

Northland Review

FREE Publication
AUGUST 2019

Monthly Variety Paper

Bingo: Page 12 • Meat Raffles: Page 14

SEE OUR AD ON PAGE 11

SEE OUR AD ON PAGE 17

www.northlandreview.com

SCOOPS PUB

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

Scoops Drinkers Cup Golf Tournament

Shotgun start at Majestic Oaks signature course.

4 person teams.
Ask bartender for details.

Sat. Aug. 10th

6th Annual Scoops Pub Car Show

Entry fee \$5, includes a free beverage OR hot dog & chips.
Trophies will be given out to "Top 20" vehicles.
Motorcycles are invited as well.
Come on out and check out the Sweet rides, Food, Drinks, and Fun!!!
Sun. Aug. 11th, 11am-4pm.
Voting done by 2:30pm

Bethel Days

Aug. 16th - 18th

Aug. 16th, Dusk: Movie on Main
Sponsored by CHOPS

Aug. 17th, Noon: Parade • Bounce Houses • Face Painting • Dunk Tank

7th Annual Street Dance: DJ Mouse & Karaoke, Slippery Steve & Scary Gary, and Broken Road Collective

Car & Bike Show: 1PM-4PM

Aug. 18th, 3pm: Bingo Bonanza w/\$1000 coverall MUST GO!

158 Main St. NW, Bethel, MN 55005 • 763-434-0119 • www.dugoutbarandgrill.com

SEE OUR AD ON PAGE 19

SEE OUR AD ON PAGE 16

DRKULA'S BOWL

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

Inver Grove Heights Days

SEPT. 5TH - 8TH TENT OPENS AT 7:30PM

Pro Wrestling Sept 7th @ 2pm
BAD GIRLFRIENDS SEPT. 7TH, 7-10PM
FREE LIVE MUSIC

Bean Bag Tournament
Sept. 7th. Check in at 2:30 Play starts at 3:30.

FREE BURGERS, HOT DOGS, & ICE CREAM FLOATS*
*ONLY ON SEPT 5TH, 6-10PM - WHILE SUPPLIES LAST.

Carbone's Pizzeria & Pub

White Bear Lake
1350 Highway 96E
White Bear Lake MN 55110

PIZZA LOVES

THE WHOLE FAMILY
SINCE 1954

Tent Party

Sat., Sept. 14th. Starts at 3pm

Twin Cities Wedding DJ
Playing from 3-7pm

Highway 36 Rocks
Band Playing from 7-11pm

- Give-A-Ways •
- Special Appearances •
- Sam Adams Stein Challenge •
- And More! •

SEE OUR AD ON PAGE 8

SEE OUR AD ON PAGE 7

SEE OUR AD ON PAGE 6

ROSETOWN AMERICAN LEGION

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

8th Annual Car Show

No entry fee, dash plaques to the first 100 cars
Car Show 11am - 3pm Aug. 25th

Food served from Noon - 5pm
\$5 Burgers & Fries OR Pulled Pork Sandwiches
Happy Hour during show COME VISIT AND SUPPORT OUR VETERANS

Fred Babcock VFW Post 5555

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

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

August Live Music
Aug. 2 - Generation Rock
Aug. 9 - Top 3
Aug. 17 - The Arcades
Aug. 24 - Top 3
Aug. 31 - Hi Hats

Annual Corn Feed
Aug. 17th Noon till gone

VFW POST 1782

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

Aug. 10, 11am - Gone
BBQ Chicken & Corn Feed

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

SEE OUR AD ON PAGE 3

SEE OUR AD ON PAGE 15

SEE OUR AD ON PAGE 11

MUSIC CONNECTION

ConnectWithMusic.com
"Serving Musicians Since 1981"

Anniversary Savings Through Aug. 31st, 2019

MUSIC CONNECTION BACK-TO-SCHOOL HEADQUARTERS
School Band & Orchestra | Instruments | Flexible Rental Programs | Sales and Repairs | Competitive Prices! | Sheet Music | Recorders | Headphones | LESSONS!

38th Anniversary Sale!
Guitars, Amps, Pro Audio, Keyboards
Priced to Go!

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

SLPLIONS

85% PAYOUT!

The Sunset Grill • Handbag Bingo Aug. 4th @2PM
Montes Sports Bar & Grill • Pull Tabs & E-Tabs Daily: Opening at 8AM, 7 days a week. Starting August 2nd
Biffs Sports Bar & Grill • MN Twins Bingo Aug. 5th @6:30PM. Win, Twins Tickets, Jerseys, and Cash!

CR's Sports Bar & Carbone's Pizzeria

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

August 10th, 9:30am, Check-in
12:30-1:45pm, 2pm Shotgun Start

Golf Tournament Taking first 30 teams signed up and paid!
Victory Links Golf Course
2010 105th Ave. NE., Blaine
\$95/Person. 4 Person Scramble
Includes: Golf, Cart, Range Balls, Dinner at CR's, and Prize Drawing entries (including 2 trips to Las Vegas)



Talk to your neighbors, then talk to me.

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

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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

50% OFF admissions Tuesday & Wednesday!

Sizzling Summer Special!
\$75 OFF the fully loaded
Champion every session!!!



- 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



Meat Raffle

Every Sat. @ 3:30pm



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

Bingo

Two Progressive
 Jackpots Every
 Monday @ 7pm



Mon. - Fri.
 Noon - 6pm



Pulltabs Available

Lic. B00629

The Coon Rapids Lions

coonrapidslions.org/charitablegambling

Lic. #
 00013

Pull Tabs Daily



12800 Bunker
 Prairie Rd. NW,
 Coon Rapids, MN



11707 Round Lake Blvd., Coon Rapids, MN

E-Tabs and E-Bingo

PLAY MEGASOTA GAME NITE
 Tues. FROM 7-8PM FOR HUGE JACKPOTS

BAR BINGO

\$99 PAYOUTS ON ALL \$1 GAMES

Pull Tabs Daily

We play \$1,000 coverall. Also a layercake special, and fun games. See the numbers drawn, last number called and verified on T.V.

Extra \$100 paid on \$1 games if
 Bingo is on Hotball #.



Come help the Lions serve the needy in our community, especially the sight and hearing impaired, handicapped, and youth activities.



9726 SCANDIA TRAIL N,
 FOREST LAKE, MN
 55025-8934
 PHONE: 651-433-5646

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



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



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

FOREST LAKE LIONS PULL TABS DAILY



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

Lic. # 02190-007



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 OF OUR
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AD INDEX

ANOKA CorkPG 34	FRIDLEY Deals & MorePG 26 Two StoogesPG 5 American Legion FridleyPG 8	SCANDIA Brookside PubPG 13
BAYPORT American Legion Post 491PG 8 MallardsPG 8	HAM LAKE Maxx BarPG 15	SOUTH ST. PAUL Illetschko MeatsPG 3 Kaposia ClubPG 4 State Farm Ins.PG 2
BETHEL Dugout barPG 17	HOPKINS Mainstreet BarPG 4	SPRING LAKE PARK Biff's Sports Bar & GrillPG 4 & 15 Dala ThaiPG 20 Doc's CuesPG 36 Kraus-Hartig VFW Post 6587PG 6 Montes Sports Bar & GrillPG 15 Spring Lake Park LionsPG 15 The Sunset GrillPG 15
BLAINE Banquets of MinnesotaPG 15 Clives RoadhousePG 7 Ole Piper InnPG 7 The Roadside Bar & GrillPG 15 Sticks and StonesPG 15 VFW BlainePG 7	INVER GROVE HEIGHTS Bike KingPG 36 Drkula'sPG 19 Jersey's BarPG 4	STILLWATER Maple Island BreweryPG 8 P.D. PappysPG 16 Stillwater BowlPG 8
BROOKLYN PARK Cams Bar & EateryPG 5 Palmer Lake VFW Post 3915PG 4 & 7	LAKELAND The BungalowPG 8	ST. PAUL St. Paul SaintsPG 30 Tin CupsPG 4
BURNSVILLE Clives RoadhousePG 7 Muddy ChickenPG 7	LINO LAKES The Liquor BarrelPG 13 Trappers BarPG 21	ST. PAUL PARK Park PlacePG 20 Willie's RestaurantPG 4
CENTERVILLE Kelly's KornerPG 22 Southern RailPG 22	LORETTO Detour 19PG 4	ST. PAUL PARK Park PlacePG 20 Willie's RestaurantPG 4
CHAMPLIN Clives RoadhousePG 7	MAPLEWOOD McCarron'sPG 13 & 20	TALORS FALLS LaCasse ArtPG 33
CHANHASSEN American Legion Post 580PG 4	MEDINA Medina Entertainment Center .. PG 18 & 31	VADNAIS HEIGHTS Jimmy's Food and DrinkPG 13 Sak's Sports BarPG 13
COLUMBIA HEIGHTS Columbia Heights VFW Post 230PG 6	MENDOTA VFW Post 6690PG 2	WHITE BEAR LAKE Carbone'sPG 16 Doc's LandingPG 13 Village Sports BarPG 13 VFW Post 1782PG 6 White Bear BarPG 4 & 13 White Bear HockeyPG 13 White Bear RentalPG 36
COON RAPIDS Classic BowlPG 2 Coon Rapids LionsPG 2 CRS Sports Bar & Carbone'sPG 11 Kendall's Tavern & ChophousePG 2 Scoops PubPG 11	MINNETONKA Scoreboard Bar and GrillPG 7	WYOMING CornerstonePG 13 Splitrocks Entertainment CenterPG 13
DELANO H.S.C. BrokersPG 4 & 25	NEW BRIGHTON Adagio's Pizza FactoryPG 4 & 5	GENERAL AREA Amp QuizPG 7 Granite City MoversPG 34 JR's Kustom StickersPG 29 Keen Eye Home InspectionPG 36 Rescue CateringPG 36 Straight Flush PokerPG 4
EAGAN Casper's CherokeePG 4 Cedarvale Fitz'sPG 4	NORWOOD YOUNG AMERICA The Pour HousePG 4	HAMMOND, WI Schuggy's American GrillPG 4
EAST BETHEL Cedar Creek AutomotivePG 32	NORTH BRANCH Ruddys RentalPG 36	ROBERTS, WI Barn Board GrillPG 4
FOREST LAKE Bacon's MotorsPG 36 Circle E Wine and SpiritsPG 13 Diesel RockerPG 31 Forest Lake ArenaPG 13 FriarsPG 21 Integrity 1st TeamPG 24 MallardsPG 13 Music ConnectionPG 3 Ruddys RentalPG 36 Tanners Brook Golf CoursePG 13 The Meet MarketPG 13 The Old Log Cabin BarPG 2 Vanelli's By The LakePG 13	OAKDALE Sgt. PeppersPG 7	ROSEVILLE Joe SensorsPG 2 Roseville Area Youth HockeyPG 2 Rosetown LegionPG 8 VFW Post 7555PG 6
	RAMSEY Lavish Nail LoungePG 36 Ramsey BicyclePG 2	SAVAGE NeisensPG 5

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Attention Hunters!

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

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Voted best place to buy Meat and Seafood 2010, 2011 and 2013

Thank You to all our customers!

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Anniversary Savings Through Aug. 31st, 2019

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Headphones
LESSONS!

