

Northland Review

FREE Publication
JUNE 2019

Monthly Variety Paper

Bingo: Page 12 • Meat Raffles: Page 14

SEE OUR AD ON PAGE 23



Dala Thai Restaurant and Banquet Hall
8407 Plaza Blvd NE., Spring Lake Park, MN. 55432
Next to Wells Fargo on Central
763-999-6930

June 18, 2019
GRAND OPENING!
11:30am - 1pm



SEE OUR AD ON PAGE 7

www.northlandreview.com

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

Live Music:
BLUE STEEL
Sat. June 8th,
7:30pm-11:30pm

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

Bean Bag Tournament

June 8th, Noon Sign-up.

SEE OUR AD ON PAGE 8

ROSETOWN AMERICAN LEGION

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



Back to the 50's Party

Sat. 22nd

Food starting at 5pm & Happy Hour
Live music with The Zingrays starting @ 7pm

Annual Salad Toss up

Sun. 30th,
12pm-3pm

Sign up at the post to enter your salad and bring it to the post by 11:45am.



The customers are the judges and there are 1st, 2nd, and 3rd place cash prizes

If you would just like to come sample it is \$4, All You Can Try!

SEE OUR AD ON PAGE 7



Sgt. John Rice VFW POST 6316

1374 109th Ave NE
Blaine, MN 55434
763-757-4540

Meat Raffle

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

PULL TABS & E - TABS

Open Daily

Tuesday @ 7 pm MEGA - SOTA
Statewide Progressive Bingo



First Monday of the month, 7pm



July 4th
Outdoor Band, 2-5pm
The Authorities

SEE OUR AD ON PAGE 15



SLP Tower Days!

We are hosting Family Bingo under the Tent at Lakeside Lions Park at 1PM, Handbag Bingo in the Park at 4:30PM, & Meat Raffle at 6PM. June 9th.

SEE OUR AD ON PAGE 6



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



Sundays 2:30pm & Tuesdays 6:30pm Bar Bingo
Wednesday 6:30pm & Saturday 3pm Texas Hold'em
Friday 7:15pm Get A Clu Trivia • 6pm Meat Raffle
Saturday 8:30pm Karaoke • 2:30pm Meat Raffle
Pot Luck July 4th, Starting at 3pm

SEE OUR AD ON PAGE 8

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



June 15 - 2-4pm & 5-7pm @ Washington County Fairgrounds
Stillwater Chamber of Commerce Food Truck Extravaganza
June 22nd - 2-4pm @ Stillwater Middle School
The Relay For Life Fundraiser
June 23rd - 2pm @ Legion Post 491
Purse Bingo supporting Stillwater High School Theater



Kelly Green
651-491-8972
Lic. # 00467

SEE OUR AD ON PAGE 17



200 Broadway, St Paul Park, MN
651.459.9018
parkplacesportsbar.com

PABLO 93X BLACK KEYS SUITE TICKETS GIVEAWAY

Thur., June 6th at 7:30pm

CANTERBURY BUS TRIP
Sat., June 8th at 11am, \$30

Louie Baily Bike Run
Sat., June 15th.

BLIND VOLLEYBALL TOURNAMENT
June 29th,
Noon

SEE OUR AD ON PAGE 5



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

June 30th,
1-4pm
Wing Cook-Off Fundraiser



SEE OUR AD ON PAGE 5

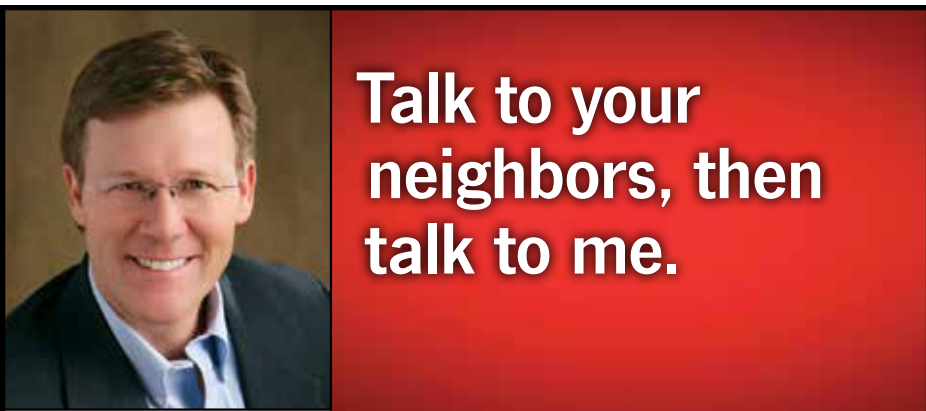


Located at:
7178 University Ave
NE, Fridley, MN
Phone: 763-574-1399

Celebrate "Hump Day" with our delicious wings!
.75¢ WING DAY!
Dine in only! 4pm - 11pm



Mondays \$4 BURGER NIGHT!



Talk to your neighbors, then talk to me.

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

See why State Farm® insures more drivers than GEICO and Progressive combined. Great service, plus discounts of up to 40 percent.*
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*Discounts vary by states.

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Roseville Area Youth Hockey



JOE SENSER'S
 KITCHEN & BAR
 2350 Cleveland Ave.
 Roseville MN, 55113

Visit Senser's Patio Today!

- Take in some Sand Volleyball! •
- Delicious food & drink! •
- Play some PULL TABS or ETABS!! •

A-03191-07



ROSEVILLE BINGO HALL

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

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

We have more sessions than any other Bingo Hall! Check us out, 30 sessions - Open Every Day!
 Check out our Website for Bingo Specials! www.rosevillebingo.com

Jun. 16th, \$40 off each Mega Max (when buying 2 sessions) in honor of all the Amazing Dads!



\$75 of the Champion Every Monday!
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

Meat Raffle

Every Sat. @ 3:30pm



Mon. - Fri.
 Noon - 6pm



Pulltabs Available

Lic. B00629

Rescue Catering

Phone: 763-267-9574



We rescue events when a crisis occurs.

No job too small or big...
 We can do it all!

Cork
 A division of Bad Broz

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

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

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YOUR DEER PROCESSING HEADQUARTERS CALL NOW!



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

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

www.illetschkos.com

Best of the community Reader Choice Awards
Voted best place to buy Meat and Seafood 2010, 2011 and 2013
Thank You to all our customers!



“Serving Musicians Since 1981”

YAMAHA TRUCKLOAD SALE

EXTRA DISCOUNTS ON ALL YAMAHA PRODUCTS!

NOW THRU JUNE 29th

GUITARS, DRUMS, KEYBOARDS, DIGITAL PIANOS, PRO AUDIO, RECORDING, BAND & ORCHESTRA INSTRUMENTS AND ACCESSORIES!

REBATES ON SELECT MODELS

Take an **ADDITIONAL \$20 OFF** any **YAMAHA** Purchase Over **\$100** when you mention **This Ad!**



77 Eighth Avenue SW • Forest Lake, MN 55025
(651) 464-5252 • ConnectwithMusic.com

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

Dart Tournament

July. \$800+ added in cash and prizes!

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 Bingo

Every Day



Mon. & Wed. @ 6:30pm, Thurs. @ 1pm (Matinee Bingo), & 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

Upcoming Events

June 8th, 9:30am, Bus Leaves 11am

Turtle Lake Casino Run

\$40/Person. Includes:
Breakfast at CR's, Bus Ride, Beer on Bus, Pizza Buffet Dinner at CR's Upon Return, and Games for Cash Prizes on Bus.

40 Seats Available! First Come, First Serve!

June 21st, Bus Leaves at 6pm

RACE DAY BUS TRIP To Princeton Raceway

\$40 Per Person
Includes: Bus Ride, Beer on Bus, Ticket to the Races, and DW Clothing T-Shirt.

Sign-up with Jerry Today!

First 70 Paid are IN!



July 20th, 9am Sign-up, 11am Start MPA MID-SUMMER 8-BALL SHOOTOUT!



ENTRY FEE
Masters/AA - \$50
A Division - \$40
B Division - \$30
C Division - \$30



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

SAT. JUN. 1ST
M8DS

FRI. JUN. 7TH
THE EXPRESS BAND

SAT. JUN. 8TH
KRUSH

FRI. JUN. 14TH
LOW VOLTAGE

SAT. JUN. 15TH
ATOMIC PLAYBOYS

FRI. JUN. 21ST
ANTHEM

SAT. JUN. 22ND
HEROES END BAND

FRI. JUN. 28TH
NIGHT SHIFT

SAT. JUN. 29TH
SEVEN/SEVEN

FRI. JUL. 5TH
RADIO ACTIVE

SAT. JUL. 6TH
R-FACTOR

COME TRY OUR NEW HAPPY HOUR MENU!

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

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

\$2 Domestic Bottle
\$3 Rail Liquor



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

PIZZA
THE WHOLE FAMILY
LOVES
SINCE 1954

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



Happy Hour

2 for 1's
Every Day 3-6 pm

Double up
for a buck

Every Day
9- 10:30pm

Bucket Special
5 for \$15

14
Taps!



June 19th @ 6:30pm
Come in Early.

Open on July 4th



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

Cam's
Bar & Eatery

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

**Cam's can sponsor your
softball or volleyball team!**

For more information,
email us at info@camsbar.com

**Patio Is
Now Open!**

Open Daily at 11am







NEISEN'S
Since 1999
SPORTS BAR & GRILL

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

**MINNESOTA'S PREMIER
LIVE BANDS**

Jun. 7 - Flannel
Jun. 8 - Ron Wolf &
The Smoking Barrels
Jun. 14 - Off Duty
Astronauts
Jun. 15 - Fatal Kaliber
Jun. 21 - Thick as Thieves
Jun. 22 - Dreamrunners
Jun. 28 - Lady Luck
Jun. 29 - Muddcat Melby

**NO COVER
CHARGE!**

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

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

HAPPY HOUR DAILY
3PM-6PM
\$3/\$4 Tap Beer

KARAOKE
W/Paul
Wednesday and
Sunday Nights

Wednesday
Bar Bingo
6:30pm

**WIN BIG AT
BINGO!** & Pull Tabs!

German Days Lic# 35239

Two Progressive Jackpots.
1st pays \$1,000, 2nd \$500!

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








ADAGIO'S
PIZZA FACTORY

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

Tuesday
Bar Bingo & Meat Raffle - 6:30pm

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

Friday
Meat Raffle - 6:30pm

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

Tuesday
ALL YOU CAN EAT Pasta Night
5-10PM, \$9. Dine-in only.

