

Northland Review

FREE Publication
MAY 2019

Monthly Variety Paper

Bingo: Page 12 • Meat Raffles: Page 14

SEE OUR AD ON PAGE 30

SEE OUR AD ON PAGE 4

www.northlandreview.com



FUN IS GOOD ON ST. PAUL'S FRONT PORCH

TICKETS ON SALE NOW!

651-644-6659 | saintsbaseball.com

CR's Sports Bar & Carbone's Pizzeria

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

Upcoming Events:

May 4th, 4-10pm: 1st Annual Patio Party!
\$10/Person. Includes: Hot Dogs • Burgers • Chips • Soda
2 for 1's During Party! Music, Food, Fun & More! Play Games for Prizes!

May 12th, 10am-2pm Mothers Day Brunch
\$21.99/Person. Kids 4-10/\$9. Under 3/Free. Includes:
Breakfast & Dinner Brunch Favorites
Bingo @ Noon. 8 Games, win Handbag OR \$150 Cash. 1 Guaranteed Coverall Pays \$1000!
Prize Drawings During Bingo.
Call for Info or to make Reservations.

June 8th, 9:30am, Bus Leaves 11am Turtle Lake Casino Run
\$40/Person. Includes:
Breakfast at CR's, Bus Ride, Beer on Bus, Pizza Buffet Dinner at CR's Upon Return, and Games for Cash Prizes on Bus.
40 Seats Available!
First Come, First Serve!

SEE OUR AD ON PAGE 13

SEE OUR AD ON PAGE 11

WHITE BEAR LAKE HOCKEY

Big Bingo Parties!!

Jimmy's Food & Drink
Sunday, May 5th 1pm

Saks Sports Bar
Sunday, May 19th 1pm

RAFFLES! FREE PRIZES! FUN!





WHITE BEAR BAR THURS - SAT 5PM TO 2AM

MCCARRONS PUB & GRILL MON, THURS, FRIDAY AND SAT 5PM TO 1AM



PULLTABS DAILY NOON TO 2AM

RAFFLE FRIDAY 5PM

YOU DON'T WANT TO MISS IT!!

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

Opening Day May 10th!

NO COVER CHARGE EVER!

Fri. May 10 • 9pm
Sat. May 25 • 9pm
Good For Gary

Sat. May 11 • 9pm
The Good, The Bad, and The Funky



SEE OUR AD ON PAGE 7

SEE OUR AD ON PAGE 7

SEE OUR AD ON PAGE 8



Sgt. John Rice VFW POST 6316
1374 109th Ave NE
Blaine, MN 55434
Phone: 763-757-4540

Designer Purse Bingo
Monday, May 6th @ 7pm

Live Music
Thursday Nights

Karaoke • Friday & Saturday



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!

Taco Fiesta
May 5th, 1pm - 5pm

Live Music: 23rd Hour
Sat. May 11th, 7pm-11pm

• Food • Bake Sale • Raffles •
• Silent Auction •



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

Saturday, May 4th • Kentucky Derby
Mint Juleps \$3.50 • Jim Beam shots and drinks \$3
• Food Provided During Race •

Monday, May 27th Memorial Day Deck Party
Live Music on Deck w/ Greezy Gravy 3-7pm
16oz tap beer on deck • \$2
Choice of Hamburger or Brat \$6



SEE OUR AD ON PAGE 22

SEE OUR AD ON PAGE 15

SEE OUR AD ON PAGE 2



Mothers Day
Bring in your mom for a FREE Mimosa!
Sunday, May 12th

Come see us at the Twin Cities Bloody Mary Festival
May 4th @ 2pm!

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



The Sunset Grill
8466 Hwy. 65
Spring Lake Park, MN
(763) 204-8648
Lic. # 00584-026

Handbag Bingo
May 5th & June 2nd @ 2PM

Fishermans Bingo
May 9th @ 6:30PM

Pick-A-Present Bingo
Mothers Day, May 12th



Ramsey Bicycle

CHECK OUT ALL OF OUR ELECTRIC BIKES!

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

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





Talk to your neighbors, then talk to me.

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

See why State Farm® insures more drivers than GEICO and Progressive combined. Great service, plus discounts of up to 40 percent.*
Like a good neighbor, State Farm is there.®
CALL FOR QUOTE 24/7.



*Discounts vary by states.