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CONTENTS

TEXAS HOLD'EM LISTINGS PG 9	CALM IN TRAFFIC PG 24
KARAOKE LISTINGS PG 9	IMMUNIZATIONS PG 26
PUZZLES PG 10	HOROSCOPES PG 27
BINGO LISTINGS PG 12	PUZZLE ANSWERS PG 28
PURSE BINGO LISTINGS PG 12	SPORTS SCHEDULES PG 28
RAFFLE LISTINGS PG 14	DID YOU KNOW? PG 28
COMBAT MEMORY LOSS PG 15	HOW THEY SAY THAT IN PG 28
CUT ENERGY COSTS PG 17	DID YOU KNOW? PG 28
DID YOU KNOW? PG 20	COUPON SAVINGS PG 29
FAMILY FUN PG 21	FRUITS AND VEGGIES PG 30
BEAT SUMMER HEAT PG 22	LEVEL UNEVEN YARD PG 31
STORAGE/DISPLAY PG 23	MEASLES PG 32

CONTACT

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Coon Rapids, MN 55448

Questions or Comments:
production@thenorthlandreview.com
Phone: 612-814-1906

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**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

\$3 DOMESTIC TAPS,
BOTTLES AND RAIL DRINKS

LIVE MUSIC

FRI. AND SAT. NIGHTS

**BEST BURGERS
IN HOPKINS!**

36 BEERS ON TAP!!

**CRAFT BEER
WEDNESDAYS 9PM**



Meat Raffle

Wednesday &
Thursday @ 5pm,
Saturday After Mingo



Mingo

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

Progressive Mingo

Sat. at 2pm

Hopkins Youth Hockey Lic# 04157-02

ENTERTAINMENT

FRI. AUG. 2ND
BLUE DREAM

SAT. AUG. 3RD
M8D'S

FRI. AUG. 9TH
TRICK SHIFT

SAT. AUG. 10TH
SUGAR BUZZ

FRI. AUG. 16TH
MR. PEABODY

SAT. AUG. 17TH
BAND 51

FRI. AUG. 23RD
MOJO MONKS

SAT. AUG. 24TH
FINN BAND

FRI. AUG. 30TH
DRINK 182

SAT. AUG. 31ST
RADIO ACTIVE

FRI. SEPT. 6TH
LAST RESORT

SAT. SEPT. 7TH
FLASH MOB

**COME TRY OUR NEW
HAPPY HOUR MENU!**

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

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

\$3 Domestic Bottle
\$3 Rail Liquor



**CHECK OUT ALL OF
OUR LOCATIONS IN THE
NORTHLAND REVIEW
TEXAS HOLDEM LISTINGS**

Sfpokertour.com

Straight Flush Poker League

- 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. 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
- Thursdays: 7 p.m. – Medina Entertainment Center – Medina
- Fridays: 7 p.m. – Biff's Sports Bar – Spring Lake Park
- Fridays: 7 p.m. – Park Place – St. Paul Park

**Looking to sell your
business or buy a new one?**

Don't want everyone to know?

We specialize in Bars, Restaurants, New Site Locations, Coffee Shops,
Deli's, Pizza, Gas Stations, Convenience Stores, Liquor Stores plus Much More!

*Discreet and
Confidential!*



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www.hscbrokers.com

Hospitality Services Corp.
265 N. River Street, P.O. Box 739
Delano, MN 55328-0739

We have 100's of people in our data base
looking for new businesses



Jerry Vlaminek
Broker
Office: 763-972-9077
Cell: 612-363-7456
Fax: 763-972-9080



Steve Swenson
Agent
Office: 763-972-9077
Cell: 612-388-7334
Fax: 763-972-9080

Call us now for a free market evaluation!

COME IN AND TRY OUR JUICY LUCY'S!

Tin Cup's

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

Birthdays Celebration! Aug. 31st, 10pm

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

**WE NOW HAVE
ELECTRONIC PULL-TABS!**

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

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



**NEW MENUS
COMING
SEPTEMBER 1ST**



**Closed
Labor Day**

**NEW DAILY
DRINK SPECIALS!**



**Wed Night
Bingo @ 6:30PM**

MEAT RAFFLES SUNDAYS 2PM
MEAT PROVIDED BY KAMP'S GROCERY & MEAT MARKET

Largest Meat
Packages on
Rice street

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





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

HAPPY HOUR M-F • 3-6pm
\$2.50 Rail Cocktails & Select Beers
\$4, \$5, \$6 appetizers

Our Patio is the Place to Be when the weather is Great!





Enjoy scratch American cooking, crafted cocktails, beer, and wine all year long. Enjoy our dining, bar or game room area whenever you want.

Monday
\$5 1-topping 10" pizzas
(all day long, dine-in only)

Tuesday:
\$2 soft shell Tacos, 5PM-CLOSE
(dine-in only)

Wednesday:
Meat Raffle, 6PM

Thursday:
Live Trivia hosted by DJ Trivia, 8PM

Friday:
Meat Raffle, 6PM

Saturday:
Brunch & Bloody Mary Bar, 11AM-2PM

Saturday:
Karaoke, 8PM

Sunday:
Brunch & Bloody Mary Bar, 11AM-2PM

Hold your Fantasy Football Draft at Cam's!

Pizza & Beer Specials for the Owners during the Draft!

Contact info@camsbar.com for more details



Open Daily at 11am



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

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

MINNESOTA'S PREMIER LIVE BANDS

Aug. 2 - Off Duty Astronauts
Aug. 3 - Dickerman Brother's
Aug. 9 - RHX
Sept. 7 - EXPRESS
Sept. 13 - Mississippi Mules
Nov. 16 - EXPRESS

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 **German Days** Lic# 35239

Bar Bingo 6:30pm WIN BIG AT BINGO! **& Pull Tabs!**

Two Progressive Jackpots. 1st pays \$1,000, 2nd \$500! **Minnesota's Top 20** pay-out pull-tabs!



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

Tuesday
Bar Bingo & Meat Raffle - 6:30pm

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

Friday
Meat Raffle - 6:30pm

Pull Tabs 

Etabs Now Available


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

New Brighton Lions Gambling License #01754

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

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



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




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

Host your Fantasy Draft Party Here!
Free food and plenty of space for your team!

Mondays
\$4 BURGER NIGHT!



Celebrate "Hump Day" with our delicious wings! .75¢ WING DAY!

Dine in only! 4pm - 11pm Minimum of 10 wings



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



All Welcome! Under New Management

Karaoke Entertainment

Dan Reeves
Friday, Aug. 2nd, 16th, & 30th,
& Sept. 6th, Saturday, Aug. 3rd & 17th

VivaLia
Friday, Aug. 9th & 23rd

8:30pm to Close

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



HAPPY

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

Every Monday
Drink Tickets 7 - 9pm

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

Beer of the Month
Michelob Golden Light Cans \$2.50

Any Day, Any Time
Buckets of Beer, 16oz Cans, 5 for \$15

Every Friday, 5pm-10pm:
Pork Chop or Haddock Fish Dinner
\$9, comes w/coleslaw, Baked Potato, Sour Cream or French Fries

Every Saturday & Sunday, 1 - 10pm:
Burger or Pork Chop Baskets
\$6.75, comes with Homemade Potato Salad or French Fries

Aug. 3rd & Sept. 7th, 4:30pm-7pm:
Pork Tenderloin Dinner
\$7, comes w/Baked Potato, Sour cream, Coleslaw, Sandwich only for \$5

Aug. 7th & 21st, 5-8pm: Steak Fry
\$11, comes w/ Coleslaw, Dinner Roll, Baked Potato, Butter, & Sour cream

Aug. 10th, 8pm-12am: Live Music
City Knights Band, Back by popular Demand! They won't be back til Dec.

Aug. 11th, 4-8pm: Live Music
Bad Lands Band

Aug. 24th, 9pm: Drag Show

Aug. 25th, 4-8pm: Live Music
Percolaters

Aug. 31st, 8pm-12am: Live Music
Just Us Band

Bingo:
Mon. @ 1pm

Meat Raffle:
Fri. @ 6pm, 20 Pkgs.
Sat. Aug. 3 & Sept. 7 @ 4:30pm

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 BINGO!

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

TRIVIA

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




Post Picnic

August 4th, Starting at Noon

30 Meat Raffles, Starts at Noon

Prize Drawings starts at 12:30pm

Bingo Starts at 2:30pm.

Pot Luck Starts at 3pm





ROSEVILLE ANDERSON NELSON VFW POST 7555

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



Pork Feed, Crafts & Flea Market
Sat., Aug. 10

Pork Feed
11am til Gone

Craft Sale & Flea Market
10am - 3pm

Live Band
Late Afternoon

Tickets at Door.



SALAD BAR

Enjoy our Summer Salad Bar
Eat Healthy!
Small Plate \$3.00 Large Plate \$6.00





Karaoke

Every Friday Night
8:30 - 12:30

Monday Night Special \$2.50 Burgers, 3-8pm	Friday Night Special Walleye OR Steak Dinner	Happy Hour M-F, 3-6pm
Thursday Night Special Meatloaf	Serving Breakfast! Sat., 9am-noon \$5 Lunches! M-F, 11am-2pm	

Meat Raffle Weds 5pm & Sat 4pm

Pull-Tabs & E-Tabs Daily

Progressive Cash Bingo Thurs 6:30 pm

Up To \$1000 Coverall



BINGO

43	22	72	36	4
29	18	63	52	
70	8	FREE	24	35
			16	30
31	12	39	57	26

License # G00017



VFW POST 1782

Aug. 10, 11am - Gone
BBQ Chicken & Corn Feed

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!



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



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



#SLOWFOODMOVEMENT
GOOD FOOD MADE FRESH TAKES TIME

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!

August Live Music
 Aug. 2 - Generation Rock
 Aug. 9 - Top 3
 Aug. 17 - The Arcades
 Aug. 24 - Top 3
 Aug. 31 - Hi Hats




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

Annual Corn Feed
 Aug. 17th
 Noon till gone

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

August Live Music Thursday Nights
 7pm to 10pm

1st - Inside Straight
 8th - Pat McLaughlin Band
 15th - Phil Kitze and the Resonators
 22nd - The Pete Kavanaugh Group
 29th - Helium for LiftOff

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

Live Music MIDLANDERS
 August 17th

Annual Fall Festival
 Sat. Sept. 7th. 3pm-8pm
 Ceremony & Balloon Release @ 6pm
 Food Trucks • Live Band
 Raffles • Beer Truck

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

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

SEASON 2 TOURNAMENT
 SATURDAY, AUGUST 17TH
 WATCH YOUR EMAIL FOR YOUR TEAM'S INVITATION!

Find FREE ANSWERS at www.AMPQUIZTRIVIA.com

Like us on facebook



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

SAL Golf Tournament
 August 18th

763-784-9824

BINGO Mon. and Wed.: 6:30pm, Sat.: 2pm. Lic. # - G-00001-004

MEAT RAFFLE
 Fri.: 5:30pm - Gone
 Meat Raffle tickets sold until all prizes are won.