Wednesday
½ Price Burgers
½ Price Wine Bottles
Music Mayhem: 7-9PM

Thursday
Free Live Music: 8-11PM

Friday
Live Trivia with DJ: 9PM
Late Night Drink Specials:
10PM-Close

Saturday
Karaoke: 9:30PM

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

**Pull
Tabs**

**Etabs
Now
Available**

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

New Brighton Lions Gambling License #01754

**Happy
Father's
Day!**

**June 30th, 1-4pm
Wing Cook-Off Fundraiser**

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

**Ladies Play FREE
Pool All Day On
Sundays!**

**1 HOUR OF
FREE POOL**
w/ purchase
of Lunch
M-F 11am-4pm

Happy Hour
Double up for a buck!
Mon. - Fri. 2 - 6pm
Sat. - Sun. 2 - 7pm
Late Night Happy Hour
Mon. - Thurs. 10pm-Midnight

Mondays
\$4 BURGER NIGHT!

Celebrate "Hump Day"
with our delicious wings!
**.75¢ WING
DAY!**
Dine in only! 4pm - 11pm

**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



Open To The Public! Under New Management

Karaoke Entertainment

Dan Reeves
Friday, June 7th &
21st, Saturday, June 15th

8:30pm - Close

VivaLia
Friday, June
14th & 28th

..... Voted Best Karaoke by the City Pages!

HAPPY

Sunday - Thursday
11am - 1pm 9 - 11pm

Every Monday
Drink Tickets 7 - 9pm

Beer of the Month
Miller Lite & MGD \$2.50

Every Saturday
Bloody Mary's \$2.50, 10am - 12pm

Every Friday, 5pm-8pm:
Pork Chop or Fish Dinner
\$9, comes w/coleslaw, Baked Potato, Sour Cream or French Fries

Every Saturday & Sunday, 1pm:
Burger Baskets
\$6.75, comes with Homemade Potato Salad, Baked Beans, or French Fries

June 1st, 4:30pm-7pm:
Pork Tenderloin Dinner
\$7, comes w/Baked Potato, Sour cream, Coleslaw, Sandwich only for \$5

June 8th, 8pm-Midnight: Live Music
Sheet Rockers Band

June 19th, 5pm: Steak Dinner
\$11, comes w/ Baked Potato, Sour Cream, & Coleslaw

June 22nd 8pm-Midnight: Live Music
Just Us Band

June 23rd, 2pm-5pm: Live Music
Tailspin Band

June 23rd, 2pm till gone:
Hot Beef Brisket Sandwich
\$6, w/Chips

Special Dates

Bingo:
Mon. @ 1pm

Meat Raffle:
Fri. @ 6pm, 20 Pkgs.
Sat. Jun. 1st @ 3:30pm

Pull-Tabs & E-Tabs:

Sun. - Thurs. @ 12-10pm,
Friday @ 12pm-12am &
Sat. @ 11am-12am

License #00012-001



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




Pot Luck
July 4th,
Starting at 3pm





ROSEVILLE ANDERSON NELSON VFW POST 7555

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



Roseville Parade
Monday, June 24

Please join us after the parade where we will honor the Roseville Fire Department as they celebrate their 75th Anniversary! All are welcome! Refreshments provided.

Happy Birthday U.S. Army!
June 14th, All Day!

Thank an Army Vet and enjoy some birthday cake (until gone)!

Drink Specials for Army Veterans, all day!

July 4th
Specials all day
Late night Happy Hour after the Fireworks

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

Happy Hour
M-F, 3-6pm

Friday Night Special: Walleye Dinner

Now Serving Breakfast!
Saturdays, 9am-noon

Meat Raffle Weds 5pm & Sat 4pm

Pull-Tabs & E-Tabs Daily

Progressive Cash Bingo Thurs 6:30 pm

Up To \$1000 Coverall

License # G00017

BINGO

43	22	72	36	4
29	18	63	52	
70	8	FREE	24	5
			16	30
31	12	39	57	26



VFW POST 1782

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

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

Kitchen hours extended by an hour every day until fall

Deck Seating on the Lake Side Now Open!



Father's Day Special STEAK BY THE LAKE!

Breakfast
Steak and Eggs

Lunch and Dinner
Steak Special

Drink Specials All Day!



Build a Burger for the Troops
(Beyond Yellow Ribbon Program)
on Jun. 10, 5-8pm



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



Texas Hold'em
Every Tuesday @ 7pm



Meat Raffles
Wednesday and Friday @ 5pm,
Saturday @ 4pm



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 June
 Sat. Jun. 1 - Way Back Whens
 Sat. Jun. 8 - Top 3
 Fri. Jun. 14 - Hi Hats
 Sat. Jun. 22 - Top 3
 Sat. Jun. 29 - TBD



Father's Day Special Buffet!
Sunday, June 16th


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



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



Gaming License # 00073-004



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

designer purse BINGO

\$25 Packages
 13 Games/6 Card Sheets
 \$5 Extra Sheet Packs
 13 Games/3 Card Sheets

Single Winner - Choice from Tier 1
 \$350-\$550 Retail Value

Two Winners - Choice from Tier 2
 \$250-\$350 Retail Value

Three or More Winners - Split \$150

First Monday of the month, 7pm



June Live Music Thursday Nights
 7pm to 10pm

6th - Helium for LiftOff
 13th - The Rock People Band
 20th - Armdillo Jump
 27th - Inside Straight

July 4th Outdoor Band The Authorities 2-5pm



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

PULL TABS & E - TABS
 Open Daily

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

Tuesday @ 7 pm MEGA - SOTA Statewide Progressive Bingo



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



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

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

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

Bean Bag Tournament
 June 8th, Noon Sign-up.

Live Music: BLUE STEEL
 Sat. June 8th, 7:30pm-11:30pm

Big screen TV's for ALL Sporting Events

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



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

WEDNESDAYS
 Muddy Chicken | 7:00pm
 Burnsville, 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

MONTHLY THEME GAMES!

80
 Sunday | June 23 | 1:00
 Clive's Roadhouse, Burnsville

Find FREE ANSWERS at www.AMPQUIZTRIVIA.com

Like us on facebook



FRIDLEY AMERICAN LEGION
 Shaddrick - LaBeau
 7365 Central Ave. NE
 Fridley, MN 55432



Mega Bingo
 June 23rd, 2pm

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

Lic. # - G-00001-004

Tri-Wheel

Fri.: 5:30pm-12am

Sat.: 5pm-12am

(or right

after

bingo)

Hours

subject to

change



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

Bean Bag Tournament

June 30th, 1pm



Happy Hour

Mon. - Thurs.

11am - 1pm,

3pm - 6pm,

10pm - Midnight

Fri.

11am - 1pm,

3pm - 6pm

Sat.

9am - Noon

Sun.

10am - Noon

Live Music!

June 7 - City Lights

June 21 - Blutopians

June 14 - Mr. Winky

June 28 - Inside

June 15 - Sheetrockers

Straight

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)

June 22nd - 2-4pm @ Stillwater Middle School

The Relay For Life Fundraiser



June 23rd - 2pm @ Legion Post 491

Purse Bingo supporting Stillwater High School Theater

BINGO

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

"Stillwater Chamber of Commerce Food Truck Extravaganza!"
 Washington County Fairgrounds
 June 15th.
 Bingo from 2-4pm & 5-7pm.

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

Patio Now Open!



Sat. June 8th & 22nd

Bingo at 3pm

Serving Appetizers during bingo

Annual Golf Tournament

- \$37 for 9 holes of golf, dinner at the post, and prizes.
- Registration @ 10 am and 10:30am Tee time @ Gem Lake.
- Sign up at the post.

Sat. 15th



Saturday 8th Spaghetti Dinner

Served from 5-8pm \$8. Comes w/salad and a breadstick

Back to the 50's Party

Sat. 22nd

Food starting at 5pm & Happy Hour Live music with The Zingrays starting @ 7pm

Annual Salad Toss up

Sunday 30th, 12pm-3pm

Sign up at the post to enter your salad and bring it to the post by 11:45am.



The customers are the judges and there are 1st, 2nd, and 3rd place cash prizes

If you would just like to come sample it is \$4, All You Can Try!

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

NEW Dinner Menu 5-8pm

\$12 All You Can Eat Fish Fry! Comes with French fries and coleslaw

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

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

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

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

Willies Restaurant (Straight Flush Poker)
388 9th Ave., St. Paul Park
651-400-0121 • 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

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

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 • Jun. 15



HOW TO BRING BENEFICIAL BEES BACK

Bees, birds and butterflies play integral roles in pollinating many of the crops humans rely on for sustenance. The National Pollinator Garden Network, through the National Wildlife Federation, recently launched the Million Pollinator Garden Challenge, an effort to increase the amount of nectar and pollen food sources as the organization aims to reverse the alarming decline of pollinators such as honey bees, native bees and monarch butterflies. Many people are afraid of bees because of their propensity to sting. Unlike their wasp and yellow-jacket cousins, honeybees and bumblebees are much more docile and content to hop from bloom to bloom without paying humans any mind. The only time such bees may resort to stinging is if someone inadvertently steps on them. Bees are beneficial for yards. Gardener's Supply Company says one out of every three bites of food humans take depends on a pollinator. That's because about 150 crops grown in the United States depend on pollinators. Even though there are 4,000 species of native or wild bees in the continental United States, many populations are in decline. According to the Pollinator Partnership, various areas of North America have lost more than 50 percent of their managed honeybee colonies in the past 10 years.

Bringing these important pollinators back will take a little work, but it is possible.

- Plants that offer cover can be attractive to bees that desire a respite from the sun and heat. Coleus and other ground cover offerings can be handy.
- Offer water in shallow dishes, as even bees need a cool drink to stay hydrated.
- Bees like various plants, so plant more than one species. Some plants that bees tend to like include alyssum, aster, geranium, bee balm, poppies, and clover.
- When planting, include some native species.
- Brush piles, dry grasses and dead woods offer nesting areas for bees.
- The Gardener's Supply Company also says that bees find blue, purple and yellow flowers most appealing. Opt for more of these hues when planning gardens.
- Above all, avoid using pesticides in the yard. Even organic ones can be toxic to bees and other pollinators, and they may contribute to colony collapse disorder. With these techniques in mind, homeowners can attract more bees to their yards and gardens, which can benefit bees and humans alike.



