

# Northland Review

FREE Publication  
JULY 2019

Monthly Variety Paper

Bingo: Page 12 • Meat Raffles: Page 14

SEE OUR AD ON PAGE 23



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

**Fete Des Lacs**  
July 19th  
Join us for our  
4th Annual  
**Golf Tournament**

Majestic Oaks Golf Club  
4 person scramble, \$65/Person  
Sign up with bartender  
See Website for more Info.

SAT., JULY 20TH COME SEE US IN THE  
**CENTERVILLE PARADE 11AM**  
PATIO PARTY FOLLOWING THE PARADE  
MEGA MEAT RAFFLE AT 2PM  
LIVE BAND-NO COVER- OVERLOAD AT 9PM

SEE OUR AD ON PAGE 4

**Breakfast Served**  
**Saturday & Sunday**  
**10am-2pm**

Sunday Night  
is Industry  
night 9-close

**814 Mainstreet, Downtown Hopkins**  
952.938.2400 • mainstreetbar.com

**Raspberry Festival** July 13th thru 21st

SAT. JUL. 13 <sup>TH</sup> <b>V3 BAND</b>	SAT. JUL. 20 <sup>TH</sup> <b>FLYWHEEL</b>
FRI. JUL. 19 <sup>TH</sup> <b>WICKED GARDEN</b>	SUN. JUL. 21 <sup>ST</sup> <b>GRANDE DAY PARADE 1PM</b>

SEE OUR AD ON PAGE 30

FUN IS GOOD ON ST. PAUL'S FRONT PORCH

**Saints**  
St. Paul

**TICKETS ON SALE NOW!**

651-644-6659 | saintsbaseball.com

SEE OUR AD ON PAGE 20

**McCARRON'S**  
PUB & GRILL

1986 Rice St. • Maplewood MN  
651-788-7362

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

\$7.50 Burger Baskets All Day Monday	<b>\$2 Tacos</b> All Day Tuesday	<b>1/2 Price Wings</b> All Day Wednesday	<b>All you can eat Fish Fry</b> All Day Fridays
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SEE OUR AD ON PAGE 15

**SLP Lions** PIM436 **\$2**

**85% PAYOUT!!**

**Handbag Bingo**  
Banquets of Minnesota:  
July 18th @6:30PM  
**The Sunset Grill: July 7th @2PM**

SEE OUR AD ON PAGE 6

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

**Pot Luck July 4th**  
**Post Picnic Aug. 4th, Noon Start**  
30 Meat Raffles, Starts at Noon  
Prize Drawings starts at 12:30pm  
Bingo Starts at 2:30pm.  
Pot Luck Starts at 3pm

SEE OUR AD ON PAGE 8

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

**Meat Raffle**  
Wednesdays - 5:30pm @ Legion Post 491  
July 25th - 7pm @ Legion Post 491  
Purse Bingo supporting  
Dragon Divas Fundraiser

Kelly Green  
651-491-8972  
Lic. # 00467

SEE OUR AD ON PAGE 26

**DEALS & MORE**  
1290 Osborne Rd., Fridley, MN  
**50-70% OFF RETAIL!**

**Close Out Sale!**  
Up to  
**70% OFF!**

612-702-6002

SEE OUR AD ON PAGE 2

**The Coon Rapids Lions** Lic. # 00013  
coonrapidslions.org/charitablegambling

11707 Round Lake Blvd.,  
Coon Rapids, MN

**Classic Bowl**  
**E-Tabs and E-Bingo**

**PLAY MEGASOTA GAME NITE**  
Tues. FROM 7-8PM FOR HUGE JACKPOTS  
**BAR BINGO - Fridays @ 6:30pm**

SEE OUR AD ON PAGE 2

**VFW Post #6690**  
Sibley Memorial Highway •  
Mendota, MN (651) 688-7408

**Mendota Days**  
July 12th & 13th

<b>Friday</b> Food & Band: 5 - 11pm	<b>Saturday</b> Parade: Noon Food & Bands: 1 - 5pm & 7 - 11pm
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Talk to your neighbors, then talk to me.

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

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

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# Roseville Area Youth Hockey



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

## Visit Senser's Patio Today!

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

A-03191-07



# ROSEVILLE BINGO HALL

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

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

We have more sessions than any other Bingo Hall! Check us out, 30 sessions - Open Every Day!  
 Check out our Website for Bingo Specials! [www.rosevillebingo.com](http://www.rosevillebingo.com)

50% OFF admissions Tuesday & Wednesday!

Celebrating American all month long with



\$75 OFF the 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

## Bingo

Two Progressive Jackpots Every Monday @ 7pm

## Pulltabs Available

Lic. B00629

## Mendota Days

July 12th & 13th

<b>Friday</b>		<b>Saturday</b>
Food & Band: 5 - 11pm		Parade: Noon Food & Bands: 1 - 5pm & 7 - 11pm



Mon. - Fri.  
Noon - 6pm



# 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 #.

Fri. at 6:30pm  
 No Bingo July 5th



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  
 QUAINT ATMOSPHERE.  
 THE WHOLE FAMILY  
 ENJOYED THEMSELVES."  
 - A GOOGLE USER



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

# FOREST LAKE LIONS PULL TABS DAILY



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

Lic. # 02190-007



ramseybicycles.com

# Ramsey Bicycle

CHECK OUT ALL OF OUR ELECTRIC BIKES!



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

Ramsey Bicycle has Everything for the Biking Enthusiast!

6825 Highway 10 Ramsey, MN • 763-323-6666

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## YOUR DEER PROCESSING HEADQUARTERS CALL NOW!



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

## MUSIC Connection

[ConnectWithMusic.com](http://ConnectWithMusic.com)

"Serving Musicians Since 1981"

### BUY-SELL-TRADE-RENT- REPAIR-LESSONS

#### Anniversary Savings Through July 31st, 2019

**Lessons Available All Summer Long!**



**FREE MUSICIAN T-SHIRT!**  
with \$75 Purchase  
(Limit 1 per customer account)



#### AMAZING ANNIVERSARY DEALS! STOCK UP!

**Buy 2, Get 1 Free!**  
Strings • Drum Heads • Cables  
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**77 Eighth Avenue SW • Forest Lake, MN 55025**  
**(651) 464-5252 • ConnectwithMusic.com**

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## CONTACT

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P.O. Box 48503  
Coon Rapids, MN 55448

Questions or Comments:  
[production@thenorthlandreview.com](mailto:production@thenorthlandreview.com)  
Phone: 612-814-1906

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# SCOOPS PUB

**"COON RAPIDS BEST KEPT SECRET"**

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



## Free Texas Holdem

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



## Premier Dart Location

Leagues  
Sun - Mon - Tues - Wed  
Tournaments  
Thurs - Fri - Sat 8:30pm  
**Dart Tournament**  
July 20. \$1,300 added  
in cash and prizes!  
Sign-up Starts 1pm-5pm

## 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 Bingo

Every Day  
Mon. & Wed. @ 6:30pm, Thurs. @ 1pm (Matinee Bingo), & Sat. @ 2pm

## Meat Raffles

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



Sponsored by Coon Rapids Youth Hockey  
Lic #35285-008

# CR's Sports Bar & Carbone's Pizzeria

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



Mon. - Fri.  
11am - 2am  
Sat. - Sun.  
9:30am-2am  
**OPEN 7 DAYS A WEEK.**

## Carbone's Hours

Monday - Thursday: 11am - 11pm  
Friday - Saturday: 9:30am - Mid.  
Sunday: 9:30am - 11pm

## Happy Hour

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

## Bar Bingo

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

## Meat Raffles

Sat. @ 4:30pm

## TWINS SPECIALS

\$3.25 Domestic Taps  
\$4 Homerun Drop Shots  
CR's 7th Inning Stretch  
2 for 1's on Domestic Taps, Bottles, and Call Drinks

## Upcoming Events

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

**SHOOTOUT!**  
ENTRY FEE:  
Masters/AA - \$50 B Division - \$30  
A Division - \$40 C Division - \$30

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

**Golf Tournament**  
4 person Scramble  
Victory Links Golf Course  
2010 105th Ave. NE., Blaine  
\$95/Person. 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**

Sign-up with Jerry Today!  
\$45 Per Person. Includes:  
Tickets to Game, Bus Ride, Beer on Bus, and DW Clothing T-Shirt.  
First 70 Paid are IN!

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. JUL. 5<sup>TH</sup>  
RADIO ACTIVE

SAT. JUL. 6<sup>TH</sup>  
R-FACTOR

FRI. JUL. 12<sup>TH</sup>  
ROUGH HOUSE

SAT. JUL. 13<sup>TH</sup>  
V3 BAND

FRI. JUL. 19<sup>TH</sup>  
WICKED GARDEN

SAT. JUL. 20<sup>TH</sup>  
FLYWHEEL

SUN. JUL. 21<sup>ST</sup>, 1PM  
RASPBERRY FESTIVAL  
GRANDE DAY PARADE

FRI. JUL. 26<sup>TH</sup>  
LEDFOOT LARRY

SAT. JUN 27<sup>TH</sup>  
FETTER'S GROVE  
REUNION

FRI. AUG. 2<sup>ND</sup>  
BLUE DREAM

SAT. JUN 3<sup>RD</sup>  
M8D'S

**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



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

**PIZZA**  
THE WHOLE FAMILY  
**LOVES**  
SINCE 1954

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

## Happy Hour

2 for 1's  
Every Day 3-6 pm

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

Bucket Special  
5 for \$15

14  
Taps!



July 17th @ 6:30pm  
Come in Early.