Pull Tabs & E-Tabs
 Mon: 11am-10:30pm
 Tue: 11am-12:30am
 Wed - Fri: 11am-12:30am
 Sat: 10am-12:30am
 Sun: 10am-10:30pm

Tri-Wheel
 Fri.: 5:30pm-12am
 Sat.:5pm-12am
 (or right after bingo)
 Hours subject to change



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

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

Happy Hour

Mon.Wed.Thurs.
 11am - 1pm,
 3pm - 6pm,
 10pm - Midnight
 Fri.
 11am - 1pm, Tue.
 3pm - 6pm ALL
 Sat. DAY
 10am - Noon
 Sun.
 10am - Noon

Steak or Fish Dinner

Every 3rd Friday of the month, 5:30 - 7:30pm, \$10
 Includes: Steak or Fish, Baked Potato, Lettuce Salad, and Bread

Live Music!

August 2 - Auburn August 16 - Resonators
 Moon August 23 - Vinyl Revival
 August 9 - Mr. Winky August 30 - Sheetrockers

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

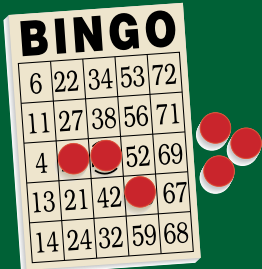
Mon. - 7pm @ Stillwater Bowl
 5862 Omaha Ave N, Stillwater • 651-439-2444

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)

Aug. 22nd - 7pm @ Legion Post 491
 Purse Bingo supporting
 Stillwater Boys Hockey



Meat Raffle
 Wednesdays
 5:30pm
 @ Legion Post 491



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!

BINGO! Sat. Aug. 3rd, 17th, & 31st
 Bingo at 3pm
 Serving Appetizers during bingo



Saturday, 3rd, 17th, & 31st
Spaghetti Dinner
 Served from 5-8pm \$8. Comes w/salad and a breadstick

8th Annual Car Show

No entry fee, dash plaques to the first 100 cars
Car Show 11am - 3pm

Food served from Noon - 5pm
 \$5 Burgers & Fries
 OR Pulled Pork Sandwiches
 Happy Hour during show

Aug. 25th



Special interest in classics

Participants Choice awards for 1st, 2nd, and 3rd.

Host Choice: Best of Show **COME VISIT AND SUPPORT OUR VETERANS**

Fri., Aug. 30th: Live music from 7-11pm
 Come on down for some dinner and dancing

Every Sunday • Noon-2pm
 \$3 Bloody Mary Bar **NEW!**
 \$2 Screwdrivers **Serving Food, 2-5pm**
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 5-8pm
 \$3 Fish Sandwich **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

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

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.

Medina Entertainment Center (Straight Flush Poker)
500 Hwy 55, Medina
763-478-6661 • 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

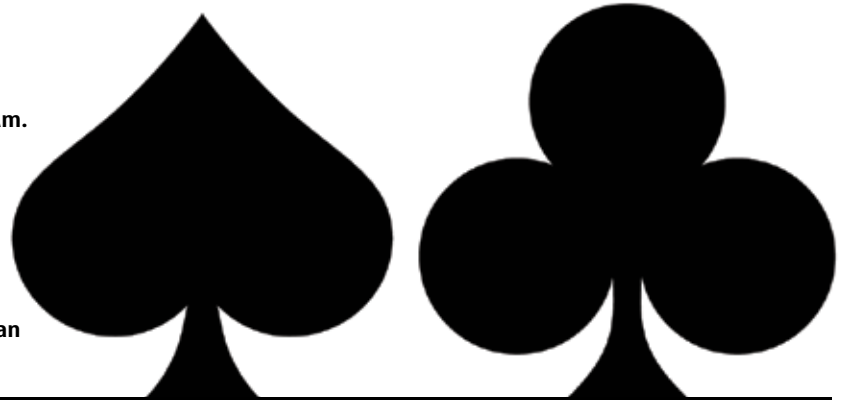
SATURDAYS

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 • 8:30pm

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 • 8:30pm



SCOOPS PUB

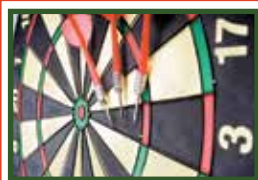
"COON RAPIDS BEST KEPT SECRET"

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



Free Texas Holdem

Tues - Thurs - Sat
7pm & 9:30pm
Paying Out Nightly
Monthly & Quarterly
Tournaments



Premier Dart Location

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

Weekly Specials

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

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

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

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

Friday & Saturday
Drink Specials: 9pm-1am

Sunday
2-4-1s 7pm-9pm

Benefit for Bobby Raley
Aug. 3rd, Starts 1pm-5pm

Hours	Mon	Tues - Thurs
	11am to 1am	11am to 2am
Fri	Sat	Sun
7am to 2am	10am to 2am	10am - 1am

Pull Tabs Every Day Bingo



Mon. & Wed. @ 6:30pm, Thurs. @ 1pm (Matinee Bingo),
& Sat. @ 2pm. \$1,000 Winner, Every Saturday!

Meat Raffles

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

Sponsored by Coon Rapids
Youth Hockey
Lic #35285-008

Scoops Drinkers Cup Golf Tournament

Shotgun
start at
Majestic Oaks
signature
course.

Sat.
Aug.
10th

4 person teams.
Ask bartender for details.

6th Annual Scoops Pub Car Show

Entry fee \$5, includes a free beverage OR hot dog & chips.
Trophies will be given out to "Top 20" vehicles.

Motorcycles are invited as well.

Come on out and check out the
Sweet rides, Food, Drinks, and Fun!!!



Sun. Aug. 11th, 11am-4pm. Voting done by 2:30pm

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 Lic. #: 35285-005

August 10th, 9:30am, Check-in

12:30-1:45pm, 2pm Shotgun Start

Golf Tournament

Victory Links Golf Course
2010 105th Ave. NE., Blaine
\$95/Person.

4 Person Scramble

Includes:

Golf, Cart, Range Balls,
Dinner at CR's, and Prize
Drawing entries
(including 2 trips to Las Vegas)

Taking first 30 teams signed up and paid!



August 24th, Bus Leaves at 6pm

SAINTS GAME BUS TRIP To CHS Field

\$45 Per Person.

Includes:

Tickets to Game, Bus Ride,
Beer on Bus, and DW Clothing T-Shirt.

First 70 Paid are IN!

Sign-up with Jerry Today!



CR'S SPORTSBAR SUNDAY FOOTBALL GAME DAY SPECIALS

CR'S SPORTSBAR 8525 COTTONWOOD ST NW COON RAPIDS / 763-780-1585

GAME DAY EARLY HAPPY HOUR 10AM - NOON

2 FOR 1'S ON ALL DOMESTIC BOTTLE'S, TAPS & RAIL DRINKS

GAME TIME MENU

1/4lb CR'S HOT DOG \$3.00

CR'S CHILI DOG \$4.50

BOWL OF CR'S CHILI \$4.00

SERVED WITH ONION, CHEESE, & CRACKERS

TWO PRETZELS & CHEESE \$4.00

TWO BEEF TACOS \$3.00

WALKING TACO \$3.00

\$5 OFF LARGE CARBONE'S PIZZAS

EXCLUDES SUPER PIE, CHEESE, & SPECIALTY PIZZAS

DOUBLE CALIFORNIA BURGER & FRIES \$7.00

2 1/4 LB PATTIES, LETTUCE, TOMATO, ONIONS, CHEESE, & 1000 ISLAND

CR'S COMBO \$6.00

BOWL OF CHILI WITH YOUR CHOICE OF A
HOT DOG OR GRILLED CHEESE SANDWICH

*ALL SIDES SUBJECT TO EXTRA CHARGE / DINE-IN ONLY

VALID ONLY DURING NOON NFL GAMES!

GAME TIME DRINK SPECIALS

DOUBLE UP FOR A BUCK



**DURING ALL NFL
SUNDAY GAMES**

NOON-4PM

DOMESTIC BOTTLE'S, TAPS, RAIL,
AND CALL DRINKS

*Excludes Bloody Marys, Shots, & Top Shelf
*VALID ONLY IN BAR



CR'S SPORTSBAR HAS THE NFL
TICKET SO COME WATCH
YOUR FAVORITE TEAM EVERY
SUNDAY!

BAR BINGO

SUNDAYS

Dugout Bar & Grill

158 Main St. NW, Bethel
763-434-0119 • Bethel Days!
Aug. 18, 3pm. Bingo Bonanza!
\$1,000 Coverall, MUST GO!

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

VFW Richfield Post 5555

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

MONDAYS

American Legion Fridley

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

Biffs Sports Bar & Grill

7777 Hwy 65 NE, Spring Lake Park
763-784-9446 • Aug. 5 • 6:30pm
MN Twins Bingo!
Twins Tickets, Jerseys, & Cash!

Cornerstone Pub & Prime

26753 Forest Blvd, Wyoming
651-462-1211 • 6:30pm.
Returns Sept. 16

Grumpy's Bar and Grill

2801 N. Snelling Ave, Roseville
651-379-1180 • 6pm

Jimmy's Food & Drink

1132 Co Rd E East, Vadnais Heights
651-482-1100 • 9am

Mc Carron's

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

SAK'S

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

Scoops Pub

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

Stillwater Bowl

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

Trappers

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

VFW Columbia Heights

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

VFW Mendota Post 6690

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

TUESDAYS

Adagio's Pizza Factory

2052 Silver Lake Road, New Brighton,
651-631-9441 • 6:30pm

Carbone's Pizzeria & Pub

1350 Highway 96E, White Bear Lake
651-429-7609 • 6pm

Classic Bowl

11707 Round Lake Blvd, Coon Rapids
763-421-4402 • Megasota • 7-8pm

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

Palmer Lake VFW

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

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
Returns Sept. 19

Jimmy's Food & Drink

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

Kraus-Hartig VFW

Post 6587

8100 Pleasant Drive NE, Spring Lake Park. 763-780-1900 • Aug. 4, Noon Post Picnic! 30 Meat Raffles - Noon, Prize Drawings - 12:30pm, Bingo - 2:30pm, & Pot Luck - 3pm

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)

Classic Bowl

11707 Round Lake Blvd, Coon Rapids
763-421-4402 • 7:30pm
No Bingo Jul. 5

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

Vanneli's By The Lake

55 Lake St. S. Forest Lake
651-395-2400 • 8pm
Oct. 11 - Black Light Bingo!
Wear your Halloween Costume!
Feb. 28, 2020 - Black Light Bingo!
Wear your St. Patricks Day Garb!

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 • Aug. 3, 17, & 31, 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
\$1,000 Winner Every Saturday!

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.
Jul. 20 Bingo Moved to Sun. Jul. 21

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
\$1,000 Winner Every Saturday!

