

Northland Review

Monthly Variety Paper
Bingo: Page 12 • Meat Raffles: Page 14

FREE Publication
APRIL 2019

www.northlandreview.com

SEE OUR AD ON PAGE 5

AMP QUIZ
it's trivia time
TRIVIA NIGHT!

www.AMPQUIZTRIVIA.com

SEE OUR AD ON PAGE 6

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

Live Band
Sat. April 13th, 8pm - Midnight
Vinyl Revival

Every Friday 5pm - 8pm
Fish Fry
10oz Haddock Fish, Coleslaw & French Fries, \$9!

Month of April
Tap Beers Special
16 oz. for \$2.25

Saturday, April 6th, 4:30pm - 7pm
Pork Tenderloin Dinner

Sunday, April 21st
"Easter" Bar Opens @ 5pm

SEE OUR AD ON PAGE 19

Drkula's FREE RIDES Home Fridays & Saturdays
6710 Cahill Ave Inver Grove Heights 651.451.1717
www.dracspub.com

Always call ahead. Lanes may not be available due to League and Tournament bowling, or Private Parties.

Celebrate Your Next Occasion in our Newly Remodeled Banquet Room!

Patio Open April 19th!

BAR BINGO Every Wednesday 6:30pm \$100 Guaranteed - \$1000 Must Go Cover All

Bar Bingo Meat Raffles Every Saturday @ Noon

SEE OUR AD ON PAGE 7

8517 63rd Ave N, Brooklyn Park, MN 55428 • 763-533-4159

www.camsbar.com

Cam's 4-year Anniversary!
Friday, April, 12th

- Extended Happy Hour 2-7PM
- Complimentary hors d'oeuvre buffet 5PM
- Extended Meat Raffle, 6PM

Swag, merchandise, and gift card giveaways all night long!

SEE OUR AD ON PAGE 2

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

Sun., Apr. 14th & 28th 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.

Thurs. Apr. 18th at 6pm
Lobster Bingo
\$1199 Coverall
\$99 Pots
Lobster & Steak Raffles, Plus much more!

Like Us on Facebook!

SEE OUR AD ON PAGE 15

SLP Lions PIM436 \$2

85% PAYOUT!

The Sunset Grill Lic. # 00584-026
Handbag Bingo Apr. 7th & May 5th @2PM

Welsch's Big Ten Tavern Lic. # 00584-24
Play Bingo on Apr. 18 @6:30PM
Win MN Twins Tickets, Jerseys & Cash

SEE OUR AD ON PAGE 17

PARK PLACE SPORTS BAR EST. 1989
200 Broadway, St Paul Park, MN 651.459.9018
parkplacesportsbar.com

St. Paul Park Fire Department
Ham and Turkey Raffle
Fri., Apr. 19, 4pm

Food and Beer Specials
During Twins Games!

SEE OUR AD ON PAGE 6

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

EASTER BUNNY IS COMING TO KRAUS HARTIG!
Sat. April 13th, 12:30 - 2:30pm

- Egg Hunt • Deviled Egg Contest • Jelly Bean Counting Contest • Meat Raffle • Drawings

CLOSED EASTER SUNDAY

SEE OUR AD ON PAGE 6

ROSEVILLE ANDERSON NELSON VFW POST 7555 License #0017-001
1145 Woodhill Drive • Roseville, MN 55113 • 651-483-5313

Don't Forget, Breakfast with The Easter Bunny!
Sun., Apr. 14th, 9 - 11am
Sign-Up Deadline: April 7th


All You Can Eat! Easter Brunch Buffet
Sun., Apr. 21st, 10am - 2pm
All your favorite Breakfast and Dinner Foods!

SEE OUR AD ON PAGE 22

7082 Centerville Road • 651-528-8230
LOCATED NEXT TO KELLY'S CORNER

Meat Raffles Dead Broke Saddle Club Lic. #3800
Fridays, Apr. 5, 12, 19, & 29 @5:30pm

FOR ALL NASCAR RACING FANS
\$1 Off all Taps, Rails, & Bottles @ The Start of the Race & ALL CAUTIONS



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

Apr. 9th, Tuesday Night. A-03191-07
Raffles at 6pm, Bingo at 6:30pm
Bar Bingo, a once a Month Bingo event!
 • Two \$500 guaranteed coverall every night! •
 • \$125 regular games or choice of Merchandise! •

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

Welcome to Roseville Bingo Hall! We always PAY!!! And we always PLAY!!!
 We have more sessions than any other Bingo Hall! Check us out, 30 sessions - Open Every Day!
Check out our Website for Bingo Specials! www.rosevillebingo.com

BINGO and Prize Giveaways on Easter Sunday! Sessions are at 7, 9, & 11pm!!

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



Bingo
 Two Progressive Jackpots Every Monday @ 7pm

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

Fish & Chicken Dinner All You Can Eat!
 Through April 19, Fridays, 5 - 7:30pm. \$12

Annual VFW Garage Sale
 Through April 6th. Every Thur. 10am - 6pm, Fri. 10am - 8pm, & Sat. noon - 5pm



Meat Raffle
 Every Sat. @ 3:30pm

Pulltabs Available
 Lic. B00629

HAPPY HOUR
 Mon. - Fri. Noon - 6pm

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!
Saturday, April 13th, 7:30pm Birthday Benefit Bingo

Sunday, April 14th & 28th at 1pm
Moneybags Bingo
Designer purses with cash inside!



Get Here Early to Get a Seat!
GUARANTEED \$500 IN THE COVERALL PURSE.
 We pay out 100% of our total packet sales prior to the first game.
 Raffles at noon

Friday, April 5th & 19th at 6:30pm
Bingo
 Raffles at 5:30pm
Guaranteed \$2000 Coverall! \$20/packet

Thursday April 18th at 6pm
Lobster Bingo
 \$1199 Coverall \$99 Pots
Lobster & Steak Raffles, Plus much more!

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

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



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



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

FOREST LAKE LIONS PULL TABS DAILY



OLD LOG CABIN NOW HAS E-TABS. TRY THEM OUT!

Lic. # 02190-007

ramseybicycles.com



Ramsey Bicycle

CHECK OUT ALL OF OUR ELECTRIC BIKES!



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

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

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Illetschko's Meats & Smokehouse



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

LIKE US 

www.illetschkos.com

Attention Hunters!

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



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

Thank You to all our customers!

Free Strings this April at Music Connection!

NATIONAL GUITAR MONTH

GREAT SELECTION -OVER 200 GUITARS, BASSES AND UKULELES IN STOCK!

Stop and try any New Yamaha Guitar and get a set of

FREE GUITAR STRINGS! (1 per customer)

With any New Guitar Purchase get a **FREE CUSTOM EMBROIDERED PERSONALIZED GUITAR STRAP**

EXTRA DISCOUNTS ON ALL GUITARS, CASES AND ACCESSORIES!



MUSIC Connection

ConnectWithMusic.com

"Serving Musicians, Music Educators, and worship Leaders 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 48503
Coon Rapids, MN 55448

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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

Weekly Specials

Monday

2-4-1 Drinks until 10pm!
Hot Beef Sandwich

Tuesday

2-4-1 Burgers: 5pm-8pm
2-4-1 Drinks: 8-10pm

Wednesday

\$3.50 U-Call-Its: 9pm-11pm

Thursday

\$3.50 U-Call-Its: 9pm-11pm
Hot Turkey Sandwich

Friday & Saturday

Drink Specials: 9pm-1am

Sunday

2-4-1s 7pm-9pm

Hours

Mon 11am to 1am
Tues - Thurs 11am to 2am

Fri 7am to 2am
Sat 10am to 2am
Sun 10am - 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

TWINS SPECIALS

\$3.25 Domestic Taps

\$4 Homerun Drop Shots

CR's 7th Inning Stretch
2 for 1's on Domestic Taps, Bottles, and Call Drinks

EASTER SUNDAY BRUNCH

Sun. Apr. 21st, 10am - 2pm

Only \$16.99!

Kids 4 - 10: \$8.99.

Kids 4 and Under FREE

- Smoked Ham "Carved on Buffet"
- Fried Chicken • Meatballs in Mushroom Gravy • Mashed Potatoes & Gravy • Homemade Mac & Cheese • Buttered Corn • French Toast Sticks • Scrambled Eggs • Sausage • Bacon • Tater Tots • Mini Corn Dogs • Assorted Salads • Fresh Fruit • Assorted Desserts •

MAKE YOUR RESERVATIONS TODAY AT FRONT COUNTER OR BY CALLING 763-780-1585

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



Meat Raffle

Wednesday &
Thursday @ 5pm,
Saturday After Mingo



Mingo

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

Progressive Mingo

Sat. at 2pm

Hopkins Youth Hockey Lic# 04157-02



ENTERTAINMENT

FRI. APR 5TH
WICKED GARDEN

SAT. APR 6TH
HIGH & MIGHTY

FRI. APR 12TH
LOW VOLTAGE

SAT. APR 13TH
SCARLET SKY

SUN. APR 14TH
NOISY WITHDRAWAL

FRI. APR 19TH
ROUGH HOUSE

SAT. APR 20TH
TRICK SHIFT

FRI. APR 26TH
LEGACY OF THE LOUD

SAT. APR 27TH
FLASH MOB

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



Mancave Bingo
Sun. April 28th
@ 2pm



Closed for Easter
April 21st



Think of us for your Grooms
Dinner and End of Year 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

AMP QUIZ it's trivia time

TOP THREE TEAMS WIN PRIZES!