P.D. Pappy's Music Bar & Grill



"Like" us on Facebook

422 E. Mulberry Street
1/2 mile North of Lift Bridge
Stillwater, MN 55082
651-430-1147 • pdpappysonline.com



JUNE LIVE MUSIC SCHEDULE

<p>Sat. Jun. 1 • 3pm Dave Burkart</p> <p>Sat. Jun. 1 • 9pm Flash Mob</p> <p>Sun. Jun. 2 • 4pm Kurt Jorgensen</p> <p>Thu. Jun. 6 • 8pm Audio Circus</p> <p>Fri. Jun. 7 • 9pm G. B. Leighton</p> 	<p>Sat. Jun. 8 • 3pm Jason Ploof</p> <p>Sat. Jun. 8 • 9pm The Good, The Bad, and The Funky</p>  <p>Sun. Jun. 9 • 4pm Kurt Jorgensen</p> <p>Thu. Jun. 13 • 8pm Them Pesky Kids</p> <p>Fri. Jun. 14 • 9pm Good For Gary</p> <p>Sat. Jun. 15 • 3pm Kyle Koliha</p>	<p>Sat. Jun. 15 • 9pm Anthem</p>  <p>Sun. Jun. 16 • 4pm Kurt Jorgensen</p> <p>Fri. Jun. 21 • 9pm White Keys Band</p> <p>Sat. Jun. 22 • 3pm Tim Grady</p> <p>Sat. Jun. 22 • 9pm High & Mighty</p>
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<p>Sun. Jun. 23 • 4pm Kurt Jorgensen</p> <p>Fri. Jun. 28 • 9pm Junk FM</p> <p>Sat. Jun. 29 • 3pm Mark Stary</p> <p>Sat. Jun. 29 • 9pm Your Dad's Band</p> 	<p>Sun. Jun. 30 • 4pm Kurt Jorgensen</p> <p>Wed. Jul. 3 • 9pm Audio Circus</p> <p>Fri. Jul. 5 • 9pm Good For Gary</p> <p>Sat. Jul. 6 • 3pm Kyle Koliha</p> <p>Sat. Jul. 6 • 9pm Good For Gary</p>  <p>Sun. Jul. 7 • 4pm Kurt Jorgensen</p>
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1/2 Price Burgers EVERY TUES



1/2 Price Chicken Sandwiches EVERY WED

Taco Thursdays

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BAR BINGO

SUNDAYS

American Legion Fridley

7365 Central Ave NE, Fridley
763-784-9824 • Jun. 23, 2pm
Mega-Bingo

Lakeside Lions Park

7840 Pleasant View Dr., Spring Lake Park • June 9th. SLP Tower Days!
Family Bingo under Tent @ 1pm,
Purse Bingo in Park @ 4:30pm,
Meat Raffle in Park @ 6pm

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 • Jun. 16 @ 1,3,7,9, & 11pm. \$40 Off each Mega Max (when buying 2 sessions) in honor of all the Amazing Dads!

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 • 6:30pm

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

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 • 6:30pm

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

Park Place Sports Bar

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

Scoops Pub

482 Northdale Blvd., Coon Rapids
763-757-7600 • 1pm. Matinee Bingo

VFW Roseville Post 7555

1145 Woodland Drive 55113
651-483-5313 • 6:30pm

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

The Village Inn & Stadium Bar

3600 Hoffman Rd, White Bear Lake.
651-770-8670 • 9:30pm (Disco Bingo)

Trappers

6810 Lake Drive, Lino Lakes
651-784-7474 • 8pm

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 • Jun. 8 & 22, 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

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

Stillwater Middle School

523 Marsh St W, Stillwater
(651) 351-6905 • Jun. 22, 2-4pm

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

Washington County Fairgrounds

12300 40th St N, Stillwater
651-436-6009 • 2-4pm, 5-7pm
Stillwater Chamber of Commerce
food Truck Extravaganza!

DESIGNER PURSE BINGO

SUNDAY

Am. Legion Bayport

263 N. 3rd St. Bayport
651-439-5463 • June 23 @ 2pm
Supporting Stillwater High School Theater

Lakeside Lions Park

7840 Pleasant View Dr., Spring Lake Park • June 9th. SLP Tower Days!
Family Bingo under Tent @ 1pm,
Purse Bingo in Park @ 4:30pm,
Meat Raffle in Park @ 6pm

The Sunset Grill

8466 Hwy. 65, Spring Lake Park
763-204-8648 • Jun. 2 @ 2pm

MONDAY

Sgt. John Rice VFW

1374 109th Ave NE, Blaine
763-757-4540 • 1st Monday @ 7pm

WEDNESDAY

Carbone's Pizzeria & Pub

1350 Highway 96E, White Bear Lake
651-429-7609 • June 19 @ 6:30pm
Come in Early.

THURSDAY

Banquets of Minnesota

1009 109th Ave NE, Blaine
612-803-6468 • June 20 @ 6:30pm

SATURDAY

Cornerstone Pub & Prime

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

Maxx Bar

17646 Central Ave NE, Ham Lake
763-434-4970 • Jun. 1 @ 1pm



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Win up to \$500 on some Games!
\$1000 Cover All and MUCH MORE!
PLUS a New Program!!



03111

Win FREE Bingo Paper!!

Play Bingo at any of our locations between June 1st and August 31st and get a FREE ticket into the Drawing to WIN \$200 worth of Bingo Paper!!

FACEBOOK BINGO - STARTS JULY 1ST
STOP OUR LOCATIONS TO GET YOUR FREE SHEET! WIN UP TO \$200



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

MORNING BINGO

Monday's

9:00am
Jimmy's Food and Drink



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BINGO PROGRAMS!!



DISCO BINGO
9:30pm Friday Nights

VILLAGE SPORTS BAR

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\$100 PAYOUT A GAME

\$300 Disco Ball Game

\$1000 COVERALL

WIN FREE PRIZES!!

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Charitable Gambling License # G-04354

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555 W Broadway Ave #7
Forest Lake, MN 55025
(651) 272-5686

We have Pull-Tabs Daily

The Liquor Barrel

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

We have Pull Tabs Daily

Mallards Forest Lake

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

We have Pull-Tabs Daily

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

Circle E Wine and Spirits

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

We have Pull Tabs Daily

Tanners Brook Golf Course

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

We have Pull Tabs Daily

2019 FOREST LAKE YOUTH FOOTBALL

Football Season will be here before you know it!
(See below for important Dates, so you can plan your summer vacations.)

2019 REGISTRATION

Registration for 4th - 8th grade is **NOW OPEN** & will run through June 30th.
(this includes choice of Jersey # & size)

Late registration will run July 1st - July 15th
(Additional \$25 late registration fee & no guarantee of Jersey # or choice of size)



We are also looking for Adult refs and ref coordinator.

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.
Designer Purse Bingo Saturday, June 22, at 1:30pm

Brookside Pub

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

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

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

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

Lakeside Lions Park
7840 Pleasant View Dr., Spring Lake Park • June 9th. SLP Tower Days!
Family Bingo under Tent @ 1pm,
Purse Bingo in Park @ 4:30pm,
Meat Raffle in Park @ 6pm

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

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

MONDAYS

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

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

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

TUESDAYS

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

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

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

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

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

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

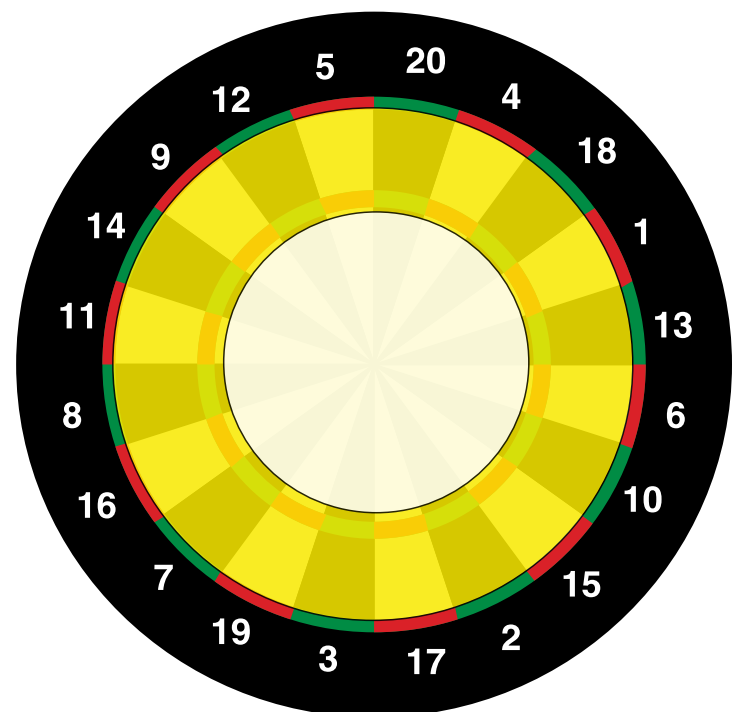
The Sunset Grill
8466 Hwy. 65, Spring Lake Park
763-204-8648 • 3pm

VFW Columbia Heights Post 230
4446 Central Ave. NE, Columbia Hgts
763-788-8187 • June 1 • 3:30pm
20 Packages!

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



COMPOST IS PART OF THE CIRCLE OF LIFE IN GARDENS

The season for fresh fruits and vegetables grown right in the backyard is upon us. Warm weather breathes life into fresh berries, tomatoes, eggplant, cucumbers, and many other delectable fruits and vegetables.

Home gardens can be supplemented with delicious finds from the supermarket or farmer's market, including melons, corn and more. The bounty of the garden can be made more abundant and fruitful with the addition of the right soil amendments. Compost is a key element of rich, nutritious soil. Scraps from items that have been grown in the garden can then be reused in the production of the compost that feeds that same garden. It's a continuous circle of garden life.

Getting started with compost is relatively easy. Homeowners should choose an outdoor space near the garden but far away from the home so that it won't be disturbed by kids or animals. Some people opt for an open compost pile, while others choose closed bins to contain the possible smell and to camouflage the compost. A sunny spot will help the compost to develop faster, according to Good Housekeeping.

The next step is to start gathering the scraps and materials that will go into the compost. Better Homes and Gardens suggests keeping a bucket or bin in the kitchen to accumulate kitchen scraps. Here are some kitchen-related items that can go into the compost material:

- Eggshells
- Fruit peels
- Vegetable peels and scraps
- Coffee grounds
- Shredded newspaper

In addition to these materials, grass and plant clippings, dry leaves, bark chips, straw, and sawdust from untreated wood can go into the pile. Avoid diseased plants, anything with animal fats, dairy products, and pet feces.

A low-maintenance pile has an equal amount of brown and green plant matter in the compost plus moisture to keep the bacteria growing and eating at the right rate. Aerating the compost occasionally, or turning the bin when possible, will allow the compost to blend and work together. Compost will take a few months to form completely, says the Planet Natural Research Center. The finished product will resemble a dark, crumbly soil that smells like fresh earth.