Splitrocks Entertainment Center

5063-273rd St, Wyoming
651-462-6000 • 1pm
Returns Sept. 21

Trappers

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

VFW Columbia Heights Post 230

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

DESIGNER PURSE BINGO



SUNDAY

The Sunset Grill

8466 Hwy. 65, Spring Lake Park
763-204-8648 • Aug. 4th @ 2pm

Vanneli's By The Lake

55 Lake St. S. Forest Lake
651-395-2400 • April 26, 2020
@ 1:30pm

MONDAY

Sgt. John Rice VFW

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

WEDNESDAY

Adagio's Pizza Factory

2052 Silver Lake Road, New Brighton,
651-631-9441 • Aug. 21st @ 7pm

Carbone's Pizzeria & Pub

1350 Highway 96E, White Bear Lake
651-429-7609 • Aug. 21st @ 6:30pm
Come in Early.

THURSDAY

Am. Legion Bayport

263 N. 3rd St. Bayport
651-439-5463 • Aug. 22nd @ 7pm
Supporting Stillwater Boys Hockey

Banquets of Minnesota

1009 109th Ave NE, Blaine
612-803-6468 • Sept. 19th @ 6:30pm

SATURDAY

Cornerstone Pub & Prime

26753 Forest Blvd, Wyoming
651-462-1211 • Sept. 14th @ 3pm

Vanneli's By The Lake

55 Lake St. S. Forest Lake
651-395-2400 • Nov. 9th, @ 12:30pm

FREE BINGO PAPER COUPONS

Come Play Bingo and get a FREE Ticket for the RAFFLE to WIN \$200 FREE BINGO PAPER (at each of our locations) June through August

Play Facebook Bingo to WIN \$100's of Dollars in Bingo Coupons!!

FREE to Everyone!

How it works:

1. Stop by one of our Bingos to pick up your CARD!
2. Like our Facebook Page [wblhockeygambling](https://www.facebook.com/wblhockeygambling)
3. Check Facebook on Mondays, Wednesdays & Fridays for Numbers
4. Cover all the numbers and WIN!
5. More information on our PAGE

FREE Bingo Coupons \$50 to \$200!!

LICENSE # 03111

[wblhockeygambling](https://www.facebook.com/wblhockeygambling)



Mondays 6pm
Saturdays 2pm



Wednesdays 6pm
Fridays 9:30pm



Mondays 9am
Tuesdays 6pm
Thursdays 6pm



Thursdays 7pm



Mondays 6pm
Saturdays Noon



WHITE BEAR LAKE HOCKEY

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

THANK YOU!!



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

MCCARRON'S PUB & GRILL



Mondays, Fridays & Saturdays at 5pm

PULLTABS OPEN EVERYDAY NOON TO 2AM



White Bear Lake Youth Hockey

MORNING BINGO

Monday's

9:00am

Jimmy's Food and Drink

NO ONE HAS BETTER BINGO PROGRAMS!!



DISCO BINGO

9:30pm Friday Nights

VILLAGE SPORTS BAR

\$26 PACKAGES

\$100 PAYOUT A GAME

\$300 Disco Ball Game

\$1000 COVERALL

WIN FREE PRIZES!!

FOREST LAKE ATHLETIC ASSOCIATION

"Supporting Youth"

Football, Lacrosse, Volleyball, Basketball, Softball, Fastpitch, and Baseball

www.FLAAA.org



CHARITABLE GAMBLING LOCATIONS

Charitable Gambling License # G-04354

We have Pull-Tabs Daily!

Tanners Brook Golf Course

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

Circle E Wine and Spirits

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

Mallards Forest Lake

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

The Liquor Barrel

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

The Meet Market

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

Cornerstone Pub & Prime

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

We have Pull-Tabs Daily, Bingo on Mondays at 6:30pm (starting Sept. 16), Meat Raffles Thursdays and Fridays, at 4:30pm. Starting Thur., Jul. 11, we will have a TRI-WHEEL Thursday (6-10pm), Saturday and Sunday (2-6pm)

Designer Purse Bingo Sept. 14, at 3pm

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.

Black Light Bingo Oct. 11, 2019, 8pm start. Wear your Halloween Costume! Designer Purse Bingo Nov. 9, 2019, at 12:30 pm and Apr. 26, 2020, at 1:30pm. Black Light Bingo Feb. 28, 2020, 8pm start. Wear your St. Patrick's Day garb!

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 (starting Sept. 21), Meat Raffles on Wednesdays and Fridays at 6:30pm, and Saturdays 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 (starting Sept. 19), Meat Raffles on Thursdays at 6:30pm and Fridays at 6pm.

Forest Lake Hoops Club is ready to start their season!

Sign up is open for boys and girls pre-season clinics. The boys' clinic will be held on Aug. 5, 7, 12, and 14 from 6:30 - 8:30 PM. The girls' clinic will be held on Aug. 6, 8, 15, and 20 from 6:30 - 8:30 PM. See Forest Lake Community Education website to sign up. Girls' tryouts on Sept. 9th and 10th. Boys' tryouts on Sept. 19th and 20th. Please note the change in location. The tryouts will be held at the high school.

The Forest Lake Hoops Club started the Shooting Club June 10th (formerly known as the 10K Shots Club). Tracking form can be downloaded from FLhoopsclub.org. This year, we are logging MADE SHOTS ONLY. Contest ends Oct. 6, 2019. Print your log sheet, have a parent sign it, and submit it at the player/parent meeting. If you reach the goals posted below, you will receive a t-shirt and be honored at halftime of a Rangers home game for your hard work!
5th-6th Grade: 2000 Makes or more • 7th-8th Grade: 5000 Makes or more

MEAT RAFFLES

SUNDAYS

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

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

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

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

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

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

Am. Legion Bayport
263 N. 3rd St. Bayport
651-439-5463 • 5:30pm (Lic# 00467)

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

Kraus-Hartig VFW Post 6587
8100 Pleasant Drive NE. Spring Lake
Park. 763-780-1900 • Aug. 4, Noon
Post Picnic! 30 Meat Raffles - Noon,
Prize Drawings - 12:30pm,
Bingo - 2:30pm, & Pot Luck - 3pm

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 • 6:30pm

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.
Raffle returns after Labor Day

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 • 6:30pm

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

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

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

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
Annual Fall Festival! Sept. 7th, 3-8pm
Ceremony & Balloon Release 6pm
Food Trucks! Beer Truck! Live Band!
Raffles!

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

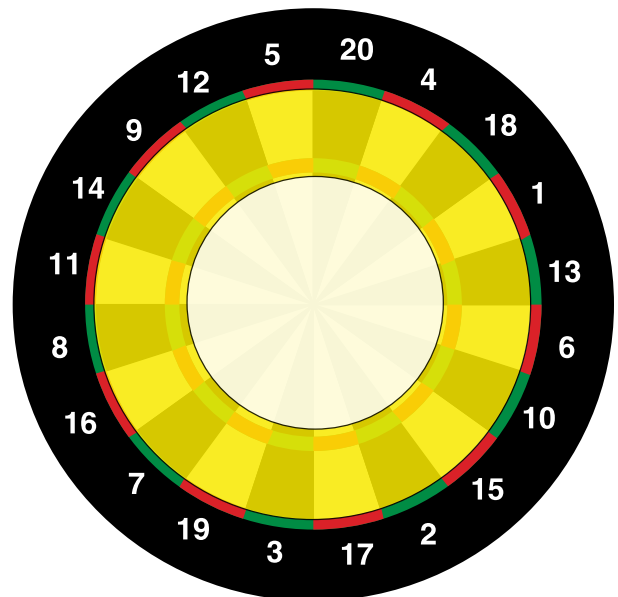
The Sunset Grill
8466 Hwy. 65, Spring Lake Park
763-204-8648 • 3pm

VFW Columbia Heights Post 230
4446 Central Ave. NE, Columbia Hgts
763-788-8187 • Aug. 3 & Sept. 7,
4:30pm. 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



HOW TO COMBAT DEMENTIA AND MEMORY LOSS

Alzheimer's Disease International says that there were approximately 50 million people living with dementia in 2017. Experts predict that number will roughly double every 20 years, highlighting just how pervasive dementia is across the globe.

Dementia describes symptoms affecting memory, thinking and social abilities. The Mayo Clinic says dementia can become so severe that it interferes with daily life. Alzheimer's disease is the most common cause of progressive dementia, though there are other causes as well. Dementias can result from frontotemporal lobar degenerations, vascular disorders, Parkinson's disease, and Lewy Body disease.

Depending on the cause, some dementia symptoms may be reversible. For example, medical professionals have discovered a link between insulin resistance and the development of dementia. Insulin resistance, which results from eating too many carbs and sugar and not enough fat, is a major factor that contributes to Alzheimer's disease, according to The Women's Alzheimer's Movement. Some scientists now refer to Alzheimer's as "Type 3 diabetes." Cutting out sugar and refined carbs and adding lots of good fats may prevent and even reverse pre-dementia in many aging adults.

Using an animal model, researchers at Temple University Health System discovered that a drug blocking inflammatory molecules known as leukotrienes can reverse tau pathology, the second most important lesion in the brain in patients with Alzheimer's. This can bring hope that medication may help reverse Alzheimer's instead of just mitigating symptoms.

Other ways to prevent or reverse dementias involve preventing the brain pathology that occurs. For example, reducing the risk of stroke can prevent vascular dementias. Dementia risks linked to infections and immune disorders may be lowered by making dietary changes or taking appropriate medications for conditions.

The Mayo Clinic also says nutritional deficiencies, such as dehydration and not getting enough vitamins B1, B6 and B12, can cause dementia-type symptoms. Dementias linked to heavy metal poisoning also may be resolved with treatment.

In addition, people can take proactive approaches to preventing aging of the brain even if they aren't yet suffering cognitive decline. A proactive approach can include:

- getting adequate sleep;
- controlling stress levels;
- getting thyroid and reproductive hormone levels checked and treated, if necessary;
- exercising daily, aiming for at least 30 minutes;
- Eating healthy fats like omega-3 fatty acids, which are found in fatty fish, coconut oil, olive oil, whole nuts, eggs, and some seeds; and
- reducing consumption of sugar and processed carbohydrates.



Combating dementia can involve an array of strategies aimed at helping people reduce their risk and possibly even reverse course.