1001174.1 State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, Bloomington, IL



Roseville Area Youth Hockey



JOE SENSERS
 KITCHEN BAR
 2350 Cleveland Ave.
 Roseville MN, 55113

May 7th, Tuesday Night. A-03191-07
Raffles at 6pm, Bingo at 6:30pm
Bar Bingo, a once a Month Bingo event!
 • Two \$500 guaranteed coverall every night! •
 • \$125 regular games or choice of Merchandise! •

ROSEVILLE BINGO HALL

2525 N. Snelling Ave. (1 block north of Rose-dale) • 651-697-1090
 Welcome to Roseville Bingo Hall! We always PAY!!! And we always PLAY!!!
We have more sessions than any other Bingo Hall! Check us out, 30 sessions - Open Every Day!
Check out our Website for Bingo Specials! www.rosevillebingo.com

Saturday, May 4th: The Kentucky Derby!! Prize Drawing Every Session!!

BINGO! \$50 Buy-In On Mondays!
 50% Off Admission Tuesdays and Wednesdays!
 • Monday: 1, 3, 7, & 9pm • Tuesday: 3, 7, & 9pm • Wednesday: 3, 7, & 9pm •
 • Thursday: 1, 3, 7, 9, & 11pm • Friday: 1, 3, 7, 9, & 11pm •
 • Saturday: 1, 3, 7, 9, & 11pm • Sunday: 1, 3, 7, 9, & 11pm •
 A-03191-03

VFW Post #6690

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



Bingo

Two Progressive Jackpots Every Monday @ 7pm

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

Meat Raffle

Every Sat. @ 3:30pm



Mon. - Fri.
 Noon - 6pm



Pulltabs Available

Lic. B00629

Rescue Catering

Phone: 763-267-9574



We rescue events when a crisis occurs.

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

Cork
 A division of Bad Broz

the Old Log Cabin RESTAURANT & BAR

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

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



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



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

FOREST LAKE LIONS PULL TABS DAILY



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

Lic. # 02190-007



ramseybicycles.com

Ramsey Bicycle

CHECK OUT ALL OF OUR ELECTRIC BIKES!



