

#Northland Review

Monthly Variety Paper

Bingo: Page 12 • Meat Raffles: Page 14

FREE Publication
MARCH 2019



SEE OUR AD ON PAGE 4

SEE OUR AD ON PAGE 22

www.northlandreview.com

814 Mainstreet,
Downtown Hopkins
952.938.2400
mainstreetbar.com

Saint Patrick's Day Specials

Corned Beef Benedict
Breakfast until 2pm.
Corned Beef and
Cabbage w/potatoes
Green Beer and tons of
Drink Specials, all day long!

7098 Centerville Road
• 651-493-6626 •
Open daily at 10am

St Patrick's Day

\$1 Green Miller Lites until gone
Irish Beer & Drink Specials
Corned Beef & Cabbage
Shake your Shamrock 5k, 8k, and Kids Fun Run!
Sign up at shakeyourshamrock.com!

March 16th & 17th

SEE OUR AD ON PAGE 8

SEE OUR AD ON PAGE 8

FRIDLEY AMERICAN LEGION

Shaddrick - LaBeau
7365 Central Ave. NE, Fridley, MN 55432
763-784-9824

Horse Racing & Meat Raffle during Bingo.
Sloppy Joes & Chips sold during Bingo

March Madness Mega Bingo

Mar. 24, 2pm
Packages - \$10
Package Includes:
10 Regular Games with \$150 Prize
Must purchase package to play for Coverall/Game #12
Coverall Sheets Not Included

\$1000 Coverall Guaranteed!
Coverall Games sold separately for \$2 each

Extra Sheets may be purchased for All Games
\$1 Each Regular Games
\$2 Coveralls

\$200 HOTBALL GAME
Applies to all Regular Games until Won.
HOTBALL will be drawn before regular games start
Same HOTBALL for all games/Once won, stops

ROSETOWN AMERICAN LEGION

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

Sun., Mar. 31st 9am-noon: **Gourmet Omelette Breakfast**

Sunday, March 17th **LIVE MUSIC!**
ST. PADDY'S DAY PARTY
Guinness & Green Beer available
Drink Specials All Day

Starts at 11am
Serving food from 11am until gone!
Choices are: Reuben w/chips...\$8.00
Corn Beef and Cabbage served with boiled potatoes & carrots.....\$10.00

SEE OUR AD ON PAGE 16

SEE OUR AD ON PAGE 8

SEE OUR AD ON PAGE 5

8517 63rd Ave N,
Brooklyn Park,
MN 55428
763-533-4159
www.camsbar.com

Sun. March 17th

St Paddy's Day Bash

\$9.99 Corned Beef & Cabbage Dinner
\$8.99 Corned Beef & Hash Brunch Special
\$4 Jameson Cocktails • \$5 Irish Car Bombs

Bayport American Legion Post 491

263 N. 3rd St.
651-439-5463

DESIGNER PURSE BINGO

Mar. 10, 2pm @ Sal's Angus Grill
12010 Keystone Ave N, Stillwater • 651-439-6625
Mar. 24, 2pm @ Legion Post 491
263 N. 3rd St, Bayport • 651-439-5463
Mar. 31, 1pm @ Stillwater Bowl
5862 Omaha Ave N, Stillwater • 651-439-2444

Kelly Green
651-491-8972
Lic.# 00467

Located at:
7178 University Ave
NE, Fridley, MN
Phone: 763-574-1399

www.twostoooges.com

DJ on Mar. 15 & Mar. 16

St. Patrick's Day Weekend Celebration

• Mulligan Stew • Corned Beef and Cabbage
• Irish Bomb Burger • Green Beer • Irish Drink Specials
All Weekend Long!

SEE OUR AD ON PAGE 2

SEE OUR AD ON PAGE 13

SEE OUR AD ON PAGE 7

Sibley Memorial Highway •
Mendota, MN (651) 688-7408

Fish & Chicken Dinner All You Can Eat!

Through April 19.
Fridays,
5 - 7:30pm. \$12

St. Patrick's Day

Reubens 11am til gone!
Mar. 17th.

Play Bingo Under Black Lights with Disco Balls!

Pkgs are \$26 each
\$100 EACH GAME
\$300 Disco Ball
\$1000 Coverall

BINGO

9:30pm
Friday Nights
VILLAGESPORTSBAR
FREE PRIZES & GAMES!!


Open 7:30am - 12am
7 days a week!

Fred Babcock VFW Post 5555

6715 Lakeshore Drive
Richfield MN 55423 • Phone: 612-869-5555

St Patrick's Day

Sunday March 17th!
Join us for
Corn Beef And Cabbage
11:30am-6pm



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
 KITCHEN BAR
 2350 Cleveland Ave.
 Roseville MN, 55113
 A-03191-07

Mar. 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!** •



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

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



Fish & Chicken Dinner
All You Can Eat!

Through April 19.
 Fridays, 5 - 7:30pm. \$12

St. Patrick's Day
Reubens 11am til gone! Mar. 17th.

Annual VFW Garage Sale

March 14th - April 6th.
Every Thur.
 10am - 6pm,
Fri. 10am - 8pm,
 & **Sat.** noon - 5pm



Bingo

Two Progressive Jackpots
 Every Mon. @ 7pm

Meat Raffle

Every Sat. @ 3:30pm

Pulltabs Available

Lic. B00629

Mon. - Fri.
Noon - 6pm
HAPPY HOUR



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



NORTH TARTAN GIRLS BASKETBALL

Titans Sports Saloon
 1267 Geneva Ave N
 Oakdale, Minnesota 55128

Like Us on Facebook!

Questions about our events?
 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 March 28th at 6pm
Man Cave Bingo
Raffles at 5pm

Sunday, March 10th & 24th 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

Friday, March 1st & 22nd at 6:30pm

Bingo

Raffles at 5:30pm
Guaranteed \$2000 Coverall!
\$20/packet

Sunday, March 17th, 1pm
St. Patrick's Day Bingo
\$1199 Coverall!
\$99 Pots
Raffles at Noon

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



Visit us at tpjcpa.com

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YOUR DEER PROCESSING HEADQUARTERS CALL NOW!



101 E Richmond St.
South St. Paul,
MN 55075
651-455-4333

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

www.illetschkos.com

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!

SWEETHEART SALE

38th Annual CONTINUES!

SWEETHEART DEALS IN EVERY DEPARTMENT!
Over 250 Items Priced to Move!
Guitars, Keyboards, Pianos, Pro Audio, Drums

\$17 OFF Any Purchase of \$100 or More!
~ OR ~
\$170 OFF Any Purchase of \$500 or More!

INCLUDES SALE ITEMS AND SWEETHEART DEALS!
One extra discount per customer.

MENTION THIS AD! You Don't Have to be Irish to Get Lucky!

Must Mention This Ad at Time of Purchase. Offer Good Thru St Paddy's Day, Mon. March 18th, 2019.

"Serving Musicians Since 1981"
ConnectWithMusic.com

BUY-SELL-TRADE-RENT-REPAIR-LESSONS
 77 Eighth Ave. SW • Forest Lake, MN 55025 • 651-464-5252

CONTACT

The Northland Review, LLC
P.O. Box 6539
Minneapolis, MN 55406

Questions or Comments:
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

St. Paddy's Day Specials

Sat., Mar. 16,
9pm-Close

CORNER BEEF AND CABBAGE

GREEN BEER Until Gone

DART TOURNEY

DRINK SPECIALS



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

ST. PATTY'S DAY POT-OF-GOLD

BINGO PARTY

SPONSORED BY COON RAPIDS YOUTH HOCKEY



Friday March 15th 7pm

14 Regular Games Pay \$200.00

1 Overall Guaranteed \$2000.00

MUST PURCHASE PACKET TO PLAY / PACKETS \$18.00

CR'S SPORTSBAR WILL ALSO BE GIVING AWAY

1 TRIP TO LAS VEGAS, AND GIFT CARDS ON THE POT OF GOLD BOARD



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



ST. PATRICK'S
DAY
SPECIALS!
MAR. 17TH

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. MAR 1ST
BLUE HOUND BAND

SAT. MAR 2ND
LADY LUCK

FRI. MAR 8TH
ROLLING STONERS

SAT. MAR 9TH
ZED LEPPELIN
W/THRYLL

FRI. MAR 15TH
THE SHAW BROTHERS

SAT. MAR 16TH
LAST RESORT

FRI. MAR 22ND
FLYWHEEL

SAT. MAR 23RD
SLAPSHOT

FRI. MAR 29TH
THE EXPRESS BAND

SAT. MAR 30TH
R-FACTOR

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
Mar. 20th @ 6:30pm
Come in Early.



St. Patrick's Day
Finnegan's
Irish Ale
(Minneapolis)

Think of us
for your end
of season
banquets!

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

Safe senior dating

For seniors, being alone can escalate feelings of isolation. As men and women age, their social circles may begin to shrink. The health resource Aging Care says 43 percent of seniors have a persistent sense of loneliness. For many, dating is helping them find renewed companionship, self-confidence and vigor. Despite the rush that one may feel when beginning a new relationship, it is important to put safety first. One of the key considerations is disease prevention. Statistics from the Centers for Disease Control and Prevention show that, between 2000 and 2008, there was a 45 percent increase in reported sexually transmitted diseases in Americans over the age of 40. Online dating may make seniors vulnerable to STDs. Furthermore, many STDs go unrecognized and thusly untreated in the senior community because they're simply not expected. Education can help keep seniors safe. Doctors can inquire about sexual activity as they would with other age groups. Seniors themselves should always practice protected intimacy and get refresher courses on "safe sex" education.



NEISEN'S
Since 1999
SPORTS BAR & GRILL

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

SERVICE INDUSTRY NIGHT
SUNDAYS, 10PM - 2AM
2 FOR 1 DRINKS
PROOF OF EMPLOYMENT REQUIRED!

MINNESOTA'S PREMIER LIVE BANDS

NO COVER CHARGE!

Mar. 2, 9:30pm
Lipstick N Dynamite

Mar. 8, 9pm
Mojo Monks

Mar. 22, 8:30pm
Muddcat Melby

Mar. 30, 8:30pm
Off Duty Astronauts

For Updated Band Info, Check us out on Facebook at NeisensSportsBar

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

Two Progressive Jackpots. 1st pays \$700 in 56#'s, 2nd \$500 Guaranteed.