Open on July 4th



**Bingo Tuesday 6pm**  
Win up to a \$1,000

**Meat Raffles**  
Every Tuesday & Friday @ 5pm

**Flash Bingo**  
Minnesota Linked Bingo  
Win up to \$100,000

**E - Tabs Now Available**  
Win up to \$1,499  
85% payback



White Bear Lake Lions Club #02378-012

Monday - Thursday:  
3pm - 10:30pm  
Friday: 3pm - 11pm  
Saturday: 12 - 11pm  
Sunday: 12 - 9pm

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

**Cam's**  
Bar & Eatery

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

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

**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

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

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

**Open Daily at 11am**

**NEISEN'S**  
Since 1999  
SPORTS BAR & GRILL

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

**MINNESOTA'S PREMIER  
LIVE BANDS**

Jul. 5 - Mixed Brew  
Jul. 6 - KiSSin Time  
Jul. 12 - Off Duty Astronauts  
Jul. 13 - Heartbreaker  
Jul. 19 - Mississippi Mules  
Jul. 20 - Scarlet Sky  
Jul. 26 - Kevin's Cousin  
Jul. 27 - Back Alley  
Aug. 2 - Off Duty Astronauts

**NO  
COVER  
CHARGE!**

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

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

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

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

**KARAOKE  
W/Paul  
Wednesday and  
Sunday Nights**

**Wednesday**  
Bar Bingo  
6:30pm

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

**German Days** Lic# 35239

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

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

**ADAGIO'S  
PIZZA FACTORY**

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

**Tuesday**  
Bar Bingo & Meat Raffle - 6:30pm

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

**Friday**  
Meat Raffle - 6:30pm

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

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

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

**Thursday**  
Free Live Music: 8-11PM

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

**Saturday**  
Karaoke: 9:30PM

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

**Pull  
Tabs**

**Etabs  
Now  
Available**

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

New Brighton Lions Gambling License #01754

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

**Two  
Stooges**  
SPORTS BAR & GRILL

www.twostooges.com

**Fireball Fridays  
DJ Every Friday & Saturday!**

• Four 14' HD Big Screens • 25,000 square feet of FUN! • Full Service Restaurant •  
• Corporate Events • 43 Pool Tables • Dart Boards • 20-500 Guests • Patio Seating •  
• Parties • Banquets • Sports Bar • 35 Plasma TVs

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

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

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

**Mondays  
\$4 BURGER NIGHT!**

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



**Open To The Public!** Under New Management

## Karaoke Entertainment

**Dan Reeves**  
Friday, July 5th & 19th,  
Aug. 3rd, Saturday, July 20th

**VivaLia**  
Friday, July 12th & 26th

8:30pm to Close

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



**HAPPY**

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

**Every Monday**  
Drink Tickets 7 - 9pm

**Beer of the Month**  
Budweiser \$2.50

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

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

**Every Friday, 5pm-10pm:**  
**Pork Chop or 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

**July 6th & Aug. 3rd, 4:30pm-7pm:**  
**Pork Tenderloin Dinner**  
\$7, comes w/Baked Potato, Sour cream, Coleslaw, Sandwich only for \$5

**July 13th, 8pm-12:30am: Live Music**  
City Knights Band

**July 14th, 3 - 7pm: Live Music**  
Pete Kavanaugh Rock & Roll Band

**July 16th, 12:30 - 6:30pm**  
Red Cross Blood Drive

**July 21st, Open Championship Happy Hour:**  
½ price drinks on any hole in one

**July 27th, 8pm-12:30am: Live Music**  
Mojo Rooster Band

**July 28th, 3 - 7pm: Live Music**  
Bambi Alexandra Variety Music Show

**Bingo:** Mon. @ 1pm

**Meat Raffle:** Fri. @ 6pm, 20 Pkgs.  
Sat. Jul. 6 & Aug. 3 @ 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 Bar Bingo

2 coveralls up to \$1000!  
2:30pm



## Tuesday Bar Bingo

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

### Taco Tuesdays

2nd and 4th Tuesday every month

## Wednesday Texas Hold'em

6:30pm



## Friday Get A Clu Trivia

7:15pm

**Meat Raffle**  
Every Friday @ 6pm



## Saturday Texas Hold'em

3pm

**Karaoke**  
8:30 pm

**Meat Raffle**  
Every Saturday @ 2:30pm




## Special Dates

**Pot Luck**  
July 4th

**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

Roseville VFW



**Closed July 4th**



**Karaoke**  
Every Friday Night  
8:30 - 12:30

SALAD BAR

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



<b>Monday Night Special</b> \$2.50 Burgers, 3-8pm	<b>Friday Night Special</b> Walleye Dinner	<b>Happy Hour</b> M-F, 3-6pm 
<b>Thursday Night Special</b> 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	5
			16	30
31	12	39	57	26

License # G00017



# VFW POST 1782

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

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

Kitchen hours extended by an hour every day until fall

Build a Burger for the Troops

(Beyond Yellow Ribbon Program) on Jul. 8, 5-8pm



Deck Seating on the Lake Side Now Open!



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!

- Jul. 6 - Top 3
- Jul. 13 - Generation Rock
- Jul. 20 - Top 3
- Jul. 27 - Hi Hats
- Aug. 2 - Generation Rock
- Aug. 9 - Top 3
- Aug. 17 - The Arcades
- Aug. 24 - Top 3
- Aug. 31 - Hi Hats



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

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




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

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



Gaming License # 00073-004



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

*designer purse*  
**BINGO**  
 \$25 Packages  
 13 Games/6 Card Sheets  
 \$5 Extra Sheet Packs  
 13 Games/3 Card Sheets

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

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

Three or More Winners - Split \$150

**First Monday of the month, 7pm**

**July Live Music Thursday Nights**  
 7pm to 10pm

- 4th - The Authorities
- 11th - Mojo Rooster
- 18th - Armdillo Jump
- 25th - Jack Knife & The Sharps


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




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

**PULL TABS & E - TABS**  
 Open Daily

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





**Tuesday @ 7 pm MEGA - SOTA Statewide Progressive Bingo**

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



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

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

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

**JULY 13TH BBQ CONTEST & HORSESHOE TOURNAMENT**  
 SEE BAR FOR DETAILS

**Big screen TV's for ALL Sporting Events**

**Pulltabs**  
 Mon.-Thurs. Noon- Close, Fri. 10am-Close, Sat. 11AM to Close, Sun. 12PM-Close  
 10 Boxes, 6-85%, 9/10 Posted

**Meat Raffles**  
 Tue. at 5PM \$25 packs, - Sat. at 3:30PM • \$25 packs  
 Packages supplied by Osseo Meats.

**Bingo:**  
 Wed. at 6:30PM. 9 \$99 pots guaranteed, Coverall for \$1000 (rules apply)

**Video Horse/Car Races:**  
 Every Sat. at 3:30PM. Number of races vary per crowd. Prizes up to \$500 per race!

**Tip Boards**  
 Gambling Control Number # 00-632



**AMP QUIZ**  
 it's trivia time

**TOP THREE TEAMS WIN PRIZES!**

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

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

**WEDNESDAYS**  
 Muddy Chicken | 7:00pm  
 Burnsville, MN  
 Clive's Roadhouse | 8:00pm  
 Blaine, MN  
 Sgt. Peppers | 8:00pm  
 Oakdale, MN  
 Scoreboard Bar & Grill | 8:30pm  
 Minnetonka, MN

**THURSDAYS**  
 Pinz | 8:00pm  
 Oakdale, MN

**MONTHLY THEME GAMES!**

**Harry Potter**  
 WATCH FACEBOOK FOR LOCATIONS & TIMES

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





# TEXAS HOLD 'EM

## SUNDAYS

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

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

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

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

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

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

## MONDAYS

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

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

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

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

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

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

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

**Willies Restaurant (Straight Flush Poker)**  
388 9th Ave., St. Paul Park  
651-400-0121 • 7pm

## TUESDAYS

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

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

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

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

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

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

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

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

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

## WEDNESDAYS

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

**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

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

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

## SATURDAYS

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

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

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

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

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

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

**Coopers**  
4185 Robert Trail, Eagan  
651-452-3061

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

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

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

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

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

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

**VFW Columbia Heights Post 230**  
4446 Central Ave. NE, Columbia Heights  
763-788-8187 • Jun. 15





# STEPS TO TAKE BEFORE LEAVING RECYCLABLES AT THE CURB

Recycling will play a vital role in the future of the planet. As climate change continues to threaten the long-term health of the planet, the necessity to recycle and reuse only becomes more paramount.

According to the Environmental Protection Agency, decomposing garbage, such as that which finds its way into landfills, generates methane. Methane is considerably more effective at trapping heat in the Earth's atmosphere than carbon dioxide and contributes heavily to climate change. By recycling items rather than discarding them, people can play an active and effective role at combatting climate change. In addition, recycling helps cut back on the release of harmful greenhouse gases that are produced during the manufacturing process.

Community recycling programs have been around for decades in many communities, and these programs are only as effective as the people who recycle. Learning how to treat common recyclables before depositing them into designated recycling bins can help people ensure their efforts are having the impact they intended.