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

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

AD INDEX

ANOKA CorkPG 34	FOREST LAKE Bacons MotorsPG 36 Circle E Wine and Spirits.....PG 13 Diesel RockerPG 26 Forest Hills Golf CoursePG 13 Forest Lake Arena.....PG 13 FriarsPG 21 Integrity 1st Team.....PG 24 MallardsPG 13 Music ConnectionPG 3 Ruddys Rental.....PG 36 Tanners Brook Golf CoursePG 13 The Meet Market.....PG 13 The Old Log Cabin Bar.....PG 2 Vanelli's By The Lake.....PG 13	ROGERS Clives RoadhousePG 7
BAYPORT American Legion Post 491.....PG 8 MallardsPG 8	FRIDLEY Two StoogesPG 5 American Legion FridleyPG 8	ROSEVILLE Joe SensersPG 2 Roseville Area Youth HockeyPG 2 Rosetown LegionPG 8 VFW Post 7555PG 6
BETHEL Dugout barPG 17	HOPKINS Mainstreet BarPG 4	SAVAGE Neisens.....PG 5
BLAINE Banquets of MinnesotaPG 15 Clives RoadhousePG 7 Ole Piper InnPG 7 The Roadside Bar & GrillPG 15 Sticks and StonesPG 15 VFW BlainePG 7	INVER GROVE HEIGHTS Bike KingPG 36 Drkula'sPG 19 Jersey's BarPG 16	SCANDIA Brookside Pub.....PG 13 & 16
BROOKLYN PARK Cams Bar & Eatery.....PG 5 Palmer Lake VFW Post 3915.....PG 7 & 16	LAKELAND The BungalowPG 8	SOUTH ST. PAUL Hotel Furniture Liquidators, Inc.PG 36 Illetschko MeatsPG 3 Kaposia ClubPG 16 State Farm Ins.PG 2
BURNSVILLE Clives RoadhousePG 7 Muddy Chicken.....PG 7	LINO LAKES The Liquor Barrel.....PG 13 Trappers BarPG 21	SPRING LAKE PARK Biff's Sports Bar & GrillPG 15 & 16 Doc's CuesPG 36 Kraus-Hartig VFW Post 6587PG 6 Montes Sports Bar & Grill.....PG 15 Spring Lake Park Lions.....PG 15 The Sunset Grill.....PG 15
CENTERVILLE Kelly's KornerPG 22 Southern Rail.....PG 22	LORETTO Detour 19.....PG 16	STILLWATER Maple Island Brewery.....PG 8 P.D. Pappys.....PG 11 Stillwater BowlPG 8
CHAMPLIN Clives RoadhousePG 7	MAHTOMEDI Bloody MarysPG 8	ST. PAUL Hotel Furniture Liquidators, Inc.PG 36 St. Paul SaintsPG 30 Tin CupsPG 20
CHANHASSEN American Legion Post 580PG 16	MAPLEWOOD McCarron'sPG 13 & 20	ST. PAUL PARK Park Place.....PG 17 & 16 Willie's RestaurantPG 16
COLUMBIA HEIGHTS Columbia Heights VFW Post 230PG 6	MEDINA Medina Entertainment Center ..PG 18 & 31	TALORS FALLS LaCasse ArtPG 33
COON RAPIDS CRS Sports Bar & Carbone'sPG 4 Scoops PubPG 4	MENDOTA VFW Post 6690PG 2	VADNAIS HEIGHTS Jimmy's Food and Drink.....PG 13 Sak's Sports Bar.....PG 13
COTTAGE GROVE Carbonie's.....PG 31	MINNETONKA Scoreboard Bar and GrillPG 7	WHITE BEAR LAKE Carbone's.....PG 4 Doc's Landing.....PG 13 Village Sports Bar.....PG 13 VFW Post 1782PG 6 White Bear Bar.....PG 13 & 16 White Bear HockeyPG 13 White Bear Rental.....PG 36
DELANO H.S.C. BrokersPG 16 & 25	NEW BRIGHTON Adagio's Pizza FactoryPG 5 & 16	WYOMING CornerstonePG 13 & 23 Splitrocks Entertainment Center.....PG 13
EAGAN Casper's Cherokee.....PG 16 Cedarvale Fitz'sPG 16	NORWOOD YOUNG AMERICA The Pour HousePG 16	GENERAL AREA Amp QuizPG 7 Granite City MoversPG 34 JR's Kustom StickersPG 29 Keen Eye Home Inspection.....PG 36 Kevin Sullivan FilmPG 36 Rescue CateringPG 2 Ride For WishesPG 31 Straight Flush PokerPG 16
EAST BETHEL Cedar Creek AutomotivePG 32	NORTH BRANCH Ruddys Rental.....PG 36	HAMMOND, WI Schuggy's American GrillPG 16
FARMINGTON Celts Pub.....PG 7	OAKDALE PinzPG 7 Sgt. Peppers.....PG 7	ROBERTS, WI Barn Board Grill.....PG 16
	RAMSEY Ramsey BicyclePG 2	
	RICHFIELD VFW Post 5555PG 7	

YOUR DEER PROCESSING HEADQUARTERS CALL NOW!

Attention Hunters!

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

Illetschko's Meats & Smokehouse

101 E Richmond St.
South St. Paul,
MN 55075

651-455-4333

www.illetschkos.com

Best of the community Reader Choice Awards

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

Thank You to all our customers!

“Serving Musicians Since 1981”

YAMAHA TRUCKLOAD SALE

EXTRA DISCOUNTS ON ALL YAMAHA PRODUCTS!

NOW THRU JUNE 1st

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

REBATES ON SELECT MODELS

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

77 Eighth Avenue SW • Forest Lake, MN 55025

(651) 464-5252 • ConnectwithMusic.com

CONTACT

The Northland Review, LLC
P.O. Box 48503
Coon Rapids, MN 55448

No part of this publication can be reproduced without written permission.

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

Copyright 2019

CONTENTS

TEXAS HOLD'EM LISTINGS PG 9	FAMILY MEALS PG 22
KARAOKE LISTINGS PG 9	ENGINEERING PG 23
PUZZLES PG 10	POOL SAFETY PG 24
MOM'S NIGHT OUT PG 11	KIDS ALLOWANCE PG 26
BINGO LISTINGS PG 12	HOROSCOPES PG 27
PURSE BINGO LISTINGS..... PG 12	PUZZLE ANSWERS..... PG 28
RAFFLE LISTINGS PG 14	SPORTS SCHEDULES PG 28
EMPTY NEST PG 15	EARTH HOUR PG 28
FAMILY GAME NIGHT..... PG 16	HOW THEY SAY THAT IN PG 28
SAFE SUMMER BARBECUES PG 17	DID YOU KNOW?..... PG 28
CONFIDENT KIDS..... PG 19	DOGS EXERCISE..... PG 29
PARENTS TIME PG 20	BIKING TO WORK PG 30
SURPRISE MOM PG 21	MATERNITY LEAVE PG 32

SCOOPS PUB

"COON RAPIDS BEST KEPT SECRET"

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



Free Texas Holdem

Tues - Thurs - Sat
7pm & 9:30pm

Paying out Up to \$200!