Sponsored By **German Days** Lic# 35239

WIN BIG AT BINGO! & Pull Tabs!

Minnesota's Top 20 pay-out pull-tabs!





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

Pull Tabs



We Serve
Donated over \$100,000 in 2017!

New Brighton Lions Gambling License #01754

Monday
Free Cribbage Tournaments
1st & 3rd Monday of the Month: Singles - 6:30PM
2nd & 4th Monday of the Month: Doubles - 6:30PM
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

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

• 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

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



St. Patrick's Day Weekend Celebration
DJ on Mar. 15 and Mar. 16

- Mulligan Stew
- Corned Beef and Cabbage
- Irish Bomb Burger
- Green Beer
- Irish Drink Specials

ALL Weekend Long!



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
Under New Management

Karaoke Entertainment
Dan Reeves
 Friday, March 1st, 15th and 29th
 Saturday, March 23rd
VivaLia
 March 8th and 22nd
 Voted Best Karaoke by the City Pages!



GOOD FOOT EXPRESS
 www.goodfootexpress.com

Live Band on March 23rd
Good Foot Express

E-TABS ARE HERE!
 Guaranteed 85% Payout

Fifty Cent Bingo: Sunday, Mar. 10th
Bingo: Mondays @ 1PM
Meat Raffle: Fridays @ 6pm
Pull-Tabs: Daily

License #00012-001

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

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

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

Taco Tuesdays
 2nd and 4th Tuesday every month

Wednesday Texas Hold'em
 6:30pm

Friday Get A Clu Trivia
 7:15pm

Meat Raffle
 Every Friday @6pm

Saturday Texas Hold'em
 3pm

Karaoke
 8:30 pm

Meat Raffle
 Every Saturday @2:30pm

During Lent
 Starting March 8th
 Every Friday
Fish or Shrimp Fry Dinner

ST. PATRICKS DAY!
 March 17, 2-7pm
CORNED BEEF & CABBAGE
REUBENS

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

Happy St. Patrick's Day!

Saturday, March 16th!
 Breakfast Special: 9-11am
 • Green Eggs and Ham Buffet: \$6 •
 Lunch and Dinner Special: 11am until gone
 • Corned Beef and Cabbage Dinner: \$10 •
 • Reuben Sandwich: \$8 •
 • Reuben Soup: \$4 •
 Finnegans, Guinness, Bailey's, and Jameson Drink Specials!

LIVE MUSIC
 Phil Kitze and the Resonators 5pm

Karaoke Every Friday 8:30pm - 12:30am
Karaoke Special Mar. 13, 7-10pm

Now Serving Breakfast!
 Saturdays, 9am-noon

Crown Royal Girls
 Fri. March 15, 8-10pm
Stop In While Samples Last!

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

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

March Music Saturdays
 Mar. 9th, 8pm - Midnight
Kinda Fonda Wanda
 Mar. 30th, 8pm -11pm
Dee Miller Band

Come Celebrate Saint Patrick's Day!
Corned Beef, & Cabbage
 11am till Gone \$13.95
Irish Beer & Whiskey Specials
 Guinness on Tap

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

Friday Night Fish Fry
 4pm until gone
Hand Battered or Dusted Cod

Texas Hold'em Every Tuesday @ 7pm
Wingo Every Thursday @ 6:30pm

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

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 7PM

Tuesday - Meat Raffles 5PM

Wednesday - Bingo 6:30PM

Friday - Bargo 7:30PM, DJ at 9:30PM

Saturday - Meat Raffles 3:30PM, Karaoke

Friday Fish Fry • Fridays, 5 - 7pm, Runs March 8 - April 19



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

Open
7 days a week!

6715 Lakeshore Drive
Richfield MN 55423
Phone: 612-869-5555

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

Live Music Saturdays!

Sat. Mar. 2 - Top 3

Sat. Mar. 9 - Hi Hats

Sat. Mar. 16 - Frank Gust

Sat. Mar. 23 - TBA

Sat. Mar. 30 - Impromptues



*You've tried all the rest,
now come to the best.*

St Patrick's Day Sunday March 17th!

Join us for
Corn Beef And Cabbage
11:30am-6pm



Karaoke

Tuesdays & Thursdays
7:30 - 11:30pm

BINGO Sundays @ 2pm

(No Bingo St. Patrick's Day)

Bar BINGO Wednesdays @ 5pm

Meat Raffle & Texas Holdem

Fridays @ 6:30 & 8:30pm

Great pull tabs, every day!



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

Lic. #A-01298

Friday Fish Fry Buffet

Starting Friday, March 8th, 5 - 7pm
Featuring Battered and Broiled Cod, Broasted Chicken,
Potatoes, Veggies, 40 Item Salad Bar, & Desserts. \$11.99

St. Patricks Day Buffet Sunday, March 17th

Featuring Corned Beef, Cabbage, Potatoes, Vegetables,
Irish Stew, Horseradish Sauce, 40 Item Salad Bar, & Dessert
Only \$11.99

Reubens w/Fries \$9.99

Green Beer Drink Specials

Live Music

Featuring

Tailspin, 4 - 8pm



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

½ Rack,

Fries & Toast:

\$9.99



Tuesday @ 7 pm MEGA - SOTA Statewide Progressive Bingo



FRIDLEY AMERICAN LEGION
Mega Bingo
 Mar. 24, 2pm
 Horse Racing & Meat Raffle during Bingo.
 Sloppy Joes & Chips sold during Bingo

Shaddrick - LaBeau
 7365 Central Ave. NE
 Fridley, MN 55432
 763-784-9824

BINGO

Mon. and Wed.: 6:30pm, Sat.: 2pm.

MEAT RAFFLE

Fri.: 5:30pm - 11:59pm

Meat Raffle tickets sold until all prizes are won.

RIDERS BACON RAFFLE

Every 2nd & 4th Tue. of the month, 5:30pm

Pull Tabs
 Mon - Sat: 11am-12:30am
 Sun.: Noon-10:30am

Tri-Wheel

Fri.: 5:30pm-12am

Sat.: 5pm-12am

(or right after bingo) Hours subject to change



Lic. # - G-00001-004

Omelet Breakfast Fundraiser

Every 2nd Sunday of the month, 8:30am to Noon, \$9

BUILD YOUR OWN: Ham, Bacon, Sausage, Green Peppers, Tomatoes, Onions, Black Olives, Jalapeños, Mushrooms, Cheese. Includes: Hash Browns, Toast, Coffee, Milk, Orange Juice

Steak or Fish Dinner

Every 3rd Friday of the month, 5:30 - 7:30pm, \$10

Includes: Steak or Fish, Baked Potato, Lettuce Salad, and Bread

Happy Hour

Mon. - Thurs.
 11am - 1pm,
 3pm - 6pm,
 10pm - Midnight

Fri.
 11am - 1pm,
 3pm - 6pm

Sat.
 9am - Noon
 Sun.
 10am - Noon

Live Music, Fridays & Saturdays!

- Mar. 1 - Next Generation
- Mar. 8 - 23rd Hour
- Mar. 15 - Auburn Moon
- Mar. 16 - Arcades
- Mar. 22 - Vinyl Revival
- Mar. 23 - Sheet Rockers
- Mar. 30 - Elements

Bayport American Legion Post 491

263 N. 3rd St. 651-439-5463



BAR BINGO

Sun. - 2pm @ Mallards Bayport (Starts Mar. 31)

101 5th Ave S, Bayport • 651-324-0903

Mon. - 7pm @ Bloody Mary's (Starts Mar. 4)

96 Mahtomedi Ave, Mahtomedi • 651-429-8640

Mon. - 7pm @ Stillwater Bowl

5862 Omaha Ave N, Stillwater • 651-439-2444

Wed. - 6:30pm @ Maple Island Brewery (Starts Mar. 13)

225 Main St N, Stillwater • 651-430-0044

Fri. - 7:15pm @ Legion Post 491

263 N. 3rd St, Bayport • 651-439-5463

Sat. - 2pm @ The Bungalow (Meat Raffle Before Bingo)

1151 Rivercrest Rd, Lakeland • 651-436-5005

Sat. - 2pm @ Sal's Angus Grill (Meat Raffle Before Bingo)

12010 Keystone Ave N, Stillwater • 651-439-6625

DESIGNER PURSE BINGO

Mar. 10, 2pm @ Sal's Angus Grill
 12010 Keystone Ave N, Stillwater • 651-439-6625

Mar. 24, 2pm @ Legion Post 491
 263 N. 3rd St, Bayport • 651-439-5463

Mar. 31, 1pm @ Stillwater Bowl
 5862 Omaha Ave N, Stillwater • 651-439-2444

Kelly Green
 651-491-8972
 Lic. # 00467



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



Sat. Mar. 2nd, 16th, & 30th
Bingo at 3pm
 Serving Appetizers during bingo

Spaghetti dinner served from 5-8pm \$8. Comes w/salad and a breadstick

Sunday, March 10th
Past President's Treasure Island Casino Bus Trip

If interested please sign up at the legion. Bus will be leaving the legion @ 11am returning about 5pm

\$10/person. Includes \$3 Coupon and Bus

Bone in Ham Breakfast
 Sponsored by SAL- serving their famous honey orange glazed ham. Comes with scrambled eggs, toast and fruit as well as a mimosa, orange juice, or coffee. \$10

Sunday, March 17th
ST. PADDY'S DAY PARTY

LIVE MUSIC!

Guinness & Green Beer available Drink Specials All Day



Starts at 11am
 Serving food from 11am until gone! Choices are: Reuben w/chips...\$8.00
 Corn Beef and Cabbage served with boiled potatoes & carrots.....\$10.00

Sun. Mar. 24th. 12-3pm
Hot Dish Cook Off
 \$4 (all you can eat) Sample them all and vote for your favorite. 1st, 2nd, and 3rd place cash prizes!

Sign up at the Legion!

