direction if you so desire.

### Week 2:

You may not take the same path or go in the same direction as the masses, Taurus. But you find the finish line nevertheless. Keep on tracking your own trail.

### Week 3:

Once someone earns your love, that bond is not easily broken. You will find new ways to show your affection this week for a person close to you.

### Week 4:

Find comfort in the fact that your spouse or significant other and you share the same perspective about important topics. He or she also has integrity, which means a lot.

## Gemini

May 22-June 21

### Week 1:

Gemini, normally you are conservative and weigh things carefully. However, this week your other side takes over and you are apt to be a little more spontaneous.

### Week 2:

A few blips on the radar may give you pause, Gemini. But no obstacle is going to keep you from your final goal this week. You are ready to forge ahead.

### Week 3:

Sometimes your mind is too quick to speak before you fully think through your thoughts. This can get you into trouble in some instances. Find ways to address any faux pas.

### Week 4:

Conversations this week will be on point, Gemini. Everything you have to say will be unequivocal, and others will follow your instructions in every detail.

## Cancer

June 22-July 22

### Week 1:

Cancer, there is only so much time to learn something new at work and you may be worried a bit. Someone will talk you through, and you'll find your way.

### Week 2:

No matter how much time you set aside, Cancer, you seem to keep playing catch up. You may need to realize that a few extra helping hands will make a lighter load of your tasks.

### Week 3:

Past relationships do not have to get in the way of current ones, Cancer. Things aren't always as complicated as you make them seem. Just go through with your daily business.

### Week 4:

If you are single, it is possible you will meet someone this week you believe could be long-term relationship material. This person may be your complete opposite.

## Leo

July 23-August 23

### Week 1:

Leo, if life seems a little more hectic these days, you may be taking on too many responsibilities. Lighten the load and focus on what matters most.

### Week 2:

You can't contain your excitement or keep a secret this week, Leo. Avoid seeking secrets because you might let the cat out of the bag and don't want to disappoint.

### Week 3:

Things will seem like a piece of cake this week, so much so that you may wonder if there's a catch. There is no catch. Enjoy your good fortune and lightened workload.

### Week 4:

Finding success in things that you want to do can take a few rough drafts, Leo. Do not be discouraged if a few attempts do not yield the desired outcomes.

## Virgo

August 24-September 22

### Week 1:

It can be challenging to wrap your head around certain goals, Virgo. However, you will manage to pick and choose those tasks that are most important and get things done.

### Week 2:

Do not try to take control of a situation on which you have a tenuous grasp, Virgo. Other things of greater importance require your attention.

### Week 3:

Virgo, you may enjoy an unexpected respite in the next few days. Initially you may not know what to do with your time off. But soon enough you will figure it out.

### Week 4:

Communication will come much easier to you this week, Virgo. This hasn't always been the case, as you sometimes worry about how your words will be received.

## Libra

September 23-October 23

### Week 1:

Libra, you may be compelled to be introspective this week. Use this time to reflect and explore all the reasons why you typically enjoy being an extrovert.

### Week 2:

Domestic bliss describes your life at this point, Libra. You may have welcomed a new baby or pet into the family, and you are enjoying this new dynamic.

### Week 3:

Even if you might be afraid of confrontation, you should not use that as an excuse that prevents you from righting wrongs. You will find your voice.

### Week 4:

An event may occur this week that fortifies financial stability at home, Libra. This may involve real estate or developing a new long-term financial plan.

## Scorpio

October 24-November 22

### Week 1:

If there is something on your mind, Scorpio, now is not the time to share it with everyone. Let this settle for a bit, then choose the right time to share your discovery.

### Week 2:

Scorpio, even though you may have had to jump over many hurdles of late, you will come through stronger for having done so.

### Week 3:

Your focus and commitment to the task at hand are unrivaled. Others may not understand your passion, but all will be happy with the results.

### Week 4:

You will not need to work too hard to prove to someone who loves you just how amazing you are. These people understand that, and you're grateful for it.

## Sagittarius

November 23-December 20

### Week 1:

People around you who are irritable might try to pull you into their situations, Sagittarius. Resist the urge to become influenced by their bad moods and perceptions.

### Week 2:

A demand for your attention reaches a fever pitch, Sagittarius. You may not know what is spurring on this sort of popularity, but you are anxious to enjoy every minute of it.