Premier Dart Location

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

Weekly Specials

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

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

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

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

Friday & Saturday
Drink Specials: 9pm-1am

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

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

Pull Tabs

Every Day

Bingo

Mon. & Wed. @ 6:30pm, 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

May 4th, 4-10pm 1st Annual Patio Party!

\$10/Person. Includes:
Hot Dogs • Burgers • Chips • Soda
2 for 1's During Party
Music, Food, Fun & More! Play Games for Prizes!

May 12th, 10am-2pm Mothers Day Brunch

\$21.99/Person. Kids 4-10/\$9.
Under 3/Free. Includes:
Breakfast & Dinner Brunch Favorites
Bingo @ Noon. 8 Games, win Handbag OR \$150 Cash. 1 Guaranteed Coverall Pays \$1000!
Prize Drawings During Brunch.
Call for Info or to make Reservations.

May 18th, 5pm Cancer Benefit

June 1st, 5pm Cancer Benefit

June 8th, 9:30am, Bus Leaves 11am Turtle Lake Casino Run

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

Breakfast Served
Saturday & Sunday
10am-2pm

Sunday Night is
Trivia Night @7pm
with Trivia Mafia



814 Mainstreet, Downtown Hopkins
952.938.2400 • mainstreetbar.com

LIVE MUSIC DRINK SPECIALS

\$4 DOMESTIC TAPS,
BOTTLES AND RAIL DRINKS

LIVE MUSIC

FRI. AND SAT. NIGHTS

BEST BURGERS

IN HOPKINS!

36 BEERS ON TAP!!

CRAFT BEER

WEDNESDAYS 9PM



Meat Raffle

Wednesday &
Thursday @ 5pm,
Saturday After Mingo



Mingo

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

Progressive Mingo

Sat. at 2pm

Hopkins Youth Hockey Lic# 04157-02

ENTERTAINMENT

FRI. MAY 3RD
LEDFOOT LARRY

SAT. MAY 4TH
BAD GIRLFRIENDS

FRI. MAY 10TH
SLAPSHOT

SAT. MAY 11TH
ZED LEPPELIN W/
THRYLL

FRI. MAY 17TH
LADY LUCK

SAT. MAY 18TH
FLYWHEEL

FRI. MAY 24TH
DRINK 182

SAT. MAY 25TH
SAWYERS DREAM

FRI. MAY 31ST
BAND 51

SAT. JUN 1ST
M8DS

COME TRY OUR NEW HAPPY HOUR MENU!

Afternoon Happy Hour
3-6:30pm Sun.-Thurs.
Late night Happy Hour
9-Midnight Sun.-Wed.
\$2 Domestic Bottle
\$3 Rail Liquor



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

PIZZA
THE WHOLE FAMILY
LOVES
SINCE 1954

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

Happy Hour

2 for 1's
Every Day 3-6 pm

Double up
for a buck

Every Day
9- 10:30pm

Bucket Special
5 for \$15



Designer Purse Bingo
May 15th @ 6:30pm
Come in Early.



Think of us for your Grooms
Dinner and End of Year Banquets!

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

Meat Raffles
Every Tuesday & Friday @ 5pm

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

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



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

White Bear Lake Lions Club #02378-012

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

Cam's
Bar & Eatery

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

**Cam's can Sponsor your
Softball or Volleyball Team!**

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

Happy Hour Party Room Available!
Monday thru Friday
3pm-6pm

Meat Raffles
Wednesday &
Fridays @ 6pm

Trivia
Thursdays 8pm

Saturday & Sunday
Brunch &
Bloody Mary
Bar 11am - 2pm

Karaoke
Saturday @ 8pm

**Patio
Is Now
Open!**

Lic #36222-001 Edinburgh USA Pro Am Foundation

Open Daily at 11am

NEISEN'S
SPORTS BAR & GRILL

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

**MINNESOTA'S PREMIER
LIVE BANDS**

May 3 - Uncle Chunk
May 4 - Rough House
May 10 - Hitfaced
May 11 - Rock Godz
May 17 - Second To None
May 18 - Vinyl Revival
May 24 - Jeff Merrill Sings Elvis
May 25 - Heartbreakers
May 31 - Radio Active
June 1 - The Dickerman Bros

NO COVER CHARGE!