Sun., Mar. 31st. 9am-noon
Gourmet Omelette Breakfast
 Choose your own fixins!!!! Ham, Sausage, Bacon, Tomatoes, Green Pepper, Mushrooms, Onions, Cheese, Salsa Served with Hash Browns, Toast, Juice, & Coffee \$10/Adults, \$5/Kids 10 and Under

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! 10 Varieties, Plus Appetizers! 5 - 8pm

EVERY TUESDAY, TURKEY DINNER
NEW TIME! 12 - 2PM, 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
\$2 TACOS 5-8pm
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

Lunch Special Rubens for \$7

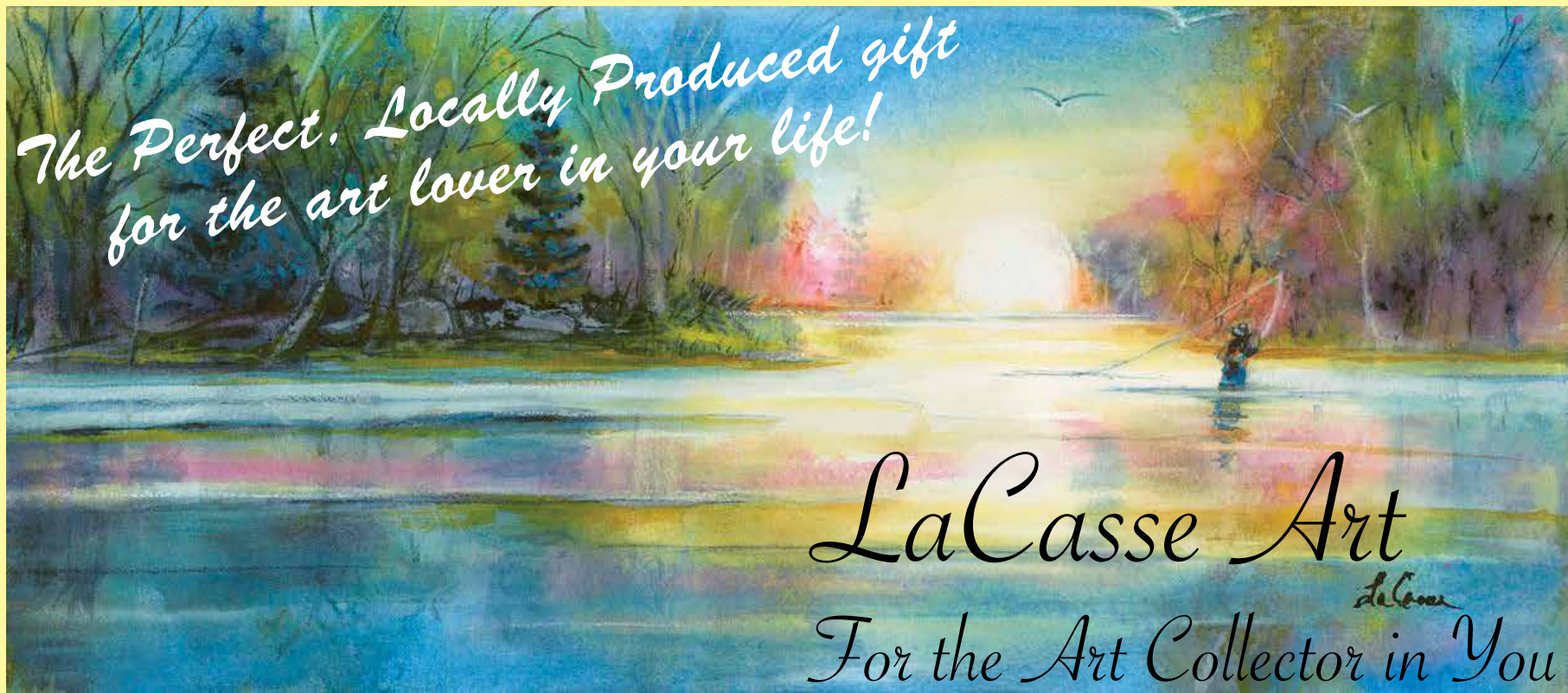
Fri. 29th Live Music 7-11pm

Gift Card Raffle @5pm

Karaoke 7-11pm
 No karaoke on 29th

Every Saturday: Free Darts after 9PM!

LaCasseAuraArt.com



**Creating Custom Aura Art for 30 years for my beautiful Customers,
I now offer my creative one-of-a-kind art in specialty, low cost Greeting Cards & Posters.**

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Looking for an investment, buy originals!

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Museum Quality Prints for your decorating needs!

Aura Posters

Beautiful & Unique Aura posters for you!

Greeting Cards

Artist Greeting Cards you may want to frame!



Follow your heart to attain inner peace and happiness.

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Awaken to your true life purpose.

Napa Dragonfly by LaCasse



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MORNING BINGO

Monday's 9:00am Jimmy's Food and Drink

White Bear Lake Hockey
Bingo Schedule

Follow us on Facebook
for Specials, Events and more!
[wblhockeygambling](https://www.facebook.com/wblhockeygambling)

Village Sports Bar Wednesdays 6pm Fridays 9:30pm (Disco Bingo)	Saks Sports Bar Mondays 6pm Saturdays 2pm
Jimmy's Food and Drink Tuesdays 6pm Thursdays 6pm	White Bear Bar Thursdays 7pm
McCarron's Pub & Grill Mondays 6pm Saturdays Noon	

DOGS LANDING

MEAT & GIFT CARD RAFFLE
Fridays 5pm
Electronic Pulltabs
Daily!!

NEW MEAT RAFFLES

Starting January 17th
THURSDAYS
FRIDAYS
SATURDAYS
4:00pm

PRIZES \$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 YOUR BASTARDRY)
3. HAVE FUN!

85% PAYOUT
ALL DAY EVERYDAY!!
WHITE BEAR LAKE HOCKEY 03111

MCCARRON'S PUB & GRILL

TRIWHEEL

Open
Friday and Saturday 5pm
Monday 6pm

DISCO

BINGO
9:30pm
Friday Nights
VILLAGE SPORTS BAR

FREE PRIZES & GAMES!!

WHITE BEAR BAR

TRIWHEEL

Thursdays, Fridays & Saturdays at 5pm

LICENSE # 03111

FOREST LAKE ATHLETIC ASSOCIATION

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CHARITABLE GAMBLING LOCATIONS

Charitable Gambling
License # G-04354

Vannelli's By The Lake

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

We have Pull-Tabs Daily, Meat Raffles Wednesdays and Fridays at 5:30pm, and the Last Kosmic Bingo of the season held on 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

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

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

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.

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

30th ANNUAL 2019

May 31st - June 2nd
Hosted by Forest Lake Area Fastpitch Association
Concessions Available!
On Site Vendors!

Teams Separated Prior To Pool Play To Increase Competition
Register at www.flafa.org
Entry Fee - \$375. Includes Game Balls
When Registering select "A" pool if you are an A or High B team. Select "B/C" if you are a B or C team.
• 10UA and B • 12UA and B • 14UB •
If you have any questions or need more information call Greg at 651-248-3675

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 • Mar. 10 & 24, Noon
Before Moneybags Bingo
Mar. 17, Noon, St. Paddy's Day!

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

American Legion Fridley
7365 Central Ave NE, Fridley
763-784-9824 • 2nd & 4th Tuesdays
5:30pm. Bacon Raffle

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

THURSDAYS

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

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 • Mar. 28, 5pm
Man Cave Bingo After 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

American Legion Fridley
7365 Central Ave NE, Fridley
763-784-9824 • 5:30pm

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

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

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

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

Cornerstone Pub & Prime
26753 Forest Blvd, Wyoming
651-462-1211 • 4:30pm

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

Dugout Bar & Grill
158 Main St. NW, Bethel
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
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

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

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

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

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

Welsch's Big Ten Tavern
4703 Highway 10, Arden Hills
651-633-7253 • 5pm

White Bear Bar
2135 4th Street, White Bear Lake
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

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

Sgt. John Rice VFW Post 6316
1374 109th Ave NE, Blaine
763-757-4540 • 3pm

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.

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

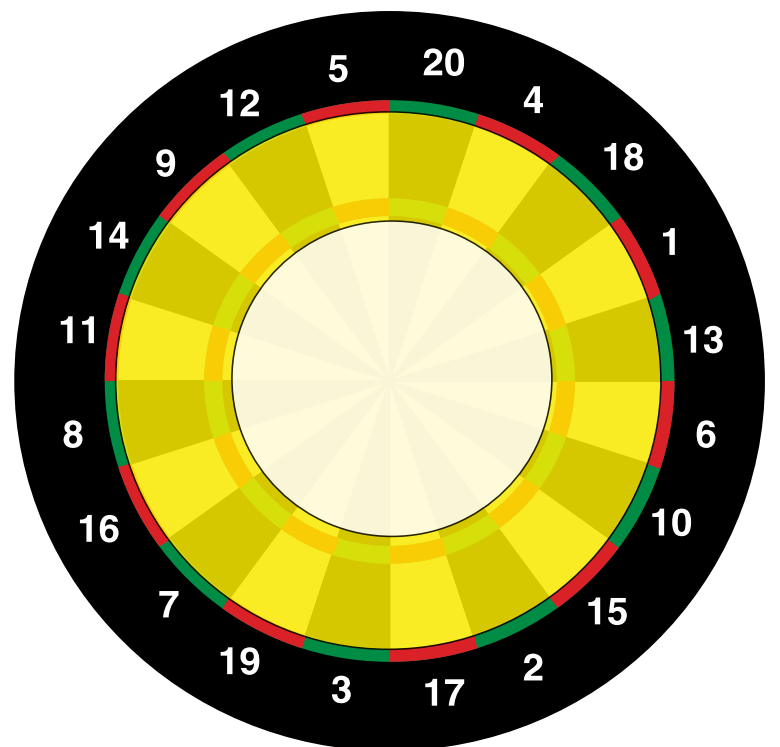
The Sunset Grill
8466 Hwy. 65, Spring Lake Park
763-204-8648 • 3pm

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



INTRODUCTION TO IRISH DANCE

Dancing is an expression of emotion that can be perfectly matched to the tonality and sentiments of the musical accompaniment. Modern dancers interpret music and lyrics in ways that can evoke joy or sadness, anguish or contentment. Some of the more vibrant and intoxicating dances to behold are those of Celtic origins. Irish dance steps and cadences have endured through the years. Today, dance studios around the world specialize in various types of Irish dance. There are a number of notable styles of Irish dance, each boasting its own unique components.