- **Rinse jars, bottles and cans.** Items that are not rinsed before they're placed in recycling cans run the risk of contaminating everything within. While each community program is different, recycling bins deemed contaminated may be redirected to landfills. Residential Waste Systems, a Connecticut-based trash and recycling removal firm, recommends rinsing all jars, bottles and cans that contain visible residue before depositing them in the recycling bin.

- **Learn which items can be recycled.** Contact your local recycling firm for a list of items that can and cannot be recycled. Many people unknowingly deposit items that cannot be recycled into their recycling bins, potentially contaminating their bins and rendering them more likely to end up in a landfill than a recycling center. By contacting your recycling center in advance, you can reduce the risk that all your hard recycling work will be for naught.

- **Inspect paper products.** If various paper products are accepted by your local recycling center, you must still inspect them before placing them in your recycling bin. For example, a pizza box may be recyclable, but likely isn't if it's covered in grease. Inspect each potentially recyclable paper product to make sure there's nothing present that might lead to it being designated as contaminated.

Recycling is a simple step many people can take to promote the long-term health of the planet.



## P.D. Pappy's Music Bar & Grill

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

NO COVER CHARGE EVER!

### JULY LIVE MUSIC SCHEDULE

<p>Wed. Jul. 3 • 9pm <b>Audio Circus</b></p> <p>Fri. Jul. 4 • 9pm <b>Flash Mob</b></p> <p>Fri. Jul. 5 • 9pm <b>Good For Gary</b></p>	<p>Sat. Jul. 6 • 3pm <b>Kyle Koliha</b></p> <p>Sat. Jul. 6 • 9pm <b>Good For Gary</b></p> <p>Sun. Jul. 7 • 4pm <b>Kurt Jorgensen</b></p> <p>Thurs. Jul. 11 • 8pm <b>Them Pesky Kids</b></p> <p>Fri. Jul. 12 • 9pm <b>Free &amp; Easy</b></p> <p>Sat. Jul. 13 • 3pm <b>Tim Grady</b></p>	<p>Sat. Jul. 13 • 9pm <b>The Good, Bad, and the Funky</b></p> <p>Sun. Jul. 14 • 4pm <b>Kurt Jorgensen</b></p> <p>Fri. Jul. 19 • 9pm <b>Bad Girlfriend</b></p>
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Sun. Jul. 21 • 4pm  
**Kurt Jorgensen**

Fri. Jul. 26 • 9pm  
**Rhino**

Sat. Jul. 27 • 3pm  
**Mark Stary**

Sun. Jul. 28 • 4pm  
**Kurt Jorgensen**

Thu. Aug. 1 • 8pm  
**Perfect Krime**

Fri. Aug. 2 • 9pm  
**G. B. Leighton**

Sat. Aug. 3 • 3pm  
**Dave Burkart**

Sun. Aug. 4 • 4pm  
**Kurt Jorgensen**

1/2 Price Burgers EVERY TUES

1/2 Price Chicken Sandwiches EVERY WED

Taco Thursdays

# BAR BINGO

## SUNDAYS

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

**Kelly's Korner Bar**  
7098 Centerville Road, Centerville  
651-493-6626 • Jul. 21 @ 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 • Jul. 6 & 20, 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  
763-784-1585 • 2pm

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

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

**Kelly's Korner Bar**  
7098 Centerville Road, Centerville  
651-493-6626 • 2pm.  
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

**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 • July 7 @ 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 • July 17 @ 7pm

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

## THURSDAY

**Am. Legion Bayport**  
263 N. 3rd St. Bayport  
651-439-5463 • July 25 @ 7pm  
Supporting Dragon Divas Fundraiser

**Banquets of Minnesota**  
1009 109th Ave NE, Blaine  
612-803-6468 • July 18 @ 6:30pm  
All Proceeds go to HOPE 4 Youth.

## SATURDAY

**Cornerstone Pub & Prime**  
26753 Forest Blvd, Wyoming  
651-462-1211 • Sept. 14 @ 3pm

**Vanneli's By The Lake**  
55 Lake St. S. Forest Lake  
651-395-2400 • November 9,  
@ 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
3. Check Facebook on Mondays, Wednesdays & Fridays for Numbers
4. Cover all the numbers and WIN!
5. More information on our PAGE



**SAKS**  
Mondays 6pm  
Saturdays 2pm

**VILLAGE SPORTS BAR**  
Wednesdays 6pm  
Fridays 9:30pm

**Jimmy's**  
Mondays 9am  
Tuesdays 6pm  
Thursdays 6pm

**BAR**  
Thursdays 7pm

**MCCARRON'S**  
Mondays 6pm  
Saturdays Noon

## New Bingo Programs!!

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

LICENSE # 03111

### MORNING BINGO

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

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!!



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

wblhockeygambling

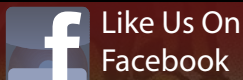


# FOREST LAKE ATHLETIC ASSOCIATION

"Supporting Youth"

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

www.FLAAA.org



Like Us On Facebook

## CHARITABLE GAMBLING LOCATIONS

Charitable Gambling License # G-04354

### Tanners Brook Golf Course

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

We have Pull Tabs Daily

### The Meet Market

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

We have Pull-Tabs Daily

### Brookside Pub

21050 Ozark Ct. N.  
Scandia, MN 55073  
Phone: (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.

### 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

### Circle E Wine and Spirits

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

We have Pull Tabs Daily

### 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 at Cornerstone. Thursday (6-10pm), Saturday and Sunday (2-6pm) Designer Purse Bingo Sept. 14, at 3pm

### Mallards Forest Lake

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

We have Pull-Tabs Daily

### The Liquor Barrel

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

We have Pull Tabs Daily

### 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!

# 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

**Kelly's Korner Bar**  
7098 Centerville Road, Centerville  
651-493-6626 • Jul. 21 @ 2pm

**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 • 6pm

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

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

**Park Place Sports Bar**  
200 Broadway, St Paul Park  
651-459-9018 • 5:30pm.  
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 • 6pm

**Sgt. John Rice VFW Post 6316**  
1374 109th Ave NE, Blaine  
763-757-4540 • 5pm

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

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

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

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

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

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

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

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

**White Bear Bar**  
2135 4th Street, White Bear Lake  
651-426-4111 • 5pm

**SATURDAYS**

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

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

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

Jul. 20 Raffle Moved to Sun. Jul. 21  
Centerville Parade! Jul. 20, 11am  
Patio Party following Parade.  
Mega Meat Raffle @ 2pm.  
Live Band Overload @ 9pm, NO COVER

**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

**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

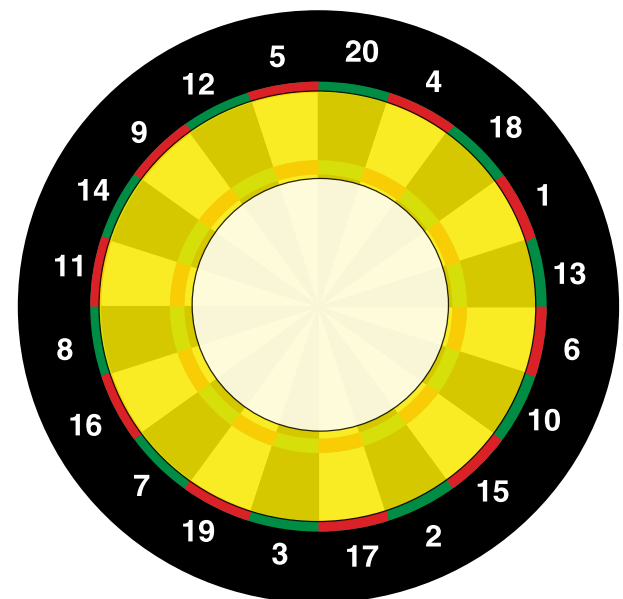
**The Sunset Grill**  
8466 Hwy. 65, Spring Lake Park  
763-204-8648 • 3pm

**VFW Columbia Heights Post 230**  
4446 Central Ave. NE, Columbia Hgts  
763-788-8187 • Jul. 6 & Aug. 3,  
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 AVOID HEAT STROKE ON HOT SUMMER DAYS

Summer weather draws many people outside. Warm air and sunshine can be hard to resist, even when temperatures rise to potentially dangerous levels. Sunburn may be the first thing that comes to mind when people think of spending too much time soaking up summer sun. But while sunburn is a significant health problem that can increase a person's risk for skin cancer, it poses a less immediate threat than heat stroke, a well-known yet often misunderstood condition.



**What is heat stroke?** Johns Hopkins Medicine notes that heat stroke is a life-threatening emergency and the most severe form of heat illness that results from long, extreme exposure to the sun. During this exposure, a person's built-in cooling system may fail to produce enough sweat to lower body his or her body temperature, putting his or her life at risk as a result. Heat stroke develops rapidly and requires immediate medical treatment. If not treated immediately, heat stroke can prove fatal.

**Are some people more at risk for heat stroke than others?** The elderly, infants, people whose occupations require them to work outdoors, and the mentally ill are among the people with an especially high risk of heat stroke. Obesity and poor circulation also increase a person's risk of suffering heat stroke. Alcohol and certain types of medications also can make people more at risk for heat stroke.

**What are the symptoms of heat stroke?** One person may experience heat stroke differently than another. In addition, because it develops so rapidly, heat stroke can be hard to identify before a person is in serious danger. But Johns Hopkins Medicine notes that some of the more common heat stroke symptoms include:

- headache
- dizziness
- disorientation, agitation, or confusion
- sluggishness or fatigue
- seizure
- hot, dry skin that is flushed but not sweaty
- high body temperature
- loss of consciousness
- rapid heartbeat
- hallucinations

**Can heat stroke be prevented?** The simplest way to prevent heat stroke is to avoid spending time outdoors in the sun on hot days. If you must go outdoors, do so when temperatures are mild and the sun is low, such as in the early morning or evening.