### Week 3:

Be there for someone who comes up to you and asks for help this week. Every little bit helps, and your generosity will be greatly appreciated.

### Week 4:

As long as the people you surround yourself with are able to respect you and give you some breathing room, they're healthy to be around.

## Capricorn

December 21-January 20

### Week 1:

Capricorn, a little extra concentration will have you flying through your to-do list in no time. Devote the time now and enjoy the reward and time off later.

### Week 2:

Big changes are on the horizon, Capricorn. It could be a new job opportunity or maybe a relocation if you have been thinking of making a fresh start.

### Week 3:

Think about what you have to offer this week, Capricorn. Run your plan by someone you trust. You may not be ready for the spotlight.

### Week 4:

Friends will not steer you wrong this week, especially if you are looking to them for advice on love. They may have some heartfelt words of wisdom.

## Aquarius

January 21-February 18

### Week 1:

Aquarius, it is never too late to get some exercise, even if you think that a dedicated workout regimen can't fit in your schedule. Try socializing while working out.

### Week 2:

Even though you may have to go out on a limb and out of your comfort zone, you may find that doing so gives you the fresh perspective you've been seeking.

### Week 3:

A string of misunderstandings will soon get worked out. All will be right in the universe once more, and you can get on with all of the plans you have in mind.

### Week 4:

Your love life and social life are intertwined this week, Aries. It is very likely that you will spend ample time with friends as well as that special person in your life.

## Discs

February 19-March 20

### Week 1:

This could be a week passion comes to the forefront, Pisces. If you keep your options open, you may be surprised at what comes your way.

### Week 2:

Pisces, ask someone to remind you of an important deadline, as you have been a little scatterbrained as of late. Don't let this pass you by.

### Week 3:

Take a few extra moments each morning or evening to slow down and think about all the good luck that has recently come your way.

### Week 4:

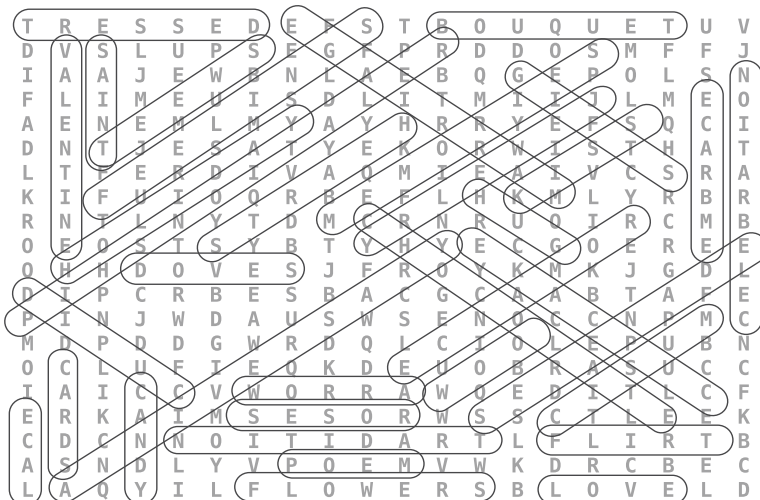
Many people set goals early in a new year, and you can try to follow suit. This may provide some guidance for you as the year progresses.

# PUZZLE ANSWERS

**Crypto answers** A. kisses B. hugs C. romance D. valentine  
A. circulate B. vessels C. blood D. beat

**Word scramble** 1. Flower 2. Flush

**Word Search Answers**



**Sudoku 1 Answers**

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

**Sudoku 2 Answers**

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

**Puzzle 1 Answers**

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

**Puzzle 2 Answers**

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

# SPORTS SCHEDULES

## Timberwolves Schedule

Sat, Feb 2 vs Denver 8:00 PM  
Tue, Feb 5 @ Memphis 7:00 PM  
Thu, Feb 7 @ Orlando 6:00 PM  
Fri, Feb 8 @ New Orleans 8:30 PM  
Mon, Feb 11 vs LA 7:00 PM  
Wed, Feb 13 vs Houston 8:30 PM  
Fri, Feb 22 @ New York 6:30 PM  
Sat, Feb 23 @ Milwaukee 7:30 PM  
Mon, Feb 25 vs Sacramento 7:00 PM  
Wed, Feb 27 @ Atlanta 6:30 PM  
Thu, Feb 28 @ Indiana 6:00 PM  
Sun, Mar 3 @ Washington 5:00 PM  
Tue, Mar 5 vs Oklahoma City 7:00 PM