Stepdancing

Irish stepdance is a solo dance, although it can be performed by several soloists in unison. It is characterized by a generally stiff, immobile upper body and quick, precise movements of the feet. It is among the most common dances performed in a competition called a Feis. Males and females can perform, but it is predominantly female-oriented. Many dancers wear traditional costumes, curled wigs and poodle socks.

Sean-nós dancing

Sean-nós is another traditional form of solo Irish dancing. Unlike stepdance, sean-nós is a casual dance form. The name means "old style." Dancers perform low-to-the-ground footwork, improvised steps and free movement of the arms. This loose style of percussive dance is performed by individuals to their own rhythm — most often by men.

Set dancing

Set dancing is a fresh and vibrant style of dance based on dancing Quadrilles, which originated in France. The Irish modified the dance to make it energetic, rhythmic and fun. It has similar roots to American square dancing, although the Irish sets have a more disciplined structure defined by the music.

Céilí dancing

Céilí dancing is made up of different forms, but also hails from French and English dances of the past. It is a form of old folk dancing in Ireland, and features various pairs of dancers in facing lines. The steps are similar to stepdancing, with dancers traveling sideways, with movement progression and partner switching. These dances are very social and fun in nature. Unlike set dancing, céilí dances are performed on the balls of the feet with pointed toes instead of flat feet.

Traditional Irish dancing takes on many forms. It is lively to watch and often great fun for participants.



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Handbag
B I N G O
SLP Lions
LIC# 00584

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

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

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

Triwheel 7 Nights a Week!

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

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

Bingo
Sat. @3PM

Meat Raffle
Fri. @5PM

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. & Thurs. @1PM, Sunday Funday @2PM

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

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

Pick A Present Bingo Saint Paddy's Day
Mar. 15 @6PM

Mar. 3 Handbag Bingo

Pick A Present Bingo Saint Paddy's Day
Mar. 17 @2PM

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Handbag Bingo
Mar. 18th @6:30PM

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

Love Your Melon Bingo!
Mar. 21 @6:30PM

FACTORS TO CONSIDER BEFORE STARTING A BUSINESS

Owning a business is a goal for many professionals. Being self-employed and having final say over business decisions can give people a sense of satisfaction and professional accomplishment. The small business landscape continues to evolve and expand. The Small Business Administration says that more than 50 percent of the working population is employed in a small business. There are almost 30 million small businesses in the United States, with roughly 540,000 new start-ups each month. While owning a small business can be rewarding, it's important that prospective business owners recognize that only around one-quarter of such businesses survive 15 years or more.

Taking heed of certain factors and educating themselves about entrepreneurship can help prospective small business owners prepare for and overcome some of the ups and downs of owning their own business.

- Explore the nature of the business and if there is room in the industry/market for something of its type. Is industry oversaturated? Is there a need for this product or service?
- Understand who might be your target customer. Identify the people who will be drawn to your product or service, even if it is a small, niche market.
- Identify the best possible locations for the business. This is true whether the business will be brick and mortar or strictly an online business. Explore ways to position the company so it will attract as many potential customers as possible.
- Conduct an analysis of potential competitors to get an idea of the strategies they are employing. It also is helpful to know the other people providing similar products and services so you'll understand what is necessary to set your business apart.
- Devise a plan for funding and establish a budget. You will need to properly identify your sources of capital to get the business up and running. If you are not good with numbers, establish who will help you with bookkeeping and accounting to ensure the business stays on track.
- No business is complete without an effective business plan. A plan puts all thoughts on paper and provides direction. Such plans spell out which steps you will take and when you will take them.
- Assess your expertise in the field. If this is something new to you, consider an apprenticeship or continuing education to obtain the skills necessary to help your business thrive.

Starting a new business can be an exciting venture. However, it should not begin without forethought and research.



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The popularity of motorcycles has fluctuated over the years, and the people who ride them have changed as well. In 2014, for example, women represented 14 percent of all motorcycle owners, states the Insurance Institute for Highway Safety. Generally speaking, motorcycle ownership has become a pursuit of the financially solvent, married and well educated. According to the finance and investment resource The Motley Fool, most new motorcycles sold in the United States are on-highway bikes, rather than off-roading styles. These bikes are ideal for motorcycle tours.

Speaking of motorcycle tours, they can be an ideal way to see the country or the world. Motorcycle tour companies are popping up on just about every continent and can help make for extraordinary road trips. Pairing a motorcycle ride with a touch of history can treat riders to hidden details of the places they visit and offer an up close and personal look at many sights and attractions.

With motorcycle tours, there's often something for everyone. Riders can take in sumptuous landscapes, zigzag on mountain roads, ride along coastal vistas, and even explore areas featuring medieval architecture or other historical locales. Motorcycle tourists can ride as a group or strike out on their own.

Many tours put together an impressive package that includes elegant accommodations, breakfasts and dinners, support vehicles to carry luggage and other necessities, custom maps and route sheets as well as admission to special attractions at stops along the tours. Certain tours also may be personally guided.

Motorcycle tours can be well worth the effort of research and booking for those who prefer to travel around North America, Europe or Asia on two wheels. A quick search online will yield motorcycle tours close to home or at many popular destinations.





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THE EFFECTS OF CAFFEINE ON THE BODY

MARCH • 2019

Caffeine is a vital component of many people's daily routines. A morning cup of caffeinated coffee provides the boost people need to get out the door and on their way each morning.

The history of caffeine and its use in beverages is mired in mystery and myth, though the U.S. National Library of Medicine notes that the historical origins of caffeinated tea and coffee are relatively recent. The USNLM indicates that coffee did not become widespread in Europe until the 18th and 19th centuries, remaining something of a luxury until somewhat recently. And while England's love of tea is widely known, caffeinated tea did not become common in Britain until the 18th century.

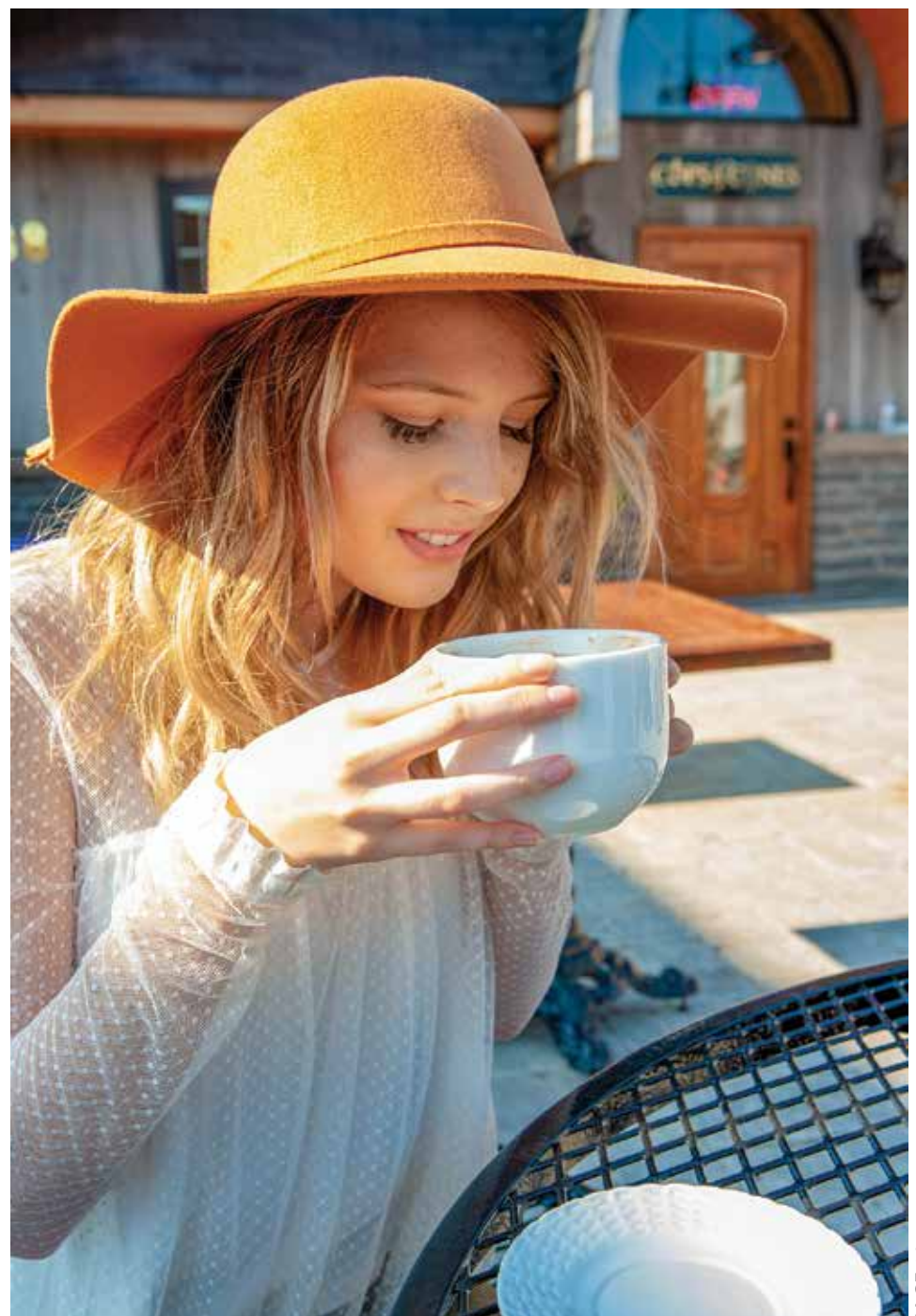
While it might have taken its time to take root in many cultures across the globe, there's no denying the prevalence of caffeine in the 21st century. A bitter substance that occurs naturally in more than 60 plants, caffeine can be found in coffee beans; tea leaves; kola nuts, which are used to flavor sodas; and cacao pods, which are vital to the creation of many chocolate products.