MONDAYS
Ole Piper Inn | 7:30pm *
Blaine, MN
* Except first Monday each month

TUESDAYS
Celts Pub | 7:00pm
Farmington, MN
Clive's Roadhouse | 8:00pm
Burnsville, MN
Clive's Roadhouse | 8:00pm
Champlin, MN

WEDNESDAYS
Charlie's On Prior | 7:30pm
Prior Lake, MN
Clive's Roadhouse | 8:00pm
Blaine, MN
Sgt. Peppers | 8:00pm
Oakdale, MN
Scoreboard Bar & Grill | 8:30pm
Minnetonka, MN

THURSDAYS
Pinz | 8:00pm
Oakdale, MN

*** LEAGUE CHAMPIONSHIP**
Saturday, May 4
\$500 First Prize!

MONTHLY THEME GAMES!
Disney | Marvel | DC
Sunday | April 14 | Wednesday | May 1
WATCH FACEBOOK FOR LOCATIONS & TIMES

Find FREE ANSWERS at www.AMPQUIZTRIVIA.com Like us on [facebook](https://www.facebook.com/ampquiztrivia)



Sgt. John Rice
VFW POST 6316
1374 109th Ave NE
Blaine, MN 55434
763-757-4540
Lic. #A-01298

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

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

April Live Music • 7pm to 10pm, Thursday Nights
4th - CJ & The Road
11th - Armadillo Jump
18th - Mojo Rooster
25th - Inside Straight

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

ADAGIO'S PIZZA FACTORY
2052 Silver Lake Road, New Brighton, MN 55112
Phone: 651.631.9441
www.adagiospizza.com
Dine-In | Carry Out | Delivery | Catering

Tuesday
Bar Bingo & Meat Raffle - 6:30pm

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

Friday
Meat Raffle - 6:30pm

Monday
Free Cribbage Tournaments
1st & 3rd Monday of the Month: Singles - 6:30PM
2nd & 4th Monday of the Month: Doubles - 6:30PM
½ Price Pizza Night: 5-10PM
Dine-in only, w/purchase of 2 beverages

Wednesday
ALL YOU CAN EAT Pasta Night 5-10PM, \$9. Dine-in only.
½ Price Wine Bottles
Music Mayhem: 8-10PM

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

Pull Tabs
Etabs Now Available

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

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

Saturday
Karaoke: 9:30PM

Sunday
Bloody Mary Bar: 10AM-2PM
Texas Hold'em: 7PM

Check out our New Menu Items!

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

Two Stooges SPORTS BAR & GRILL
www.twostooges.com

Fireball Fridays
DJ Every Friday & Saturday!

- 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
Summer Pool and Dart Leagues Now Forming!

Happy Hour
Double up for a buck!
Mon. - Thurs. 2 - 6pm
Fri. - Sat. 2 - 7pm

Late Night Happy Hour
Mon. - Thurs. 10pm-12am

PLAN YOUR NEXT EVENT AT TWO STOOGES!
Holiday Parties, Class Reunions, Fantasy Football, Softball Teams, Graduations, Weddings, Birthdays, Retirement Parties, Groom's Dinners, Rehearsal Dinners, Benefits, Non-Profit Events, Anniversary Parties.

PULL TABS DAILY
Tip Boards
Fridley Lions Club

Lic # 00306-006

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, April 5th, & 19th
 Saturday, April 20th
VivaLia
 Friday, April 12th and 26th
 Voted Best Karaoke by the City Pages!



Live Band
 Sat. April 13th, 8pm - Midnight
Vinyl Revival
 Every Friday 5pm - 8pm
Fish Fry
 10oz Haddock Fish, Coleslaw & French Fries, \$9!
Month of April Tap Beers Special
 16 oz. for \$2.25

Saturday, April 6th, 4:30pm - 7pm
Pork Tenderloin Dinner
 \$7 for Meal with Baked Potato & Coleslaw, \$5 for Sandwich.
 Sunday, April 21st
 "Easter" Bar Opens @ 5pm

Fifty Cent Bingo: Sunday, Apr. 14th, 1pm
Bingo: Mondays @ 1pm
Meat Raffle: Fridays @ 6pm
Pull-Tabs & E-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
 Every Friday, Until April 18th
Fish or Shrimp Fry Dinner

EASTER BUNNY IS COMING TO KRAUS HARTIG!
 Sat. April 13th, 12:30 - 2:30pm
 • Egg Hunt • Deviled Egg Contest •
 • Jelly Bean Counting Contest •
 • Meat Raffle • Drawings
CLOSED EASTER SUNDAY

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

Don't Forget, Breakfast with The Easter Bunny!
 Sunday, Apr. 14th 9 - 11am
 Sign-Up Deadline: April 7th

All You Can Eat! Easter Brunch Buffet
 Sunday, Apr. 21st, 10am - 2pm
 All your favorite Breakfast and Dinner Foods!
 Drink Specials: Bloody Mary Bar & Mimosas

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

Now Serving Breakfast!
 Saturdays, 9am-noon

ANZAC Day, Sunday April 28
 Australian and New Zealand National Day of Remembrance
Authentic Aussie & Kiwi Food!
All are Welcome!

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 •

Cinco de Mayo!
Sunday May 5th
Food & Drink Specials

Closed on Easter Sunday

Mother's Day Brunch
 Sunday May 12th, 9am-2 pm

Build a Burger for the Troops
 (Beyond Yellow Ribbon Program)
 Tue. Apr. 9, 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

Live Band

The Authorities
Apr. 13, 7 - 11pm

Easter Ham Raffle
April 16th, 5pm

Taco Fiesta
May 5th,
1pm til gone

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 April

Sat. Apr. 6 - Top 3

Sat. Apr. 13 - Northernaires

Sat. Apr. 20 - Hi Hats

Fri. Apr. 26 - The Arcades

Sat. Apr. 27 - Top 3



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

Join us for our Easter Sunday Buffet!

April 21st, 10am - 1:30pm

Call for Reservations



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



www.camsbar.com

8517 63rd Ave N, Brooklyn Park, MN 55428 • 763-533-4159

Happy Hour: Monday - Friday 3 - 6pm



Cam's 4-year Anniversary!

Friday, April, 12th

- Extended Happy Hour 2-7PM
 - Complimentary hors d'oeuvre buffet 5PM
 - Extended Meat Raffle, 6PM
- Swag, merchandise, and gift card giveaways all night long!

Monday

\$5 1-topping 10" pizzas
(dine in only)



Wednesday

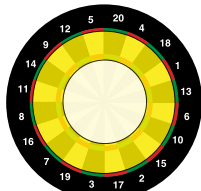
Meat Raffle 6pm
Lic #36222-001

Thursday

Live Trivia 8pm

Friday

Meat Raffle 6pm
Lic #36222-001



Saturday & Sunday

Brunch
& Bloody
Mary Bar
11am - 2pm



Saturday Nights

Karaoke 8pm





FRIDLEY AMERICAN LEGION

SAL Pancake Breakfast
Sun. April 7th
8:30am - Noon

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 - Gone

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

American Legion Riders

Pig Roast Sunday May 5th, 1-4pm



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!

Apr. 5 - City Lights

Apr. 6 - Arcades

Apr. 12 - 23rd hour

Apr. 13 - Auburn Moon

Apr. 19 - Vinyl Revival

Apr. 26 - Elements

Apr. 27 - Sheet rocks

Bayport American Legion Post 491

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



BAR BINGO

Kelly Green
651-491-8972
Lic. # 00467

Sun. - 2pm @ Mallards Bayport

101 5th Ave S, Bayport • 651-324-0903

Mon. - 7pm @ Bloody Mary's

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

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

1151 Rivercrest Rd, Lakeland • 651-436-5005
(Meat Raffle Before Bingo)

WIN BIG AT BINGO!

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



ROSETOWN AMERICAN LEGION

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



Beautiful Banquet hall
available inquire within

MN LOTTERY SCRATCH OFF MACHINE
PULL TABS DAILY Lic #0113

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

NEW MEMBERS WELCOME

BINGO!

Sat. Apr. 13th, & 27th

Bingo at 3pm

Serving Appetizers during bingo

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

Saturday, April 6th

Women's Auxillary Style Show
11am social hour • 12pm lunch

\$10 for the Lunch Tickets

1pm style show
presented by C.J. Banks

\$ 10.00 for the lunch tickets.
\$10.00 Adults/\$5.00 Children 10 and Under.



Apr 21st. - Happy Easter Inquire within or call for hours

Saturday, April 27th GARAGE SALE FLEA MARKET

9am - 2:30pm

Concession's will be open during sale



New! Kitchen Open Sundays 2-6pm

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



Every Friday Dinner Menu 5-8pm

\$12 All You Can Eat Fish Fry!

Comes with French fries and coleslaw

No Fish Fry Fri. 26th

Gift Card Raffle @5pm

Karaoke 7-11pm

Every Saturday: Free Darts after 9PM!

TEXAS HOLD 'EM

SUNDAYS

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

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

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

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

Pub 55 (Straight Flush Poker)
880 Bahls Dr, Hastings
651-437-1123 • 7pm.

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

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

MONDAYS

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

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

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

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

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

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

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

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

TUESDAYS

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

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

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

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

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

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

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

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

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

WEDNESDAYS

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

Brookside Pub (Straight Flush Poker)
21050 Ozark Ave, Scandia
651-433-0147 • 7pm.

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

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

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

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

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

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

THURSDAYS

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

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

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

Kaposia Club (Straight Flush Poker)
456 Concord Exchange, South St. Paul
651-350-7743 • 7pm.

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

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

FRIDAYS

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

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

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

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

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

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

SATURDAYS

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

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

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

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

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



KARAOKE

SUNDAYS

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

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

MONDAYS

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

TUESDAYS

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

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

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

WEDNESDAYS

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

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

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

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

VFW Roseville Post 7555
1145 Woodland Drive, Roseville
651-483-5313 • Apr. 10, 7 - 10pm

THURSDAYS

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

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

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

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

FRIDAYS

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

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

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

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

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

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

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

Coopers
4185 Robert Trail, Eagan
651-452-3061

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

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

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

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

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

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

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

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

VFW Roseville Post 7555
1145 Woodland Drive, Roseville
651-483-5313 • 8:30 - 12:30am