Compost will not only add nutrients to garden soil, but also it can help insulate plants and may prevent some weed growth. It is a good idea to start a compost pile as a free source of nutrition for plants and a method to reduce food waste in an environmentally sound way.



				<p>PIM436</p> <p>\$2</p> <p>Play Etabs at all Pull Tab Locations!</p> <p>www.slpions.com</p>	
<p>Montes Sports Bar & Grill Lic. # 00584-001</p> <p>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>Biffs Sports Bar & Grill Lic. # 00584-007</p> <p>7777 Hwy 65 NE, Spring Lake Park, MN 55432 (763) 784-9446</p> <p>Bingo Sat. @3PM. \$175 in cash and prizes and a Must Go Coverall!</p> <p>Meat Raffle Fri. @5PM</p>	<p>The Sunset Grill Lic. # 00584-026</p> <p>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 & Friday @2PM</p> <p>Handbag Bingo June 2nd @2PM</p>	<p>Maxx Bar</p> <p>17646 Central Ave NE, Ham Lake, MN 55304 (763) 434-4970</p> <p>Handbag Bingo June 1st @1PM</p>		
<p>Banquets of Minnesota Lic. # 00584-21</p> <p>1009 109th Ave NE Blaine, MN 55434 (612) 803-6468</p> <p>Handbag Bingo June 20th @6:30PM</p>	<p>Sticks and Stones Lic. # 00584-020</p> <p>9250 Lincoln St. NE Blaine, MN 55434 (763) 233-0699</p> <p>Pull Tabs Daily</p>	<p>SLP Tower Days!</p> <p>We are hosting Family Bingo under the Tent at Lakeside Lions Park at 1PM, Handbag Bingo in the Park at 4:30PM, & Meat Raffle at 6PM. June 9th.</p>			
			<p>The Roadside Bar & Grill Lic. # 00584-019</p> <p>12530 Ulysses St. N, Blaine, MN 55434 (763) 710-4804</p> <p>Meat Raffles Wed. @6PM, Sun. @2PM</p> <p>Pull Tabs Daily Opening at Noon</p>		

SAFETY FIRST WHEN HANDLING FIREWORKS

Days at the beach. Family trips to the ice cream parlor. Vacations. These are just a few of the things that evoke the spirit of summer, a time of year when school is out and everyone seems to exhale a little and enjoy the warm weather. Awe-inspiring fireworks displays also come to mind when imagining summer. Whether it's the Fourth of July or town gatherings along a local waterfront, fireworks displays are a big part of many people's summers. Unfortunately, the potential for accidents and injuries is high when fireworks are involved, particularly when displays aren't left to the professionals. The Consumer Product Safety Commission notes that, on average, 280 people per day visit emergency rooms with fireworks-related injuries in the month around the July 4th holiday. More than 53 percent of fireworks-related injuries in 2017 were burns. Fireworks are always best left to the professionals, and many communities have criminalized the use of fireworks by amateurs. But many people still light fireworks, and those that do should follow these safety precautions.

- **Never let kids handle fireworks.** Fireworks, even sparklers, should never be given to children. The National SAFE KIDS campaign notes that sparklers burn at 2,000 F, which is hot enough to cause third-degree burns. So while they might seem like harmless symbols of summer, sparklers pose a significant threat to youngsters.
- **Follow directions.** Fireworks come with detailed directions for a reason, and that's to keep users safe. Strictly adhere to these directions and go over them with anyone who intends to light fireworks.
- **Never use fireworks indoors.** Fireworks are for outdoor use only. If it rains, do not try to light fireworks indoors and then throw them outside before they go off.
- **Make sure spectators keep a safe distance.** Do not light fireworks until all spectators are out of range should something go awry.
- **Recognize that fireworks are not toys.** They might be a marvel, but fireworks are not toys. As a result, they should never be aimed or thrown at another person, nor should they be lit or launched from a body part.
- **Do not attempt to reignite malfunctioning fireworks.** Attempting to reignite malfunctioning fireworks can lead to serious injury.
- **Light fireworks on smooth, flat surfaces.** When lighting fireworks, do so only on smooth, flat surfaces, making sure to direct them away from people, homes, dry leaves, and flammable materials.



Fireworks are best left to the professionals. Consumers who insist on lighting their own should only do so with the utmost caution.

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Jerry Vlamincik
Broker
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Cell: 612-363-7456
Fax: 763-972-9080



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Agent
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Cell: 612-388-7334
Fax: 763-972-9080

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SFpokertour.com

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. – **White Bear Bar** – WBL
- Mondays: 7 p.m. – **Casper's Cherokee** – Eagan
- Mondays: 7 p.m. – **Palmer Lake VFW** – Brooklyn Park
- Mondays: 7 p.m. – **Willies Restaurant** – 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
- 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. – **Kaposia Club** – South Saint Paul
- Fridays: 7 p.m. – **Biff's Sports Bar** – Spring Lake Park
- Fridays: 7 p.m. – **Park Place** – St. Paul Park

UNIQUE WAYS TO HONOR DAD THIS FATHER'S DAY

Father's Day is a day many families look forward to. Though its history might not go back as far as many religious or government-designated holidays, Father's Day is rife with tradition in many households.

Father's Day is celebrated on the third Sunday in June in both the United States and Canada and also in the United Kingdom. While Father's Day might trace its origins to the United States, the holiday is celebrated across the globe, including in Argentina, Greece, India, Singapore, and New Zealand.

Fathers often receive gifts from their spouses and children on Father's Day. What to give the dad who seemingly has it all leaves many people scratching their heads in the weeks preceding Father's Day. People who find themselves in such situations can think outside the box and look for ways to honor their fathers this year. The following are some unique ways to honor Dad this Father's Day.

Travel

Dad may be pleasantly surprised by a stroll down Memory Lane. Plan a day trip or weekend excursion to Dad's hometown, visiting all his old haunts, including the house he grew up in, and allow him to serve as tour guide. This can be a great way for Dad to share stories and for his family to learn a little more about the old man. Other great places to visit include Dad's college campus or his ancestral homeland.

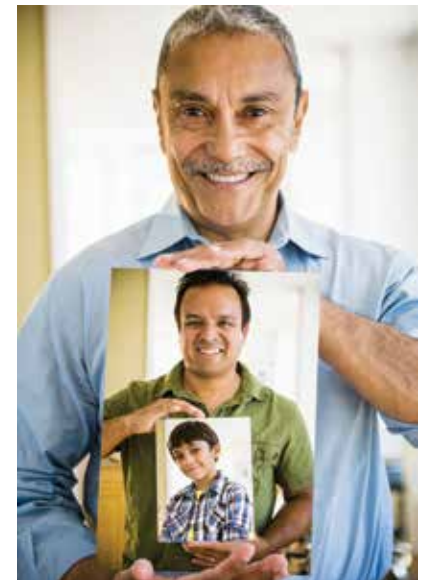
Highlight reel

In the months preceding Father's Day, do some covert digging through family photo albums to create a "This Is Your Life" highlight reel for Dad. Go back as far as possible, even looking through Dad's baby photos if you can find them. This might require a collaborative effort, requiring the whole family to work together, but that can make for an enjoyable way for families to spend time together and see how Dad became the man he is today. Present the finished product at a family dinner on Father's Day.

Make a list

Another unique way to honor Dad is to compile a list of the many ways you are and will always be grateful for having him as a father. Adults honoring their fathers can cite specific examples they recall from childhood and young adulthood when Dad went above and beyond or served as a sounding board or shoulder to cry on. This is a great way to honor Dad and let him know all those sacrifices and special moments are still appreciated and will never be forgotten.

Father's Day is a chance to honor Dad, and the way you choose to do so can be as unique as the man himself.





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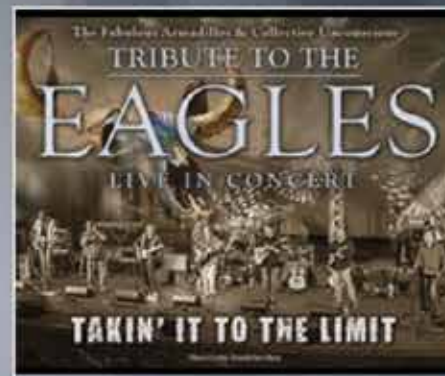
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EXPLORE THESE RELAXING HOBBIES

Stress is a part of many people's daily lives. A recent survey from the American Psychological Association found that 44 percent of Americans feel their stress levels have increased over the past five years. Children also are struggling, with almost a one-third reporting that they have experienced a health symptom associated with stress, such as stomach aches, trouble sleeping and headaches.

Calming activities that can tone down the body's stress responses are great ways to alleviate stress. Summertime is an ideal time of the year to embrace relaxing activities because the hustle and bustle of everyday life tends to slow down during the summer, when kids are out of school and vacations are on the docket.

These hobbies and other interests can help tame stress by promoting calm.

- **Listen to and/or play music.** Music can be energizing or calming, depending on which music you choose. Researchers at Stanford University found that rhythmic music may have therapeutic effects for treating a range of neurological conditions, as it stimulates the brain and can perhaps change how it functions. Familiar melodies and gentle music can reduce the level of the stress hormone cortisol.

- **Gardening.** Gardening lets a person tend to living things while getting some fresh air. Both the sunlight and the activity itself can be soothing and have a positive effect on mood. A study from the Journal of Health Psychology found that gardening, like listening to music, lowers cortisol levels.

- **Grab a good book.** Taking the time to unwind and read can help ease tension in the muscles, lower one's heart rate and induce calm. Research from the consultancy Mindlab International at the University of Sussex found reading reduced stress levels by 68 percent.

- **Start painting or crafting.** Engaging in a creative hobby sharpens the mind and improves focus. You may also want to try focusing emotions onto the canvas to help release tension. A 2014 study published in the British Journal of Occupational Therapy found that 81.5 percent of respondents with depression reported feeling happy after knitting.

- **Take a dance class.** A form of art and music, dancing can promote well-being through exercise and expansion of creative ability. It also can be good for the mind. A study from Swedish researchers that was published in the Archives of Pediatrics & Adolescent Medicine found that a dancing intervention program, twice weekly for eight months, helped teenage girls struggling with stress, anxiety, depression, and other problems.

Many relaxing activities can tame stress, and these activities can be perfect for lazy summer days.



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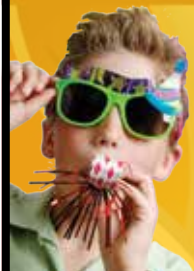
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FATHER'S DAY GIFTS FOR THE MODERN DAD

Father's Day is a chance for people to show the special men in their lives just how much they're loved. Though it was first celebrated on June 19, 1910, it was not until decades later that President Richard Nixon made honoring fathers a nationwide holiday in the United States.