Many people get their caffeine from beverages, and the amount of caffeine such people consume may depend on which beverages they choose. For example, the USNLM says that an eight-ounce cup of coffee typically contains anywhere from 95 to 200 milligrams of caffeine. A 12-ounce can of soda is considerably less caffeinated, containing about 35 to 45 milligrams of caffeine on average. The extra boost people get from sodas might be due to sugar, as sodas are notoriously high in sugar.

Caffeine has various effects on the body, some of which are beneficial. For example, the USNLM notes that caffeine is a diuretic, which means it can help the body get rid of extra salt and water by increasing the need to urinate. Caffeine also stimulates the central nervous system, providing that morning boost of energy that so many coffee drinkers rely on every day.

But not all side effects of caffeine consumption are beneficial. Because it increases the release of acid in the stomach, caffeine can sometimes contribute to upset stomach or heartburn. In addition, caffeine can interfere with the absorption of calcium in the body, though the organization American Bone Health notes that such interference may only occur among heavy coffee drinkers who consume upwards of four cups of coffee per day. The USNLM notes that most people can consume up to 400 milligrams of caffeine per day without suffering any ill effects. But exceeding that amount may contribute to a number of unwanted side effects, including restlessness, insomnia, headaches, dizziness, dehydration, anxiety, and rapid or abnormal heart rhythm. It's also important to recognize that some people are more sensitive to caffeine than others, so what's good for the goose is not necessarily good for the gander.

Caffeine plays a vital role in many people's lives, and understanding its effects can help people make smart decisions regarding their caffeine consumption.



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NOTABLE WOMEN WHO HELPED SHAPE HISTORY

Women continue to blaze trails in the 21st century, influencing world events, politics and businesses near and far.

In the United States, more women were elected to Congress in 2018 than in any other point in history. In 1916, Jeannette Rankin became the first woman to hold a seat in the House of Representatives, and today there are 110 women serving in Congress. And such progress is not exclusive to the United States. The World Economic Forum says 56 of the 146 nations studied have had a female head of government in the past 50 years. Females have also grown in their high-priority roles in the business sector. In 2017, Fortune magazine reported there were 32 female CEOs leading companies such as General Motors, PepsiCo and Lockheed Martin.

Throughout history, many women have made notable impacts in their communities and on society. The following are just a handful of women whose accomplishments are worthy of celebration.

- **Millicent Farrett Fawcett:** This powerful leader campaigned for women's suffrage in 1866 at the tender age of 22, leading the National Union of Women's Suffrage Societies. Her goal was realized 61 years later.
- **Marie Sklodowska Curie:** This Polish-born scientist founded a new science of radioactivity, which would have a sizable impact on the treatment of cancer. Curie also was the first woman to win a Nobel Prize.
- **Ruth Law:** Despite Orville Wright refusing to teach her to fly, Law learned to be a pilot in the early 20th century. At 28, she beat the cross-country flight record with a 590-mile flight from Chicago to Hornell, N.Y., and later inspired Amelia Earhart.
- **Ada Lovelace:** This gifted mathematician is considered to be the first computer programmer in the early days of computers.
- **Valentina Tereshkova:** In June 1963, cosmonaut Tereshkova became the first woman in space. Despite a lack of formal flight training, Tereshkova was selected for the space program due to her skills as an amateur parachutist.
- **Oprah Winfrey:** Winfrey's rise from poverty to the status of household name and billionaire mogul is a true rags-to-riches story.



These are just a handful of the many influential women who have shaped history.



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DON'T MISTAKE A SHAMROCK FOR ANY OLD CLOVER

Much like New York City's Empire State Building or Egypt's great pyramids are in their respective countries, the shamrock is an icon in Ireland that has grown to symbolize Irish heritage and culture. Many products, sports teams and businesses with ties to Ireland feature shamrocks in their logos.

So it should come as no surprise that shamrocks also are a major part of St. Patrick's Day celebrations. After all, this is a day to pay homage to Ireland's patron saint — as well as the country itself.

The Irish are quite protective of their shamrocks, and some are quick to point out that shamrocks and certain clovers, including the supposedly lucky four-leaf clover, are not interchangeable. Some botanists will agree.

All shamrocks are clovers, but not all clovers are shamrocks. The home and garden resource The Spruce indicates that the term "shamrock" comes from the Gaelic word seamrog, meaning "little clover." There is no consensus as to which species of clover is the true shamrock. However, many botanists agree that the white clover (*Trifolium repens*) is the shamrock. However, the lesser trefoil, or hop clover, the black medick and red clover all can be contenders.

Four-leafed clovers of any variety are not shamrocks and should not be portrayed as such. That is because the shamrock is a three-leafed sprout that was believed to be utilized by St. Patrick to demonstrate the principle behind the Holy Trinity. St. Patrick, pointing to the three leaflets united by a common stalk, used this visual analogy to spell out the mystery of Christianity's doctrine of three entities making up one Lord: God the Father, God the Son, and God the Holy Spirit. Therefore, for all of the purported good luck finding a four-leaf clover may bring — based on mythology imparted by ancient Celts called Druids — it cannot be passed off as a shamrock.

Both clovers and shamrocks hold special meaning to the Irish. However, it is the three-leaf variety of clover that defines the shamrock.



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LEARN HOW TO SLEEP LIKE A CHILD AGAIN

Many adults lament that even if they were solid sleepers in their younger years, by the age of 50, their quality of sleep has unraveled. Some cling to the wisdom that people simply do not need as much sleep as they get older. Even though that is partly true, sufficient sleep is still a vital component of a healthy life.

The National Sleep Foundation recently updated its sleep recommendations per age group to include categories "may be appropriate" and "not recommended." This includes a range of hours that may be adequate for certain adults. Adults between the ages of 26 and 65 are advised to get seven to nine hours of sleep per evening. However, six hours or 10 hours also may be acceptable. People over the age of 65 need roughly seven to eight hours of sleep each night, though between five and six hours also may be fine. Generally speaking, anything under five hours is not recommended based on data reviewed by sleep experts.

Many older adults do not get enough sleep due to insomnia, states Jack Gardner, MD, a neurologist certified in sleep medicine. They're concerned about health issues, may have sleep apnea, can experience pain or frequent urination, or may be taking medication that impedes sleep. Dr. Leila Kheirandish-Gozal, director of clinical sleep research at the University of Chicago, says that, over time, insufficient sleep can impact metabolism, mood, memory, and heart function.

Various strategies can help people get more sleep and enjoy better sleep quality.

- **Create a luxury bed environment.** Splurge on the largest mattress you can afford and one that is comfortable for both parties (if married/coupled). A roomy bed routinely invites sleep. If you have a restless partner, try two separate beds pushed against each other.
- **Consider white noise.** The sounds of the house or outdoors may be keeping you up. Many people find that the gentle hum of a fan or a white-noise machine with a calming sound effect makes it easier for them to dose off than complete quiet. It can also block out extraneous noises.
- **Keep electronics out of the bedroom.** It can be challenging to disconnect from electronics, but it is essential to falling asleep. Even a back-lit text coming through in the wee hours can be enough illumination to disrupt sleep.
- **See your doctor.** If medications or illnesses are keeping you up, a change in regimen may provide the relief you need.

Older adults can learn the steps to sleeping more soundly and easily.



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Meat Raffle and Bingo Saturdays Mar. 2, 9, 17, 23, & 30 @ 2pm

Meat Raffle Fridays Mar. 1, 8, 15, 22, & 29 @ 6:30pm

Centennial Youth Hockey Association Lic. # 03934-009

A SPRING CRAFT COMBINING FANTASY AND FUN

Spring is a season of rebirth marked by flowers pushing through the soil and tender green leaf buds appearing on trees. As adults begin tinkering in their gardens and clearing away the vestiges of another winter, children also can get into the spring gardening spirit — with a touch of whimsy mixed in. A fairy garden is the perfect project.

Fairies are mythical beings of romance and folklore that appear in ancient stories passed down by various cultures. Diminutive in size, fairies are often depicted as spiritual or supernatural beings in possession of magical powers who live in close proximity to mortals. Fairies tap into the imaginations of children, who may be enticed by fairies' mischievous and/or magical attributes. A desire to capture fairies can inspire a great spring crafting project.

Fairy gardens can be constructed in just about any container and make an enchanting addition to a home landscape, patio or child's bedroom. It's easy to get started today.

Begin by collecting the materials needed. Materials will vary depending on each individual project, but some good suggestions include:

- a container, such as a flowerpot, basket, wine barrel, or another vessel that will hold soil
- potting soil
- stones, pebbles and glass baubles
- pea gravel
- small plants, such as clover, moss and succulents
- twigs
- miniature garden accessories and figures

Begin by filling the container with the soil. Then arrange the plants as desired while still in their individual potting containers to get an idea of the layout. When the design is established, use a spoon or small trowel to plant the greenery.

Now is the time when the whimsy can set in. The child can create a fairy home, a garden, walkways, and much more with natural materials. Many craft stores even sell ceramic and plastic fairy furnishings. Gravel and stones can add color and extra appeal. Some peat moss or trailing Spanish moss can serve as the finishing touches.

Once completed, it's time to wait to see if the fairies will come for a visit.



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HOW CERTAIN NUTRIENTS AFFECT YOUR BODY

The effects of proper nutrition on the body are profound. When paired with routine exercise, a diet that's rich in nutrients can lay the foundation for a long, healthy life.

Many people are aware that their bodies need nutrients like protein and carbohydrates every day, but they may not know just what these and other important nutrients do for their bodies.

Proteins

The online medical resource WebMD notes that the body uses protein to build and repair tissues. An important component of every cell in the body, protein provides the body with amino acids that help cells in the body perform various functions. Breastcancer.org notes that proteins help the body create hormones and enzymes and keep the immune system healthy. A diet that's low in protein may make people more susceptible to illness and result in longer recovery times.

Carbohydrates

The Cleveland Clinic notes that carbohydrates, or "carbs," are the body's main source of energy. Carbs are found in most foods, but not all carbs are the same. Foods that contain complex carbohydrates, which include quinoa and oatmeal, are loaded with fiber. It takes awhile for the body to break that fiber down, helping people feel full and stabilizing their blood sugar levels. Simple carbohydrates, which include processed foods such as sugar-sweetened beverages and dairy desserts, are quickly digested, which raises blood sugar levels and contributes to feelings of inflammation.