SATURDAYS

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

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

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

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

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

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

Coopers
4185 Robert Trail, Eagan
651-452-3061

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

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

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

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

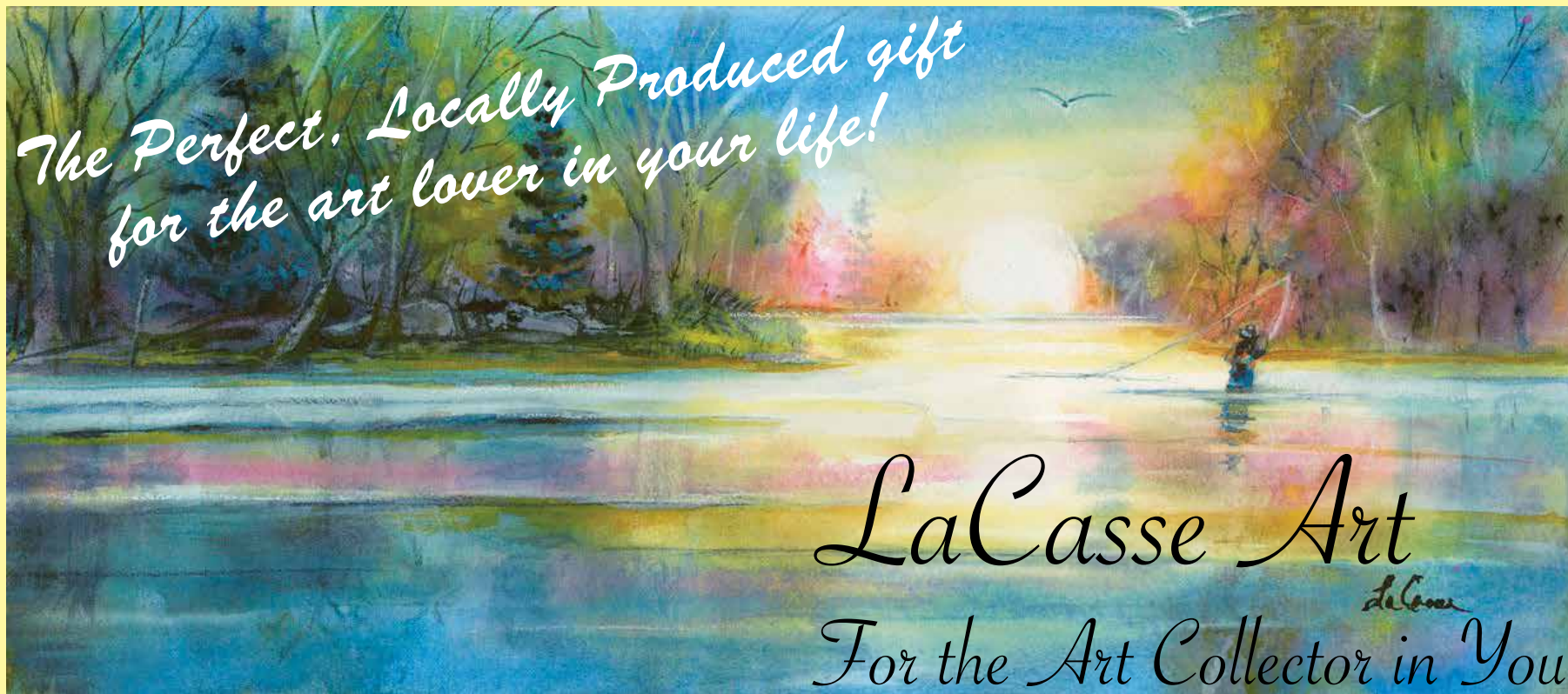
Palmer Lake VFW
2817 Brookdale Dr, Brooklyn Park
763-560-3720

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

VFW Columbia Heights Post 230
4446 Central Ave. NE, Columbia Heights.
763-788-8187 * Apr. 20



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Minnesota!**



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BAR BINGO

SUNDAYS

Carbone's Pizzeria & Pub
1350 Highway 96E, White Bear Lake
651-429-7609 • Apr. 28 @ 2pm
Mancave Bingo! Come in Early.

Mallards (Bayport)
101 5th Ave S, Bayport
651-324-0903 • 2pm.

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

Roseville Bingo Hall
2525 N. Snelling Ave, Roseville
651-697-1090 * Apr. 21, 7, 9, & 11pm
Easter Sunday, Bingo & Prizes!

VFW Columbia Heights Post 230
4446 Central Ave. NE, Columbia Heights.
763-788-8187 • Apr. 14, 1pm
¢.50 Bingo!

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

MONDAYS

Bloody Mary's
96 Mahtomedi Ave, Mahtomedi
651-429-8640 • 7pm.

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

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

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

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

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

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

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

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

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

TUESDAYS

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

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

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

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

Joe Senser's
2350 Cleveland Ave., Roseville
651-631-1781 • Apr. 9 @ 6:30PM
Raffle @ 6pm. Two \$500 Coverall!

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

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

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

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

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

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

WEDNESDAYS

American Legion Fridley
7365 Central Ave NE, Fridley
763-784-9824 • 6:30pm

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

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

Maple Island Brewery
225 Main St N, Stillwater
651-430-0044 • 6:30pm

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

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

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

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

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

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

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

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

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

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

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

THURSDAYS

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

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

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

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

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

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

Titans Sports Saloon
1267 Geneva Ave N, Oakdale
651-444-8488 • Apr. 18, 6pm
Lobster Bingo! Loster & Steak Raffles
During Bingo, Plus Much More!

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

VFW White Bear Lake
4496 Lake Ave S, White Bear Lake
651-426-4944 • 6:30pm

Welsch's Big Ten Tavern
4703 Highway 10, Arden Hills
651-633-7253 • Apr. 18, 6:30pm
Win Twins Tickets, Jerseys, & Cash!

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

FRIDAYS

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

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

Titans Sports Saloon
1267 Geneva Ave N, Oakdale
651-444-8488 • Apr. 5 & 19, 6:30pm
Raffle before at 5:30pm

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

SATURDAYS

American Legion Fridley
7365 Central Ave NE, Fridley
763-784-9824 • 2pm

Am. Legion Rosetown
700 W Cty Rd C, Roseville
651-483-3535 • Apr. 13, & 27, 3pm

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

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

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

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

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

Kelly's Korner Bar
7098 Centerville Road, Centerville
651-493-6626 • 2pm
(Except on Apr. 13, Sun. 14 instead)
Apr. 13, 8th Anniversary Party!
Rock and Roll Bingo, 2 - 5pm,
Plus Much More!

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

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

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

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

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

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

Titans Sports Saloon
1267 Geneva Ave N, Oakdale
651-444-8488 • Apr. 13, 7:30pm
Birthday Benefit Bingo!

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

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

DESIGNER PURSE BINGO

SUNDAYS

The Sunset Grill
8466 Hwy. 65, Spring Lake Park
763-204-8648 • Apr. 7 & May 5th @ 2pm

Titans Sports Saloon
1267 Geneva Ave N, Oakdale
651-444-8488 • Apr. 14 & 28 @ 1pm
Designer purses with cash inside!
GUARANTEED \$500! Pay out 100%
Raffle at noon

Vanneli's By The Lake
55 Lake St. S. Forest Lake
651-395-2400 • Apr. 28 @ 1:30pm

MONDAYS

Banquets of Minnesota
1009 109th Ave NE, Blaine
612-803-6468 • Apr. 15 @ 6:30PM

TPC Blaine
11444 Tournaments Players Pkwy.,
Blaine, 763-795-0800 • Apr. 1 @ 7PM

WEDNESDAYS

Carbone's Pizzeria & Pub
1350 Highway 96E, White Bear Lake
651-429-7609 • Apr. 17 @ 6:30pm
Come in Early.

SATURDAYS

Cornerstone Pub & Prime
26753 Forest Blvd, Wyoming
651-462-1211 • Jun. 22 @ 1:30pm



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Mondays 6pm
Saturdays 2pm



Wednesdays 6pm
Fridays 9:30pm



Mondays 9am
Tuesdays 6pm
Thursdays 6pm



Thursdays 7pm



Mondays 6pm
Saturdays Noon



Bingo Programs!!

- * 2nd Chance Bingo - Keep playing for \$75 more! *
- * Pick a Prize - Pick from \$100 to \$400! *
- * Win FREE Handheld Device Packages! *
- * "Free B" Game - Winner takes it all! *
- * Hot Ball \$200! - EVERY \$1 Game! *
- * \$2000 Progressive Games! *

LICENSE # 03111

BIG BINGO PARTY

Starts at 1pm Sunday, April 7th
Get there Early to Get a Seat!
McCarron's Pub & Grill

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

03111

BIG BINGO PARTY

Starts at 1pm Sunday, April 14th
Get there Early to Get a Seat!
White Bear Bar

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

03111

MORNING BINGO

Monday's

9:00am

Jimmy's Food and Drink

NO ONE HAS BETTER BINGO PROGRAMS!!



DISCO BINGO

9:30pm Friday Nights

VILLAGE SPORTS BAR

\$26 PACKAGES

\$100 PAYOUT A GAME

\$300 Disco Ball Game

\$1000 COVERALL

WIN FREE PRIZES!!

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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

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

Tanners Brook Golf Course

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

We have Pull Tabs Daily

Forest Hills Golf Course

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

We have Pull Tabs Daily

Splitrocks Entertainment Center

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

We have 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

The Liquor Barrel

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

We have Pull Tabs Daily

Circle E Wine and Spirits

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

We have Pull Tabs Daily

Mallards Forest Lake

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

We have Pull-Tabs Daily

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 6pm.

Designer Purse Bingo

Vannelli's

Sunday, April 28, at 1:30pm.



Cornerstone

Saturday, June 22, at 1:30pm

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
Apr. 16 @ 6:30pm Easter Ham Raffle!

WEDNESDAYS

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

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

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

FRIARS

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

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

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

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

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

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

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

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

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

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

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

THURSDAYS

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

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

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

Jimmy's Food & Drink
1132 Co Rd E East, Vadnais Heights
651-482-1100 • 5pm

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

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

Titans Sports Saloon
1267 Geneva Ave N, Oakdale
651-444-8488 • Apr. 18, 6pm
Lobster & Steak Raffles During Bingo,
Plus Much More!

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 - Gone

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 • 6pm

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

Vanneli'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
(Except on Apr. 13, Sun. 14 instead)
Apr. 13, 8th Anniversary Party!
Mega Meat Raffle, 2 - 5pm,
Plus Much More!

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

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

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

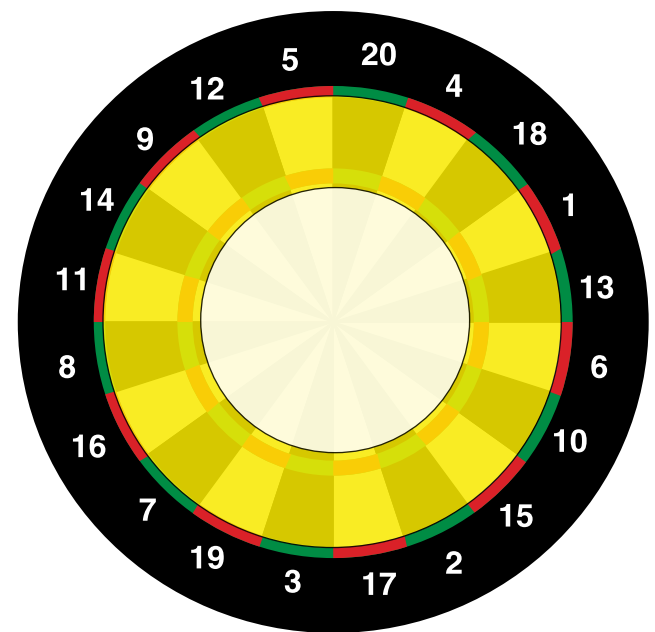
The Sunset Grill
8466 Hwy. 65, Spring Lake Park
763-204-8648 • 3pm

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



HOW OCCUPATIONAL THERAPY CAN HELP PEOPLE LIVE WITH ARTHRITIS

Occupational therapy may sound like something exclusive to people who are injured on the job. Though occupational therapy helps people in the workplace every day, it also helps men and women, including those with arthritis, perform everyday activities that may or may not be work-related.