In addition to being wise about when you spend time in the sun, you can do the following to prevent heat stroke.

- Drink plenty of fluids, such as water and sports drinks that can help your body maintain its electrolyte balance, when spending time outdoors. In addition, avoid caffeinated beverages like coffee, soda and tea as well as alcohol.
- Wear lightweight, tightly woven and loose-fitting clothing in light colors.
- Always wear a hat and sunglasses when going outdoors, and use an umbrella on especially hot days.
- Take frequent drinks during outdoor activities and mist yourself with a spray bottle to reduce the likelihood of becoming overheated.

Heat stroke is a serious threat on hot summer days. Because heat stroke can escalate rapidly, people must be especially cautious and mindful of their bodies when spending time outdoors in the summer.

		<b>PIM436</b> <b>\$2</b> Play Etabs at all Pull Tab Locations! 			
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# PREVENT DEHYDRATION DURING THE DOG DAYS OF SUMMER

A person's desire to be outdoors can sometimes be at odds with the outdoors itself. The dead of winter tends to be a time of year when people know to stay indoors, but the dog days of summer can be dangerous as well. Heat-related diseases like dehydration can put lives at risk. According to Johns Hopkins Medicine, children and people over the age of 60 are particularly susceptible to dehydration. Understanding dehydration and how to prevent it is essential for anyone who plans to spend time outside during the summer.

**What is dehydration?** The U.S. National Library of Medicine notes that a dehydrated body does not have enough fluid and electrolytes to work properly. On an average day, the human body needs about three quarts of water. But the USNLM notes that anyone planning to spend time outside in the hot sun needs significantly more water than that to avoid dehydration.

**What are the signs of dehydration?** Johns Hopkins Medicine notes that people experience dehydration differently. However, there are some common symptoms that indicate someone is dehydrated. These symptoms include:

- thirst,
- less frequent urination,
- dry skin,
- fatigue,
- light-headedness,
- dizziness,
- confusion, and
- dry mouth and mucous membranes,
- increased heart rate and breathing.



Children who are dehydrated may exhibit additional symptoms, including dry mouth and tongue; no tears and crying; no wet diapers for several hours; sunken abdomen, eyes or cheeks; listlessness; irritability; and skin that does not flatten when pinched and released.

### How to prevent dehydration

Drinking plenty of fluids when working or playing in the sun is one way to prevent dehydration. Being sure to take in more fluid than you are losing is another way to prevent dehydration. Anyone, and especially people who sweat a lot, should keep a close eye on fluid loss when spending time outdoors in the summer. Sports drinks that help people maintain their electrolyte balance, such as Gatorade, can help prevent dehydration as well. Pedialyte is often recommended for sick infants or children who have experienced vomiting, as it can help restore electrolyte balance that was adversely affected when kids became sick. The solution can be equally effective at restoring electrolyte balance that was thrown off during heat exposure.

Dehydration poses a significant health risk at any time of year, but people who spend time out in the summer heat may be especially vulnerable. Limiting time spent outdoors on hot days and keeping a close eye on your fluid intake and fluid levels can help prevent dehydration.

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- Tuesdays: 7:30 p.m. – **Schuggy's American Grill** – Hammond, WI
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- 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



# CONTAINER GARDENING FOR BEGINNERS

Gardening is a rewarding activity that gardening enthusiasts can't wait to get back to once the weather warms up. Many gardeners find getting their hands dirty while tending to a garden can be a great form of escapism. In addition, growing one's own fruits and vegetables can be great for the environment. Though it's easy to assume gardening is an activity exclusive to homeowners with their own yards, that's not the case at all. Container gardening can make it possible for anyone to garden regardless of where they live.

The benefits of container gardening go beyond making gardening accessible to everyone. Many plants grown in containers are less susceptible to disease than plants grown in the soil, which can reduce reliance on potentially harmful pesticides. Container gardens also tend to be easier to maintain than traditional gardens, making gardening more doable for people with especially hectic schedules.

Container gardening can be simple, and novices can consider these tips when planning and ultimately tending to their first gardens.

**• Conduct a light audit.**

Walk around your home to determine where your plant can be placed so it gets as much light as it needs to thrive. Some plants need a lot of light, while others can thrive with a lot less. By conducting a light audit before choosing plants, you can determine if your home is most conducive to plants that require a lot of a light or those that need little light to get by.

**• Make sure containers have ample drainage.**

The gardening experts at Good Housekeeping note that drainage holes are essential when choosing containers. Waterlogged soil can be fatal for plants, so there must be ample drainage in the container. Don't focus too much on the size of the holes, just make sure that they allow excess water to drain out from the pot.

**• Don't forget to feed your plants.**

Potting soil won't necessarily have nutrients that plants can access, so many container gardeners must fertilize the soil so plants can thrive. Good Housekeeping notes that watering with diluted fish emulsion, seaweed extract or compost tea can help plants thrive. Feed once every two weeks to start, adjusting the schedule thereafter depending on how the plants respond.

**• Seek advice.**

Local gardening centers can be great resources for novice container gardeners. Such centers can recommend plants with a history of thriving in the area as well as plants that might be more compatible when containers are placed next to one another.



Container gardening can bring gardening to any home, whether it's a light-filled private home or an apartment where sunlight is sparse.



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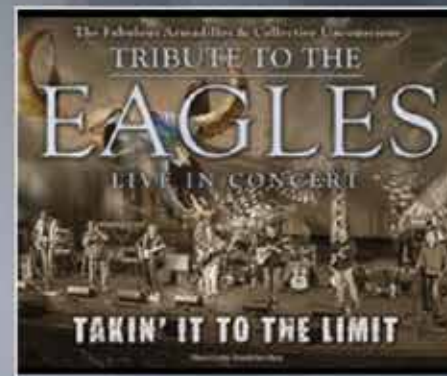
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# HOW TO KEEP BUGS OFF YOUR FOOD

Outdoor entertaining has many advantages. Cooking on a grill can make it easier to feed a crowd, while fresh air can make any occasion more fun.

One pesky obstacle when entertaining outdoors is bugs. Nothing can ruin outdoor meals quite like insects. Finding a gnat in your soft drink or ants coursing over your hot dog can quickly destroy your appetite.

It's challenging but not impossible to deter insects from outdoor entertaining areas. Here are some ways to do just that.

- **Invest in shower caps.**

Yes, those plastic caps that can be purchased at the pharmacy or even acquired free at your next hotel stay can serve as inexpensive food covers. The elastic band holds them securely in place, and they can fit around everything from salad bowls to watermelon.

- **Make a wasp repellent.**

Work with nature by finding those things in nature that the offensive insect fears. In the case of wasps, it can be even larger stinging insects like hornets. Try filling a brown paper lunch bag with plastic bags and hang it near sitting and eating areas. The wasps may think the filled sack is a hornet's nest, keeping them away.

- **Rely on citrus.**

Surround entertaining areas with orange and lemon peels. The smells of the citrus oils will naturally repel certain insects. Mint is another aroma and flavor that insects tend to avoid. Spray mouthwash around eating areas as well.

- **Disperse smells.**

Use fans to break up those appealing aromas from people and the food. Flying insects will be less likely to investigate.

- **Use dryer sheets for more than just static cling.**

Dryer sheets can be placed under table legs or rubbed on clothing. The chemicals in them repel ants and mosquitoes, according to the Untrained Housewife, a lifestyle resource.

- **Drain stagnant water.**

One way to minimize insects is to keep them from taking up residence in the yard. Standing water is a breeding ground for mosquitoes and other insects. When they fill with water, empty flower pots, kiddie pools, overturned garden items, and bird baths.

- **Keep fresh basil on hand.**

Top that salad with some basil, or tuck a few sprigs on the picnic table. Basil may naturally repel flies and mosquitos.

A few simple strategies can make it possible to enjoy foods and beverages outdoors with few insect invaders.



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# THE BEST WAYS TO GRILL FISH

THE NORTHLAND REVIEW

Grilling lends itself well to many different foods. The smoky, flame-licked flavor of foods prepared on the grill is hard to replicate by other means of cooking.

Many people turn to grilling each night, especially when the weather is warm and pleasant. Fish is one food that can sometimes cause grilling-related anxiety. The tender, flaky nature of fish makes it seem like a poor fit for the grill, simply because it can fall through the slats. Yet grilling fish is easier than one may think when they utilize these methods of cooking.



## Foil packets

Grilling fish in foil packets is relatively foolproof. Simply place the fish on a thick piece of aluminum foil and add seasonings and other ingredients, like lemon slices or vegetables. Fold it up into a pocket that is completely sealed so that no juices or steam can escape. Then grill for 10 to 15 minutes, depending on the thickness of the fish. The steam and moisture will keep the fish succulent.

## Season the grill

Much like a chef properly seasons a cast iron grill, the same technique can be applied to grill grates, says Cooks Illustrated. Apply a generous amount of cooking oil to the grates and allow them to heat up. This adds a nonstick element to the grill, and fish fillets will be less likely to adhere to the grates and prove troublesome to get off in one piece. Removing excess moisture from the fish with a paper towel also can help.