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

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

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

KARAOKE
W/Paul
Wednesday and
Sunday Nights

Wednesday
Bar Bingo
6:30pm

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

German Days Lic# 35239

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

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

ADAGIO'S
PIZZA FACTORY

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

Tuesday
Bar Bingo & Meat Raffle - 6:30pm

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

Friday
Meat Raffle - 6:30pm

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

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

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

**Pull
Tabs**

**Etabs
Now
Available**

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

New Brighton Lions Gambling License #01754

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

Saturday
Karaoke:
9:30PM

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

Check out our New Menu Items!

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

**Two
Stooges**
SPORTS BAR & GRILL

www.twostooges.com

Fireball Fridays
DJ Every Friday & Saturday!

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

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

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

**Summer
Pool and Dart
Leagues
Now
Forming!**

Cinco de Mayo
All Weekend! May 3-5
\$3 Modellos & Coronas
Food Specials
Tacos • Chimichangas

**Mothers
Day**
Bring Mom in!
Ladies play Free!
Open 10am-2am

**Open
Memorial Day**
11 AM- 2 AM

**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, May 3rd, 17th, & 31st,
Saturday, May 18th

VivaLia
Friday, May 10th
& 24th



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

Saturday, May 4th, 4:30pm - 7pm
Pork Tenderloin Dinner
 \$7 for Meal, \$5 for Sandwich.
 Special Meat Raffle 3:30pm,
 20 PACKAGES!



Live Band

Sat. May 11th,
8pm - Midnight
Grey Duck

Upcoming Events

May 15th: Treasure Island Casino Trip
 \$25 in advance, sign up with bartender

May 19th: PGA Championship
 ½ Price Drinks on Hole in Ones,
 Happy Hour During Tournament

May 25th: Drag Show, 9pm - 1am

HOOPY

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

Every Monday
 Drink Tickets, 7 - 9pm

Beer of the Month
 Coors Bottles \$2.50

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

Bingo: Mondays @ 1pm

Meat Raffle: Fridays @ 6pm

Pull-Tabs & E-Tabs: Daily

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






Mother's Day Brunch
 11am - 2pm



ROSEVILLE ANDERSON

NELSON VFW POST 7555

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

Roseville
 VFW

Saturday, May 4th
Kentucky Derby Day
 Wear your Derby Hat and
 "Double up for a buck!"
 Mint Julep Drink Special

All You Can Eat!
Mothers Day Brunch Buffet
 Sunday, May 12th, 10am - 2pm

All your favorite Breakfast and Dinner Foods!

Drink Specials:
 Bloody Mary Bar & Mimosas




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

Classic Car Show
 May 17, 4-8pm



Now Serving Breakfast!
 Saturdays, 9am-noon

Meat Raffle Weds 5pm & Sat 4pm
Pull-Tabs & E-Tabs Daily
Progressive Cash Bingo Thurs 6:30 pm
 Up To \$1000 Coverall

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

Memorial Day
 Mon., May 27th

Happy Hour Monday – Friday 4pm – 6pm

Kitchen hours extended by an hour every day until fall

Patio Open May 1!

Cinco de Mayo!
 Sunday, May 5th
\$1 Off All Tequila and Mexican Beers
Mexican Food Specials



Armed Forces Day
 Happy Hour All Day Long! Sat. May 18th

Build a Burger for the Troops
 (Beyond Yellow Ribbon Program)
 on. May 13, 5-8pm



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



Texas Hold'em
 Every Tuesday @ 7pm



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



Fred Babcock VFW Post 5555
Open 7 days a week!
 6715 Lakeshore Drive
 Richfield MN 55423
 Phone: 612-869-5555


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

Live Music
May
 Fri. May 4 - Northernaires
 Fri. May 11 - Way Back Whens
 Fri. May 18 - Top 3
 Fri. May 25 - The Arcades



Join us for our Mothers Day Brunch
 May 12th, 10am - 2pm
Call for Reservations


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

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



Designer Purse Bingo
 Monday, May 6th @ 7pm

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



May Live Music
 Thursday 7pm to 10pm
 2nd - The Authorities
 9th - The Goods
 16th - Jack Knife
 23rd - Pete Kavanaugh
 30th - Tailspin