## Wild Schedule

Fri, Feb 1 @ Dallas 7:00 PM  
Sat, Feb 2 vs Chicago 7:00 PM  
Tue, Feb 5 @ Buffalo 6:00 PM  
Thu, Feb 7 vs Edmonton 7:00 PM  
Sat, Feb 9 @ New Jersey 12:00 PM  
Sun, Feb 10 @ New York 2:00 PM  
Tue, Feb 12 vs Philadelphia 7:00 PM  
Fri, Feb 15 vs New Jersey 7:30 PM  
Sun, Feb 17 vs St. Louis 2:00 PM  
Tue, Feb 19 vs Anaheim 7:00 PM  
Thu, Feb 21 @ New York 6:00 PM  
Fri, Feb 22 @ Detroit 6:30 PM  
Sun, Feb 24 vs St. Louis 6:00 PM  
Tue, Feb 26 @ Winnipeg 7:00 PM  
Sat, Mar 2 @ Calgary 9:00 PM  
Sun, Mar 3 vs Nashville 6:30 PM  
Tue, Mar 5 @ Nashville 7:00 PM



# Black History Month Spotlight

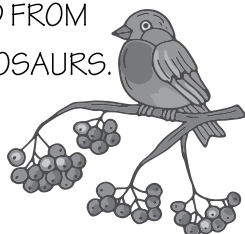
Dr. Rebecca Lee Crumpler was the first African American woman to become a physician in the United States.

Dr. Crumpler studied at the New England Female Medical College in Boston and was awarded a degree in medicine in 1864. The school accepted its first class of 12 women in 1850, making it a pioneer in furthering the medical careers of females. Dr. Crumpler would be the school's only African American graduate, as the college closed its doors in 1873.

To put Dr. Crumpler's accomplishment into perspective, by 1860, statistics indicate there were only 300 female physicians in the country. Dr. Crumpler joined Dr. James McCune Smith, who earned his medical degree in 1837 to become the first male African American doctor in the United States.



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# 5 BENEFITS TO SPAYING/NEUTERING

One of the most important aspects of welcoming a pet into a home is to be a responsible pet owner. Responsible pet ownership involves providing for the animal's physical and emotional needs, making sure to keep the pet out of danger and providing love, affection and training.

Responsible pet ownership also includes a commitment to maintaining a reasonable pet population. Due to unchecked breeding, shelters are bursting at the seams with animals who have been found stray or were turned over by owners who are unable to care for them. The ASPCA says millions of cats and dogs of all ages and breeds are euthanized or suffer as strays every year. These high numbers are the result of unplanned litters.

Neutering, also known as spaying and neutering, can help keep animal numbers in check. American Humane says spaying is a general term used to describe the ovariectomy of a female animal. Neutering is a general term used to describe the castration of a male animal. However, neutering is often used in reference to both genders. Veterinarians perform these surgeries, which often result in the same-day release of pets if there have been no complications.

Many shelters require adoptable animals be neutered before they can be released to a new family. Pet owners can work with veterinarians to determine the best age for sterilization.

There are many great reasons to neuter pets that go beyond reducing overpopulation.

- Improves animal health: Spaying can help prevent uterine infections and breast cancer in female pets. Neutering males can prevent testicular cancer.
- Reduces unwanted marking/mating behavior: Female pets advertise that they are ready to reproduce by leaving scents (urinating), barking, meowing, and being more agitated during breeding season. Spaying can reduce these inclinations.
- Reduces the need to roam: Male animals will travel near or far to find a female. Once on the prowl, the animal runs the risks of injury from altercations with other animals as well as traffic. Such animals also may get lost.
- Responsible breeding: American Humane says 25 percent of shelter dogs are purebreds. Responsible purebred breeders have homes lined up before they breed. There's no need to mate purebreds simply for the sake of continuing the lineage.
- Improved behavior: The ASPCA says a male pet might be less likely to mount other pets, people and inanimate objects after he's neutered. Some aggression problems may be avoided by early neutering as well.