## Wood planks

Utilized a well-oiled plank of fragrant, food-grade wood on which to cook the fish. The fish will take on the flavor of the wood as well as cook without sticking to the grill.

## Grill basket

Visit a cooking supply retailer and you're bound to find different grill baskets that house flaky fish to make it easier to cook these on the grill. The basket keeps the fish from breaking apart while cooking and turning.

## Choose thick cuts

Certain fish, or those with a texture similar to meat and poultry, may stand up better to direct grilling. Salmon, tuna and swordfish are just a few options to try, offers the cooking resource Delish.

Fish and other seafood can be tasty and quickly cooked on the grill with the right techniques.



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# GAS VS. CHARCOAL: DISHING ON POPULAR GRILLING METHODS

Any time of year has the potential to be grilling season. Grilling is not only a way to prepare meals; for many, it's also a passion. "Barbecuing is no longer just a pastime, but an integral part of the North American lifestyle," said Jack Goldman, president and CEO, Hearth, Patio & Barbecue Association. "We expect consumers' passion for flavorful food and entertaining their family and friends to continue to increase." The HPBA's 2017 industry survey found that 70 percent of adults in the United States own a grill or smoker. Those numbers are even greater in Canada, where 80 percent of adults have a grill to call their own. Flavor, lifestyle and entertainment are the prime reasons people grill.

When it comes time to replace or upgrade a grill, the age-old question remains: Do I choose a charcoal- or gas-fueled grill? That decision can spark heated debate among grillmasters, but for many it may boil down to a number of factors.

**Cost.** Charcoal grills tend to be the less expensive than gas grills. The food and beverage trend reporter Chowhound indicates that a low-end grill can be purchased for around \$25. However, deluxe charcoal kettles and other charcoal alternatives tend to be considerably more expensive. The most popular gas grills may cost anywhere from \$130 to \$300. Those who prefer more options and high-end offerings can pay between \$800 and \$1,500.

**High heat searing.** When cooking expensive, well-marbled steaks or other dishes that benefit from high-heat searing, charcoal grills seem to outperform gas ones, at least according to the experts behind The Sweethome, a product recommendation site owned by The New York Times Company. That isn't to say gas counterparts can't come very close. And deploying a cast-iron pan on top of the grates can help concentrate the heat and allow the meat to cook in its own fat.

**Convenience.** There is no doubt that gas grills are a marvel in regard to convenience, especially when they are directly tied into a home's propane or natural gas system. In such instances, one never has to worry about running out of gas. Gas fuel tends to be cheaper than charcoal and easier to clean, and some gas grills come with side burners that enable cooks to prepare side dishes right next to their grilled entrees.

**Portability.** For those who want to grill at home and on the go, then a charcoal grill is the right investment. A charcoal grill can be brought to a campsite or a park without going to great lengths.

**Clean-up.** Gas grills generally are easier to clean, and home chefs do not have to wrangle much ash or leftover coals once they're done cooking. Charcoal and gas grills each have their merits. It is up to consumers to decide which features reign supreme as they shop for new grills.



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# HOW TO PREVENT BUSY KIDS FROM OVEREXTENDING THEMSELVES

Today's teenagers are busy. According to the American Time Use Survey from the Bureau of Labor Statistics, the average high school student spends just under an hour and a half each weekday participating in extracurricular activities that include playing sports, working/volunteering and religious activities. With so much do and lots of encouragement to participate in their communities, teens can easily find themselves overextended. Extracurricular activities are important, and some have even been linked to improved academic performance. But it's equally important that high school students avoid burnout, which can adversely affect their academic performance and how much they enjoy school and other activities.

Parents can employ various strategies to help busy teenagers avoid overextending themselves.

**• Learn the signs of burnout and look for them.**

Even the most overextended teenager probably enjoys many of the activities he or she engages in. So it's unlikely that kids will self-report burnout to their parents, teachers, coaches, or other authority figures. Parents can learn to spot the signs of burnout to identify if their child is overextended. According to Understood.org, a website sponsored by 15 nonprofit organizations devoted to helping parents of kids between the ages of three and 20, procrastination, negative attitudes, testiness, difficulty concentrating, and a disinterest in things kids once liked are some potential indicators of burnout. Parents who notices any of these signs in their children might want to look at their kids' schedules to see if their children are simply taking on more than they can chew.

**• Teach kids time management skills.**

Time management skills can help kids make effective and efficient use of their time. Encourage kids who are struggling with their schedules to use a calendar to plan their weeks. Knowing what's expected of them each day can help kids develop a plan to get everything done. In addition, when kids make a list of their daily activities, parents can go over that list with them to see if they're taking on too much. Discuss the calendar with kids, and if kids express feelings of exhaustion or burnout, go through the calendar to see where they can free up some time, even if it means cutting some activities out of their schedules entirely.

**• Teach kids the art of prioritizing.**

Parents know that some tasks are more important than others. But kids may not be so savvy. Teach kids how to prioritize, emphasizing that academics always come first. Give kids some credit if they're initially resistant to dropping some activities, as that can indicate an admirable willingness to commit. But emphasize that school comes first, and that activities that are low priority might need to be sacrificed during the school year. In addition, point out that certain activities that are not school-related can be revisited in the summer, when kids typically have less hectic schedules.

Burnout can be harmful to high school students. Parents can work with their children to ensure they aren't overextending themselves.



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# 3 FAMILY-FRIENDLY CARD GAMES

Family game night is a great way for families to have fun and spend time together. Whether it's a rainy summer night or a designated device-free evening at home, game night can prove a bonding experience for both parents and children.

If board games have lost some of their luster, parents may want to break out a deck of cards. In such instances, these three family-friendly card games can make for a fun activity.



## 1. Crazy eights

Crazy eights requires between two and seven players, making it an ideal card game for families. The winner is the first player to discard all of his or her cards. A basic 52-card deck is used when playing with five or fewer players, while two 52-card decks are used when there are more than five players. When playing with more than two players, each player is initially dealt five cards, and the remaining cards are then placed face down at the center of the table. The game begins when the top card is turned face up. Players can discard their cards by matching the rank or suit with the top card of the discard pile. If they cannot match the rank or suit of the top card and are not holding an eight, players must draw a card from the stockpile. Players also may play an eight at any time, and when they do, they must declare the suit the next player must play. The next player can either play that suit or play an eight if they have one. The first player with no cards left is the winner.

## 2. Go Fish

Go Fish is a great game for young children. To begin, each player is dealt five cards from a 52-card deck (or seven cards if there are three players or less), and the remaining cards are then shared between the players. Players whose turn it is ask another player for his or her cards of a certain face value. For example, a player may ask "Dad, do you have any twos?" Players must ask for a face value they are already holding. Therefore, in the above example, the player who asks for the two must be

holding a two. If the player has cards of that value, then he or she must hand them all over to the player who asked. If the player has no such cards, the player who asked must draw a card. If it's not the two the player asked for, the player must keep it and allow the next player to take his or her turn. If the card is a two, the player must show it to the other players and then select another card. Players who have all four cards of a face value are said to have a "book," and books must be placed face up in front of the player as they're accumulated. When all cards have been laid down in books, the player with the most books is the winner.

## 3. Old Maid

Old Maid can be played with a 52-card deck. In such instances, one card must be added or removed. That leaves one unmatchable card. At the beginning of the game, the designated dealer deals all of the cards, and some players can end up with more cards than others. Once the cards have been dealt, players look at their hands and discard all pairs, but not three of kind. Each player, beginning with the dealer, offers his or her hand, face-down, to the player to his or her left. The player offered must select a card without seeing which card it is and add it to his or her hand. If the card chosen matches a card the player is holding, then the pair can be discarded. The player who chose a card then offers his or her hand to the player to his or her left, and the game continues in this vein. Players can shuffle their hands before offering them to other players. The game ends when all pairs have been discarded and one player is left holding the unmatchable card, which is referred to as the "old maid."



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# TYPES OF POKER HANDS

THE NORTHLAND REVIEW



Poker is one of the world's most popular games. Because professional, part-time and amateur players side up to poker tables every day, it can be hard to estimate just how many people across the globe play poker in a given year. But Caesars® Casino lists poker among its most played games at its casinos in Las Vegas, arguably the most popular city in the world to play cards.

Poker is a game of skill that can be both simple and complex. Understanding the various hands one can draw while playing can help novices better understand the game.

- **Royal flush:** Texas Hold'em is one of the most popular types of poker in the world, and a royal flush is the best hand one can draw in Texas Hold'em. According to PokerNews.com, this hand is a combination of a ten, jack, queen, king, and ace of the same suit.
- **Straight flush:** This is five cards of the same suit in sequential order.
- **Four of a kind:** This hand is any four numerically matching cards, such as four tens, four eights, etc.
- **Full house:** A full house is a combination of three of a kind and a pair in the same hand.
- **Flush:** A player has a flush when he or she has five cards of the same suit, in any order.
- **Straight:** This refers to a hand that has five cards of any suit in sequential order. For example, a straight may be a hand made up of a five of hearts, a six of clubs, a seven of diamonds, an eight of clubs, and a nine of spades.
- **Three of a kind:** This hand includes any three numerically matching cards.
- **Two pair:** A player has two pair when he has two different pairs in the same hand, such as two eights and two tens.
- **One pair:** One pair refers to a hand that has two numerically matching cards.
- **High card:** The high card refers to the highest ranking card in your hand.