Water

The body is about 60 percent water, which performs a host of important functions. Water aids in digestion, absorption of nutrients and circulation, and also facilitates the transportation of nutrients through the body. Water also helps the body get rid of waste. WebMD notes that water also helps to energize muscles, which might suffer from fatigue if the body's fluid balance is not maintained. Water also helps the body maintain a healthy temperature.

People consume protein, carbs and water every day. And while they might not know it, people who continue to do so are helping their bodies perform essential functions that dramatically improve their health.



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HOW TO ENCOURAGE KIDS TO LOVE MUSIC

Music education can have a profound impact on children. According to PBS, research has found that learning music facilitates learning other subjects, enhancing skills children will inevitably use elsewhere.

The benefits of music education might be even more tangible than that. A 2004 study published in the journal Psychological Science found that six-year-olds who were given weekly voice and piano lessons benefitted from small increase in IQs. Groups that received drama lessons or no lessons at all experienced no such increases.

Additional studies have linked music education to other benefits. The Children's Music Workshop notes that research has shown that musical training physically develops the part of the brain associated with processing language.

These are just a handful of the ways music education can positively impact young minds. Parents who want their children to reap these rewards and more can take these steps to encourage a love of music in their children.

- **Cut a rug with your kids.**

Children are bundles of energy who want to expend as much of that energy as possible. Dancing along to music is a great way for kids to use it up. Kids might not be able to waltz or dance an Irish jig, but many love to jump up and down. If they begin to associate music and dancing with jumping up and down, they're more likely to smile when mom and dad crank up the stereo.

- **Sing and encourage kids to sing along.**

Kids won't know if their parents are classically trained opera singers or performers whose vocal talents are best restricted to the shower. Singing along to favorite songs may encourage kids to follow suit, allowing them to learn words and language. Singing also is a fun activity kids are sure to embrace, making them look forward to daily music sessions.

- **Let kids be the DJ.**

When you start playing music, keep a close on children to see how they react to different types of music. If they seem to favor one style over another, play that favorite style more often. If they tend to like it all, continue to expand their horizons, which many even open your eyes to musical styles and acts you'd never consider otherwise.

- **Let kids participate in music.**

Especially young children might not be able to pick up a guitar and make it sing, but that doesn't mean they can't participate. Purchase age-appropriate instruments for your children the moment they start playing with toys. Their curiosity might compel them to embrace musical lessons as they grow older. In addition, look for children's musical events in your community, whether it's a sing-along at the local library or an introduction to musical instruments at a nearby community center.



Music can enrich kids' lives in various ways, and it's never too early for parents to encourage a love of music in their children.

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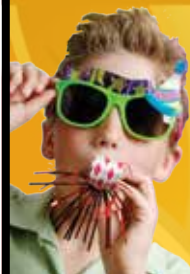
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OVERCOME YOUR HANGOVER AFTER PARTYING TOO MUCH ON PADDY'S DAY

St. Patrick's Day is among the most festive days of the year. Whether you trace your ancestry to the Emerald Isle or not, chances are you have donned some green, danced a jig and/or hoisted a pint of Guinness in honor of St. Patrick on March 17.

The festive atmosphere on St. Patrick's Day compels some people to overindulge in alcohol. While medical experts warn against such behavior, cautioning adults to only consume alcohol in moderation, many Paddy's Day revelers throw such caution to the wind. In such instances, a post-Paddy's Day hangover may be on tap. Many people have their own hangover cures, which may or may not be effective. For those with no such cures in their arsenals, the following strategies may be just the thing to make the day after St. Patrick's Day go more smoothly.

- **Stay hydrated throughout St. Patrick's Day.** If you're going to be hoisting pints on St. Patrick's Day, hoist glasses of water throughout the day as well. The International Alliance for Responsible Drinking recommends drinking water while consuming alcohol. The IARD notes that alcohol acts as a diuretic. That means that when the body breaks down alcohol, it removes water from the blood through your urine. That can contribute to dehydration, creating some of the more unpleasant effects associated with being hungover. Drink some water with each alcoholic beverage you consume.
- **Consume electrolytes.** According to Merck Source, alcohol interferes with the liver and pancreas, which can result in an imbalance of electrolytes. Electrolytes affect various parts of your body, including muscle function and other important processes. The medical resource Everyday Health notes that consuming electrolyte-rich beverages, including sports drinks, can restore the salt and potassium lost as a result of consuming alcohol.
- **Get to the gym.** While it might seem impossible after a night spent overindulging in alcohol, some moderate exercise may help you feel better, at least mentally. Make sure you're fully hydrated before hitting the gym so you're less vulnerable to muscle cramps or injury, and drink water while exercising as well. Exercise releases neurochemicals and hormones, including endorphins, that can help boost your mood and provide some energy on a day when you might benefit from both of those things.



St. Patrick's Day hangovers can be overcome with a handful of strategies.



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 Sundays: 5 & 8 p.m. – **Detour 19** – Loretto
 Sundays: 7 p.m. – **Adagio's Pizza Factory** – New Brighton
 Sundays: 7 p.m. – **Pub 55** – Hastings (Starts Mar. 3)
 Sundays: 7 p.m. – **White Bear Bar** – WBL
 Mondays: 7 p.m. – **Casper's Cherokee** – Eagan
 Mondays: 7 p.m. – **Country Nites** – Hastings
 Mondays: 7 p.m. – **Palmer Lake VFW** – Brooklyn Park
 Mondays: 7 p.m. – **Willies Hidden Harbor** – Saint Paul Park
 Mondays: 7:30 p.m. – **Barn Board Grill** – Roberts, WI
 Mondays: 7:30 p.m. – **Chanhassen Legion Post 580** - Chanhassen
 Tuesdays: 7 p.m. – **Jersey's Bar** – Inver Grove Heights
 Tuesdays: 7 p.m. – **White Bear Bar** – WBL
 Tuesdays: 7:30 p.m. – **Schuggy's American Grill** – Hammond, WI
 Wednesdays: 7 p.m. – **Biff's Sports Bar** – Spring Lake Park
 Wednesdays: 7 p.m. – **Brookside Pub** – Scandia (Starts Mar. 13)
 Wednesdays: 7 p.m. **Park Place** – St. Paul Park
 Wednesdays: 7 p.m. – **The Pour House** – NYA
 Thursdays: 7 p.m. – **Cedarvale Fitz's** – Eagan
 Thursdays: 7 p.m. – **Invictus Brewing Co.** – Blaine
 Thursdays: 7 p.m. – **Kaposia Club** – South Saint Paul (Starts Mar. 7)
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# Weekly Horoscopes for March

## Aries

March 21-April 20

### Week 1:

Aries, there's always ample opportunity to learn from past mistakes. You can make amends for previous miscues this week when you're reunited with someone from the past.

### Week 2:

Your thoughts and actions may be spurred on by your emotions this week, Aries. It may be better to wait a few days to make decisions until things quiet down.

### Week 3:

Your mind is receptive to innovative ideas, Aries. You may feel inspired to try out many new things in the days to come. Catalog those that make you happy.

### Week 4:

You might have to make a few concessions in the short-term if you are eager to make real progress in the long-term, Aries. Eventually all things will even out.

## Taurus

April 21-May 21

### Week 1:

Others seem to be feeding you information on a need-to-know basis. This may be frustrating, Taurus. But a little extra patience is required for the time being.

### Week 2:

Taurus, you could be in for a roller coaster ride this week, especially as it pertains to spending. Money could fly out of your wallet faster than you can earn it. Exercise caution.

### Week 3:

Turn off the logical part of your mind for a little while, Taurus. Let your fantasies run wild. Trying to manage everything down to the minute can short-circuit your brain.

### Week 4:

Put exercise to the forefront of your list of things to do, Taurus. If you have not been physically active lately, work slowly and diligently to build up your endurance.

## Gemini

May 22-June 21

### Week 1:

Gemini, the need to delegate will present itself throughout the week. Don't take on more than you can handle. Trust that those around you are up to the task.

### Week 2:

As long as you have a solid team in your corner, you can adapt well to the changing environment. However, even a superhero needs a break from time to time.

### Week 3:

A truckload of new ideas is coming your way. These may serve as catalysts for new hobbies, projects and even developing new friendships along the way.

### Week 4:

Important decisions cannot be made in a matter of minutes, Gemini. You really have to work through all the angles. Seek opinions from trusted friends.

## Cancer

June 22-July 22

### Week 1:

The image that you project can be much more important than the work you actually do, Cancer. Have a good public relations team in your corner.

### Week 2:

Overcome your resistance and listen to another person's side of the story, Cancer. Embrace letting this person take the lead on something at work or in your home life.

### Week 3:

You may not be entirely sure what's holding you up this week, Cancer. But once you put your finger on it, you'll be able to work through the issues that much more readily.

### Week 4:

Make a list of things you need to accomplish this week, Cancer. If you let it all sit in your head, you are bound to get overwhelmed and forget something.

## Leo

July 23-August 23

### Week 1:

The good will you demonstrate will come around in time, Leo. Continue to be generous and help others whenever possible. Karma is on your side.

### Week 2:

Friends are lining up to be helpful over the next few days, Leo. Take advantage of their generosity, especially if you find yourself feeling under the weather.

### Week 3:

You have carte blanche to hibernate for the week if you feel you need some alone time, Leo. But try to put your self-imposed exile to some good use around the house.

### Week 4:

Leo, there are a few ways a situation at work can go. Not every path may meet with your utmost approval. But you may have to swallow your pride and compromise.

## Virgo

August 24-September 22

### Week 1:

It is not easy to admit when you are wrong, Virgo. When the need to do so arises, be gracious and offer your apologies in a heartfelt way that will resonate with others.

### Week 2:

Virgo, the personalized touches you put on any project will showcase your personality and passion. Think about embracing a crafty task to really display your talents.

### Week 3:

Why slip quietly into a party when you can make a grand entrance? Don't be afraid of pointing the spotlight on yourself for a change. Then enjoy the rush that comes from it.