Neutering is a smart choice. After the surgery takes place, give the pet a quiet, safe place to recover and inhibit jumping or running for a few weeks. Also, try to keep him or her from licking the wounds. When the vet gives a clean bill of health, pets can resume living full, happy lives.



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# SIMPLE WAYS TO EXTEND THE LIFE OF YOUR LAPTOP

Computers were once sizable investments. But much like the cost of high-definition televisions and entertainment systems has dropped considerably over the last decade, so, too, has the cost of desktop and laptop computers.

According to the Statistics Portal, which gathers statistics from more than 22,500 sources, by 2022, sales figures for laptops are expected to outnumber desktop computer sales by a margin of nearly two to one. Many working professionals prefer laptops, now widely referred to as notebooks, to desktop computers because of their flexibility. Laptops can be taken on the go, but also used at home or in an office, where they can be plugged into relatively inexpensive monitors to provide the same user experience as desktops.

Laptop prices vary, but the tech resource CNET.com notes that various reliable budget laptops can be purchased for less than \$1,000, with some, such as some models of the Samsung Chromebook Pro, available for around \$500. But just because a laptop might not break the bank, that does not mean users won't want to get several years out of them. The following are some simple ways laptop users can extend the life of their machines.

- **Add more RAM.**

Low amounts of RAM on a laptop can adversely affect its performance. According to Laptopmag.com, adding more RAM can help a laptop overcome sluggishness and maintain its performance when users have several internet tabs open. RAM is the physical memory on a computer, and when there's not enough physical memory, which is often the case with older laptops, performance will suffer. Upgrading from four GB of RAM to eight GB can cost as little as \$30 and provide a lot of bang for the buck.