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# MYTHS ABOUT GRILLING AND BARBECUING, DEBUNKED

Grillmasters and pitmasters work hard to produce mouth-watering fare. Many may develop secret recipes, rubs, sauces, and cooking techniques all in the name of flavorful food.



Certain myths about grilling and barbecuing have prevailed through the years. Such misconceptions may discourage newcomers from picking up their tongs and spatulas. Setting the record straight about common grilling myths can be just what people need to embrace cooking foods over an open flame.

**Myth #1:** Hosting a barbecue is the same as cooking barbecue. **Fact:** Barbecue is the process of cooking foods slowly with low heat, typically in a smoker. Having a barbecue is an informal backyard party where foods cooked over a grill are served.

**Myth #2:** You can tell the temperature of the grill by placing your hand over the grates. **Fact:** Everyone reacts differently to heat, so the best way to gauge temperature is by using a thermometer.

**Myth #3:** Grilled chicken is done when the juices run clear. **Fact:** Even well-done chicken can form juices that are pink-hued. It's from a protein called myoglobin, according to the book "Meathead: The Science of Great Barbecue and Grilling." Use a cooking thermometer to learn when poultry is safe to eat, typically at 160 to 165 F.

**Myth #4:** Marinating is best for grilling and tenderizing. **Fact:** It seems that marinades really do not penetrate much beyond the surface of the meat and can keep the outer surface of the food wet, preventing searing and browning. Rubs and salts can be more effective at adding flavor. Serve a dipping sauce for additional flavor if people desire.

**Myth #5:** Light up the whole grill for best cooking. **Fact:** Temperature control is a key component of effective grilling and barbecuing. Having two temperature zones — direct, radiant heat for searing, and an indirect zone for grilling meat evenly and preventing burning — can make food more tasty.

**Myth #6:** More smoke equals better food. **Fact:** When cooking, faint wisps of blue smoke are better because blue smoke is made of tiny invisible particles and gases created by small, hot, fast-burning fires. White smoke generally comes from smoldering wood that is starved for oxygen, states the cooking site Food52. All of that white smoke can affect the flavor of the food.

**Myth #7:** Oil the grates to prevent food from sticking. **Fact:** This may or may not work, depending on the temperature of the grates when the oil is applied. A better method is to oil the food, which will be cold so the oil will keep from burning and cracking..



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

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# Weekly Horoscopes for July

## Aries

March 21-April 20

**Week 1:** You have a few questions but not too many answers. Seek the help of others as you try to answer your questions and be sure to thank them for their cooperation.

**Week 2:** Your ingenuity is ramped up and you can roll up your sleeves and get down to business this week. Avoid distractions by focusing on the details and not taking on too much.

**Week 3:** There's not much you can do to prevent your momentum from taking you in a particular direction. Enjoy the ride and hold on tight.

**Week 4:** You have the gumption to complete projects that others may never even attempt. Put your best foot forward and get to work so you can start producing some results.

**Week 5:** You are juggling many things, Aries. If you are having a difficult time figuring out which balls to drop and which ones to keep in the air, look to Virgo for help.

## Taurus

April 21-May 21

**Week 1:** A friend has something to confide, so make sure you are ready to hear what this person has to say. It is alright to be a little apprehensive.

**Week 2:** Stick to your gut feeling when someone tries to persuade you otherwise, Taurus. You know what feels right and wrong, and you can guide others in the right direction.

**Week 3:** Kick communication up a notch if you want to get things done. Write things out if you need a cheat sheet, then pull together all of the key players.

**Week 4:** A friend or family member looks to you for advice this week. Do your best to put yourself in this person's shoes and let him or her know that your support is unwavering.

**Week 5:** Taurus, many people are counting on you this week and you don't want to let them down. Recognize that it takes time to see results. Be patient and stay the course.

## Gemini

May 22-June 21

**Week 1:** Try to focus your thoughts on positive things, Gemini; otherwise, negativity can be overwhelming. If need be, make a gratitude journal that can help you express your feelings.

**Week 2:** Time heals all wounds, Gemini. You may need some time to recover from some emotional wounds. Just be patient and you'll get back on track.

**Week 3:** Your current focus on finances has all of your accounts under scrutiny, Gemini. You need to have a clear picture of spending habits in order to reign things in.

**Week 4:** A great opportunity to express yourself comes along this week. Make the most of this chance to let others see your creative side. You won't be sorry you did.

**Week 5:** There are a few things that you have to get off of your chest, Gemini. Others may not be ready and willing to listen to what you have to say right now, so give it time if need be.

## Cancer

June 22-July 22

**Week 1:** If work has been taking up too much of your time, you may need to schedule a few days off and focus on recharging yourself. Enjoy some well-earned rest and relaxation.

**Week 2:** Teamwork may seem like the way to go to get an important job done. Do not hesitate to share your ideas and solicit others' thoughts as well.

**Week 3:** If you are feeling exhausted, plan a getaway that will have you feeling rested in no time. Go somewhere nearby so you can start relaxing as soon as possible.

**Week 4:** A goal that seems unlikely is still worth working toward, Cancer. Others will be there to offer support and guidance as you pursue this very rewarding goal.

**Week 5:** Cancer, even though you have a lot to say, you have to make your words count. Select the things you have to say for each specific person and moment in time.

## Leo

July 23-August 23

**Week 1:** You may need to get a few people on your team in order to come out ahead, Leo. It always helps to have some extra support in your corner and a cheering squad.

**Week 2:** It is time to sort through your life, and that can begin with sorting through your belongings. Start to get rid of anything that you haven't used in the last year and move on.

**Week 3:** You want to give sound advice but are a little worried about how your message will be received. All you can do is put the information out there and hope for the best.

**Week 4:** Your financial savvy comes into play this week, Leo. Put your skill for finding deals to work and you will see your balances grow as much as possible.

**Week 5:** Several different activities and people are vying for your attention, Leo. All of this information can be overwhelming, so you will need to find a quiet area where you can unwind.

## Virgo

August 24-September 22

**Week 1:** You may soon realize that you are pouring a lot of energy into something that does not feel rewarding. Take some time to reconsider the path you're on.

**Week 2:** Honesty is the best policy, but you may need to approach a delicate situation with some discretion. Try to get your point across without coming across as abrasive.

**Week 3:** All it takes is a little rescheduling to free up your calendar for something extremely fun, Virgo. Now you just have to settle on which enjoyable activity to do.

**Week 4:** Give yourself time to form an opinion on an important issue in your life, Virgo. The more time you take, the more clearly you will see the issue at hand.

**Week 5:** You are always one to lend a helping hand, Virgo. So when you need to call in some favors this week, do not let it make you feel like you are taking advantage of anyone.

## Libra

September 23-October 23

**Week 1:** Someone close to you appreciates all the support you have been offering, even if he or she isn't able to say it often enough. Keep on being the best version of you.

**Week 2:** You may need to do a little damage control between two people who are close to you. It can be challenging not taking sides when both are pressing for you to support them.

**Week 3:** If you feel like your coffers are getting a little empty lately, find a fun way to bring in a little more money, Libra. This extra income will alleviate some pressure you have felt of late.

**Week 4:** A budding friendship commands your attention this week, Libra. Give this relationship the attention it deserves and you just may establish a bond as strong as steel.

**Week 5:** New ideas pop into your head and they excite you about future projects, Libra. The only trouble is settling on what you want to do, especially if it involves spending money.

## Scorpio

October 24-November 22

**Week 1:** If it seems like you can't turn off your brain, Scorpio, you are not alone. Others may feel overstimulated, and you can seek them out for some advice.

**Week 2:** Overcome your fear of rocking the boat. Others need to hear your opinion, and your honesty will be appreciated and inspire loyalty.

**Week 3:** Once you stop trying so hard, all of the answers will fall in your lap. However, it can be difficult to pull back and let nature run its course. Things worth fighting for take work.

**Week 4:** Think before you speak this week, Scorpio. Quick wit may lead to some easy laughs, but it's best to consider how your words affect those around you before you speak.

**Week 5:** It is okay to ask for help even when people think you are the strongest one around, Scorpio. Seeking and accepting help is a strength, and others will recognize that.

## Sagittarius

November 23-December 20

**Week 1:** Tackling too many projects at the same time is a recipe for burnout, Sagittarius. This week you have to slow the pace down a bit or call in some reinforcements.

**Week 2:** Emphasize the importance of accountability to team members. Use yourself as an example, insisting that you will be held accountable just like everyone else.

**Week 3:** It may be time for a big change, Sagittarius. A number of factors that only you can control will determine which direction to go in. Start thinking of the possibilities.

**Week 4:** Criticism is coming your way and is intended to be constructive. Recognize others are trying to help and take their opinions to heart.

**Week 5:** Look for some more enjoyable recreational activities you can tackle in the weeks to come, Sagittarius. It's good to change up the scheduling now and again for a different pace.

## Capricorn

December 21-January 20

**Week 1:** A new chapter in your life could be unfolding soon, Capricorn. Don't be surprised when certain opportunities come your way in the next few days.

**Week 2:** If you are ready to put yourself out there in the name of love, a dynamic person could sweep you off your feet. A special date could have you contemplating a future together.

**Week 3:** A few celebrations are in store for you, Capricorn. Rest up for a period of whirlwind activity that won't abate anytime soon. Bring a friend along for the ride.

**Week 4:** Give yourself a little more time to solve a puzzling problem, Capricorn. Within a few days, you might have the fresh perspective you need to find a solution.