Arthritis can take both a physical and financial toll. The Arthritis Foundation notes that it's difficult to determine just how many people currently suffer from arthritis, as treatment often isn't sought until symptoms become severe. Conservative estimates from the AF suggest 54 million adults in the United States currently have arthritis, though the organization reports that a recent study suggested as many as 91 million might be dealing with this painful inflammation and stiffness of the joints. As if the pain from arthritis weren't enough, the condition also can cause financial problems for those who cannot work or only work part-time, with annual medical costs and earnings loss estimates in the hundreds of billions of dollars.

Occupation therapy can help people with arthritis overcome their conditions. The American Occupational Therapy Association, Inc., notes that most joints have the potential to develop arthritis, which can affect mobility, cause pain and even lead to deformity. However, the AOTA® also states that OT practitioners aim to help people with arthritis maximize their ability to participate in activities like work or recreation while striving to help patients enhance their quality of life.

Because there are more than 100 different types of arthritis, men and women diagnosed with the condition can benefit greatly from individualized care. One-size-fits-all solutions may not work for arthritis sufferers, who can benefit from one-on-one interactions with OT practitioners. For example, the AOTA® notes that OT practitioners may recommend personalized adaptive equipment to patients with arthritis who are experiencing pressure and discomfort in their hands when holding or working with objects. Before making such recommendations, OT practitioners may analyze patients' daily activities to ensure they get equipment that will provide the support and relief their specific condition calls for.

Arthritis is a global concern that the Arthritis Foundation estimates will only become more prevalent in the decades to come. Occupational therapy can be just what arthritis sufferers need to overcome their conditions and improve their quality of life.



<h1>SLP Lions</h1> <p>PIM436 \$2</p> <p>85% PAYOUT!!!</p> <p>Play Etabs at all Pull Tab Locations!</p> <p>www.slpions.com</p> <p>Handbag Bingo SLP Lions LIC# 00584</p>			
<p>Montes Sports Bar & Grill 8299 University Ave NE, Spring Lake Park, MN 55432 (763) 784-2230</p> <p>Meat Raffles Thurs., Fri., & Sat. @ 4PM</p> <p>Bingo Wed. @5PM, Fri. @5:30PM</p> <p>Triwheel 7 Nights a Week!</p> <p>Lic. # 00584-001</p>	<p>Sticks and Stones 9250 Lincoln St. NE Blaine, MN 55434 (763) 233-0699</p> <p>Bingo Sat. @3PM.</p> <p>Meat Raffle Fri. @5PM</p> <p>\$175 in cash and prizes and a must go coverall!</p> <p>Lic. # 00584-020</p>	<p>Biffs Sports Bar & Grill 7777 Hwy 65 NE, Spring Lake Park, MN 55432 (763) 784-9446</p> <p>Bingo Sat. @3PM.</p> <p>Meat Raffle Fri. @5PM</p> <p>\$175 in cash and prizes and a must go coverall!</p> <p>Lic. # 00584-007</p>	<p>The Sunset Grill 8466 Hwy. 65 Spring Lake Park, MN 55432 (763) 204-8648</p> <p>Surf n' Turf Meat Raffles Wed. @5:30PM, Sat. @3PM</p> <p>Bingo Tue. & Thurs. @1PM, Sunday Funday @2PM</p> <p>Handbag Bingo Apr. 7th & May 5th @2PM</p> <p>Lic. # 00584-026</p>
<p>TPC Blaine 11444 Tournament Players Pkwy, Blaine, MN 55449 (763) 795-0800</p> <p>Handbag Bingo Apr. 1st @7PM</p> <p>Lic. # 00584-001</p>	<p>Banquets of Minnesota 1009 109th Ave NE Blaine, MN 55434 (612) 803-6468</p> <p>Handbag Bingo Apr. 15th @6:30PM</p> <p>Lic. # 00584-21</p>	<p>Welsch's Big Ten Tavern 4703 Highway 10 Arden Hills, MN 55112 (651) 633-7253</p> <p>Bingo Every 3rd Thurs. @6:30PM</p> <p>Meat Raffles Fri. @5PM, Sat. @2PM</p> <p>Lic. # 00584-24</p>	<p>The Roadside Bar & Grill 12530 Ulysses St. N, Blaine, MN 55434 (763) 710-4804</p> <p>Meat Raffles Wed. @6PM, Sun. @2PM</p> <p>Play Bingo on April 18 @6:30PM Win MN Twins Tickets, Jerseys & Cash</p> <p>Lic. # 00584-019</p>

WHAT IS THE RIGHT TYPE OF PET FOR YOUR FAMILY?

Welcoming a pet into one's life can be a rewarding experience. Pets promote compassion and discipline in their owners, and their companionship can be incredibly rewarding. They also can be helpful tools for teaching children responsibility.

Pets require commitment, patience and financial investment. Potential pet owners also need to understand just what they're getting into when they decide to bring a pet home. Certain animals require a greater level of attention than others, and some pets might not be the right fit for all involved. After all, a pet is not a temporary playmate, but a long-term family member who will require considerable love and attention.

Prospective pet owners should consider various factors to help them find the pet that suits their families. Decide if you want a young pet or prefer an older animal, each of which has its advantages and disadvantages. While puppies and kittens can be attractive, they require extra time and care upon being welcomed into a home, and that can be rough if young children are in the home and not accustomed to pets and their unique behaviors. In such instances, an older established animal may be a better fit, especially if you can devote the time to retraining the animal to your preferences. If you already have pets, you'll need to find one that's compatible with your existing animals.

The American Veterinary Medical Foundation says to carefully consider if you can provide the amount of attention your pet will need. Different species and breeds require various amounts of care. A ferret or hamster may be self-sufficient most of the day, while a boisterous puppy will not be. People who travel frequently or are out of the house most of the day will have to keep this in mind as well.

Affordability is another factor to consider. Assess whether you have the money necessary to offer shelter, recreation, medical care, food, exercise, and socialization for this particular pet. If you cannot budget for a pet that has a lot of needs, look for one that has relatively inexpensive care requirements, like a fish.

Remember that some animals can live many years, while others have a relatively short life span. Factor this into your decision as well. Once you make the commitment to the pet, it's unfair to surrender an animal simply because you failed to recognize the time and energy required to take care of it.

For more assistance choosing a pet, speak with a trusted veterinarian or animal expert about the traits of certain animals and breeds up for consideration.



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Straight Flush Poker League

- Sundays: 2 p.m. – **Biff's Sports Bar** – Spring Lake Park
- 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)
- Fridays: 7 p.m. – **Biff's Sports Bar** – Spring Lake Park
- Fridays: 7 p.m. – **Park Place** – St. Paul Park

ALCOHOL: FRIEND OR FOE? THE ANSWER ISN'T CUT AND DRY

Alcohol can be both tonic and poison. Literature suggesting that light to moderate drinking presents a plethora of health benefits can be found if people go looking for it. However, alcohol also has its detractors, who say that the risks outweigh the benefits when it comes to drinking. This makes it even more complicated to decided if consuming alcohol is something that can safely be included in one's lifestyle or if it's something to be avoided.

The Centers for Disease Control and Prevention says that alcohol can affect every organ in the body. It is a central nervous system depressant that is rapidly absorbed from the stomach and small intestine into the bloodstream. The Mayo Clinic advises that moderate alcohol consumption may provide some health benefits. These can include reducing risk of developing and dying from heart disease. There's a possible reduction in the risk of ischemic stroke, which occurs when the arteries to the brain narrow or become blocked, impacting blood flow. Some think that moderate alcohol consumption may reduce one's risk of diabetes. The Harvard Medical School indicates that moderate drinking protecting against cardiovascular disease and diabetes makes sense biologically and scientifically. Moderate amounts of alcohol raise levels of high-density lipoprotein (HDL, or "good" cholesterol), and higher HDL levels are associated with greater protection against heart disease. Moderate alcohol consumption has also been linked with beneficial changes ranging from greater sensitivity to insulin to improvements in factors that influence blood clotting.

Alcohol has a dark side, too. Its most pronounced issue is the toll it can take on the liver. Heavy alcohol use can cause inflammation or scarring of the liver. The World Cancer Research Fund also ties alcohol to cancers of the mouth, pharynx, larynx, esophagus, breast, liver, colon, and rectum. People who cannot control their drinking can develop addictions that affect both their personal and professional lives.

Moderation is essential when consuming alcohol. Those who do not currently drink are not advised to do so just for the potential health benefits. However, people who have one to two drinks (12 ounces of beer, eight ounces of malt liquor, five ounces of wine, or 1.5 ounces of liquor) on a regular basis and are healthy overall should generally have few problems, according to the Mayo Clinic. Still, it is always best to consult with a physician about alcohol consumption and its potential effects on one's overall health.





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Food and Beer Specials
During
Twins Games!



St. Paul Park Fire Department
Ham and Turkey Raffle
Friday, April 19, 4pm

Happy Hour
Specials

Daily Food
Specials

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Friday's @ 9:30pm
Karaoke

★ **Texas Holdem** ★
Wednesday & Fridays 7pm
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Play Pull Tabs Daily
Bingo Thursdays @ 6:30pm
Meat Raffle Friday's 5:30pm



lic# 01612-011

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parkplacesportsbar.com

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Bethel, MN 55005
763-434-0119



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Meat Raffles
Tuesday @ 6pm
Friday @ 6pm
Sunday @ 11am

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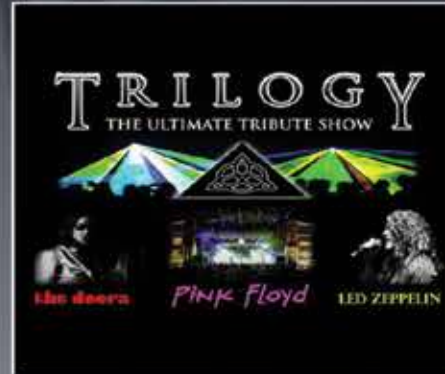


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- DELBERT MCCLINTON w/ Guest The Jimmys - SAT, APR 27TH
- AUSTRALIAN'S THUNDER FROM DOWN UNDER - FRI, MAY 3RD
- FABULOUS ARMADILLOS: EAGLES TRIBUTE - FRIDAY, MAY 17TH



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HOME BREWING ESSENTIALS

Home brewing is a rewarding hobby that's skyrocketed in popularity in recent years. A 2017 survey from the American Homebrewers Association found that 1.1 million in the United States brewed their own beer at home. Incredibly, 40 percent of them had started doing so in the previous four years.