		PIM436 \$2 Play Etabs at all Pull Tab Locations! 			
Montes Sports Bar & Grill Lic. # 00584-001 8299 University Ave NE, Spring Lake Park, MN 55432 (763) 784-2230 Meat Raffles Thurs., Fri., & Sat. @ 4PM Bingo Wed. @5PM, Fri. @5:30PM Pull Tabs & E-Tabs Daily Opening at 8AM 7 days a week Starting August 2nd 	Biffs Sports Bar & Grill Lic. # 00584-007 7777 Hwy 65 NE, Spring Lake Park, MN 55432 (763) 784-9446 Bingo Sat. @3PM. \$175 in cash and prizes and a Must Go Coverall! Meat Raffle Fri. @5PM 	The Sunset Grill Lic. # 00584-026 8466 Hwy. 65 Spring Lake Park, MN 55432 (763) 204-8648 Surf n' Turf Meat Raffles Wed. @5:30PM, Sat. @3PM Bingo Tue. & Thurs. @1PM, Sunday Funday @2PM Handbag Bingo August 4th @2PM	Banquets of Minnesota Lic. # 00584-21 1009 109th Ave NE Blaine, MN 55434 (612) 803-6468 Handbag Bingo September 19th @6:30PM 	Sticks and Stones Lic. # 00584-020 9250 Lincoln St. NE Blaine, MN 55434 (763) 233-0699 Pull Tabs Daily	The Roadside Bar & Grill Lic. # 00584-019 12530 Ulysses St. N, Blaine, MN 55434 (763) 710-4804 Meat Raffles Wed. @6PM, Sun. @2PM Pull Tabs Daily Opening at Noon



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

PIZZA
THE WHOLE FAMILY
LOVES
SINCE 1954

Saturday,
Sept. 14th

Starting at
3pm



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



Happy Hour

50% Off Drinks!
Every Day 3-6 pm

Double up
for a buck
Every Day
9- 10:30pm

Bucket Special
5 for \$16.99

**14
Taps!**



**Designer
Purse Bingo**
Aug. 21st @ 6:30pm
Come in Early.



Twin Cities Wedding DJ
Playing from 3-7pm
Highway 36 Rocks
Band Playing from 7-11pm

- Give-A-Ways •
- Special Appearances •
- Sam Adams Stein Challenge •
- And More! •

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 - Midnight
Saturday: 12 - 11pm
Sunday: 12 - 9pm

White Bear Lake Lions Club #02378-012

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



P.D. Pappy's Music Bar & Grill



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Facebook

422 E. Mulberry Street
1/2 mile North of Lift Bridge
Stillwater, MN 55082

651-430-1147 • pdpappysonline.com

**NO COVER
CHARGE
EVER!**

AUGUST LIVE MUSIC SCHEDULE

Thu. Aug. 1 • 8pm
Perfect Krime



Sat. Aug. 3 • 3pm
Dave Burkart

Sun. Aug. 4 • 4pm
Kurt Jorgensen



Fri. Aug. 9 • 9pm
Uncle Chunk

Sat. Aug. 10 • 3pm
Jason Ploof

Sat. Aug. 10 • 9pm
The Good, Bad,
and the Funky



Sun. Aug. 11 • 4pm
Kurt Jorgensen

Thurs. Aug. 15 • 8pm
Them Pesky
Kids



Fri. Aug. 16 • 9pm
Good For Gary



Sat. Aug. 17 • 3pm
Tim Grady

Sat. Aug. 17 • 9pm
High & Mighty

Sun. Aug. 18 • 4pm
Kurt Jorgensen

Thu. Aug. 23 • 9pm
Shirts & Skins

Sat. Aug. 24 • 3pm
Kyle Koliha

Sat. Aug. 24 • 9pm
Vintage Raggs



Sun. Aug. 25 • 4pm
Kurt Jorgensen

Thu. Aug. 29 • 8pm
Audio Circus



Fri. Aug. 30 • 9pm
Your Dad's Band



Sat. Aug. 31 • 3pm
Mark Stary

Sun. Sept. 1 • 4pm
Kurt Jorgensen

Fri. Sept. 6 • 9pm
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Sat. Sept. 7 • 3pm
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Sat. Sept. 7 • 9pm
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HOW TO CUT ENERGY COSTS THIS SUMMER

Summer is a season of rest and relaxation. Warm air and abundant sunshine often inspire a laid back feeling that lasts until the leaves begin to fall off the trees in early autumn. But summer also can be hard on homeowners, particularly in regard to their monthly energy bills.

As summer heats up, energy bills may rise right along with the mercury in the backyard thermometer. Warmer temperatures outside compel many people to rely more and more on their air conditioners, leading to a spike in energy bills. Fortunately, there are ways to lower summertime energy bills without sacrificing comfort on hot days and nights.

• **Upgrade your insulation.**

People who own their homes can conduct an inspection of their homes' insulation to see if it can be upgraded. Direct Energy, which provides energy to more than four million home and business customers across North America, recommends sealing any drafts around windows or doors with weather stripping or spray foam. Sealing drafts can ensure cool air stays inside the home on hot days, potentially preventing homeowners from having to run their air conditioners on full blast to keep their homes cool.

• **Upgrade your thermostat.**

Homeowners who don't already have a smart thermostat can install one to help lower their energy costs. The Alliance to Save Energy notes that such thermostats can help homeowners optimize their homes' energy usage. Smart thermostats allow homeowners to control the climate in their homes remotely while also showing homeowners their energy consumption in real time. Smart thermostats can show homeowners just how long it takes to cool a home, allowing homeowners to keep their air conditioners off while no one is home but still ensuring the home is comfortable, and that no energy was needlessly wasted to make it so, when they arrive home at night.



• **Reconsider how you use your appliances.**

Bankrate.com notes that washing machines and dishwashers consume the same amount of water and energy whether these appliances are full or not. Wait to use washing machines and dishwashers until you have full loads. This provides more bang for your buck. In addition, hand-dry dishes and hang clothes on a backyard clothesline to save even more energy.

Energy costs tend to rise when summer hits full swing. But a few simple measures can help homeowners cut costs without sacrificing comfort.



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PAGE 17



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Did you know?

The cost of a DUI conviction depends on where the offense took place and the circumstances surrounding it, but men and women arrested for DUI can expect to spend thousands of dollars in fees, penalties and associated costs related to their DUI convictions. According to the California Department of Alcohol and Drug Programs, first-time DUI offenders can expect to spend around \$8,900 for their transgression, and the organization acknowledges that estimate is conservative. Fines and penalties, attorney's fees, court costs, insurance premium increases, and restitution fund expenses are among the many factors the ADP considered when determining their estimate. And those costs might just be the upfront costs. The Alaska Division of Motor Vehicles estimates that the average cost of a DUI for first-time offenders in that state is closer to \$25,000. That estimate includes the cost of SR-22 insurance, which the Alaska DMV estimates at \$2,000 per year for five years. SR-22 insurance is a vehicle liability insurance document required by motor vehicle agencies in many states. The document is necessary for high-risk insurance policies, such as those whose policy holders have been convicted for DUI.



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HAVE FUN AS A FAMILY WITHOUT BREAKING THE BANK

Raising children is no small task. Parents face numerous challenges when raising their kids, and while it may not be the biggest hurdle they face, the cost of raising a family can sometimes seem daunting. A 2015 report from the U.S. Department of Agriculture found that a typical middle-income American family spent just under \$13,000 annually per child. Those costs included housing, food, childcare, health care, and the various other expenses associated with raising children. Multiply that number by 18 years and parents can expect to spend \$234,000 per child by the time the youngster graduates high school. That's before parents write a single college tuition check. The cost of raising children is no less significant in Canada, where Loans Canada, a nationwide financial services firm, estimates that raising a child from birth to 18 will cost parents just under \$254,000.

Since the costs of raising children are so substantial, it's no surprise that parents are often on the lookout for budget-friendly ways to have fun as a family. The following are a handful of ways that families can have fun without breaking the bank.

- **Picnics:** Dining al fresco is an enjoyable way to break bread, but if backyard barbecues have grown stale, parents can always plan picnics in local parks. Park admission is probably free, and parents can save even more money by packing picnic-style foods, like salads and sandwiches, rather than using grills provided by the park (parks may or may not charge fees to use grills).
- **Family days:** Local attractions like zoos and museums may designate a certain day of the week as "Family Day." Admissions might be discounted on these days, and some attractions may even allow kids to enter free. Take advantage of these promotions whenever possible. In addition, inquire about family memberships at local attractions. Such memberships may offer year-round entry for the whole family for an annual fee. Depending on how often you visit the attraction, paying an annual fee can save you a lot of money compared to paying regular admission prices on each visit.
- **Festivals:** Community festivals are another great way for families to get out of the house without taxing their budgets. Community festivals typically do not charge for admission. Parents should not downplay the benefits of free entertainment, as a report from the Bureau of Labor Statistics found that the average American spent just over \$2,900 on entertainment in 2016.
- **Camping:** Campsites may charge fees, but such fees are nominal compared to the costs associated with more traditional lodging, like hotels. Camping is a fun activity the whole family can enjoy, providing a great weekend getaway that won't cost parents too much money.

Parents whose budgets are stretched thin can still find affordable ways to have fun as a family.



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THREE STRATEGIES TO BEAT THE SUMMER HEAT

The dog days of summer can be challenging. As the mercury rises to potentially unhealthy heights, spending time outdoors can become less comfortable and even dangerous.

Finding ways to beat the summer heat can help people avoid injury and illness and ensure they still get to enjoy their summers. The following are three ways to beat the summer heat, though it's important that seniors, pregnant women, parents of young children, and anyone with a preexisting health condition speak with their physicians about the precautions they should take before going outside on hot days.

1. Change your exercise routine, if necessary.

Summer is a great time to exercise outdoors. However, it's important that people who are used to working out in midday change their outdoor exercise routines on hot days. Members of the Miami-based Bikila Athletic Club provide a list of tips to new members who may be unaccustomed to the Florida heat and humidity. One of those tips recommends training early in the morning before the sun gets too high. During the dog days of summer, early morning temperatures tend to be more mild than midday temperatures. That can reduce athletes' risk of injury or illness, though it's still important to avoid exercising in especially hot temperatures regardless of the time of day.

2. Practice passive cooling at night.

Nightflushing is a passive cooling technique that involves opening the windows in a home at night. Doing so can make indoor areas healthier and more comfortable for a home's inhabitants during the dog days of summer. HVAC systems keep homes cool in summer, but over time hot and stale air can accumulate inside a home. If that air is not removed, a home can feel stuffy and airborne pollutants like carbon dioxide can reach potentially unhealthy levels. By opening their windows at night, homeowners can let that stale, potentially unhealthy air out and let the cool air of summer evenings in.

3. Stay hydrated.

It's easy to become dehydrated at any time of year, but especially so during the dog days of summer. The U.S. National Library of Medicine notes that the human body needs an average of three quarts of water per day on a normal day. However, conditions on mid- to late-summer days make it necessary for many people to consume more water than that, especially if they plan to spend time outdoors. On hot days, make sure you're taking in more fluids than you're losing. Take water with you when going outside, and be sure to rehydrate with more water when going back indoors.

Summer heat can be a formidable opponent, but it can be overcome in various ways.



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Meat Raffle and Bingo Saturdays Aug. 3, 10, 17, 24, & 31 @ 2pm

Meat Raffle Fridays Aug. 2, 9, 16, 23, & 30 @ 6:30pm

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STORAGE/DISPLAY OPPORTUNITIES: IN FURNITURE, ALONG WALLS AND IN HIDDEN PLACES

Finding more space to store and display all the “stuff” used for day-to-day living, as well as life’s pleasures, can be an adventure that ends with everything in its perfect place. Woodcraft can help you with a few ideas to kick-start your space hunt and then suggestions for tools and supplies to make your storage projects successful.

Small tables with enclosed storage underneath, chests and trunks that provide seating, benches with built-in storage, beds with built-in space underneath or in the headboard, and kitchen islands with concealed nooks are all options to manage “stuff.”

In the kitchen, add drawers to the space (toe-kick) beneath lower cabinets to store rarely used items. Shelving and bookcases, either built-in or freestanding/open or enclosed, will transform unused wall areas or sections of large closets into instant storage for a wide range of items. Nooks cut out of the wall and covered by pictures offer one of many concealed storage options that also include nooks or drawers in the sides of enclosed staircases.

The ideas for storage and display projects are endless and can be found through Internet searches and on Woodcraft.com in books like “Stanley Built-Ins & Storage” by David Schiff, in the Woodcraft blog, and in free videos and articles.