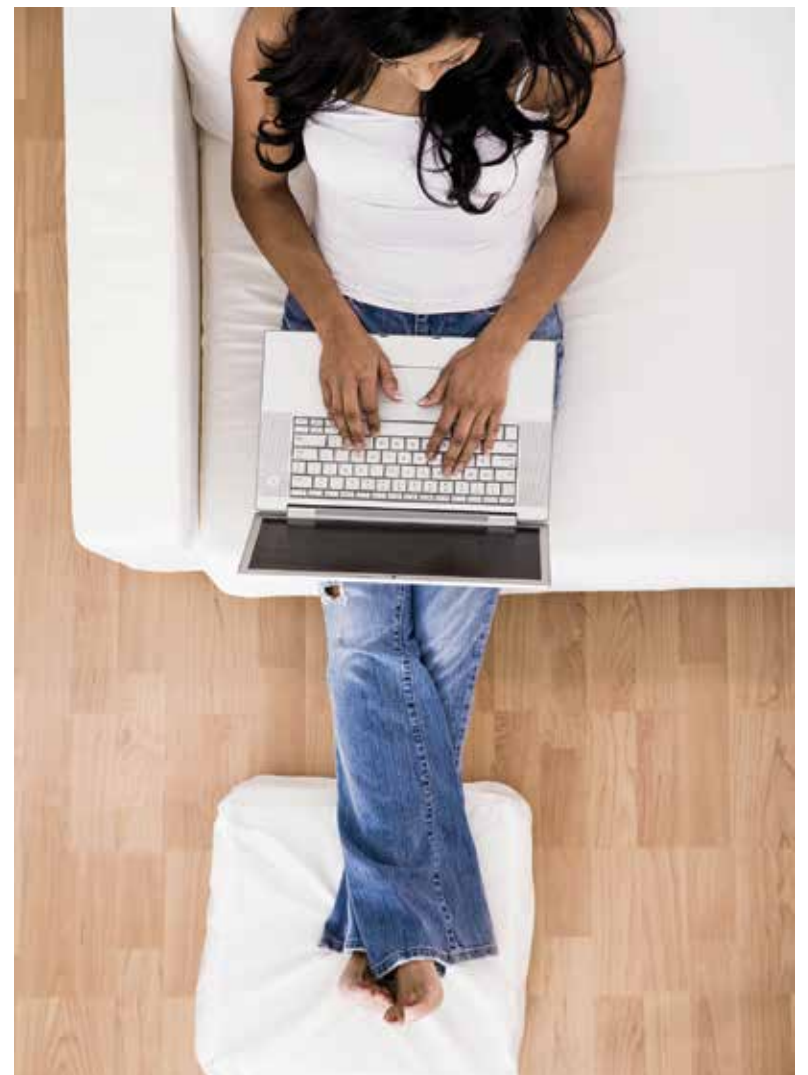
- **Replace an old battery.**

An old battery likely won't affect performance, but it can affect hardware that can shorten the laptop's lifespan. Batteries that don't charge well or discharge too quickly, which can happen with aging batteries, can threaten the hardware on a laptop. That's because, to operate effectively, hardware must draw a specific amount of amps from the battery. However, when the battery is old or operating inefficiently or ineffectively, the hardware will overheat because the fans do not have enough power to cool them down. Over time, such overheating causes damage to the hardware, shortening the life expectancy of the laptop as a result. A new battery won't break the bank, making this another inexpensive way to extend the life of a laptop.

- **Switch to a solid-state drive.**

A solid-state drive, or SSD, is now included in many new laptops. But users relying on older laptops may still be using hard-disk drives, or HDDs. HDDs contain a lot of moving parts that can wear out over time, affecting the performance of the laptop. SSDs contain no such moving parts, allowing them to deliver much better performance, including fast boot speeds and improved app speed.

Laptop users whose have noticed a dip in the performance of their machines can try several simple strategies to revitalize their laptops.





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# BURN AWARENESS AND TREATMENT OPTIONS

Burns do not discriminate and can affect men, women, children, and seniors. The Miami Burn Center advises that burn injuries are the nation's third largest cause of accidental death, resulting in 6,000 fatalities each year and annually causing 300,000 serious injuries. Because burns are largely preventable, it is important to understand how they're caused and how to prevent them. Understanding the treatment options available to get on the road to recovery can help burn victims and their families, too. The health and wellness resource Healthline defines burns as injury to the tissues of the body resulting in skin damage that causes the affected skin cells to die. Burns can result from exposure to heat, flames, ultraviolet radiation, electricity, steam, and chemicals. While many people can recover from burns without repercussions, serious burns can lead to complications and even death.

**Burn stages:** Burns are classified in one of three stages.

- **First-degree burn:** These are superficial burns that only affect the epidermis, or the outer layer of skin. The site of the burn can be painful, red and dry. Long-term skin damage is rare.
- **Second-degree burns:** Burns of this nature affect the epidermis and part of the dermis layer of skin. Symptoms include red, blistered, swollen, and painful skin.
- **Third-degree burns:** With third-degree burns, the epidermis and dermis are destroyed. These burns also may impact underlying muscles, tendons and bones. The burn site appears charred or white, and there is little to no sensation since nerve endings are destroyed.

**Burn treatments:**

Minor burns usually can be treated at home. Avoid ice and cotton balls. Ice can make damage worse, and the cotton fibers can stick to the injury and increase risk of infection, warns Healthline. A cool-water soak, pain relief medicines and the application of lidocaine or aloe vera gel to soothe the skin is advised.

If the burn is oozing, lightly cover it with sterile gauze if available; otherwise, use a clean sheet or a towel. Seek medical attention immediately. Do not try to pull away clothing or fabric from a burn. Cut away as much as possible and then go to the hospital, states the American Academy of Pediatrics. Electrical and chemical burns also require prompt medical attention.

**Burn prevention:** To help prevent burns, follow these tips.

- Check smoke alarms regularly to ensure they're functioning at full capacity.
- Do not play with matches, flammable materials or fireworks.
- Do not leave food cooking unattended.
- Exercise caution when handling plugs and outlets.
- Apply sunscreen and adhere to sun-safety time limits.
- Read labels for all chemical products and use them in the manner in which they're intended to be used.
- Adjust hot water heater temperatures.

Burns are almost always preventable. Learning about burns and how to prevent them is a great first step toward reducing your risk of suffering a burn.