**Week 5:** An interesting prospect comes your way, Capricorn. You aren't quite sure what to make of it, so give it a few more days to work out the kinks before responding.

## Aquarius

January 21-February 18

**Week 1:** Someone close to you may be going through a difficult situation. All you can do is be as supportive as possible over the next few days.

**Week 2:** Drama in your life may lead to some hectic times ahead, Aquarius. If you approach things with a calm head, then you can sail through the week relatively unscathed.

**Week 3:** Learn how to control stressors that impact your well-being, Aquarius. This may be as simple as exercising or getting out in the fresh air for extended periods of time.

**Week 4:** Not everyone moves at high speeds, Aquarius. Just because others can't seem to keep up with you, doesn't mean they do not have anything to offer.

**Week 5:** Aquarius, if you try to fix everyone's problems, you will only get frustrated. Sometimes those closest to you know what works for them and what doesn't. Trust their instincts.

## Discs

February 19-March 20

**Week 1:** Explore several creative possibilities to figure out what path may appeal to you, Pisces. Once you zero in on an activity, make it yours.

**Week 2:** A power struggle won't prove the headache you're anticipating it to be. Stay patient and listen to what others have to say.

**Week 3:** You may have a reason for keeping your cards close to the vest, Pisces. However, sometimes you may have to share some of your secrets.

**Week 4:** Focus on doing an activity that brings you joy. This activity is a great way to spend some free time each day being productive.

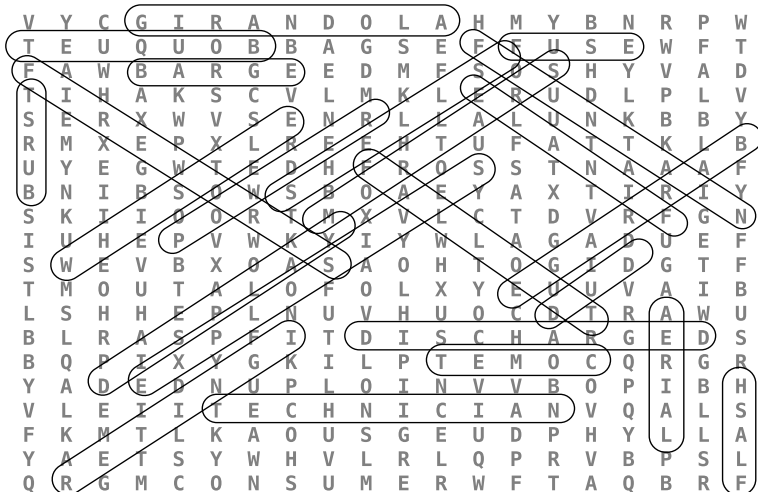
**Week 5:** Pisces, if you have any health concerns, discuss them with a doctor soon. Do not delay an appointment and embrace the doctor's advice.

# PUZZLE ANSWERS

**Crypto answers** A. sunscreen B. ultraviolet C. hat D. protect  
A. rocket B. sparkler C. bright D. fireworks

**Word scramble** 1. Surfer 2. Spark

**Word Search Answers**



**Sudoku 1 Answers**

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

**Sudoku 2 Answers**

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

**Puzzle 1 Answers**

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

**Puzzle 2 Answers**

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

# SPORTS SCHEDULES

## Saint Paul Saints Schedule

Mon, Jul 1 vs Lincoln 7:05 PM  
 Tue, Jul 2 vs Lincoln 7:05 PM  
 Wed, Jul 3 vs Lincoln 6:05 PM  
 Thu, Jul 4 @ Winnipeg 7:00 PM  
 Fri, Jul 5 @ Winnipeg 7:00 PM  
 Sat, Jul 6 @ Winnipeg 6:00 PM  
 Sun, Jul 7 @ Winnipeg 1:00 PM  
 Mon, Jul 8 @ Winnipeg 7:00 PM  
 Tue, Jul 9 @ Kansas City 7:05 PM  
 Wed, Jul 10 @ Kansas City 7:05 PM  
 Thu, Jul 11 @ Kansas City 7:05 PM  
 Fri, Jul 12 vs Winnipeg 7:05 PM  
 Sat, Jul 13 vs Winnipeg 7:05 PM  
 Sun, Jul 14 vs Winnipeg 5:05 PM  
 Tue, Jul 16 vs Kansas City 7:05 PM  
 Wed, Jul 17 vs Kansas City 1:05 PM  
 Thu, Jul 18 vs Kansas City 7:05 PM  
 Fri, Jul 19 @ Fargo-Moorhead 7:02 PM  
 Sat, Jul 20 @ Fargo-Moorhead 6:00 PM  
 Sun, Jul 21 @ Fargo-Moorhead 1:00 PM  
 Tue, Jul 23 ALL-STAR GAME AT CHS FIELD  
 Wed, Jul 24 vs Cleburne 7:05 PM  
 Thu, Jul 25 vs Cleburne 7:05 PM  
 Fri, Jul 26 vs Cleburne 7:05 PM  
 Sat, Jul 27 vs Kansas City 7:05 PM  
 Sun, Jul 28 vs Kansas City 5:05 PM  
 Mon, Jul 29 vs Kansas City 7:05 PM  
 Tue, Jul 30 @ Milwaukee 7:05 PM  
 Wed, Jul 31 @ Milwaukee 7:05 PM

Thu, Aug 1 @ Milwaukee 7:05 PM  
 Fri, Aug 2 @ Chicago 7:05 PM  
 Sat, Aug 3 @ Chicago 7:05 PM  
 Sun, Aug 4 @ Chicago 3:05 PM

## Twins Schedule

Tue, Jul 2 @ Oakland 9:07 PM  
 Wed, Jul 3 @ Oakland 8:07 PM  
 Thu, Jul 4 @ Oakland 3:07 PM  
 Fri, Jul 5 vs Texas 7:10 PM  
 Sat, Jul 6 vs Texas 1:10 PM  
 Sun, Jul 7 vs Texas 1:10 PM

## Lynx Schedule

Tue, Jul 2 vs Atlanta 8:00 PM  
 Sat, Jul 6 @ Connecticut 2:00 PM  
 Wed, Jul 10 @ Chicago 9:00 PM  
 Fri, Jul 12 @ Atlanta 7:30 PM  
 Sun, Jul 14 vs Phoenix 7:00 PM  
 Wed, Jul 17 vs Seattle 8:00 PM  
 Sun, Jul 21 @ Las Vegas 6:00 PM  
 Wed, Jul 24 vs Washington 1:00 PM  
 Sat, Aug 3 @ Indiana 7:00 PM

## Minnesota United FC Schedule

Wed, Jul 3 vs San José 7:00 PM  
 Sat, Jul 6 @ Montréal 6:30 PM  
 Sat, Jul 13 vs Dallas 7:00 PM  
 Wed, Jul 17 vs Birmingham 7:00 PM  
 Sat, Jul 20 @ Salt Lake City 9:00 PM  
 Sat, Jul 27 vs Vancouver 7:00 PM  
 Sun, Aug 4 vs Portland 3:00 PM

# Did you know?

An IEP, or an individualized education program, is a document that is developed for a public school student who requires special education services as determined after an assessment. In addition to being a legal document, the IEP will lay out the program of school instruction and serve as a map for support and services that the student needs for success, according to Understood.org, an organization for parents of students with learning and attention issues. The IEP is covered by law by the Individuals with Disabilities Education Act (IDEA) in the United States. IEPs may provide for longer testing times, assistive technology, specialized seating or classroom placement, dictated tests, or whatever the parents and school team agree on. Goals are typically set, and parents will meet with the team in regular IEP meetings to gauge students' progress. Similar to an IEP, a 504 plan is a plan that also offers accommodations so students with disabilities have equal access to the general education curriculum. However, 504s are not part of the realm of special education. Parents can work with the administrators of their child's school to determine which education plan or program is most fitting for their youngsters. Both are free of cost and can last through high school.

*How they SAY that in...*

**ENGLISH:** Grass

**SPANISH:** Césped

**ITALIAN:** Herbe

**FRENCH:** Herbe

**GERMAN:** Gras



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# KEEP VEGAN GUESTS IN MIND

From food allergies to dietary restrictions to conscious decisions to avoid certain foods for ethical reasons, peoples' diets tend to be as unique as they are. That can make it tricky when hosting a crowd and preparing a menu.

Variety is the spice to life, and having a go-to selection of recipes at the ready can make everything from sit-down dinners to impromptu backyard barbecues that much easier.

Vegans eschew all animal products such as dairy, eggs and meats. Vegans must carefully read the labels of foods that seemingly are animal-free, as even certain dairy-free cheeses may contain casein or other animal-derived products.

When grilling for family and friends, mushroom and tofu burgers can be prepared specifically for vegan guests, but a versatile salad can be enjoyed by all and make for a delicious side dish. This recipe for "Chickpea Salad" from "Vegan Cooking for Beginners" (Publications International) by the Editors of Publications International is sure to please vegans and non-vegans alike.



Chickpea Salad  
Makes 4 servings

- 1 can (15 ounces) chickpeas, rinsed and drained
- 1 stalk celery, chopped
- 1 dill pickle, chopped (about 1/2 cup)
- 1/4 cup finely chopped red or yellow onion
- 1/3 cup vegan mayonnaise
- 1 teaspoon lemon juice
- 1/4 teaspoon salt
- Black pepper
- Whole grain bread
- Lettuce and tomato slices

Place chickpeas in a medium bowl. Coarsely mash with a potato masher, leaving some beans whole. Add celery, pickle and onion; stir to mix. Add mayonnaise and lemon juice; mix well. Taste and add 1/4 teaspoon salt or more, if desired. Sprinkle with pepper, if desired; mix well. Serve on bread with lettuce and tomato, if desired.