Perhaps due to the craft beer boom, which has seen professional brewers experiment with new styles and ingredients, many people have discovered a passion for beer they never knew they had, ultimately motivating them to try to make their own beer at home.

As prospective home brewers gain more experience, they might want to expand their horizons and purchase more advanced equipment. But the AHA notes that the following are the basics that novice home brewers will need to get started.

- **Fermenter:**

Fermenters hold the wort as it ferments into beer.

- **Airlock and bung:**

The airlock inserts into the top of the fermenter, allowing carbon dioxide to escape without letting contaminants in. Some fermenters will require a bung to secure the airlock.

- **Brew pot:**

Sometimes called the "kettle," the brew pot is where the boiling process takes place. The size of the batch will dictate the size of the brew pot, but the larger the batch, the larger brew pot brewers will need.

- **Heat source:**

The pre-boil volume needs to be heated up, and a kitchen stove might suffice as a heat source for small batches. But the AHA notes that, as batch size grows, a more powerful heat source might be necessary to ensure timeliness of the heating process.

- **Siphon/tubing:**

Siphon/tubing makes it easy and less messy to move hot wort and the finished product around. It's possible to lift and pour the hot wort and finished product, but that increases the risk of spillage. The AHA notes that auto-siphons are an option some home brewers might want to consider.

- **Cleaner:**

Home brewing materials need to be cleaned thoroughly after each batch. The AHA recommends avoiding scented products, as scents can linger, potentially affecting the flavor and aroma of the finished product.

- **Sanitizers:**

Sanitizers prevent microorganisms from adversely affected brewing equipment. Brewers can create their own sanitizer by adding one ounce of bleach per gallon of water, or they can purchase sanitizers at brew shops.

- **Hydrometer:**

The AHA notes that hydrometers, which measure the gravity and sugar density in water, are not technically necessary to brew beer at home. However, hydrometers allow for close monitoring of fermentation and let home brewers calculate specifications like alcohol content.

These are the essentials necessary to begin a home brewing operation. More information about products necessary for home brewing, including mashing equipment and the bottling process, is available at www.homebrewersassociation.org.



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REDUCE DISTRACTIONS BEHIND THE WHEEL

Despite the fact that automobiles are now designed with more safety features than ever before, the rate of traffic accidents and fatalities continue to rise. The National Safety Council says safety improvement like crash-avoidance technology hasn't reduced accidents, and driver error is still to blame for many crashes — with distractions behind the wheel and impaired driving leading the way.

The National Highway Traffic Safety Administration says distracted driving claimed 3,450 lives in 2016 alone. Distracted driving is defined as any activity that diverts drivers' attention from the road. This can include everything from talking to passengers to eating to fiddling with the car radio. However, distractions from technology have become especially alarming, particularly texting or reading phones while driving. During daylight hours, approximately 481,000 drivers typically use cell phones while driving. The NHTSA says that removing one's eyes from the road for a mere 5 seconds when traveling at 55 miles per hour is like driving the length of a football field with your eyes closed.

Reducing distractions should be a priority for all drivers. Here are some suggestions, courtesy of Geico insurance and AAA Exchange.

- Store loose gear and other items that can roll around away from the driver's seat so you are not tempted to reach for them.
- Adjust mirrors, GPS maps, climate controls, music, and more before you put the car in drive.
- Use a mobile phone only for emergency purposes and only after pulling over to the side of the road. Avoid social conversations on the phone while driving.
- Limit the number of passengers you allow inside your car. The more passengers, the more distractions. This is especially true for young drivers.
- Eat food before getting in the car. Snacking while driving makes you less attentive to the road around you.
- Secure children and pets accordingly. Both should wear harnesses and not be given free reign to roam around the car.
- Try to focus only on driving while in the car. Leave the multitasking to when you're not behind the wheel.

Geico indicates that studies have shown people are limited in the amount of information they can process at any one time. Driving requires focus and an ability to react to a host of potential circumstances. Distractions compromise drivers' ability to focus. Reducing distractions can considerably cut down on the number of motor vehicle accidents each year.



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HOW TO HELP SURVIVORS OF SEXUAL ASSAULT

Societal shifts have done much to change how sexual assault is discussed and perceived. Perhaps driven by the #MeToo movement, these changes have helped to empower victims to report sexual assaults and hold their attackers accountable.

According to RAINN (Rape, Abuse & Incest National Network), the largest anti-sexual violence organization in the United States, sexual violence fell by more than half since 1993. That's encouraging, but many victims of sexual violence still suffer in silence. Even those who don't may only report an attack to a close friend or family member, insisting that any discussion remain private. That puts loved ones hoping to support sexual assault victims in a difficult position. No one wants to see such heinous crimes go unpunished, but people also want to honor their loved ones' wishes and support them in any way possible.

People who find themselves in such positions should know that the Pennsylvania Coalition Against Rape advises that effective communication is important to a victim's well-being. The PCAR also offers these suggestions to people who want to help victims of sexual assault.

- **Stay calm.** The sexual assault of a loved one is likely to elicit rage and shock, among other emotions. But such emotions must be held in check, as they may discomfit victims or cause them to become confused.
- **Let victims know you believe them.** Victims of sexual assault fail to report attacks for a variety of reasons. Some may think no one will believe them. Loved ones can make it clear that they believe victims while assuring them the attack is not their fault.
- **Give the victim control.** The PCAR encourages loved ones to empower victims to make decisions about which steps to take next. Do so without telling victims what to do.
- **Encourage the victim to share his or her emotions.** Sexual assault victims must confront a host of emotions after an attack. Loved ones can be there for them and listen to them as they express their emotions. Do not get upset if victims appear to be angry with their support system, including you, as PCAR notes their anger, no matter how it is expressed, lies with their attackers and the situation.
- **Maintain confidentiality.** Simply telling one person about a sexual assault is a big step for victims. Honor their request for confidentiality, allowing them to decide who they tell about their assault.

Helping sexual assault victims requires patience and understanding. For more information, visit www.pcar.org.



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HOW TO IDENTIFY POISON IVY

Poison ivy is an unwelcome guest on many properties. Unfortunately, many people don't recognize the presence of poison ivy on their property until it's too late and they've already fallen victim to the uncomfortable, itchy red rash that is the plant's hallmark.

According to Poison-Ivy.org, a website providing information about poison ivy, poison oak and poison sumac, the rash from poison ivy may first appear as just a slight itchy spot. But that spot will gradually get worse and can even cover your entire body with giant red sores if left untreated or if it goes undetected for too long. That only highlights the importance of learning to recognize poison ivy on a property and taking the appropriate measures to prevent anyone from coming into contact with it.

Is all poison ivy the same?

Many people may be surprised to learn that all poison ivy plants are not one and the same. Poison-Ivy.org notes that there are different types of poison ivy in different places, so curious homeowners should visit the site to determine how to identify the type of poison ivy specific to where they live. Eastern Poison Ivy grows on the ground, climbs and sometimes appears as a shrub. And despite its name, Eastern Poison Ivy grows from the east coast to the midwest, affecting people in middle American states like Kansas and Nebraska. Eastern Poison Ivy also can be found in some parts of Texas and Arizona.

What are some telltale signs of the poison ivy plant?

Eastern Poison Ivy is the most widespread poison ivy plant, and these are some of its characteristics. (Note: People who live outside of regions where Eastern Poison Ivy grows can learn about the characteristics of plants in their area by visiting www.Poison-Ivy.org).

- Poison ivy plants always have leaves of three. No poison ivy plants have more than three leaves.
- Poison ivy always grow left, then right. That means that the stem/branch of leaves closest to the root of the plant will always lean left. Subsequent stems/branches of leaves can lean right. Stems/branches of poison ivy leaves are never side by side.
- Poison ivy plants never have thorns.
- The edges of poison ivy leaves are never saw-toothed or scalloped.
- Poison ivy leaves will appear differently depending on the season. In spring, Eastern Poison Ivy leaves will appear red. As spring turns into summer, the leaves will gradually appear more green. Come fall, the green leaves will look as if they were brushed with red, with some leaves featuring patches or spots of red.

The poison ivy rash can be very uncomfortable. Learning to identify poison ivy plants can help people avoid the rash.



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GET THE SCOOP ON PET FOOD SAFETY

Today's consumers are more conscious than ever before regarding the foods and other substances they put in their bodies. It would stand to reason that those same concerned individuals also would extend that caution to the meals they feed their pets, as the basic principles of food safety also apply to pet foods and treats.

The Centers for Disease Control and Prevention says it is key to pick the right foods for pets, and to consider some important information before purchasing anything. The CDC does not recommend feeding raw foods to pets. Salmonella and listeria have been found in raw pet foods, as well as packaged ones sold in stores.

In the United States, the Association of American Feed Control Officials regulates the production, transportation and ingredient suppliers of manufactured pet foods. With the U.S. Food and Drug Administration, these agencies help regulate animal feeds and impart new standards, process controls and other features. Pet owners concerned about their pets' foods should look for approval from AAFCO as well as the FDA before feeding.

Many pet owners prefer to seek locally sourced ingredients in the foods they select. This means protein and carbohydrate sources produced right in North America. Check package labeling to see where ingredients are procured if this is a concern.

The same safe food handling procedures people observe when handling their own foods should be followed when they prepare meals for their pets. Before or after handling pet foods and treats, wash hands to prevent the spread of foodborne illnesses, states FoodSafety.gov. When possible, store pet food separate from human food, preparing the foods in separate spaces as well. Use a clean, dedicated scoop or cup to create a pet food serving. Follow manufacturer's guidelines for food storage. An air-tight container is advisable to keep the food fresh and free from possible contaminants.

Pet owners also should routinely check for pet food recalls to ensure the brand they're using is safe. Every effort pet owners make to keep their pets' foods safe and contaminant-free keeps pets healthy and happy.



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DYE EGGS WITH ALL-NATURAL INGREDIENTS

Coloring Easter eggs is a time-honored tradition passed down from generation to generation. Easter eggs symbolize rebirth, which fits in well with both religious and seasonal celebrations.

While there are many kits on the market that enable people to easily color eggs, there also are plenty of all-natural foodstuffs, like fruits, vegetables, herbs, and spices, that can get the job done just as effectively. For those who plan to eat the eggs afterward, natural dyes may be preferable to dyes from kits.

Below are a few tried and true methods for producing brilliantly hued eggs with items from the kitchen, courtesy of The Spruce and Martha Stewart.