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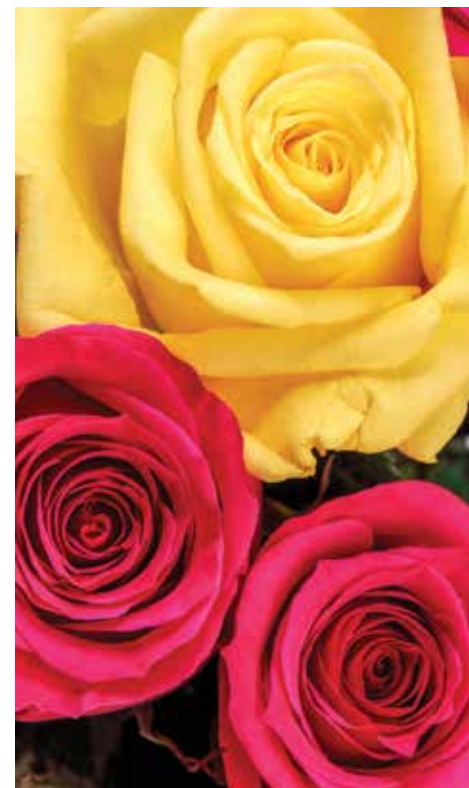


# SENTIMENTS THAT THE COLORS OF ROSES ARE MEANT TO CONVEY

Roses are a popular gift on Valentine's Day. When accompanied by a box of chocolates, a bouquet of long-stemmed roses is sure to make a sweetheart smile on February 14.

Few people may know that the color of a rose is meant to convey a certain message. As a result, even the most head-over-heels-in-love man or woman may not be saying what they mean to say when giving roses. If that special someone has a favorite color of rose, then it might be wise to give that color regardless of what tradition suggests. But when sweethearts have no such preferences, it might be best to keep this guide, courtesy of ProFlowers®, in mind.

- **Red:** Red roses say "I love you." Red is symbolic of love, especially romantic love. Red also symbolizes beauty, courage and respect.
- **Pink:** Pink is a popular color on Valentine's Day, but sweethearts should know that pink roses say "Thank you," which makes them a better choice for friends than lovers.
- **White:** White roses say "I am the one for you." White symbolizes true love, purity, innocence, reverence, humility, youthfulness, and charm.
- **Yellow:** Yellow roses say "We're friends and I care about you." Joy, gladness, friendship, delight, and remembrance are just a few of the sentiments yellow conveys.
- **Yellow with red tip:** Yellow roses may be best for friends, but yellow roses with red tips say "I'm falling in love with you."
- **Orange/coral:** Another awe-inspiring color, orange/coral roses say "I want you in my life." This color indicates desire, enthusiasm and fascination.
- **Red and white together:** A mixed bouquet of red and white roses says "We are a great match."
- **Peach:** Peach symbolizes intimacy, telling a lover, "Let's make this a memorable Valentine's Day."



Different color roses say different things, meaning Valentine's Day celebrants can find a rose to convey any message they hope to send this February 14.

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# HOW TO SANITIZE A MOBILE PHONE

The most germ-addled item in your home may not be the toilet or the kitchen sponge. Mobile phones pick up bacteria wherever they go. In addition, users touch their phones an average of 47 times a day according to the national average determined by a Deloitte research survey, introducing new contaminants to the device each time they do so.

Researchers at the University of Arizona found that cell phones carry 10 times more bacteria than many toilet seats, and there may be as many as 17,000 bacterial gene copies on the average high-schooler's phone.

While cell phone safety often focuses on protecting data, smartphone users also should consider keeping their phones clean to remove the potentially harmful microbes that accumulate on phones every day.

Avoid excess moisture when cleaning cell phones, advises the home and lifestyle experts at The Spruce as moisture can damage internal components. Most cell phone screens have an oleophobic coating that repels oils from hands and fingers. Harsh cleansers or abrasive materials on the glass can prematurely remove this coating and/or scratch the surface.

While you clean at your own risk, many tech experts suggest a spray mixture of distilled water and isopropyl alcohol applied to a microfiber cloth to remove surface contaminants. Don't directly wet the phone. There also are pre-packaged cleansers sold for electronics usage. Invest in an antimicrobial cover to provide an added layer of protection for the phone.

Other ways to keep a phone clean are to wash your hands before use and to try to keep the phone away from areas that may be vulnerable to germs, such as bathrooms.



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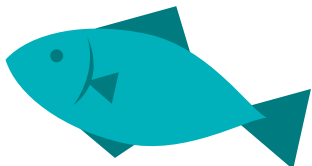
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