Plan for Painting Up Front

“When choosing where to develop storage and display space, you have the opportunity to rethink the colors in rooms where changes will be made,” Woodcraft Public Relations Manager and blogger Lori Harper said. “By using paint in building, buying or repurposing storage pieces, you can change or supplement an existing color palette.”

Woodcraft stocks a wide selection of finishing and paint products, including the versatile General Finishes Milk Paint, General Finishes Flat Out Flat Topcoat, Black Dog Salvage Furniture Paint, and Black Dog Salvage Guard Dog and Show Dog Topcoats.

Building Made Easy

Pocket-hole joinery is a quick, easy way to join wood pieces for building projects. Kreg makes it simple with a pocket-hole jig for every application to create very strong joints. Check out Festool’s CXS Compact Drill Driver Set for drilling pocket holes and adding pocket screws, as well as handling other day-to-day drilling and driving challenges with comfort. Tight spaces, dark spots, and corners are no match for it.

For projects that require using nearly invisible fasteners, the industrial strength Grex 23-gauge Headless Pinner leaves only the tiniest of entry holes, making it ideally suited for finishing work, detailed woodworking, light wood assembly, decorative trim, dowel and joint pinning, and picture frame assembly. To provide air pressure for the pinner, Rolair’s JC10PLUS Compressor is a good choice. The oilless machine features a 1 HP, single-stage, two-cylinder motor/pump and a stainless steel reed valve that runs on low RPM for optimum quiet operation.

Building drawers is easy with the Kreg Drawer Slide Jig that supports drawer boxes while mounting slides to the drawer. The jig works with ball-bearing, epoxy-coated, and undermount slides for perfect positioning every time. Whether you’re boring shelf pin holes in a new entertainment center or adding adjustable shelving in an existing cabinet, the Kreg Shelf Pin Jig will help you get the job done quickly and accurately. The Kreg Cabinet Hardware Jig makes it easy to install knobs and pulls on drawers and doors.

Shortcuts & Safety

To save time when building drawers, check out the Ready-to-Use Prefinished Birch Drawer Sides at Woodcraft.

For some really made-to-order storage units, use WoodRiver Cubby Cube Connectors. Available in three configurations — cross-brackets, T-brackets or L-brackets — these handy connectors allow for quick and easy construction of multiple cube storage using 3/4”-thick material in any size you need.

Protect your ears while using power tools with ISOtunes Professional Noise Isolating Earbuds — OSHA-approved hearing protection and Bluetooth technology so you can connect to a smartphone and listen to music. If protection is all you need, consider the Pyramex BP 3000 Banded Earplugs.

To learn more about these and other products, visit your local Woodcraft store, call (800) 535-4482 or visit www.Woodcraft.com.



HOW TO STAY CALM AND COLLECTED IN TRAFFIC

Commuting long distances seems to be a fact of life for many professionals. The average American spends 50 minutes commuting to work, and the average worker in the United Kingdom spends roughly an hour, according to a study from the University of West England. Researchers in England found that adding an additional 20 minutes of commuting per day has the same negative effect on job satisfaction as receiving a 19 percent pay cut. Commuters can sometimes control their commutes to prevent such dissatisfaction, but other times factors beyond their control may be adversely affecting commuters' quality of life. For example, researchers with the Texas A&M Transportation Institute determined that rush-hour commuters in the United States lose an average of 42 hours per year to traffic delays. On the nation's 10 most gridlocked roads, that number doubles to 84 hours. That equates to three and a half days per year of sitting in traffic jams.

Spending time in traffic is no picnic, and it's easy to get frazzled when doing so day in and day out. Following a few tips can help commuters keep their stress in check when traffic slows down.

- **Leave plenty of time.** Traffic can seem especially troublesome when you're racing the clock to get somewhere on time. Feeling anxious about missing a meeting or arriving to work late only exacerbates commuting-related stress. Check traffic maps before heading out and leave ample time to get where you need to be.
- **Keep audiobooks at the ready.** Listening to an engaging story on the way to work can direct attention away from traffic. In fact, you may not mind traffic at all if you're at a climactic point in the story.
- **Cue up your favorite music playlists.** Get lost in jams you love, as music can help soothe the stress of traffic.
- **Explore alternate routes.** In your spare time, figure out if there are less-traveled roads that can make a commute more predictable and enjoyable. While they may be slightly longer in mileage, moving along instead of being in stop-and-go traffic can be a relief.
- **Smile even if you don't feel like it.** Psychology Today says that research suggests going through the motions of smiling may reduce the intensity of your body's stress response, even while sitting in traffic.
- **Take deep breaths.** Practice mindful breathing exercises that can reduce tension.

Commuters contend with traffic jams every day, but there are various coping mechanisms that can relieve stress when stuck in gridlock.



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WHY IMMUNIZATIONS ARE IMPORTANT

Measles is not something that garnered much attention outside the medical community in recent decades. However, in 2019 a series of measles outbreaks put the spotlight back on this highly contagious infectious disease. According to the Centers for Disease Control and Prevention, between January 1, 2019, and May 31, 2019, 981 individual cases of measles had been confirmed in 26 states in the United States. That marked the greatest numbers of measles cases reported in the U.S. since 1992. And the U.S. is not the only country in North America facing a measles problem, as the Public Health Agency of Canada reported that, as of mid-May, 54 cases of measles had been reported in the country in 2019. Perhaps most surprising, measles was declared eliminated in 2001, leading many to wonder what's behind the sudden outbreaks so long after the disease had seemingly vanished.

The CDC reports that the majority of people who got measles in 2019 were unvaccinated. While measles was declared eliminated nearly 20 years ago in the United States, the CDC notes it's still common in many parts of the world. When unvaccinated travelers visit countries where measles is still common, they can bring the disease with them, ultimately allowing it to spread in communities where large groups of people are unvaccinated.

Regardless of why people choose to avoid vaccinations, it's important to note some of the reasons why health organizations like the CDC and the World Health Organization urge all children and adults to be immunized.



- Immunizations save lives. The CDC notes that advancements in medical science have made it possible for humans to protect themselves against more diseases than ever before. Once-fatal diseases have now been eliminated thanks to safe and effective vaccines.
- Immunizations protect loved ones. Some people cannot receive certain immunizations due to allergies, illness, weakened immune systems, or other factors. Such individuals are vulnerable to disease, and especially vulnerable if their loved ones who can be vaccinated do not receive their recommended immunizations.
- Immunizations save money. The human toll of failing to be immunized can be fatal, and the financial toll can be heavy, too. Children with vaccine-preventable diseases may not be allowed to enroll in certain schools or daycare facilities, forcing parents to make decisions that can affect their ability to earn a living. In addition, medical bills that result from long-term illnesses can be substantial. The majority of health insurance plans cover vaccines for adults and children at little or no cost, and even uninsured families can receive free or inexpensive vaccines through certain government programs.

Immunizations take only a few seconds to receive but can have a positive effect that lasts a lifetime.

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Thursday 11am - 6pm
Friday 2pm - 6pm
Saturday 11am - 6pm
Sunday 11am - 5pm

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★ Weekly Horoscopes for August

AUGUST • 2019

Aries

March 21-April 20

Week 1:

Aries, even if you start off the week on the wrong foot, you have ample time to turn it around and round out the end of the week on a sunny note.

Week 2:

Don't let your emotions get the best of you in a heated situation, Aries. You can come out on top if you remain calm and think through your responses with utmost caution.

Week 3:

There are a few obstacles in your career path right now, Aries. Thankfully, you have a clever way to navigate right around them. All it takes is a little charm.

Week 4:

Aries, you may be feeling sociable this week. Make the most of opportunities to hang out with those people you prefer to spend time with regularly.

Taurus

April 21-May 21

Week 1:

Taurus, get your social obligations out of the way early in the week so you can get a little alone time. Even the most social butterfly needs to rest his or her wings.

Week 2:

Taurus, there are a few different ways you can play an upcoming situation. Taking a back seat and letting another person lead the way may be the smartest strategy.

Week 3:

It can be difficult to make decisions when under pressure, Taurus. This week you may be put on the spot to answer some difficult questions.

Week 4:

Your work will be a labor of love for someone special, Taurus. Even though you are doing it for generous reasons, give yourself ample time to breathe and unwind.

Gemini

May 22-June 21

Week 1:

Gemini, while curiosity can be perilous for cats, you should not shy away from delving in feet first when you get a curious whim. You'll discover a lot.

Week 2:

A few opportunities may drop into your lap, Gemini. However, just because things come about easily does not mean they are the right choices for right now.

Week 3:

Now may be a good time to invest some money into a luxury purchase, Gemini. This can be anything from an extensive vacation to a new car. Just consider the budget beforehand.

Week 4:

Gemini, your routine offers you comfort this week, but you may want to find some way to veer off course for a little bit. Who knows what waits around the bend?

Cancer

June 22-July 22

Week 1:

This week you're bound to take a definitive step forward to developing the ideas you have had in your head, Cancer. Find a friend who can serve as a confidante.

Week 2:

Cancer, keeping things bottled up until the last minute seems to be the way you have been operating lately. You may want to try sharing your feelings and seeking feedback.

Week 3:

Cancer, a minor health scare could have you rethinking your diet and exercise regimen. Speak with a doctor about the best course of action if you want to overhaul your health.

Week 4:

Cancer, you may be worrying about things that are troubling you instead of enjoying time spent with friends. Enjoy time with loved ones and your troubles will subside.

Leo

July 23-August 23

Week 1:

Leo, after a few days of introspection, you're back and better than ever with your typical boisterous personality. Others will be clamoring to spend time with you.

Week 2:

Wearing your emotions on your sleeve may get you attention, Leo, but it won't necessarily be the kind of attention you were hoping for. Reconsider what you share.

Week 3:

Leo, some tough choices will be falling on your shoulders in the days ahead. Not everyone may agree with your decisions, but you need to stand by them.

Week 4:

Surround yourself with loved ones this week, Leo. You will take away much joy from these interactions. Do something fun and playful with siblings or cousins.

Virgo

August 24-September 22

Week 1:

Virgo, many people call you the happy helper of all zodiac signs, and it's a title you wear well. But sometimes the helper needs a little assistance as well. Welcome it.

Week 2:

Virgo, it can be challenging to relinquish control, but that is just what you will have to do at some point this week. This will be a good lesson to learn.

Week 3:

There is only so much that debate will accomplish, Virgo. You may have to sit back and go with the flow on this one, even if that may be difficult.

Week 4:

Virgo, you may feel the need to be responsible for others over the course of the next few days. They can probably handle themselves, but a little help never hurt.

Libra

September 23-October 23

Week 1:

Libra, try to encourage others to warm up to your ideas. If your presentation isn't met with enthusiasm, regroup and find a new target audience. Do not give up on plans.

Week 2:

It's hard to see someone's perspective when you have never gone through this particular situation, Libra. Keep that in mind when supporting a loved one in need.

Week 3:

All it may take is a weekend getaway to completely recharge your mind and body, Libra. Trips do not have to be long to prove rejuvenating. A change of scenery is important.

Week 4:

Libra, if you have put a high level of trust into other people, you won't be disappointed when they live up to all of your expectations. Take some time to thank them.

Scorpio

October 24-November 22

Week 1:

Scorpio, the last few weeks were good for developing the bigger picture in your career. Now you have to focus on the smaller details that will help you get what you want.