Beautiful blues

Give chicken eggs a beautiful robin egg shade with red cabbage. Simply shred one cup of red cabbage into a pot. Bring the cabbage and roughly 4 cups water and 1 tablespoon salt to a boil. Reduce heat and simmer for 15 minutes. Let the broth cool. Strain out the cabbage and stir in 2 tablespoons of distilled white vinegar. Let the eggs sit in the dye for the desired duration to achieve light to dark blue eggs.



Perky Pinks

Use beets to create pink and red eggs. Take 1 or 2 beets and roughly chop them. Combine with 4 cups water and 1 tablespoon of salt in a saucepan. Bring it to a boil, then reduce and simmer for 30 minutes. Strain the mixture and allow to cool. Add 2 tablespoons of vinegar. Use the solution for red and pink eggs.

Happy Yellows

Cast a sunny glow on eggs with a common household spice and some tasty carrots. Turmeric is touted for its anti-inflammatory benefits, but it also makes a great dye. Bring 1 tablespoon of turmeric, 3 to 4 sliced carrots, 1 tablespoon salt, and 4 cups of water to a boil. Reduce heat and simmer for 15 minutes. Let cool, strain and stir in 2 tablespoons distilled white vinegar. Use the dye for a lovely yellow shade.



Turn to all natural items for safe and easily dyed Easter eggs.

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INFLUENTIAL JAZZ MUSICIANS

Tracing its origins to African American communities in New Orleans, jazz has grown from its humble beginnings in the late 19th and early 20th centuries to become popular across the globe. As the popularity of jazz grew and the genre spread beyond New Orleans, different styles emerged, giving rise to Kansas City jazz, cool jazz, free jazz, and other forms. Along the way, various musicians have put their own unique stamp on jazz. The following are just a handful of the many influential jazz musicians who have helped to elevate this unique genre of music to one of the most popular in the world.

• **Jelly Roll Morton (1890-1941):**

New Orleans native Jelly Roll Morton, a pianist and songwriter, honed his piano-playing abilities in the bordellos of the Big Easy. In fact, it was in those establishments where the man born Ferdinand Joseph Lamothe earned his distinctive nickname. Biography.com notes that while his claims to have been the inventor of jazz might have been dubious, Morton is considered to be the first jazz musician to commit his arrangements to paper.

• **Scott Joplin (c. 1868-1917):**

Born into a musical family that included his mother, a singer and banjo player, and his father, a violist, Scott Joplin grew up in Texarkana, learning to play the guitar and later the piano at a very young age. By the time Joplin was a teenager, he was working as a traveling musician and eventually became the foremost composer of ragtime jazz. Biography.com notes that Joplin was a true student of music, studying at the George R. Smith College for Negroes in Missouri during the 1890s. Though one of history's most celebrated jazz musicians, Joplin also composed ballets and operas.

• **Bessie Smith (1894-1937):**

While there are female instrumentalists in the genre of jazz, in the early days many, such as Bessie Smith, were vocalists. Born in Chattanooga, Tennessee, Smith would come to be known as "Empress of the Blues" thanks to her powerful voice. By the 1920s, Smith was among the highest paid black performers. Tragically, Smith's life was cut short when she died from injuries sustained in a car crash on her way to a show in Memphis in 1937.

• **Miles Davis (1926-1991):**

Compared to other jazz legends, Illinois-born Miles Davis was introduced to music rather late. It wasn't until Davis was 13 years old that his father introduced him to the trumpet, an introduction that would dramatically alter the course of jazz music. Under the tutelage of local music school director Elwood Buchanan, Davis learned to play the trumpet without vibrato, which Biography.com notes marked a departure from the style of trumpet-playing popular at the time. A true pioneer, Davis is considered one of the most influential figures in the history of jazz and 20th century music.



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★ Weekly Horoscopes for April

APRIL • 2019

Aries

March 21-April 20

Week 1:

Something positive will come from your efforts at work, Aries. It's just what you need to rev up your energy levels and fire through the last of the projects that have been on your list.

Week 2:

Curiosity is a useful tool, Aries. Keep a handle on it this week. Do not go delving into situations that do not involve you, or you could end up in trouble.

Week 3:

Aries, take a few tentative steps forward first before diving wholeheartedly into a situation. It is a good idea to test the waters on any big project before fully submerging.

Week 4:

You may realize a long-term goal over the next few days, Aries. The sense of accomplishment can inspire you to try new things and set new goals.

Taurus

April 21-May 21

Week 1:

Encouragement will come from an unlikely place, Taurus. This may be someone who you thought wasn't on your side, but really is. This realization may be a shock.

Week 2:

Taurus, if a certain person's boastfulness is causing concern, you may need to speak up or simply avoid that person for the time being. He or she may just be blowing off steam.

Week 3:

Don't abandon caring for yourself if your to-do list is a mile long. Figure out a way to devote some attention to yourself and reap the rewards.

Week 4:

It can be challenging to balance private and public life, Taurus. Make a concerted effort to be open, but don't overshare information, either. Work with others, if necessary.

Gemini

May 22-June 21

Week 1:

Some unusual possibilities for the future are coming your way, Gemini. Make an effort to be receptive, or they could pass you by before you know it.

Week 2:

Gemini, save yourself a lot of frustration and accept the way things are right now. Focus on the positives in your life and count your many blessings.

Week 3:

A new outlook can help you overcome a problem that's puzzled you. Shift your perspective for a bit, or even embrace some distractions to clear your mind.

Week 4:

Gemini, you want to have momentum, but something trips you up and slows you down considerably. You have to find a work-around if you want to be happy.

Cancer

June 22-July 22

Week 1:

Cancer, you will often find that success comes not just from professional matters and connections, but by how you present yourself. Appearances have an impact.

Week 2:

The universe has an important lesson to teach you, Cancer. It involves giving up a little bit of control so you can benefit in unknown ways. This is challenging, but worth it.

Week 3:

Powerful connections seem to be turning up in all you do lately, Cancer. These influential people can help you in your career or personal life if you play the right hand.

Week 4:

Older, unresolved issues may bubble up this week and grab at your attention, Cancer. Seek out close companions who may be able to guide you through.

Leo

July 23-August 23

Week 1:

A sense of play may come over you this week and put you in a creative mood, Leo. You may find that a few artsy projects will get all sorts of ideas flowing.

Week 2:

Leo, think twice before you commit to any projects or confirm appointments with others. You have to have all of the details worked out in advance before you can proceed.

Week 3:

Don't apologize for putting yourself first this week, Leo. People will respect you more when you set clear boundaries and are forthcoming in your interactions.

Week 4:

Leo, consistency at work starts to shine through in your career status and progress at the company. Competition seems to fall away, and you take a leadership role.

Virgo

August 24-September 22

Week 1:

Far-reaching ideas are on your mind, Virgo. You aren't sure which path you want to take just yet. It can be fun to experiment with experiences outside of your comfort zone.

Week 2:

Virgo, if relationship issues are confusing you, it might be the right time to distance yourself and go it alone for a little while. This will help you get your bearings.

Week 3:

Honesty is one of your foremost qualities, Virgo. Others appreciate this and will look to you for guidance. Express your thoughts while keeping others in mind.

Week 4:

Showcase your talents to people unfamiliar with what you can do, Virgo. This renewed enthusiasm may inspire you and others going forward.

Libra

September 23-October 23

Week 1:

Growing comfortable expressing your feelings has you reaching out for new friends and relationships, Libra. You never know who you might meet when you open yourself up.

Week 2:

Reach out to your friends this week and ask them for advice on your current situation, Libra. They know you well enough and may have some important insight.

Week 3:

Libra, it's only been a few months but you are on track to meet long-term goals. Keep up the good work and don't be surprised when others notice and acknowledge your progress.

Week 4:

The longer you let your needs go unaddressed, the more the pressure and stress will mount. Find a way to put yourself first this week.

Scorpio

October 24-November 22

Week 1:

Lately your identity seems to be shaped by the company you keep, Scorpio. That means your colleagues, friends or family are playing a key role in influencing your behavior.

Week 2:

Scorpio your creativity is easily channeled this week and you are bound to surround yourself with others who are eager to brainstorm ideas. This can prove beneficial.

Week 3:

Everyone wants a piece of you this week, Scorpio. You might feel like you're getting pulled in a million different directions. Embrace this, but make sure you don't get swept away.

Week 4:

Your sense of security and routine is put to the test with a new visitor to your household, Scorpio. This visitor may require a few concessions on your part.

Sagittarius

November 23-December 20

Week 1:

Sagittarius, when you focus your efforts, time seems to dissipate and chores vanish. This week you may find yourself blasting through tasks one by one.

Week 2:

You have set goals and your feet are firmly planted on the ground. These are assets that will serve you well, and others will soon look to you for inspiration.

Week 3:

Sagittarius, without an efficient system in place, you may seem like you're spinning in too many directions. You might need to outsource some work.

Week 4:

Try your best to breeze through interruptions at work this week. Your projects are all on schedule, and you want to keep them going forward.

Capricorn

December 21-January 20

Week 1:

Capricorn, if you have been feeling stressed out or unimpressed with a relationship, you may need to infuse a little extra energy into the mix this week.

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:

The truth shall set you free, Capricorn. It could take a while to get to the heart of the matter, but all of your effort will prove well worth it in the long run.

Week 4:

Your attention may be drawn to the material things in your life right now, Capricorn. It is okay to focus on the niceties surrounding you once in a while.

Aquarius

January 21-February 18

Week 1:

Aquarius, your tongue may be extra sharp this week, so be careful in how you talk to the ones you love. Exercise caution around people at work as well.

Week 2:

Take the scenic route if you are going on a trip, Aquarius. Getting sidetracked is the goal this time around, and you can wander off to parts unknown.

Week 3:

Try new things and embrace activities even if it means going out of your comfort zone. It can be scary to break out of routine, but you'll be glad once you do.

Week 4:

Make some changes at home so that living spaces reflect your personality and desire for comfort and coziness, Aquarius. It can make for more harmonious living.

Discus

February 19-March 20

Week 1:

If you are single, this is the perfect time to get out with friends as much as possible, Pisces. If you are in a relationship, prioritize date nights.

Week 2:

Support a friend who needs a strong shoulder to lean on, Pisces. This person isn't likely to ask for help, so reach out.

Week 3:

Pisces, find a way to unwind in the days ahead. A hectic schedule is just about to clear up, and you have earned some much-needed rest and relaxation.

Week 4:

You may be at a loss for words because distractions keep pulling you in different directions, Pisces. Stay the course the best you can.