### Week 4:

If illness has been going around, do your best to avoid getting sick. Be diligent in handwashing and other preventive measures.

## Libra

September 23-October 23

### Week 1:

Libra, support is a two-way street. If you boost the confidence of a friend or loved one, in return he or she may help you in big ways. Work as a team to foster communication.

### Week 2:

On the surface, it may seem like you have your act all together. But beneath your emotions may be roiling. You may want to let some close people in on your secrets.

### Week 3:

Home is where the heart is, especially this week. Spend as much quality time as you can with loved ones in the days to come. Find a cozy spot to read and unwind as well.

### Week 4:

Even the most doting parents can use some down time once in a while, Libra. Plan an adults-only date night and enjoy some well-deserved conversation.

## Scorpio

October 24-November 22

### Week 1:

Take a step back from the rush and pressure that has surrounded you lately, Scorpio. You can use the rest to clear your mind. This break will help you tackle new things.

### Week 2:

So many things hinge upon balance, Scorpio. Make a concerted effort to balance things in your life. You may have to make some changes and experiment.

### Week 3:

Scorpio, might you be so fixated on a problem that you're overlooking the simplest solutions? Take a step back and refocus. The answer might be simpler than you think.

### Week 4:

Illnesses or medical obstacles can have many sources, from the foods you eat to your emotional wellness. Start jotting things down in a journal to figure out how to feel and look your best.

## Sagittarius

November 23-December 20

### Week 1:

Sagittarius, you may be eager to step into a new job right when another is finished. While this can be good for productivity, make sure you avoid burnout.

### Week 2:

Your inclination to meet the needs of others this week is commendable, Sagittarius. Just be sure your generosity does not come at the expense of your own well-being.

### Week 3:

You are always ready to take on more, Sagittarius. This week you may have to set some limits or you may burn out. An adventure with a BFF is doable.

### Week 4:

Your perseverance is a source of inspiration to others, Sagittarius. Don't be bashful when others share these thoughts with you. Accept their well wishes and give thanks.

## Capricorn

December 21-January 20

### Week 1:

Capricorn, sometimes you are acutely aware of details that others readily miss. This trait comes in handy when you are asked to advise others.

### Week 2:

There is nothing wrong with seeing the world through rose-colored glasses from time to time. Such a positive perspective might change your outlook for good.

### Week 3:

It is possible to accomplish much in stressful situations, Capricorn. But sometimes you don't realize when you need to take a step back. This is the time.

### Week 4:

Hold tight to those friends who have your best interests at heart through happy and trying situations, Capricorn. These are the people you can call upon this week.

## Aquarius

January 21-February 18

### Week 1:

It is important to be self-aware of the way you communicate with others, Aquarius. Pushing too hard might shut some people off. Adjust your approach accordingly.

### Week 2:

You are adept at staying on track when you need to, Aquarius. This makes you an ideal fitness guru. Try to inspire others to be regimented as well.

### Week 3:

Aquarius, a long-held belief might be holding you back or preventing you from moving forward. Once you let it go, you'll feel emancipated and ready to take a step in the right direction.

### Week 4:

For so long you have been doling out advice to other people and helping them improve their lives, Aquarius. Now you are the one who could benefit from some counsel.

## Disces

February 19-March 20

### Week 1:

Psychic feelings are pronounced this week, Pisces. Try to hone in on what these sensations are attempting to tell you.

### Week 2:

Pisces, do your best to honor requests from friends, associates and family this week. If you pull it off, take some time to recharge.

### Week 3:

A bad mood need not dictate how you approach the day or even the week ahead. Call up a friend and beat the funk.

### Week 4:

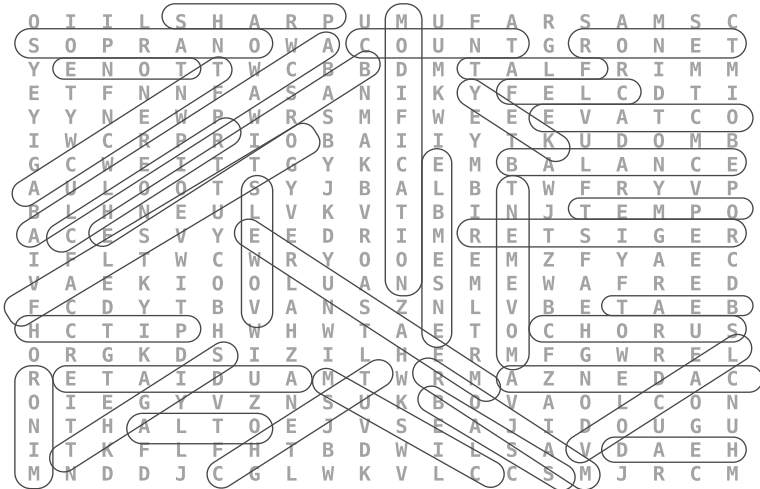
A recent birthday celebration could have you feeling like you need to make drastic changes. But small ones can fit the bill as well.

# PUZZLE ANSWERS

**Crypto answers** A. tempo B. notes C. melody D. harmony  
A. vitamin B. mineral C. food D. beverage

**Word scramble** 1. Staff 2. Energy

**Word Search Answers**



**Sudoku 1 Answers**

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

**Sudoku 2 Answers**

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

**Puzzle 1 Answers**

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

**Puzzle 2 Answers**

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

# SPORTS SCHEDULES

## Timberwolves Schedule

Sun, Mar 3 @ Washington 5:00 PM  
Tue, Mar 5 vs Oklahoma City 7:00 PM  
Wed, Mar 6 @ Detroit 6:00 PM  
Sat, Mar 9 vs Washington 7:00 PM  
Sun, Mar 10 vs New York 7:00 PM  
Tue, Mar 12 @ Denver 9:30 PM  
Thu, Mar 14 @ Utah 8:00 PM  
Sun, Mar 17 @ Houston 8:00 PM  
Tue, Mar 19 vs Golden State 7:00 PM  
Thu, Mar 21 @ Charlotte 6:00 PM  
Sat, Mar 23 @ Memphis 7:00 PM  
Tue, Mar 26 vs LA 7:00 PM  
Fri, Mar 29 vs Golden State 7:00 PM  
Sat, Mar 30 vs Philadelphia 7:00 PM

## Wild Schedule

Sat, Mar 2 @ Calgary 9:00 PM  
Sun, Mar 3 vs Nashville 6:30 PM  
Tue, Mar 5 @ Nashville 7:00 PM  
Thu, Mar 7 @ Tampa Bay 6:30 PM  
Fri, Mar 8 @ Florida 6:00 PM  
Mon, Mar 11 vs San Jose 7:00 PM  
Thu, Mar 14 vs Dallas 7:00 PM  
Sat, Mar 16 vs New York 7:00 PM  
Sun, Mar 17 vs New York 5:00 PM  
Tue, Mar 19 vs Colorado 7:00 PM  
Fri, Mar 22 @ Washington 6:00 PM  
Sat, Mar 23 @ Carolina 6:00 PM  
Mon, Mar 25 vs Nashville 7:00 PM  
Fri, Mar 29 @ Vegas 9:00 PM  
Sun, Mar 31 @ Arizona 4:00 PM



# Earth Hour

Human behaviors impact the planet's delicate ecosystem every day. Even the simplest changes can equate to widespread results. Such is the case with Earth Hour. Earth Hour was created in Sydney, Australia, in 2007 as a way to conserve energy and protect environmental resources while spreading knowledge about conservation. During Earth Hour, people are urged to turn off their lights for 60 minutes. Since its inception, Earth Hour has spread to more than 180 countries and territories worldwide. In 2019, Earth Hour occurs on March 30th at 8:30 pm in each time zone across the planet. Businesses and individuals can switch off their lights and other electronics and make noise to commemorate this environmental movement. Despite the World Wildlife Fund insisting that the event is not about reducing electricity consumption, a number of public institutions have reported on considerable electricity savings in their cities during the hour in which the lights are turned off.

## Did you know?

STUDIES SHOW THE BOND BETWEEN PEOPLE AND PETS CAN INCREASE FITNESS, LOWER STRESS AND BRING HAPPINESS.



## How they SAY that in...

- ENGLISH:** Luck
- SPANISH:** Suerte
- ITALIAN:** Fortuna
- FRENCH:** Chance
- GERMAN:** Glückssache

# HOW TO REDUCE VEHICLE MAINTENANCE COSTS

Major repairs to a vehicle can be expensive. When unanticipated repairs are necessary, drivers' budgets can be thrown out of whack, potentially causing a domino effect that compromises their ability to pay their bills on time.

Whether your vehicle is brand new, a few years old or reaching milestones on its odometer with every mile driven, there are ways to care for the vehicle so you aren't caught off guard by costly repairs down the road.

- **Read your owner's manual.** A vehicle owner's manual is a great resource that can help drivers keep their cars and trucks running strong for years. Every vehicle, whether it's purchased brand new from a dealership or preowned from a preowned dealer or private citizen, should come with an owner's manual. Don't worry if you purchased a preowned vehicle from a private citizen who lost the manual, as many manufacturers have manuals available for free on their websites. Print manuals may cost some money. Drivers may be able to find their manuals elsewhere online on a site such as [Justgivemethedamnmanual.com](http://Justgivemethedamnmanual.com), which has thousands of manuals from various automakers available. Once you have the manual in hand or on your computer, visit the maintenance section to familiarize yourself with the manufacturer's recommended maintenance guidelines. Adhering to those guidelines is a great way to keep your car running strong for years on end, and it might just save you from the hassle of sudden expensive repairs.

- **Protect the engine.** The engine is arguably the most expensive part of your vehicle to replace, so protecting it should be a priority. Routine oil changes and oil filter replacements is a great way to protect the engine. Manufacturer guidelines vary in regard to oil change and oil filter replacement intervals, but such recommendations can be found in your manual.

- **Hone your DIY skills.** Drivers also can save money on maintenance by doing some of their own minor vehicle repairs. YouTube is home to many DIY tutorials that can teach drivers how to change their own oil and replace the filters on their vehicles. Routine repairs are relatively easy, and many tutorials can walk you through them step-by-step. Depending on how much you drive, learning to do your own minor vehicle repairs may save you hundreds of dollars per year.