While there are many different ways to honor dads, it has become customary to offer gifts and other tokens of affection. According to History.com, Americans now spend more than \$1 billion each year on Father's Day gifts.

Many modern fathers are more involved in their children's lives and around the house than their own fathers were. Gifts that cater to today's well-rounded dads are sure to be appreciated.

- **Cool duds:** Modern dads are fashion-forward and might enjoy a piece of clothing or a gift card to their favorite retailer. If you know a store where Dad loves to shop, stop in for some inspiration.
- **Pampering products:** Mom is not the only one who likes to indulge in some pampering from time to time. Put together a carefully curated basket of men's grooming products, or purchase a set from a bath and body store like Lush.
- **Fitness finds:** If you haven't already gifted the special man in your life with a fitness tracker watch, now is the time to do so. Such a watch will tap into his love of gadgets and provide some utility as he tries to be as healthy as possible.
- **Cookbooks:** The stereotype that dads are hopeless in the kitchen has long since been refuted. Many men are top-notch home chefs and will appreciate some new recipes to try. Combine the cookbook with a new culinary tool, like a cast-iron skillet or a mandoline slicer, so he can try out his skills right away.
- **Support the team:** If Dad is a sports fan, find a baseball cap or a jersey of his favorite team/player. Many sports stores only carry inventory for local teams. If Dad supports a team in a different state or country, do your shopping online at a site like Fanatics.com.
- **Craft beers:** The craft beer movement has expanded exponentially in recent years. Visit with a local brewer and purchase bottles or growlers of a favorite brew. If you know the flavor profile that Dad favors, find a beer that suits that preference while also giving some new varieties so he can put together his own flight.



This Father's Day, delve deeper to find gifts that a dad will truly love — even if he seemingly has it all.

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DO A DIGITAL DETOX

"Cleanse" diets are designed to help people clear their bodies of foods that might have an adverse effect on their health. Many people find such diets effective, prompting others to wonder if a digital cleanse, particularly while on vacation, might produce equally beneficial results.

Advances in technology make it possible for people to essentially be on call 24 hours a day, seven days a week. Free Wi-Fi is available at restaurants, rest stops and hotels and beckoning people to stay connected. In fact, according to information from Hotels.com, free hotel Wi-Fi has become the most sought after amenity at resorts and places to stay. But is there a price to pay by remaining so available to work and other outside influences while traveling for recreation?

Studies have shown that unplugging while on vacation — or at other times — can boost meaningful conversations and more. The study, "Can you connect with me now? How the presence of mobile communication technology influences face-to-face conversation quality," indicates devices can negatively impact closeness, connection and conversation quality, essentially interfering with human relationships.

Phones and other digital devices also force people to multitask. Evidence suggests that multitasking isn't all it's cracked up to be, leading to preventable errors and actually delaying the completion of tasks. A 2010 study from researchers in France found that the human brain can handle two complicated tasks relatively easily because it has two lobes that can divide responsibility equally between the two. Add a third task, however, and it can overwhelm the frontal cortex and increase mistakes. Trying to multitask on vacation can lead to stressful feelings and not being fully immersed in the experience.

Being connected while on vacation may leave a person dealing with stresses they normally would avoid until returning home. A study published in the journal Applied Research in Quality of Life indicates that stress accrued on vacation can cause people to feel like they had lower energy at work after returning from a relaxing vacation.

Taking a step back from their phones, tablets and laptops while vacationing can help people make the most of their getaways. Such a break can promote mindfulness, encourage people to try new things and lead to more meaningful conversations with travel companions.



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POPULAR SPORTS FOR SPRING AND SUMMER

Sports are a favorite pastime for many children and adults. The benefits of participating in sports are too numerous to mention, but include learning to be part of a team, improving physical fitness and developing sportsmanship.

The fitness building resource PHITAmerica notes that participation in sports helps build character and social skills. Sports help children develop discipline and encourages them set goals. These are skills that can be utilized later in life, especially when pursuing a career.

As the weather warms, there are many different spring and summer sports that children and adults can explore. Here are just some of the sports that make spring and summer that much more fun.

- **Baseball:** Baseball has long been America's pastime, but its fan base stretches around the world. According to an annual report by the Sports & Fitness Industry Association, a leader in sports participation research, baseball and softball combined ranked as the most participated in team sport in 2016. Many youngsters start out on youth baseball or softball teams and move up the ranks as their love of the game grows.
- **Lacrosse:** This is a team game originally played by North American native peoples. The ball is thrown, caught and carried with a long-handled stick having a curved L-shape or a triangular frame.
- **Soccer:** Soccer's popularity continues to grow exponentially. It is often one of the first sports a child will try. In a 2017 Nielsen survey that spanned 18 global markets, 43 percent of people said they were "interested" or "very interested" in the sport. It has grown to become the world's sport, with teams in most major countries.
- **Softball:** A close cousin to baseball, softball is played on a smaller diamond with a ball that's larger than a baseball. Even though both sexes can play softball, it is primarily a female-driven sport among elementary, high school and college players.
- **Swimming:** Swimming is a sport that works the entire body. People are drawn to swimming because it can be a low-impact exercise. Whether enjoyed competitively or for recreation, swimming is a great way to have fun while exercising.
- **Tennis:** Tennis is a physical sport that provides cardiovascular exercise. Tennis offers friendly competition and can be played in singles or pairs. While matches primarily take place outdoors, the weather doesn't have to impact access when an indoor court is available.
- **Volleyball:** Beach volleyball is popular in coastal and non-coastal communities alike. It is an intense, competitive sport that requires excellent focus and teamwork.



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Meat Raffle and Bingo Saturdays Jun. 1, 8, 15, 22, & 29 @ 2pm
Meat Raffle Fridays Jun. 7, 14, 21, & 28 @ 6pm

Centennial Youth Hockey Association Lic. # 03934-009

TIPS TO TRAVEL WITHOUT BUSTING THE BUDGET

If people waited to get rich to see the world, they may never travel to destinations near and far. Even though many people view travel as a luxury, there are plenty of ways to take trips even when money is tight.

In a 2018 survey of 1,000 people ages 18 and older, Bankrate found that nearly half of respondents planned to skip travel that year. Among the 49 percent of respondents who weren't planning a vacation, 50 percent said they just couldn't afford it. By prioritizing travel as a goal, cuts can be made elsewhere so there's money in the budget for vacations.

Proper planning, research and a go-with-the-flow attitude can make budget-friendly traveling a realistic possibility. Here's how to get started.

- **Maximize your card rewards.**

If you're excellent about paying for credit card bills in full each month, shop around for cards that offer the most travel bang for your buck. Hefty sign-on bonus points enable you to rack up travel dollars after a set amount of spending. Those "miles" or "points" can be turned into hotel rooms, airline tickets, rental cars, and more.

- **Be flexible on travel dates.**

Set up alerts for when fares drop and be able to leave when rates are the lowest. Various apps, such as Yapta or Hopper, will send price notifications on flights being tracked. Keep your bags packed and be ready to go when you find your budgeted price.



JUNE • 2019

- **Cut lodging costs when possible.**

Travel to destinations where you know someone and you can enjoy a few nights of free accommodations. Even two or three nights in someone's guest room or on their sofa can save a few hundred dollars in overall costs. Airbnb and Vacation Rentals By Owner are some additional services that can pair travelers with price-savvy spots to stay. Hostels are dorm-style rooms that also make for cheap accommodations if you don't need much space or luxury.

- **Travel a little to travel a lot.**

The nearest airport may not offer the best deals for your budget. Consider increasing your travel radius several miles and fly out of a different airport and even a smaller one. Also, when booking hotels, look beyond city centers or tourist areas. Rates decrease the further out you go.

- **Travel together to split the costs.**

Get a group together and maximize the savings, advises Credit Karma. You may be able to score group rates to events, or you can split the cost of a larger condo or home among all travelers.

Budgeting for travel and learning how to vacation for less can help anyone get away when they desire.



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PAGE 23

FOODS THAT PROMOTE HEALTHY HAIR AND SKIN

Millions of people across the globe deal with conditions that affect the skin and hair. Acne is a skin and hair ailment that, according to the American Academy of Dermatology, is the most common skin condition in the United States.

But what if the foods people eat could affect the health of their hair and skin? There is evidence that they can. Foods that contain certain nutrients, phytochemicals and enzymes may help people develop healthier hair and skin.

- **Blueberries:** The U.S. Department of Agriculture gave blueberries its top ranking for antioxidant activity. The antioxidants in blueberries neutralize free radicals and protect people from premature aging, which can help the skin look younger and more vibrant.
- **Eggs:** Eggs are great sources of protein and biotin, which are two nutrients that may help promote hair growth. The health and wellness information site Healthline says biotin is essential for the production of a hair protein called keratin.
- **Fatty fish:** Fatty fish, such as salmon, are high in omega-3 fatty acids. Ciara Foy, a Toronto-based holistic nutritionist, says about 3 percent of the hair shaft is made up of omega-3 fatty acids. They're also found in cell membranes and in the natural oils that keep the scalp and other areas of the skin hydrated.
- **Red bell peppers:** These peppers contain more vitamin C than oranges. According to dermatologist Dr. Julia Carroll with Compass Dermatology, vitamin C is an antioxidant precursor to collagen production, so consuming more vitamin C through foods can neutralize free radicals that could damage skin.
- **Spinach:** Trade lettuce for spinach, which is rich in calcium, iron, magnesium, omega-3 fatty acids, and much more. These nutrients can be the building blocks of healthy skin and hair.
- **Oysters:** Nutritionist and author Lisa Drayer says oysters are good sources of zinc, which aids in skin cell renewal and repair.
- **Coconut:** Coconut water is great for hydration and contains potassium, an electrolyte that moves nutrients into the cells. Coconut oil also can be used to boost hair health as a pre-wash conditioning treatment.



The secret to beautiful skin and hair may be hiding in plain sight at your local supermarket.



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HOW TO START EXERCISING AT HOME

A healthy diet and an active lifestyle are great ways to achieve a healthy weight and good overall health. Many people no doubt associate exercise with fitness centers and gym memberships. While gyms certainly are effective places to break a sweat, exercising at home can be an effective way to get fit as well.

Working out at home may require some creativity, as even homeowners with gyms in their basements may not have as much equipment at their disposal as they would at a local fitness center.]