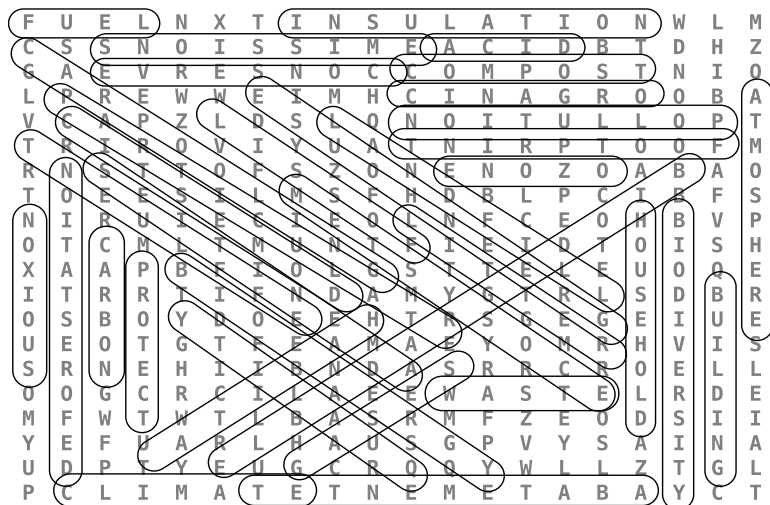
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PUZZLE ANSWERS

Crypto answers A. earth B. protect C. environment D. conserve
. mower B. soil C. compost D. weeding

Word scramble 1. Water 2. Jokes

Word Search Answers



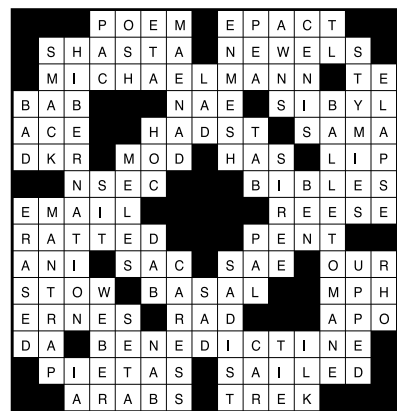
Sudoku 1 Answers

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

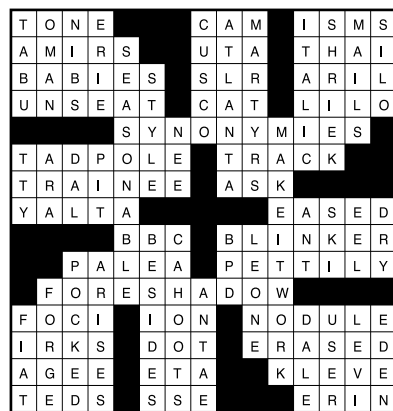
Sudoku 2 Answers

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

Puzzle 1 Answers



Puzzle 2 Answers



SPORTS SCHEDULES

Timberwolves Schedule

Mon, Apr 1 vs Portland 7:00 PM
Wed, Apr 3 @ Dallas 7:30 PM
Fri, Apr 5 vs Miami 7:00 PM
Sun, Apr 7 vs Oklahoma City 2:30 PM
Tue, Apr 9 vs Toronto 7:00 PM
Wed, Apr 10 @ Denver 9:30 PM

Twins Schedule

Tue, Apr 2 @ Kansas City 7:15 PM
Wed, Apr 3 @ Kansas City 12:15 PM
Fri, Apr 5 @ Philadelphia 6:05 PM
Sat, Apr 6 @ Philadelphia 1:05 PM
Sun, Apr 7 @ Philadelphia 12:05 PM
Tue, Apr 9 @ New York 6:10 PM
Wed, Apr 10 @ New York 6:10 PM
Fri, Apr 12 vs Detroit 7:10 PM
Sat, Apr 13 vs Detroit 1:10 PM
Sun, Apr 14 vs Detroit 1:10 PM
Mon, Apr 15 vs Toronto 6:40 PM
Tue, Apr 16 vs Toronto 6:40 PM
Wed, Apr 17 vs Toronto 6:40 PM
Thu, Apr 18 vs Toronto 12:10 PM
Fri, Apr 19 @ Baltimore 6:05 PM
Sat, Apr 20 @ Baltimore 6:05 PM
Sun, Apr 21 @ Baltimore 12:05 PM
Mon, Apr 22 @ Houston 7:10 PM
Tue, Apr 23 @ Houston 7:10 PM
Wed, Apr 24 @ Houston 7:10 PM
Fri, Apr 26 vs Baltimore 7:10 PM
Sat, Apr 27 vs Baltimore 1:10 PM
Sun, Apr 28 vs Baltimore 1:10 PM
Mon, Apr 29 vs Houston 6:40 PM
Tue, Apr 30 vs Houston 6:40 PM
Wed, May 1 vs Houston 7:00 PM
Thu, May 2 vs Houston 12:10 PM
Fri, May 3 @ New York 6:05 PM
Sat, May 4 @ New York 12:05 PM
Sun, May 5 @ New York 12:05 PM

Wild Schedule

Tue, Apr 2 vs Winnipeg 7:00 PM
Thu, Apr 4 vs Boston 7:00 PM
Sat, Apr 6 @ Dallas 7:00 PM

Minnesota United FC Schedule

Sat, Apr 6 vs New York 6:00 PM
Sat, Apr 13 vs New York City 4:00 PM
Fri, Apr 19 vs Toronto 7:00 PM
Wed, Apr 24 vs LA Galaxy 7:00 PM
Sun, Apr 28 vs D.C. United 12:30 PM
Sat, May 4 vs Seattle 7:00 PM



Stop mosquitoes from ruining your summer fun

Summer is a beloved time of year that's often dominated by time spent outdoors soaking up summer sun. But all that extra time outdoors can make people vulnerable to mosquitoes. According to the National Institute for Occupational Safety and Health, mosquitoes are more than just hungry, unwanted backyard guests. In fact, mosquito-borne diseases, including the Zika virus, the West Nile virus and dengue, pose significant threats. While not all mosquitoes carry disease, even those that don't can still bite humans, leaving them to deal with discomfort and itchiness. Taking measures to control mosquitoes outside your home can reduce your risk of being bitten by mosquitoes.

- **Remove places where mosquitoes like to lay their eggs.** Mosquitoes like to lay their eggs in standing water. Once a week during summer and other times of the year when mosquitoes might be buzzing around, walk around your property to remove standing water. Bird baths, flower pots, kids' toys, pools, old tires, and trash containers are some of the more common places where water can collect and present perfect places for mosquitoes to lay eggs. Turn these over to empty any standing water you find. Remove empty flower pots and old tires from the property, and make sure water storage containers are tightly covered at all times.

- **Address areas where mosquitoes like to rest.** The Centers for Disease Control and Prevention notes that mosquitoes like to rest in dark, humid areas. This includes car ports, garages and beneath patio furniture. Outdoor insecticides can prevent mosquitoes from resting in such areas. When inside a home, mosquitoes may be resting under a sink, in closets, beneath the furniture or in a laundry room. Indoor insect sprays and indoor insect foggers work quickly and can be highly effective, but reapplication might be necessary, as they won't prevent more mosquitoes from entering the home at a later time.

- **Check your window screens.** Mosquitoes might prefer the outside, but that doesn't mean they won't enter a home looking for meals if given the opportunity. Inspect window screens to look for holes that may provide mosquitoes with access to your home's interior, replacing any damaged screens immediately. When leaving or entering a home, make a concerted effort to close doors as quickly as possible.



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How they SAY that in...

- ENGLISH:** Soil
- SPANISH:** Tierra
- ITALIAN:** Terra
- FRENCH:** Sol
- GERMAN:** Erde

SAFETY FIRST WHEN DRIVING WITH PETS IN THE CAR

Many people can recognize the familiar image of a car traveling down the road with the head of a seemingly happy dog hanging out from the front passenger seat. Traveling in such a way may seem harmless, but doing so can be detrimental to both pets and their owners.

According to Paws to Click, a community that aims to inspire pet owners to travel responsibly with their pets, allowing pets to travel in cars without employing a harness poses a significant threat to everyone in the car. The group notes that an unrestrained 75 lb. dog will exert about 2,250 lbs. of force in a crash in which the car is traveling at just 30 miles per hour. Such force can injure others in the car as well as the pet. In addition, unrestrained pets may challenge first responders in an effort to protect their owners after an accident has taken place.

It makes all the sense in the world to harness pets when taking them along in the car. After all, drivers and their passengers wear seat belts, so why not provide the same safety net to pets? But Paws to Click notes that 84 percent of dog owners drive with their dogs in the car without using restraints. This despite the fact that American Veterinary Medical Foundation advises all pet owners to properly restrain their pets before departing on a car trip, no matter how short or how long that trip is expected to be.

In addition to properly restraining pets on car trips, pet owners can take these steps to ensure their pets are safe.

- **Don't take pets along on car trips unless it's absolutely necessary.** It can be fun to take a pet with you everywhere, but the AVMF advises pet owners to leave their pets home when possible. Pets that are not suffering from separation anxiety will be fine at home without their owners. Pet owners whose pet owners are exhibiting signs of anxiety should address the anxiety so pets are comfortable at home alone. Taking pets everywhere is not a cure for separation anxiety.

- **Do not leave pets unattended in cars.** A study from the Louisiana Office of Public Health found that temperatures in a dark sedan or a light gray minivan parked on a hot, but cloudy day reached higher than 125 F in just 20 minutes. The study also found that cracking the window in such situations had little effect on the temperature inside the vehicle. On hot days, leave pets at home. Owners who must take their pets with them should never leave them in the car, as temperatures inside vehicles rise quickly, putting pets' health in jeopardy.

Many pet owners are tempted to take their pets with them on car trips. But that should only be done when absolutely necessary, and safety must be the utmost priority when traveling with pets in a car.

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FIRE UP THE SMOKER FOR EASTER DINNER THIS YEAR

For much of the country, Easter Sunday typically falls during a time of year when the weather outside is still pretty chilly. But this year Easter falls on the third Sunday in April, increasing the chances that temperatures will be more spring-like and less reminiscent of winter.

Warmer temperatures on Easter Sunday means hosts tasked with cooking Easter dinner might be able to expand their culinary horizons and avoid the stove. Though they might not have considered it before, hosts might want to fire up their smokers to give their families something delicious and different to dine on this Easter Sunday. If the weather takes an unexpected turn for the worse, electric smokers can typically be used indoors, but check the manufacturer's instructions to confirm that.

Big meals are part and parcel for Easter Sunday, this recipe for "Pork Loin Roast with Hot Pepper Jelly Glaze" from Karen Putman and Judith Fertig's "Championship BBQ Secrets for Real Smoked Food" (Robert Rose) is a great way to take advantage of warmer Easter weather while still ensuring everyone has a full belly by the end of the meal.