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

Big screen TV's for ALL Sporting Events

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

Monday - Texas Hold'em 7PM
Taco Fiesta May 5th, 1pm - 5pm
 • Food • Bake Sale • Raffles •
 • Silent Auction •

Tuesday - Meat Raffles 5PM

Wednesday - Bingo 6:30PM

Friday - Bargo 7:30PM, DJ at 9:30PM
Live Music: 23rd Hour Sat. May 11th, 7pm-11pm

Saturday - Meat Raffles 3:30PM, Karaoke

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

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

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

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

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

Tip Boards
 Gambling Control Number # 00-632





AMP QUIZ
 it's trivia time

TOP THREE TEAMS WIN PRIZES!

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

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

WEDNESDAYS
 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!
MARVEL
 Wednesday | May 1
 WATCH FACEBOOK FOR LOCATIONS & TIMES

SEASON ONE TOURNAMENT * CHAMPIONSHIP
 Saturday, May 4
 \$900 in Cash & Prizes!

Find FREE ANSWERS at www.AMPQUIZTRIVIA.com

Like us on facebook



FRIDLEY AMERICAN LEGION

Mother's Day
Omelet Breakfast
 May 12th. \$5

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

BINGO

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

MEAT RAFFLE

Fri.: 5:30pm - Gone

Meat Raffle tickets sold until all prizes are won.

RIDERS BACON RAFFLE

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

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

Tri-Wheel

Fri.: 5:30pm-12am

Sat.: 5pm-12am

(or right after bingo) Hours subject to change



Lic. # - G-00001-004

Omelet Breakfast Fundraiser

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

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

American Legion Riders

Pig Roast Sunday May 5th, 1-5pm



Happy Hour

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

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

Sat.
 9am - Noon

Sun.
 10am - Noon

Live Music on Fridays!

May 3 - Bluetopians

May 24 - 23rd Hour

May 10 - City Lights

May 31 - Vinyl Revival

May 17 - Elements

Bayport American Legion Post 491

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



BAR BINGO

Kelly Green
 651-491-8972
 Lic. # 00467

Sun. - 2pm @ Mallards Bayport

101 5th Ave S, Bayport • 651-324-0903

Mon. - 7pm @ Bloody Mary's

96 Mahtomedi Ave, Mahtomedi • 651-429-8640

Mon. - 7pm @ Stillwater Bowl

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

Wed. - 6:30pm @ Maple Island Brewery

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

Fri. - 7:15pm @ Legion Post 491

263 N. 3rd St, Bayport • 651-439-5463

Sat. - 2pm @ The Bungalow

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

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



ROSETOWN AMERICAN LEGION

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



Beautiful Banquet hall available inquire within

MN LOTTERY SCRATCH OFF MACHINE
 PULL TABS DAILY Lic #0113

HAPPY HOUR DAILY Noon-2pm & 5pm - 7pm

Serving lunches from 12-2pm M-F

NEW MEMBERS WELCOME

Patio Now Open!



Sat. May 11th & 25th

Bingo at 3pm

Serving Appetizers during bingo

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

Cinco de Mayo Party May 5th



Food Specials

Serving Fajitas From 2-5pm

Steak \$10 • Chicken \$9

\$3 Coronas

\$3.50 Margaritas

\$2 shots of Tequila

\$3 shots of Cuervo

Drink Specials All Day

Saturday, May 4th • Kentucky Derby

Mint Juleps \$3.50 • Jim Beam shots and drinks \$3

• Food Provided During Race •

Monday, May 27th

Memorial Day Deck Party

Live Music on Deck

w/ Greezy Gravy 3-7pm

16oz tap beer on deck • \$2

Choice of Hamburger or Brat \$6



Friday May 31st: Live Music with the Wombats, 7-11pm

New! Kitchen Open Sundays 2-5pm

Every Sunday • Noon-2pm

\$3 Bloody Mary Bar

\$2 Screwdrivers



MEAT RAFFLE @3pm

Sign up for \$1 DRINK Fan of the Week!

NEW! MONDAYS: .50¢ Wings! 10 Varieties, Plus Appetizers! 5 - 8pm

EVERY TUESDAY, TURKEY DINNER

NEW TIME! 12 - 2PM, 5-8PM

\$8⁰⁰ comes w/mashed potatoes & gravy, cranberries, stuffing, veggie, dinner roll



Every Wednesday Night

\$1.50 Burger

\$3 Fish Sandwich



5-8pm

GIFT CARD RAFFLE @ 5PM



Every Thursday

\$2 TACOS 5-8pm

Texas Hold Em 7pm



Every Friday Dinner Menu 5-8pm

\$12 All You Can Eat Fish Fry!