Body weight exercises

Body weight exercises include push-ups, planks, squats, and lunges. Alternating incline and positioning of the body when performing some of these exercises is a great way to work various muscle groups. Body weight exercises do not necessarily require equipment, and that may disappoint some people. That's because, with no added weight — and only one's own body weight to provide resistance — it's difficult for a person to challenge himself or herself effectively and gradually build up progress.

Get outdoors for cardio

A mix of cardiovascular activity, which puts a strain on the heart and lungs to build up stamina, can help shave off the pounds when paired with strength training exercises. Take to the great outdoors near home to get in a good cardio workout.

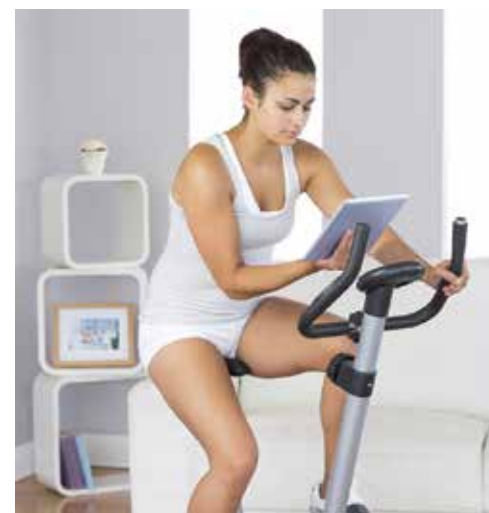
Rally Health, a digital, data-based health advisory company, says that walking can constitute a cardio workout if one goes at a brisk pace of around three miles per hour. Walking on an incline also can constitute vigorous exercise that's on par with running or biking, particularly when it's a steep hill. Home-based cardio workouts also can include cycling, swimming in a backyard pool or playing a pickup sports game with the kids.

Set up a home gym

With a few barbells, dumbbells and a weight bench, it's easy to create a home gym in a basement or garage. Extra equipment, such as TRX resistance training equipment or an elliptical machine, can be added to make the gym more complete.

A home gym also can be a place to do strength and stretching exercises like yoga or pilates. Many people find that they can effectively workout at home with little to no equipment necessary.

With such convenience, individuals may find they make more time for exercise, which is an important component of a healthy lifestyle.



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★ Weekly Horoscopes for June

JUNE • 2019

Aries

March 21-April 20

Week 1:

Aries, you may want to cut back on physical activity for a little while, especially if you have been nursing an injury. Don't worry, you'll get back in the saddle again soon.

Week 2:

Start sorting through things, Aries. You have many irons in the fire and not much time to get things done. You might have to call in a backup team to help out.

Week 3:

Pull out all the emotional stops this week, Aries. Things seemingly tug at your heartstrings more so than in the past, and it's okay to have a few tears develop during a sad movie.

Week 4:

Aries, are you up to stepping outside of your comfort zone? Embrace the challenge and try something completely different from your normal routine. You just may like it.

Taurus

April 21-May 21

Week 1:

Taurus, someone you thought was a friend may be looking for something more. If you are in a relationship, you'll have to set this person straight.

Week 2:

Relationships take work, Taurus. You have to put in the effort if you want to see yours blossom to its full potential. Schedule some time to spend with your sweetheart.

Week 3:

Taurus, kick communication up a notch if you want to get things done. Write things out if you need a cheat sheet, then pull together all of the key players.

Week 4:

Let problems flow over you like water off of a duck's back, Taurus. Worrying will only make things worse, and it's completely unproductive anyway.

Gemini

May 22-June 21

Week 1:

Focus your attention on something creative instead of analytical this week, Gemini. You can probably use a break from spreadsheets and bar graphs.

Week 2:

Gemini, everyone at work needs to pitch in to get a job done. If you feel like you are putting in more of the effort than others, you may need to speak up.

Week 3:

Money is a priority this week, and you have to put your focus on finances, Gemini. Have you reconciled your checking account lately? See where you are spending and saving.

Week 4:

Work on nurturing a relationship that has been pushed to the side for some time, Gemini. Rekindling communication is a great way to start things off anew.

Cancer

June 22-July 22

Week 1:

Cancer, too many projects and people vying for your attention make it tough for you to see anything through to completion. There will be time to get it done in the future.

Week 2:

Put a strong face on if upsetting news comes your way, Cancer. You're tough enough to get through it, and you may need to take a leadership role.

Week 3:

Don't overthink things too much, Cancer. Try to go with the flow as much as possible. Situations with coworkers could take an unexpected turn. Be on the lookout.

Week 4:

Keep an open mind when someone presents an idea to you, Cancer. It's easy to blow it off without a thought, but you should be more amenable to listening and advising.

Leo

July 23-August 23

Week 1:

There is a lesson to be learned this week, Leo. But you will not know what it is until you're in the thick of things. You will come out ahead either way, so don't fret.

Week 2:

Leo, don't throw in the towel when things do not go your way. Simply find another work-around or tactic that may prove a path to success. Keep trying.

Week 3:

You are in need of a break this week, Leo. However, there are many demands on your time and focus. Devote this weekend to self-care and R&R.

Week 4:

Now may be the time to share responsibilities with others, Leo. This is especially true if you are facing deadlines and simply cannot meet them in time.

Virgo

August 24-September 22

Week 1:

Virgo, you have the future on your mind, specifically where you will be in a few months or years. If you are not content, start mapping out a plan to follow.

Week 2:

You are more than willing to take on extra work that needs to be done to get a project completed, Virgo. Your team-first attitude is not going unnoticed or unappreciated.

Week 3:

The first half of the week lights up your friendships and long-term aspirations, Virgo. Try putting the two together so you can have more balance in your life.

Week 4:

Accept help when it is offered, Virgo. This makes helpful people feel good that they can do you a service. You will have an opportunity to reciprocate in time.

Libra

September 23-October 23

Week 1:

This is a week to bring order and organization to your home. Doing so will allow you to focus your attention on important matters, Libra.

Week 2:

You are doling out tons of advice lately, and it suits you, Libra. Others want to know your opinion on many different things, and you are ready and willing to offer it to them.

Week 3:

Libra, career stars are shining brightly for you and all eyes are on you. Use this opportunity to really showcase your talents. People with power may be watching.

Week 4:

Not everyone is on board with your new plan, Libra. You may have to present it a few times before you get a few takers. Be persistent to win others over.

Scorpio

October 24-November 22

Week 1:

Scorpio, attention naturally comes your way, and you won't do anything out of the ordinary to direct more of it to you. In fact, spend some time out of the limelight if you can.

Week 2:

"When life gives you lemons, make lemonade." Why not turn it into lemon meringue pie instead, Scorpio? Really put a positive spin on the situation, and you'll feel better.

Week 3:

Scorpio, inspiration is in big supply this week, but be sure to watch out for those who might try to dissuade you. Keep plans on the down low if you have a great idea.

Week 4:

Scorpio, even though it seems like there are many obstacles in your path, you will be able to get through relatively unscathed if you have the right people on your side.

Sagittarius

November 23-December 20

Week 1:

Give yourself a few days to lounge around and enjoy some rest and relaxation, Sagittarius. You can probably use it right now if the pace has been hectic.

Week 2:

Investigate some travel options that can get you away for a little bit, Sagittarius. A change of scenery can do you good, and you will feel reinvigorated after your trip.

Week 3:

Sagittarius, you might get a little off course in the next few days. But all it will take is a little correction to have your plans and goals line up once again.

Week 4:

Sagittarius, relaxation is essential right now, as you have had many things on your plate. Do not feel like you are slacking off if you take some time to give yourself a break.

Capricorn

December 21-January 20

Week 1:

Avoid making any binding promises this week, Capricorn. Your mind just isn't fully into things, and you need extreme focus to follow through.

Week 2:

After a bumpy start, the week will smooth out quite nicely and can prove very enjoyable for you, Capricorn. Invite some friends over or go out for happy hour.

Week 3:

Relationships take center stage this week, Capricorn. You are getting pulled in many different directions, but you may love being busy and the energy that requires.

Week 4:

Let others in your family know how you are feeling. You don't have to put on a show or mask your emotions, Capricorn. They'll love and support your decisions.

Aquarius

January 21-February 18

Week 1:

Aquarius, focus on bringing some more romance to your relationship this week. Send cute texts or leave love notes around the house. These little actions will add up.

Week 2:

It is time to put yourself first, Aquarius, even though that's not always your style. Find some interests and let work slide for a little while so you can recharge.

Week 3:

Work and health take the helm this week, Aquarius. Are you running yourself ragged or not feeling 100 percent? It might be time to really focus on schedule adjustments.

Week 4:

Have faith in your decisions even if they don't entirely make sense on paper, Aquarius. You will have a line of supporters waiting in your corner in no time at all.

Pisces

February 19-March 20

Week 1:

Your charm is off the charts lately, Pisces. You can get just about anything you want. Just make sure your powers are put to good use.

Week 2:

Be sure to periodically check your on your finances, Pisces. If much has been flowing out, you may have to curb spending for a little bit.

Week 3:

Good old fashioned fun is on the horizon, Pisces. Use the warm weather as an opportunity to go to a drive-in movie or attend a local carnival.

Week 4:

Pisces, things are changing rapidly in your life and you may feel like you have to play catch up. Target some areas to focus your attention.