Pork Loin Roast with Hot Pepper Jelly Glaze

Serves 4 to 6

- 1 boneless pork loin roast (about 2 lbs.)
- 4 cups apple juice
- 1/2 cup Brown Sugar Rib Rub (see below)
- 1 cup hot pepper jelly
- Additional apple juice for spraying

1. Rinse pork under cold running water and pat dry. Place in a large sealable plastic bag and pour in apple juice. Seal bag and refrigerate for at least 8 hours and up to 12 hours.

2. Remove pork from marinade and pat dry. Discard marinade. Sprinkle dry rub over the surface of the meat, coating evenly. Set aside.

3. Prepare a fire in your smoker.

4. Meanwhile, in a small saucepan, melt hot pepper jelly over medium-low heat. Keep warm by the smoker.

5. Place pork directly on the smoker rack, add wood to the coals and close the lid. Smoke at 225 F to 250 F, spraying with apple juice every 30 minutes, for 2 hours. Brush with hot pepper jelly, close the lid and smoke, spraying with apple juice every 30 minutes, for 1 to 1 1/2 hours, or until a meat thermometer inserted in the thickest part of the pork registers 160 F for medium, or until desired doneness. Let rest for 15 minutes before slicing.

Brown Sugar Rib Rub

Makes about 3 1/2 cups

- 2 cups packed dark brown sugar or granulated maple sugar
- 1/2 cup fine kosher or sea salt
- 1/4 cup sweet Hungarian paprika
- 1/4 cup chili powder
- 1/4 cup ground lemon pepper
- 1/4 cup granulated garlic
- 1 tablespoon freshly ground black pepper
- 1 teaspoon dried basil
- 1 teaspoon dried thyme

In a medium bowl, combine brown sugar, salt, paprika, chili powder, lemon pepper, garlic, black pepper, basil, and thyme.



SIMPLE WAYS TO PREVENT DOG-RELATED LAWN DAMAGE

Dogs love spending time outdoors. Dog owners with yards know that dogs benefit greatly from some exercise in the backyard. While that time might be great for dogs, it can take its toll on lawns.

Dog urine and feces can adversely affect the look and health of a lush green lawn. Nitrogen is essential to healthy soil, but only at certain levels. When those levels are exceeded, the result can be lawn damage. According to The Spruce Pets, an advisory site that offers practical tips and training advices to pet owners, this is what happens when pets frequently urinate on grass. Urine is naturally high in nitrogen, so when pets urinate on lawns, the grass might turn yellow or brown due to the excess nitrogen content. Nitrogen also is present in lawn fertilizers, further exacerbating the problem for pet owners who fertilize their lawns.

In addition to urine damage, dogs can trample frosted grass, contributing to problems that may not become evident until spring, and get into areas like gardens where they wreak additional havoc.

Pet owners who want to let their dogs run free in the yard but don't want damaged grass may be tempted to put their pooches in diapers or confine them to crates when letting them outside. But such an approach isn't necessary. In fact, some simple strategies can be highly effective at preventing dog-related lawn damage.

- **Speak with a landscaper about planting new grass.** Certain types of grass, such as Bermuda grass, can withstand dog damage better than others. Local climate will dictate which types of grass are likely to thrive in a given area, so speak with a professional landscaper about the viability of planting new grass.

- **Install fencing.** Pet owners with expansive yards can install fencing that allows dogs to spend time exercising outdoors without granting them access to the entire property. Large dogs will need more room than small ones, but try to build fenced-in areas that allow dogs to run freely and get the exercise they need to stay healthy.

- **Work with a dog trainer.** Dog trainers might be able to work with dogs so they only urinate in certain areas of the yard, greatly reducing the damage they can cause to a lawn. Trainers also might help curb digging and clawing behaviors that can damage lawns as well as gardens.

- **Consider hardscaping.** Hardscaping might be most effective for pet owners with small properties. Hardscaping does not include grass and can add visual appeal to a property while saving pet owners the headaches of dealing with dog-related lawn damage.

Dogs need time outdoors, and homeowners can take various steps to protect their lawns from dog-related damage.



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TYPES OF TISSUE YOU CAN DONATE

The decision to become an organ donor is a selfless act that quite often saves lives. Many people sign up to be organ donors when getting or renewing their driver's licenses. But those same people may not know that they also can sign up to be tissue donors.

According to Donate Life America, one tissue donor can help more than 75 people heal. Donated tissue is often used during surgeries and can help people in life-threatening situations. People with severe burns often benefit from tissue donation, as do athletes who have suffered torn ligaments or tendons and active and veteran military members who have been injured during combat.

MTF Biologics, a New Jersey-based organization that has spent more than 30 years developing tissue grafting solutions to help people heal, advises all people, regardless of their age or medical histories, to consider themselves potential tissue donors. Much like with organ donors, a person's condition at the time of death will determine if their tissue can be donated. That means prospective tissue donors have nothing to lose by signing up.

Various types of tissue, including the following, can be donated.

- **Cornea:** The cornea is the clear covering of the eye. The National Eye Institute notes that, unlike most other tissues in the body, the cornea does not contain blood vessels to provide nourishment or protection against infection. By donating their corneas, donors can help restore sight to people who lost theirs due to disease or injury.
- **Heart valves:** Donate Life notes that, each year, more than 100,000 heart valve procedures are conducted to repair or replace diseased or defective heart valves. Heart valve transplants can help save the lives of children born with heart defects and adults whose heart valves have been damaged.
- **Skin:** Every day burn victims benefit from donors who have chosen to donate their skin. Skin grafts treat people with serious burns by stopping infections and reducing scarring and pain. MTF Biologics also notes that donated skin tissue helps reconstruct the breasts of women following mastectomy procedures.
- **Bone:** Doctors used donated bone tissue to treat patients with various diseases and ailments, include orthopedic cancers, spinal injuries, trauma, and damaged joints.



Tissue donations save and improve thousands of lives every day. People interested in becoming tissue donors can register at www.donatelife.net.



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MEANINGFUL, FUN WAYS TO CELEBRATE EARTH DAY

APRIL • 2019

Earth Day is a celebration of the planet that people, plants and animals call home. First celebrated in 1970, Earth Day was established to demonstrate support for environmental protection, and events are held each year on April 22. It is now coordinated globally by the Earth Day Network and celebrated in more than 193 countries.

People may wonder what they can do at a local level to make Earth Day a larger part of their lives. Here are just a few great ways to embrace Earth Day.

- **Make it a point to bike or walk to school or work.** If conditions are prohibitive, carpool to cut down on traffic. The fewer cars on the road, the less emissions in the air.
- **Recycle e-waste in your home.** E-waste is considered outdated electronic appliances that are no longer used. The Environmental Protection Agency suggests e-waste is the fastest growing waste stream in the world.
- **Invest in a reusable coffee cup or water bottle.** This can reduce the amount of trash that ultimately ends up in the environment.
- **Connect with nature by turning off electronics for the day and getting outside.** Head to a park or nature trail and immerse yourself in the great outdoors.
- **Do something as simple as switching paper statements and bills to e-bills and online invoices.** This reduces reliance on trees for new sources of paper.
- **Grow some edibles in your home garden or even on a windowsill.** This is a fun, eco-friendly way to control the foods you consume at home and a great way to save money as well.
- **Reusing and recycling does not just pertain to water bottles and aluminum cans.** Find out ways to repurpose or share items with others so they get more mileage. Also, make use of sharing services like bike sharing kiosks or Yerdle, an online community sharing marketplace.
- **Volunteer your time at an organization that has an environmental focus.** Or suggest a task with an eco-friendly slant, like picking up trash from a beach, to a local community group or club.



Earth Day is a great opportunity to get involved with environmental efforts.



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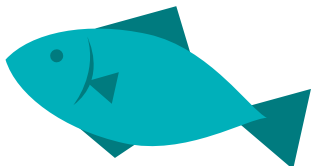
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STRATEGIES TO REDUCE YOUNG ATHLETES' INJURY RISK

Sports can make a profound impact on the life of a young person. Stanford Children's Health, a Bay Area-based pediatric and obstetric health care system that offers comprehensive clinical services, notes that children who participate in sports experience a range of physical, emotional and interpersonal benefits.

Improved vision, a reduced risk of obesity, the development of motor skills, and the development of social skills are just a handful of the many ways kids can benefit from sports. Athletes' parents typically recognize such benefits, but that likely doesn't prevent them from being concerned about the children's risk of suffering sports-related physical injuries, particularly for young athletes who compete in contact sports. While it's impossible to eliminate the risk of injury entirely, regardless of which sports kids play, there are some strategies athletes and their parents can take to reduce that risk.

- **Make sure young athletes get their physicals.** Recreational and scholastic sports leagues typically require athletes to get physicals before they're allowed to compete. Kids who participate in more loosely organized leagues should get a physical before each season even if the league does not require them to do so. These examinations can uncover problems such as irregular heartbeat that may make kids vulnerable to injury or illness. When these issues are discovered, athletes, their parents, their physicians, and their coaches can then work together to develop a plan to protect kids without preventing them from participating in their favorite sports.

- **Open and maintain a dialogue with coaches before and throughout the season.** Safe Kids Worldwide, a nonprofit organizations that works to help families and communities keep kids safe from injuries, recommends parents meet with coaches before the first practice of the season to inform them of a child's medical history with asthma or other medical conditions that require special attention. If kids develop nagging injuries during a season, whether it's during competition or not, parents should report them to the coach directly, as kids may be hesitant to do so on their own.

- **Warm up and stretch before games.** Many coaches are fully aware of the importance of warming up and stretching before games. But parents can still keep an eye out to make sure kids do this prior to competition, as Safe Kids Worldwide notes warming up and stretching helps to prevent sports-related injuries by releasing muscle tension before kids begin physical activity.

- **Encourage young athletes to hydrate and stay hydrated throughout competition.** The NCAA notes that the consequences of dehydration are severe and can include increased core temperature and heart rate, decreased blood pressure, nausea and vomiting, general fatigue, headaches, and muscle cramps. Hydrating before competition and staying hydrated throughout a game can help athletes maximize their performance and minimize their risk of injury and muscle cramps.

Young athletes benefit greatly from participating in sports. Parents and coaches can help kids capitalize on those benefits by encouraging them to employ various strategies designed to reduce their risk of injury.



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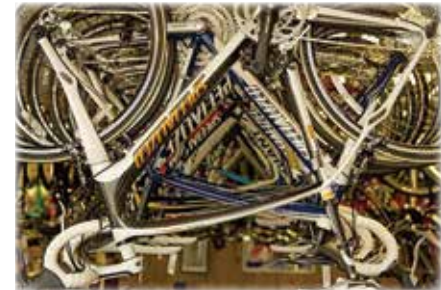
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