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# PRACTICE AMUSEMENT AND THEME PARK SAFETY

Amusement parks are fun, family-friendly entertainment. The Association for Amusement Parks says nearly 335 million people visit amusement parks in the United States each year. Such parks are fun outlets for thrill seekers as well as people who might want to ride rides without scaring the daylights out of themselves.

The sheer volume of people who visit amusement parks on any given day can make it challenging to keep tabs on youngsters. And that's not the only thing parents have to be worried about when visiting their local amusement park. According to the Consumer Product Safety Commission, in 2016 emergency room personnel treated 30,900 injuries associated with amusement attractions nationwide. Here's how to maximize both enjoyment and safety at the theme park.

## Follow park rules

It may seem like common sense, but many people fail to follow the rules at the park, which can lead to injuries. Riders should heed signage and verbal instructions given by the ride operators. Parents should never push operators to let their children ride if they are not tall enough or do not meet weight requirements.

## Protect against the sun

Standing outside all day can result in dangerous sunburns and eye injuries. Wear sunglasses that block against UV rays as well as sunscreen with adequate protection.

## Skip the horseplay

Accidents can occur when children panic and try to get off of rides or riders act up and misbehave on rides. Everyone should remain seated with their backs against the headrests. Long hair should be tied back and secured. Riders should never switch seats or attempt to stand up while the ride is moving.

## Arrange a meet-up spot

It can be easy for children to get separated from their parents in crowds. Establish a highly visible area to meet up, such as a ferris wheel or another tall attraction, if anyone gets lost. Also, it can be a good idea to use a temporary tattoo or tag where parents can place their phone numbers and instruct a child to go to a security guard if they get separated in the crowd.

Amusement parks are enjoyable places for families to visit. Making safety a priority can enhance the fun factor and reduce anxiety.



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# CANADA DAY TIMELINE

Each year, Canadians celebrate their nation's birthday on July 1. Canada Day is an opportunity for Canadians to show pride in their country while commemorating its history.

More than 150 years ago, Canada became a new federation with its own constitution. Today Canada Day is a statutory holiday celebrated in all provinces and territories, and most businesses close to enjoy the festivities. In 2019, Canada Day falls on a Monday, which means it's the perfect opportunity to enjoy a three-day weekend.

The British North America Act went into effect on July 1, 1867. The legislation essentially created Canada as a new, domestically self-governing federation, according to the Canadian Museum of History. The original federation consisted of the provinces of New Brunswick, Nova Scotia, Ontario, and Quebec.

In 1868, Governor General Lord Monck signed a proclamation that requested all Canadians celebrate the anniversary of the act going into effect.

In 1879, a federal law made July 1 a statutory holiday in honor of the "anniversary of the Confederation." This would be known as Dominion Day, which referenced the country being known as the Dominion of Canada. Dominion Day was renamed "Canada Day" on October 27, 1982.

Much like Independence Day in the United States, Canada Day celebrates a country but also serves as a holiday that signals that the weather has warmed, barbecue season is in full effect, the kids are off from school, and the pools and beaches are ready for crowds. Parades and fireworks are common throughout Canada to mark the occasion.



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# ENJOY A SAFE AND HAPPY INDEPENDENCE DAY

Independence Day is a celebration of the United States of America. The holiday is marked by fanfare and large parties, complete with barbecues, fireworks and parades.

As fun as July 4th festivities typically are, injuries, particularly those involving fireworks, are a concern that celebrants should not take lightly. An estimated 11,000 people visited the emergency room for fireworks-related injuries in 2016, according to the U.S. Consumer Product Safety Commission. However, fireworks aren't the only danger this time of year. In order to remain safe, individuals can heed these tips.

- **Do not drink and drive.** Alcohol consumption may accompany Independence Day festivities. For those planning on using a car to get to and from parties, it is essential to designate a driver who will not imbibe. Otherwise, utilize any number of ridesharing services or available taxis.
- **Swim smartly.** Always swim with a buddy, and consider hiring a lifeguard if you'll be hosting a pool party and cannot keep a watchful eye on guests in the pool. Adults also should not swim intoxicated, as it can impede the ability to stay afloat and may lead to risky behaviors.
- **Leave fireworks to the professionals.** Watch a public fireworks display instead of lighting fireworks on the street or in the backyard.
- **Exercise caution with sparklers.** Kids running around with sparklers in hand could be a recipe for disaster, as sparklers burn extremely hot. Make sure children do not wave them around or others can get burned. Keep a bucket of water handy to properly extinguish the sparklers.
- **Review safe boating practices.** If July 4th festivities find you out on the water, be sure that life jackets are worn and set boating and water safety rules for the family.
- **Check in with a vet.** The Fourth of July can be traumatic for pets not accustomed to fireworks and other loud noises or crowds. Behavior therapy, medication and ensuring that pets do not run away from home and get lost may be necessary.
- **Watch food temperatures.** Do not leave food out in the hot sun for too long; otherwise, harmful bacteria can grow and potentially cause foodborne illnesses. The USDA Food Safety and Inspection Service says to never leave food out of refrigeration for more than two hours. If the temperature is above 90 F, food should not be left out for more than one hour.

These are some of the safety strategies that can keep Independence Day celebrations both safe and enjoyable.





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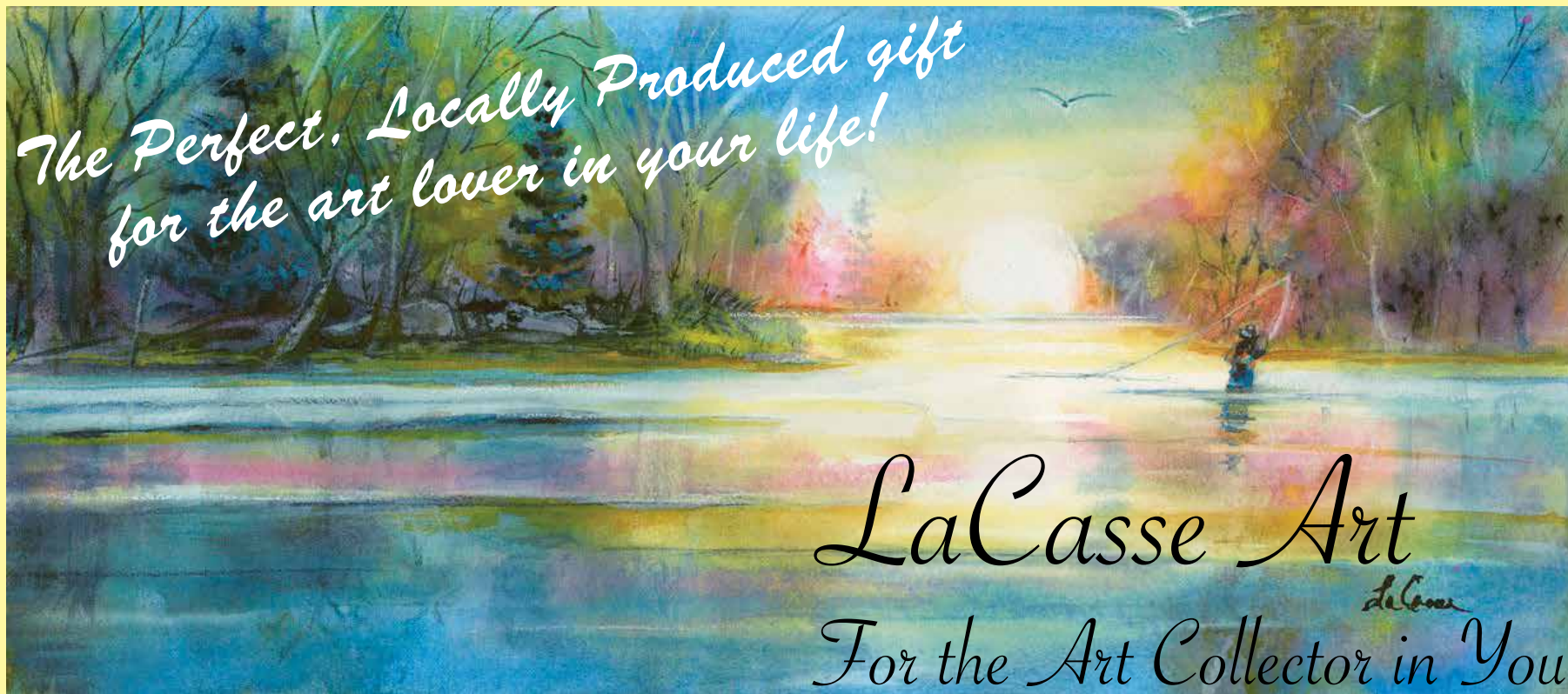
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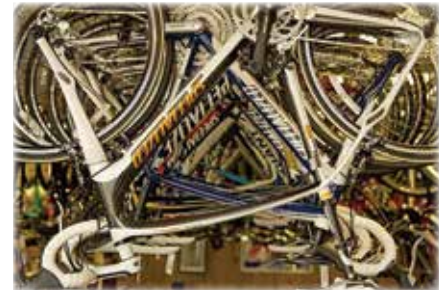
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