- **Perform routine inspections.** Older vehicles may or may not alert drivers via noises or leaks that they're in need of repair. Routine inspections of hoses, brakes and tires, which should always be properly inflated, can let drivers know if their vehicles are experiencing problems before those problems grow and become something costly.

Vehicle maintenance costs tend to be most expensive when drivers ignore routine maintenance or miss signs that their cars and trucks might be struggling. By adhering to manufacturer maintenance guidelines and paying attention to their vehicles, drivers can reduce the cost of keeping their cars on the road.



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# CHILD PASSENGER PROTOCOLS TO FOLLOW

Parents and caregivers take various measures to safeguard their children around their homes. The same attention to safety also extends to when families leave the house. Rules in place concerning vehicular safety are designed to keep kids safe on the road.

Car seats, boosters and seat belts provide protection for infants and children when used correctly. The National Highway Traffic Safety Administration states that car crashes are a leading cause of death for children ages 1 to 13. The NHTSA's General Estimates System states that, in 2016, 394 children age 5 or younger died in car crashes. However, in that same year, 328 were saved by using car seats.

The right car seat can save lives, but parents, especially those expecting their first child, can easily become overwhelmed by the various types of seats on the market. Understanding the different seats, and when and how to use them, can help parents navigate their options.

## Choosing a car seat

There are various types of car seats, and each may be appropriate depending on a child's age and size.

- **Rear-facing:**

This is the best seat for young children, as it cradles the child to reduce stress to the neck and spinal cord.

- **Forward-facing:**

This has a harness and tether that limits child's forward movement during a crash. It is typically used for children age 2 and older.

- **Booster:**

This is a seat that elevates and positions the child so that the vehicle's seat belt fits properly over the child's body.

Seat belts are used when children outgrow boosters. They should lie across the upper thighs and be snug across the shoulder and chest.

Each type of safety seat has subsets that further customize the fit and positioning for the child.

## When to use a car seat

First and foremost, visit a governing agency website to determine the laws where you live in regard to car seats. Transport Canada indicates each province and territory may have its own age, height and weight restrictions. Consult the website for your province or territory for more information.

The automotive agency AAA provides a state-by-state and territory/province rundown of rules governing car seat use at <https://drivinglaws.aaa.com/tag/child-passenger-safety/>. This can help residents learn which type of car seat is needed and how long to use it. For example, residents of New Jersey must keep children under age two who weigh less than 30 pounds in a rear-facing seat. Children under four who weigh less than 40 pounds must be in either a rear- or forward-facing child passenger restraint system. Children younger than eight and under 57 inches must be in a forward-facing child passenger restraint system or rear-seat booster seat. Booster seats are required until the child is age eight or weighs more than 80 pounds.

## Installing the seat

Read the car seat instructions and refer to the vehicle's owner's manual for proper installation. Seats for young children utilize low anchors that max out at certain weights for installation. Most forward-facing and booster seats rely on tethers to install.

Child car seats save lives and help keep little ones protected on the road.





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# UNIQUE WAYS TO CONSERVE FUEL

Defensive driving has long been touted not only as a safe way to operate a motor vehicle, but also a cost-effective one. When driving defensively, drivers are less likely to make sudden stops or accelerate quickly, each of which can waste fuel.

But even the most conservative motorists might want to do even more to conserve fuel. Fortunately, there are many unique and simple ways to conserve fuel and save money.

- Park in the shade.** According to Natural Resources Canada, using a vehicle's air conditioning system increases its fuel consumption more than any other auxiliary feature. In fact, NRC notes that air conditioning systems can increase fuel consumption by as much as 20 percent. That's because vehicle AC systems require engines to work extra hard, which in turn requires them to consume more fuel. By parking in the shade on hot days, drivers won't need to crank their AC systems in order to overcome the summer heat.
- Listen to traffic reports.** It's well known that idling greatly decreases fuel economy. Before leaving for work or to run errands around town, tune in to local traffic reports in the hopes that you can avoid potential traffic jams that contribute to the needless consumption of fuel. If there's no way to avoid traffic during your daily commute, consider investing in a vehicle with stop-start technology, which shuts the engine off when your vehicle comes to a halt before restarting it once you take your foot off the brake. The Union of Concerned Scientists notes that this technology can reduce fuel consumption by as much as 5 percent.
- Make sure your gas cap is tight.** A loose gas cap can adversely affect fuel economy. According to Napa®, a loose gas cap is a common contributor to poor fuel economy. Loose gas caps allow fuel vapors to leak and that decreases your vehicle's fuel efficiency. After filling up at the pump, be sure to close the gas cap tightly. Many caps will indicate how many clicks it takes to make sure the cap is closed as tightly as possible. In addition, periodically inspect the cap for cracks or leaks, replacing it if necessary.
- Drive distraction-free.** Today's cars are technological marvels. But all those bells and whistles can be distracting, and distracted drivers are less likely to pay attention to how they're driving. That can make for unsafe and fuel-inefficient driving. When driving, do your best to minimize distractions, turning off your smartphone and directing all of your focus to the road and how you're navigating it.

Conserving fuel is a goal for many drivers, and that goal can be achieved in a wide variety of ways.





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# HOW SWITCHING THE CLOCKS CAN AFFECT YOUR HEALTH

Much of the world adjusts their clocks each spring and fall. In the fall, clocks are fixed on standard time, while in the spring they're moved forward one hour to daylight saving time, or DST.

The rationale behind DST has long been based on energy savings, as the demand for electricity to light homes is related to the times when people go to bed at night and rise in the morning. Studies conducted by the U.S. Department of Transportation in 1975 determined that moving clocks ahead one hour could save a small amount of energy each day. In New Zealand, power companies registered a 3.5 percent decrease in usage when daylight savings starts. Even though the energy savings associated with DST can be significant, some suggest those savings come at the expense of human health.

Research suggests that a one-hour time change twice a year can significantly throw off humans' internal clocks. A report conducted by the Massachusetts Legislature in the summer of 2016 found that people lose a significant amount of sleep in the days following DST, which can lead to an increase in both traffic fatalities and on-the-job injuries. Disrupted sleep cycles can leave people restless and coping with anxiety. A 2012 study published in the Journal of Applied Psychology found shifts related to DST led to killing time on the internet and other "loafing" around from lack of energy and motivation.

Finnish researchers analyzed more than 10 years of stroke data and its relation to DST. The overall rate of ischemic stroke increased by 8 percent in the first two days after transitioning to DST.

Similarly, other issues arise when clocks are switched back to standard time in the fall. Danish researchers found the rate of people seeking care for depression rose for up to 10 weeks after clocks were turned back.

Various petitions have been created to urge legislators to maintain DST all year long. The United Kingdom-based Royal Society for the Prevention of Accidents says doing so will reduce road deaths currently caused by darker evenings in autumn and winter. Keeping the time consistent can help avoid body clock resets, may prevent accidents and could increase productivity in the evening hours when the autumn arrives. Only time will tell if turning the clocks back and moving them forward will become a relic of the past.



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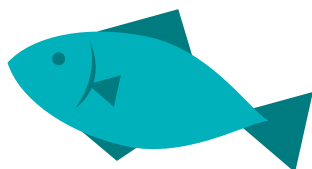
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# THE RIGHT FOODS CAN FIGHT INFLAMMATION

The human body and its immune system excels at fighting foreign invaders like bacteria and viruses. Signaling chemicals called interleukins tell cells whether they are needed to fight illness or they should wait in the wings. While these immune defenders are doing their jobs, soreness, fatigue and swelling can occur — the natural side effects of an immune system response — but will soon dissipate. However, many people deal with immune systems that are consistently revved up, even when no invaders are present. This is the problem with many chronic diseases and immune system dysfunction. Unfortunately, the inflammation that is a hallmark of immune defense becomes a daily problem that may result in chronic pain and other complications. What many people may not realize is that the foods that they are putting into their bodies may exacerbate inflammatory responses, while others may help keep inflammation at bay. People with rheumatoid arthritis, Crohn's disease, Hashimoto's, and other chronic illnesses may find that turning to the right diet can tame inflammation and other symptoms. Recently, many health experts, including Dr. Barry Sears, founder of the Inflammation and Research Foundation and author of the "Zone Diet," and Dr. Andrew Weil, who offers the Anti-Inflammatory Food Pyramid, have begun to tout certain foods that are purported to reduce inflammatory response over an extended period of time.

As beneficial as some foods can be, it's important to note that individuals are unique and certain foods may produce a particular response in some but not in others. Systematically isolating certain foods can help paint a picture of foods that can be problematic. But generally speaking, refined carbohydrates, sugar-sweetened beverages, fried foods, and processed meats may increase inflammation, advises Harvard Health Publishing. Conversely, certain foods and beverages that have been identified as reducing inflammation for many people.

These include:

- tomatoes
- olive oil
- green leafy vegetables and cruciferous vegetables
- nuts, like almonds and walnuts
- fatty fish
- berries
- avocados
- green tea
- peppers
- grapes
- turmeric
- dark chocolate

Including these foods in one's daily diet may help to relieve the pain, bloating and fatigue associated with inflammation.

It is important to speak with a doctor before making any dietary changes. Discuss any inflammation issues you have been having and which foods might help. Generally speaking, a diet full of diverse, antioxidant-rich foods can provide relief for those with various levels of inflammation.



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I reach out to all the wonderful people who have supported me in this awful journey my Family had to encounter. Among them are the Lost Dogs of Minnesota, The Retrievers, all the Lost Doggie Sights, Animals Vets and Groomers. I can't Thank you enough for all your Help and efforts of trying to get my Zoey back home to me.

**I would like to encourage the people that have any knowledge of a lost animal to make 1 phone call to the Retrievers 218-940-7615.**

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Your Help is much appreciated, Karen Kissner



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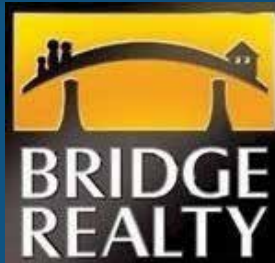


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