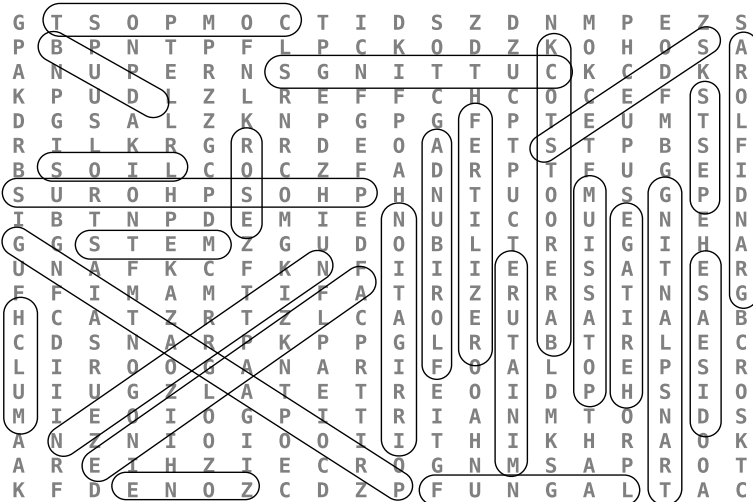
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PUZZLE ANSWERS

Crypto answers A. safety B. caution C. protection D. danger
A. rose B. thorn C. stem D. cultivar

Word scramble 1. Hardy 2. Current

Word Search Answers



Sudoku 1 Answers

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

Sudoku 2 Answers

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

Puzzle 1 Answers

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

Puzzle 2 Answers

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

SPORTS SCHEDULES

Twins Schedule

Wed, Jun 5 @ Cleveland 6:10 PM
 Thu, Jun 6 @ Cleveland 6:00 PM
 Fri, Jun 7 @ Detroit 6:10 PM
 Sat, Jun 8 @ Detroit 3:10 PM
 Sun, Jun 9 @ Detroit 12:10 PM
 Tue, Jun 11 vs Seattle 7:10 PM
 Wed, Jun 12 vs Seattle 7:10 PM
 Thu, Jun 13 vs Seattle 12:10 PM
 Fri, Jun 14 vs Kansas City 7:10 PM
 Sat, Jun 15 vs Kansas City 6:10 PM
 Sun, Jun 16 vs Kansas City 1:10 PM
 Mon, Jun 17 vs Boston 7:10 PM
 Tue, Jun 18 vs Boston 7:10 PM
 Wed, Jun 19 vs Boston 7:10 PM
 Thu, Jun 20 @ Kansas City 7:15 PM
 Fri, Jun 21 @ Kansas City 7:15 PM
 Sat, Jun 22 @ Kansas City 1:15 PM
 Sun, Jun 23 @ Kansas City 1:15 PM

Tue, Jun 25 vs Tampa Bay 7:10 PM
 Wed, Jun 26 vs Tampa Bay 7:10 PM
 Thu, Jun 27 vs Tampa Bay 12:10 PM
 Fri, Jun 28 @ Chicago 7:10 PM
 Sat, Jun 29 @ Chicago 3:12 PM
 Sun, Jun 30 @ Chicago 1:00 PM
 Tue, Jul 2 @ Oakland 9:07 PM
 Wed, Jul 3 @ Oakland 8:07 PM

Minnesota United FC Schedule

Sat, Jun 8 vs Colorado 8:00 PM
 Wed, Jun 12 vs Kansas City 7:00 PM
 Tue, Jun 25 vs Madison 7:00 PM
 Sat, Jun 29 vs Cincinnati 3:00 PM
 Wed, Jul 3 vs San Jose 7:00 PM



Explaining the Summer Solstice

Each year, people in the Northern Hemisphere eagerly await the arrival of the summer solstice.

The solstice was a key cultural event in many ancient communities, but in modern times, it marks an opportunity to celebrate the arrival of summer as well as the longest day of daylight and the shortest hours of night.

The summer solstice occurs as a result of the tilt of Earth's rotational axis. According to Time and Date, as Earth orbits the sun over the course of each year, its axis always points in the same direction in space. The Northern Hemisphere angles toward the sun for half the year and away for the other half.

When the North Pole is nearest to the sun, this is known as the summer solstice in the Northern Hemisphere. In the Southern Hemisphere, the solstices are reversed.

The exact day that the solstices occur can vary by a day or two depending on the Earth's rotation. For 2019, the summer solstice occurs on Friday, June 21 at 11:54 am EST. Along the border of the United States and Canada, daylight will last approximately 15 hours.

Did You Know?

CATS CONSERVE ENERGY BY SLEEPING 13 TO 14 HOURS EVERY DAY.

How they SAY that in...

ENGLISH: Sweet
SPANISH: Dulce
ITALIAN: Dolce
FRENCH: Sucré
GERMAN: Süß

PROTECT PETS IN CASE OF FIRE

A fire at home can cause fear and anxiety. When a fire breaks out at home, one's initial reaction is to get oneself and one's loved ones out of the house as quickly as possible. In such instances, the rush to get out of the house can sometimes cause families to forget their pets. According to the home security firm Protect America, about 40,000 pets die in home fires every year. Many of those deaths are preventable. One of the best ways to prevent the death of pets in home fires is to devise a pet fire safety plan. Many parents devise fire safety and evacuation plans for their families, and it's important to consider pets when devising such plans. In fact, the American Red Cross notes that the best way to protect pets from the effects of a fire is to include them in fire safety plans. Prevention is an essential part of protecting pets from home fires. And many preventive measures are designed to keep pets from starting the fires in the first place, as the National Fire Protection Association notes that nearly 1,000 home fires are accidentally started by pets every year. The American Red Cross recommends the following preventive measures to keep pets from starting home fires.

- **Extinguish open flames.** Pets tend to be curious, and that curiosity may draw them open flames burning in candles, cooking appliances and fireplaces. Make sure pets are never left unattended within the vicinity of open flames, and make sure all flames are thoroughly extinguished before leaving your home or going to bed at night.
- **Install knob covers on your stove.** The Red Cross notes that stoves or cook tops are the most common piece of equipment involved in home fires started by pets. Knob covers on stove knobs can prevent pets from accidentally turning burners on.
- **Use flameless candles.** Flameless candles can create a similar ambience as traditional candles but won't pose a fire risk. When pets knock over flameless candles, the result is a minor inconvenience, not a home fire.
- **Confine pets to secure areas when away from home.** Use baby gates or crates when away from home to ensure pets don't gain access to areas that may be vulnerable to home fires.

In addition to taking steps to prevent their pets from starting fires, pet owners can take steps to make it easier for firefighters to find and successfully remove pets from homes that have caught fire.

- **Set up sleeping and lounging areas near entryways.** A sleeping and lounging area near an entryway, whether it's the front door to a home or a door that allows access to the backyard, increases the chances that firefighters can quickly find and remove pets in the case of fire.
- **Make sure pets wear collars at all times.** Pet owners can quickly attach leashes to pets who wear collars at all times. This can help pet owners gain quick control of their pets if a fire is scaring them or causing them to feel anxiety.
- **Affix a pet alert window cling.** The Red Cross notes that pet alert window cling on the front of your home alerts firefighters to how many pets are in the home and saves them time in regard to locating pets.

Pets are as vulnerable to home fires as humans. Including pets in fire safety plans can save their lives.

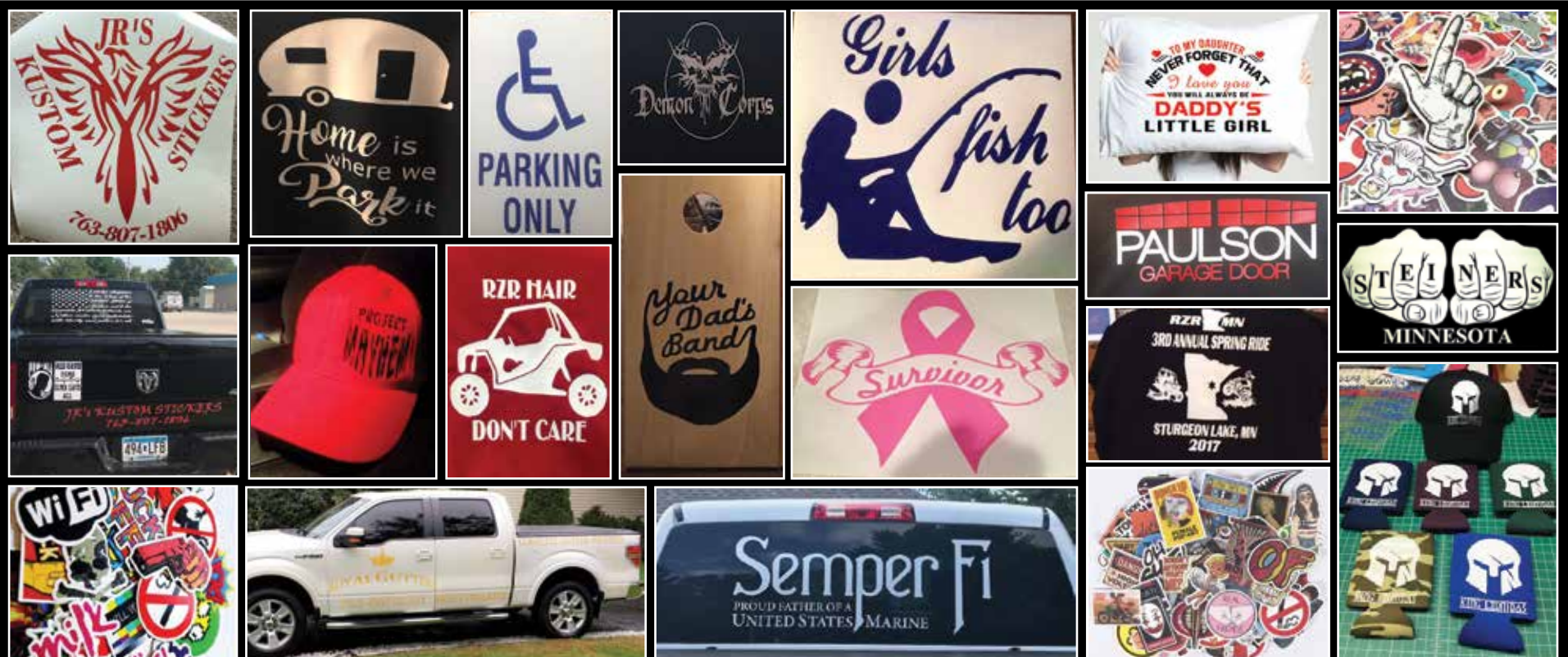


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HOW EXERCISE BENEFITS YOUR HEART

Improved health is a primary motivator among people who routinely exercise. Exercise can help people feel better about themselves and their appearance, and it has considerable effects on various parts of the body, including the heart.

Cardiovascular disease is the leading killer of both men and women in the United States. Exercise can be one of the most effective ways to reduce the risk for cardiovascular issues like heart attack, high cholesterol and more. In fact, cardiologists at the New England Baptist Hospital say exercise is not only a risk preventative, but also a healing balm of sorts for heart health.

Exercise can help the heart become more efficient and more capable of pumping blood throughout the body, says the health experts behind Kaiser Permanente health plans. Even light to moderate exercise can be highly effective at improving heart health.

Harvard Medical School says exercise also promotes positive physiological changes, such as encouraging the heart's arteries to dilate more readily. Exercise also can help with the body's sympathetic nervous system (which controls heart rate and blood pressure) to be less reactive.

Ischemic preconditioning is another way that exercise can potentially benefit the heart. According to a 2017 article in JAMA Cardiology, heart disease patients who exercised found that exercise could trigger short periods of ischemia, or reduced blood flow to the heart. After resting for a few minutes, these people saw improved performance when they renewed exercise and got their heart rates up. It is believed that small doses of IPC can help the heart adapt more readily with ischemia and avoid a major response issue down the road. Those at the Cardiovascular Performance Program at Harvard-affiliated Massachusetts General Hospital found that IPC could reduce damage from heart attack by as much as 50 percent.