Week 2:

All it takes is a subtle change of perception to turn a situation around, Scorpio. Start by taking a few risks outside of your comfort zone for some new inspiration.

Week 3:

Scorpio, make a list of the pros and cons of a career change and then mull it over carefully. Explore if salary, environment or status are driving factors in wanting something new.

Week 4:

Scorpio, you may feel a desire to be fully understood by others this week. But they can only understand you if you're open and honest with them. Be more forthcoming.

Sagittarius

November 23-December 20

Week 1:

Do not obsess about all the things that could possibly go wrong, Sagittarius. Turn your thoughts to the positive and figure out how to put plans in motion.

Week 2:

Sagittarius, it is good to be proud of your accomplishments. Just be sure not to come across as boastful, especially in certain company. You don't want to come across as bragging.

Week 3:

Memories of good times could have you temporarily living in the past, Sagittarius. That is okay as long as you can come back to the present when necessary.

Week 4:

Sagittarius, you are alert and inspired this week, and you may be on a quest to expand your social circle. Go to community events or other social activities in your area.

Capricorn

December 21-January 20

Week 1:

Capricorn, after several days of focusing on anyone but yourself, you are ready to retreat into the quiet and recharge. Seek out privacy whenever you can.

Week 2:

Capricorn, asking for help is not admitting weakness. If you feel you are in over your head, call in the reinforcements. Then you can get back on track more quickly.

Week 3:

Capricorn, put your pride to the side and focus on what would be best for the majority of people in your family circle. Then you can gear your decisions toward their well-being.

Week 4:

Capricorn, little financial uncertainty should compel you to take inventory or even revise spending habits. Unforeseen circumstances can pop up.

Aquarius

January 21-February 18

Week 1:

Aquarius, even though you have been putting in all kinds of overtime for a good cause, you have to give your personal life a little bit of time this week.

Week 2:

Good fortune is coming your way, and you can certainly spread the wealth if you desire, Aquarius. Chances are there are a few other people who can use a smile in the weeks to come.

Week 3:

Aquarius, if your diet and exercise regimen hasn't been as successful as you'd hoped, you may want to speak with a dietician. Then you can get back on track.

Week 4:

You may feel confused about your current situation in life, Aquarius. This may be the case if you're comparing yourself to others. You're actually doing quite well.

Discs

February 19-March 20

Week 1:

Pisces, you have been partying up a storm of late, and loving every minute of it. It's time to recharge and relax.

Week 2:

Job security may have you sticking with a position long after the time has come to move on, Pisces. Reexamine the bigger picture and your goals.

Week 3:

Pisces, there are a few cosmic disturbances on the horizon but nothing you cannot handle with a little finesse. Expect things to blow over shortly.

Week 4:

Pisces, innovative solutions are on the tip of your tongue. You just need to organize your ideas to present them to others.

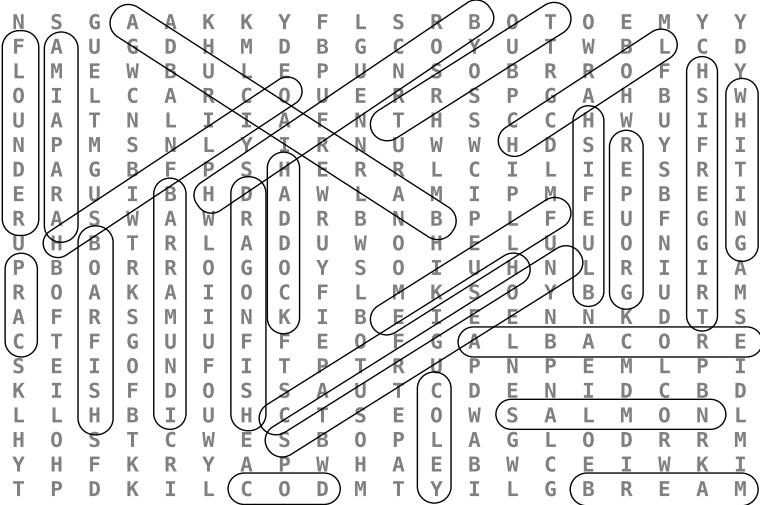
PAGE 27

PUZZLE ANSWERS

Crypto answers A. angler B. rod C. river D. lure
 A. cars B. roadway C. construction D. brakes

Word scramble 1. Tackle 2. Books

Word Search Answers



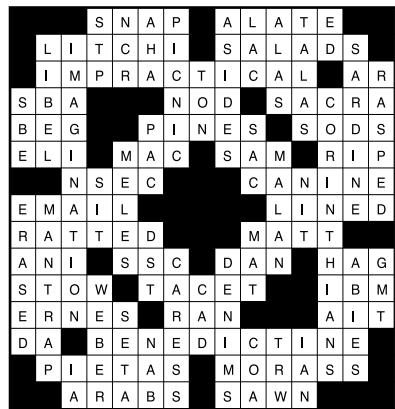
Sudoku 1 Answers

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

Sudoku 2 Answers

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

Puzzle 1 Answers



Puzzle 2 Answers



SPORTS SCHEDULES

Vikings Schedule

Fri, Aug 9 @ New Orleans 7:00 PM
 Sun, Aug 18 vs Seattle 7:00 PM
 Sat, Aug 24 vs Arizona 12:00 PM
 Thu, Aug 29 @ Buffalo 6:00 PM

Twins Schedule

Thu, Aug 1 @ Miami 11:10 AM
 Fri, Aug 2 vs Kansas City 7:10 PM
 Sat, Aug 3 vs Kansas City 6:10 PM
 Sun, Aug 4 vs Kansas City 1:10 PM
 Mon, Aug 5 vs Atlanta 7:10 PM
 Tue, Aug 6 vs Atlanta 7:10 PM
 Wed, Aug 7 vs Atlanta 12:10 PM
 Thu, Aug 8 vs Cleveland 7:10 PM
 Fri, Aug 9 vs Cleveland 7:10 PM
 Sat, Aug 10 vs Cleveland 6:10 PM
 Sun, Aug 11 vs Cleveland 1:10 PM
 Tue, Aug 13 @ Milwaukee 7:10 PM
 Wed, Aug 14 @ Milwaukee 1:10 PM
 Thu, Aug 15 @ Texas 7:05 PM
 Fri, Aug 16 @ Texas 7:05 PM
 Sat, Aug 17 @ Texas 7:05 PM
 Sun, Aug 18 @ Texas 2:05 PM
 Mon, Aug 19 vs Chicago 7:10 PM
 Tue, Aug 20 vs Chicago 7:10 PM
 Wed, Aug 21 vs Chicago 12:10 PM
 Fri, Aug 23 vs Detroit 7:10 PM
 Sat, Aug 24 vs Detroit 6:10 PM
 Sun, Aug 25 vs Detroit 1:10 PM
 Tue, Aug 27 @ Chicago 7:10 PM
 Wed, Aug 28 @ Chicago 7:10 PM
 Thu, Aug 29 @ Chicago 1:10 PM
 Fri, Aug 30 @ Detroit 6:10 PM
 Sat, Aug 31 @ Detroit 5:10 PM

Lynx Schedule

Sat, Aug 3 @ Indiana 7:00 PM
 Tue, Aug 6 @ Atlanta 7:00 PM
 Fri, Aug 9 vs Connecticut 8:00 PM
 Sun, Aug 11 @ Washington 3:00 PM
 Tue, Aug 13 @ NY Liberty 7:00 PM
 Fri, Aug 16 vs Washington 8:00 PM
 Sun, Aug 18 @ Seattle 7:00 PM
 Tue, Aug 20 @ Los Angeles 10:30 PM
 Thu, Aug 22 vs Dallas 8:00 PM
 Sun, Aug 25 vs Las Vegas 7:00 PM
 Tue, Aug 27 vs Chicago 8:00 PM

Minnesota United FC Schedule

Sun, Aug 4 vs Portland 3:00 PM
 Wed, Aug 7 vs Portland 7:00 PM
 Sat, Aug 10 @ Dallas 7:00 PM
 Wed, Aug 14 vs Colorado 7:00 PM
 Sat, Aug 17 vs Orlando 7:00 PM
 Thu, Aug 22 @ Kansas 8:30 PM

Did you know?

Scholastic sports are broken up into various seasons for the school. Depending on what the athlete desires, he or she will have to wait until that particular season (fall, winter or spring) to participate in the activity of his or her choice.

Many schools offer these athletics during the winter months: spirit, dance, wrestling, basketball, and swimming/diving; however, depending on geography and climate, there may be some alterations to the schedule. Winter sports may begin in mid-November to December, and the season may run about two months.

Prospective athletes would be wise to keep their eyes open several months in advance of the season for sign-up dates, as schools often require try-outs or participation interest, as well as completed physical examination forms well before the season starts.

How they SAY that in...

- ENGLISH:** Teacher
- SPANISH:** Profesor
- ITALIAN:** Insegnante
- FRENCH:** Professeur
- GERMAN:** Lehrer



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HOW TO EASILY MAXIMIZE COUPON SAVINGS

Many items, including food and clothing, can strain a budget. As a result, many shoppers make it their mission to save money on their purchases, and coupons can be a great way to do just that. According to a 2014 survey from the discount coupon site RetailMeNot, 96 percent of respondents regularly use coupons. In fact, Hawk Incentives, another deal resource, found that 40 percent of coupon users feel smarter when taking advantage of a deal. While there are some people who use coupons periodically, an entirely different type of shopper has mastered the art of maximizing coupon savings. Learning how to follow such shoppers' lead can save consumers substantial sums of money.

- **Look for deals in your local newspaper.** Begin by perusing newspaper inserts from local papers and match up the circulars to the stores you frequently visit. Pick the best deals you can find for products you actually use. You will not be saving money if you clip and utilize coupons but end up buying items that you don't need and/or won't use.
- **See if you can stack coupons.** Some stores will enable you to use both a manufacturer's coupon and a store coupon at the same time. This is called stacking. Shop at stores that allow stacking to get better deals, particularly on food.
- **Use discount code sites.** Regularly check sites and apps like RetailMeNot for codes for favorite retailers. This is easily done before you head to the check-out line. Popular stores frequently run deals, and you may not realize there is a discount even if you're in the store already. Oftentimes codes can be scanned directly from your phone. Other apps and resources enable you to load offers directly to a store rewards card. Investigate these possibilities for more savings.
- **Automatically update your shopping cart.** When making purchases online, utilize a plug-in site like Honey, which automatically scans its database of usable discount codes for the retailer you're using. See if there are any applicable codes that can earn you a discount on the spot. If not, Honey will tell you that you have the best price.
- **Sign up for mailing lists.** While you may not want to inundate your inbox with spam, retailer newsletters and mailing lists will inform you about discounts and sales others may not know about. If you're concerned about your email program getting flooded, designate a filter that will group these promotions into a separate folder.
- **Keep coupons close.** Coupons are only good if they're available for use. Have a holder for print coupons or store digital coupons in a folder on your phone that can be easily accessed.

With these strategies in mind, consumers can increase their coupon savings considerably.



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SIMPLE WAYS TO INCORPORATE MORE FRUITS AND VEGGIES INTO YOUR DIET

Parents imploring their children to eat their fruits and vegetables is a nightly occurrence at many dinner tables. Reluctant youngsters may have a seemingly innate resistance to vegetables, but parents should stay the course, as the importance of making fruit and vegetables a routine part of one's daily diet is hard to overstate. Children might be seen as the most resistant to fruits and vegetables, but reports indicate they're not alone.



A 2017 report from the Centers for Disease Control and Prevention found that just 12 percent of adults in the United States are meeting the standards for fruit consumption as established by the Dietary Guidelines for Americans, which are determined by the Office of Disease Prevention and Health Promotion. Even fewer people (9 percent) are meeting the standard for vegetables. The picture is somewhat better in Canada, where the Canadian Community Health Survey, 2017, found that 28.6 percent of Canadians age 12 and older report consuming fruits and vegetables more than five times per day. However, that figure steadily declined since 2015. That's unfortunate, as fruits and vegetables have been linked to a host of health benefits.

Why eat fruit and vegetables?

The U.S. Department of Agriculture notes that fruits do not contain cholesterol and are naturally low in fat, sodium and calories. In addition, fruits contain a host of essential nutrients, including potassium, dietary fiber, vitamin C, and folate, that are historically underconsumed. Similarly, studies have shown that vegetables, which also are great sources of vitamins and minerals, can help people reduce their risk for a variety of conditions, including heart disease, stroke and certain types of cancer.

How can I include more fruits and vegetables in my diet?

Routine is a big part of many people's lives, and some may find it hard to change their dietary routines. But people who aren't eating enough fruits and vegetables likely don't need to completely overhaul their diets in order to include more fruits and vegetables. In fact, the American Heart Association notes that the following are some easy ways for people to sneak more fruits and vegetables into their diets.

- **Breakfast:** When sitting down for a bowl of cereal, add some bananas, raisins or berries to your bowl. When making eggs or breakfast potatoes, add chopped up onions, celery, green or red bell peppers, or spinach.
- **Lunch:** Forgo sandwiches in favor of fruit or vegetable salads at lunchtime. If you must have a sandwich, top it off with vegetables like cucumbers, sprouts, tomatoes, lettuce, and/or avocado.
- **Dinner:** Replace less healthy side dishes with fruit or vegetable salads, and don't forget to include steamed vegetables, even frozen ones, on your dinner plate every night. Add chopped vegetables, such as onions, garlic and celery, when creating soups, stews or sauces.

A few simple strategies can help people eat more fruits and vegetables and reap the many rewards that such foods provide.



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11 GAR 5:05	12 WPG 7:05	13 WPG 1:05	14 WPG 7:05	15 LIN 7:05	16 LIN 7:05	17 LIN 7:05	
18 WPG 4:00	19 WPG 7:00	20	21 GAR 6:45	22 GAR 7:10	23 GAR 7:10	24 CHI 7:05	
25 CHI 5:05	26 CHI 7:05	27 CHI 7:05	28 FAR 7:05	29 FAR 7:05	30 FAR 7:05	31 CHI 7:05	
1 CHI 6:05	2 CHI 1:05	3	DIVISION SERIES				7
8	9	10	CHAMPIONSHIP SERIES				14
15	16	17	18	19	20	21	

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HOW TO LEVEL AN UNEVEN YARD

Many things can cause a yard to be uneven. Drainage problems, leaky pipes beneath the grass and pests can wreak havoc on a yard, resulting in uneven turf that can be both unsightly and unsafe. Addressing an uneven yard might be homeowners' ultimate goal, but the home experts at BobVila.com note that homeowners should first figure out what's causing the problem and make fixing that their first task. Fixing uneven ground above leaky pipes will only be a temporary fix if the leaks themselves are not addressed. Professional contractors might be necessary depending on what's causing the problem. However, once the underlying issue has been addressed, many homeowners can handle the task of leveling an uneven yard on their own.

- **Get the right tools and materials.** Leveling an uneven yard may require various tools. Thatch will likely need to be removed from the lawn before it can be leveled out, so homeowners will need a thatch rake or dethatching machine to get this task started. Dethatching machines are generally necessary for especially large lawns, and these can typically be rented from home improvement retailers. A shovel, bow rake and push broom are other tools homeowners will likely need. Materials such as topsoil, compost and sand will be necessary as well, and these are typically sold at local garden centers.

- **Fill in areas beneath the grass.** Areas beneath the grass can be filled in with a mixture of sand, topsoil and compost. The experts at BobVila.com advise using two parts sand, two parts topsoil and one part compost. Each of these components plays its own role in restoring the yard to full health. Sand helps the ground stay level, while the topsoil and compost provide the grass with valuable nutrients. If the low spots are not especially deep, this mixture can be applied without removing the grass. However, before filling in holes when addressing spots that are deeper than two or three inches, remove the grass then place it back in place once the hole has been filled. To dig up the grass, put the blade of the shovel at the outside of the low spot before sliding it under about two or three inches so you do not upset the grass roots.

- **Spread the top dressing.** Once the holes have been filled and the grass has been placed back on the ground (if it was removed), spread the top dressing mix with a shovel. The mix should be spread evenly with the back of the bow rake at a depth of no more than half an inch. Make sure the mix is worked into the low spots and that it's not completely covering the grass, as that will suffocate the lawn. If necessary, use the push broom to work the mix into the soil.

- **Water the lawn.** Finally, water the lawn to help the top dressing settle into the grass. If necessary, repeat the process of applying top dressing and watering until the lawn is even and has returned to full strength.

An uneven lawn is an eyesore and potentially harmful. But fixing an uneven lawn is simple once homeowners discover and address what's behind the issue.



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GET THE FACTS ON MEASLES TO REMAIN PROTECTED

A disease once thought to have been eradicated in developed countries has become a newsmaker once again, with reported cases affecting various areas of North America. The American Red Cross says the United States is presently experiencing the highest number of measles cases since the disease was considered eliminated in the country back in 2000. Seventy-five new cases were reported in one week in May 2019, bringing the total confirmed cases to 839 across 23 states at that point. Canada reported six confirmed cases at the same time.

In recent months, measles has been reported in Arizona, California, Colorado, Connecticut, Florida, Georgia, Illinois, Indiana, Iowa, Kentucky, Maryland, Massachusetts, Michigan, Missouri, Nevada, New Hampshire, New Jersey, New York, Oregon, Pennsylvania, Tennessee, Texas, and Washington. Even though all 50 states require measles vaccinations prior to children entering school, there are some medical exemptions, and exemptions for religious and philosophical reasons, according to the Red Cross.

The Centers for Disease Control and Prevention says that measles outbreaks are linked to travelers who bring measles back from other countries. Measles outbreaks have been documented in Israel, Ukraine and the Philippines.

In New York, state senators and other politicians have pushed to end non-medical exemptions, including religious waivers from vaccinations. Roughly 530 cases of measles were confirmed in an area of Brooklyn, New York, between October 2018 and May 2019, leading Mayor Bill de Blasio to declare a public health emergency and ordering mandatory vaccinations under the threat of \$1,000 fines.

Schools in Lakewood, New Jersey, were shuttered for many days due to measles cases. Some schools sent the message that children will not be able to attend without proof of vaccination.

Measles is a highly contagious virus that lives in the mucus of infected people. It is spread through coughing and sneezing. Measles is so contagious that if one person has it, 90 percent of those close to that individual who are not immune will be infected, says the CDC. Early symptoms include a high fever, cough, runny nose, and red, watery eyes. Within two or three days of such symptoms surfacing, small white spots may appear in the mouth before a red measles rash on the face and body develops.

The best protection against measles is a measles-mumps-rubella (MMR) vaccine, which provides long-lasting protection. Children typically receive two doses of MMR — one as an infant and one between the ages of four and six.

Those concerned about measles can speak with their doctors about a measles booster and the various risk factors for the virus.





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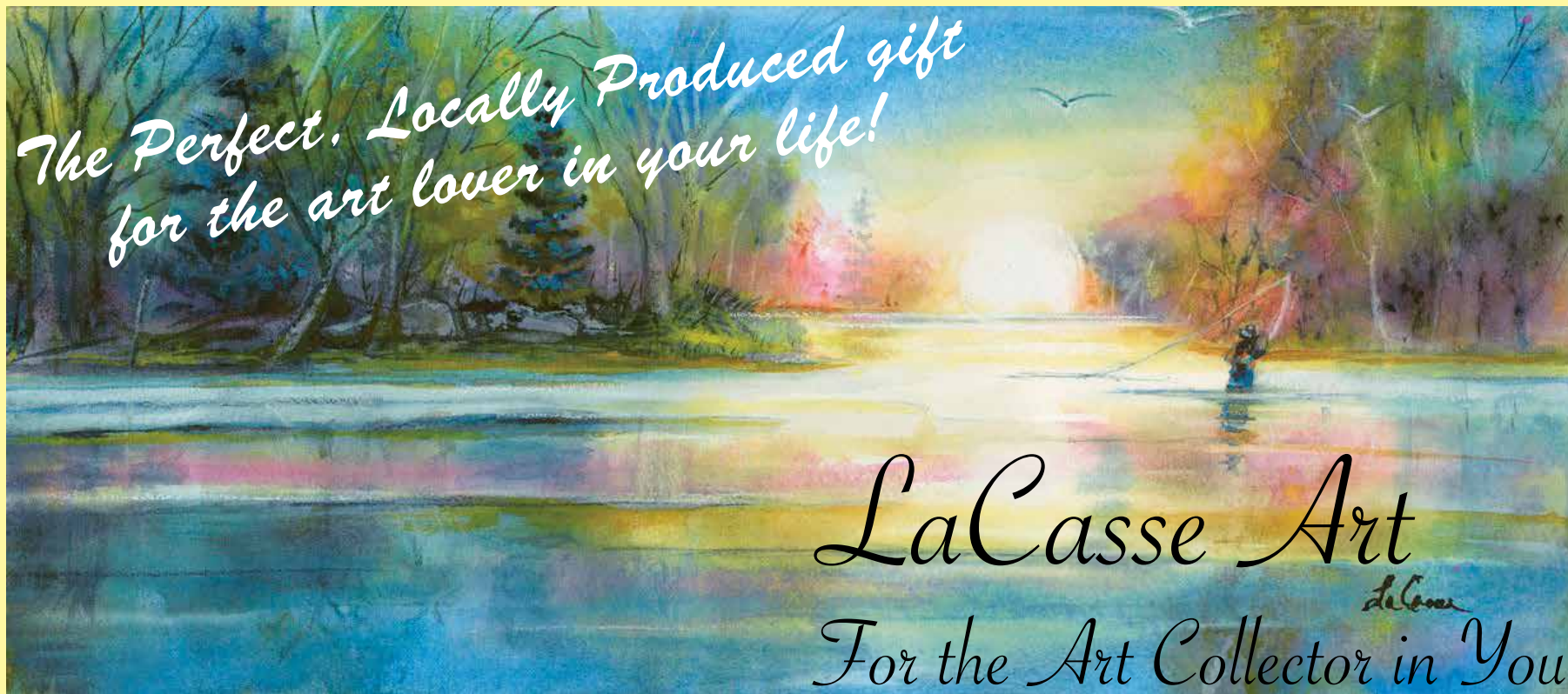


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