Physical activity also allows better blood flow in the small blood vessels around the heart, potentially preventing clogs that can lead to heart attacks. Furthermore, there is some evidence that exercise can help the body grow more blood vessel branches so there are additional routes blood can take if a usual path is blocked by fatty deposits or narrow arteries.

Johns Hopkins Medical Center says exercise also works like a beta-blocker medication that can slow the heart rate naturally to alleviate hypertension. It also can raise levels of HDL, the good cholesterol in the body, helping to improve overall cholesterol levels.

There are several reasons why exercise is important to heart health. It's never too late to get with a fitness regimen to prevent or reverse cardiac episodes.





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JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
						1 CLE 7:06
2 CLE 6:05	3 TX 7:05	4 TX 7:05	5 TX 7:05	6	7 MIL 7:05	8 MIL 7:05
9 MIL 5:05	10	11 FAR 7:05	12 FAR 1:05	13 FAR 7:05	14 GAR 7:10	15 GAR 6:10
16 GAR 2:10	17 SF 7:05	18 SF 7:05	19 SF 7:05	20 SF 7:05	21 GAR 7:05	22 GAR 7:05
23 GAR 5:05	24 TX 7:05	25 TX 7:05	26 TX 7:05	27	28 FAR 7:02	29 FAR 6:00
30 FAR 1:00						

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
	1 LIN 7:05	2 LIN 7:05	3 LIN 6:05	4 WPG 7:00	5 WPG 7:00	6 WPG 6:00
7 WPG 1:00	8 WPG 7:00	9 KC 7:05	10 KC 7:05	11 KC 7:05	12 WPG 7:05	13 WPG 7:05
14 WPG 5:05	15	16 KC 7:05	17 KC 1:05	18 KC 7:05	19 FAR 7:02	20 FAR 6:00
21 FAR 1:00	22	23 ALL-STAR	24 CLE 7:05	25 CLE 7:05	26 CLE 7:05	27 KC 7:05
28 KC 5:05	29 KC 7:05	30 MIL 7:05	31 MIL 7:05			

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MAKE CAMPFIRES SAFE AND ENJOYABLE

Who doesn't look forward to sitting around a crackling campfire in the evening with family or friends? Such an experience attracts people to try camping, ultimately converting many of them into lifelong camping enthusiasts.

Campfires serve various purposes, from heating up simple foods to keeping wildlife at bay. Campfires also light up camps where people dine and sleep while providing much-needed warmth.

Campers must always exercise caution with their campfires. The University of Vermont Medical Center says 80 percent of pediatric campfire burns resulted from day-old campfires. The National Interagency Fire Center advises that, in 2017, 88 percent of wildfires were caused by humans.

When building campfires, the following precautionary measures can ensure a safe time is had by all.

- **Learn if it's safe.**

Campground and other areas will post if the conditions are safe for a fire. Heed all signs and do not ignite a campfire if posted warnings say it is too dry and unsafe to do so.

- **Choose the right location.**

Look around and up to make sure that the fire will be in a safe location away from low-hanging branches or brush. Keep a radius of at least eight to 10 feet around the fire clear of tents, food, chairs, and other items, states the health and fitness resource Active.

- **Prepare your site.**

Dig a small pit in which the fire can be housed, offers Smokey Bear. Place a ring of stones around the pit.

- **Add fuel only as needed.**

Keep the fire at a manageable size and height. Do not let it grow just to impress fellow campers, as it can spread and become a problem.

- **Beware of the "duff."**

The rangers at Modoc National Forest in California say duff is a layer of decomposing wood material that lies between pine needles and dirt on the forest floor. It is highly flammable, and some mistake it for dirt. Be aware of duff near the campsite and extinguish any embers promptly.

- **Maintain a close watch.**

Make sure at least one person is always tending to the campfire.

- **Keep kids and pets away.**

Set a proper distance for pets and young children who may not understand the dangers of fire.

- **Extinguish the fire properly.**

Keep a shovel and water nearby to drown the fire and embers. Mix the ashes and water again to catch anything that may be smoldering. Continue adding water, dirt or sand and stirring with a shovel until all material is cool. Never leave a former campfire hot. Check a decent perimeter around the campfire to ensure that no stray embers escaped.

Campfires are an enjoyable part of the overall camping or outdoor wilderness experience. Safety is essential to help prevent forest fires and/or injuries.



HOW TO KEEP BACK PAIN AT BAY

THE NORTHLAND REVIEW

Back pain is a part of life for many people. The American Chiropractic Association says 31 million Americans experience low back pain at any given time, and experts estimate that up to 80 percent of the population will experience back pain at some point in their lives. WebMD says back pain is the second most common reason people visit the doctor.

Back pain can take on various forms, ranging from a dull ache to a sharp pain. Some may experience intermittent back pain, while others may have chronic back pain. The causes can be considerable, from injury to underlying medical conditions. Alleviating back pain — or preventing it in the first place — involves understanding the common causes and taking appropriate actions.

- **Try exercise.** Routine exercise is not guaranteed to eliminate back pain, but it can make it less frequent, advises doctors at Harvard Medical School. Low back pain due to muscle strain or muscle spasm can be tamed by exercise. Yoga, or a similar stretch-based exercise, can be very effective at alleviating back pain. Yoga relaxes muscle tension and expands range of motion in the joints. It also can build muscle strength.
- **Maintain proper posture.** Slouching over computers or looking down at phones while texting may be doing damage to the back. Work ergonomically and take breaks to stretch. Sit up straight in chairs and try to keep a straight back while walking as well.
- **Shed some pounds.** Extra pounds at the midsection can shift the center of gravity and put strain on the lower back, advises WebMD. Try to stay within a range of 5-10 pounds of your ideal weight.
- **Don't smoke.** The Arthritis Foundation says research shows a high prevalence of spinal stenosis and back pain among smokers. It is believed that smoking can damage blood vessels that supply blood to the back. Smoking is also bad for the bones and is a risk factor for osteoporosis.
- **Try a different sleeping position.** Talk with a doctor about the best position for sleeping to ease up back pain. It may include being on your side with knees pulled up, or placing a pillow under your knees if you're a back-sleeper.
- **Lift cautiously.** Always bend at the knees and use the legs to lift items. This can help you avoid straining your back.

Back pain can be overwhelming, but with some strategies a person can reduce his or her propensity for pain.





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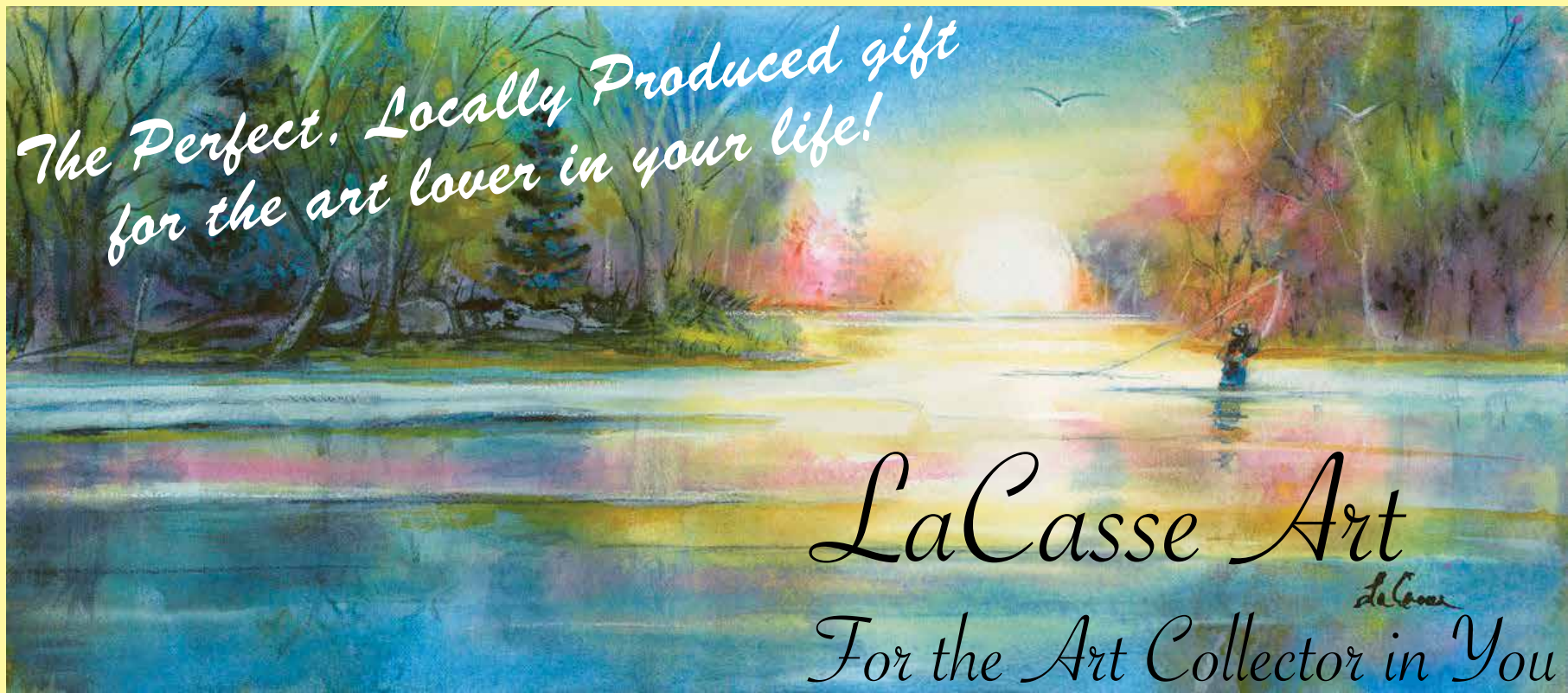
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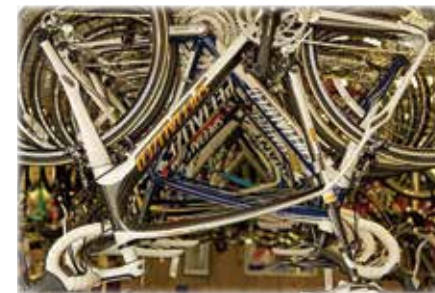
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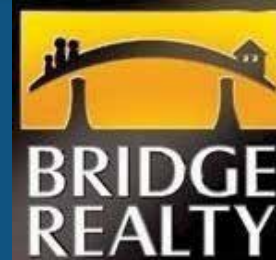
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