Comes with French fries and coleslaw

1st Friday of the Month

Prime Rib Dinner

Queen Cut: \$15, King Cut: \$17

Gift Card Raffle @5pm



Karaoke: 7-11pm

Every Saturday: Free Darts after 9PM!

TEXAS HOLD 'EM

SUNDAYS

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

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

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

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

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

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

MONDAYS

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

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

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

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

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

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

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

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

TUESDAYS

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

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

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

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

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

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

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

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

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

WEDNESDAYS

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

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

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

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

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

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

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

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

THURSDAYS

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

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

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

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

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

FRIDAYS

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

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

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

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

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

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

SATURDAYS

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

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

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

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

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



KARAOKE

SUNDAYS

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

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

MONDAYS

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

TUESDAYS

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

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

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

WEDNESDAYS

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

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

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

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

VFW Roseville Post 7555
1145 Woodland Drive, Roseville
651-483-5313 • May 8, 7 - 10pm

THURSDAYS

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

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

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

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

FRIDAYS

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

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

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

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

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

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

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

Coopers
4185 Robert Trail, Eagan
651-452-3061

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

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

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

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

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

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

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

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

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

SATURDAYS

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

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

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

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

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

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

Coopers
4185 Robert Trail, Eagan
651-452-3061

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

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

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

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

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

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

**VFW Columbia Heights
Post 230**
4446 Central Ave. NE, Columbia
Heights. 763-788-8187 • May 18



NIGHTS OUT HELP MOTHERS RECHARGE

Caring for children requires dedication and patience. Even though infants and toddlers may exact the most attention from mom, each stage of childhood presents new challenges. Motherhood is a task that demands much from women, and those demands can certainly pack on the pressure.

Couple the pressure of raising children with the growing trend of women serving as primary caregivers to aging parents, and it's no surprise many women feel as though they need a respite. That's what makes nights out with friends so essential. Here are just some of the many reasons why caregivers need to make time for socialization.

- **Caregiving can be alienating.**

No matter how well-meaning moms and caregivers may be, they may grow to resent the work involved because the only interactions they may have on a daily basis are care-related. Women should get out regularly so they can focus on themselves and enjoy their relationships with friends.

- **Have a reason to get dolled up.**

When other responsibilities take priority, putting on makeup or wearing nice clothing can take a back seat. Girls' night out provides a reason to wear fancy clothes, do your hair and don a little mascara. Girlfriends tend to notice these beautifying changes and offer compliments — which can be a nice ego boost.

- **Girls' night out is a free therapy session.**

It won't take the place of counseling provided by a licensed therapist, but a girls' night out offers a chance to get things off your chest and seek advice from friends who may be in similar situations.

- **You can indulge a little and laugh along the way.**

Loosening up with a glass of wine can help the conversation flow. Nights out with friends also will probably lead to a few laughs, which can certainly be helpful when life seems a tad overwhelming.

Regular nights out with friends can make it a bit easier for moms to juggle the responsibilities of being a mom, a caregiver or both.



P.D. Pappy's Music Bar & Grill

MAY LIVE MUSIC SCHEDULE

“Like” us on Facebook

NO COVER CHARGE EVER!

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

Opening Day
May 10th!

<p>Fri. May 10 • 9pm Good For Gary</p>	<p>Fri. May 17 • 9pm Free & Easy</p>	<p>Sat. May 18 • 9pm Bad Girlfriend</p>	<p>Fri. May 24 • 9pm Rhino</p>
<p>Sat. May 11 • 3pm Dave Burkart</p>	<p>Sat. May 18 • 3pm Kyle Koliha</p>	<p>Sat. May 18 • 9pm Bad Girlfriend</p>	<p>Sun. May 19 • 4pm Kurt Jorgensen</p>
<p>Sat. May 11 • 9pm The Good, The Bad, and The Funky</p>	<p>Sat. May 18 • 3pm Kyle Koliha</p>	<p>Sat. May 25 • 3pm Mark Stary</p>	<p>Sat. May 25 • 9pm Good For Gary</p>
<p>Sun. May 26 • 4pm Kurt Jorgensen</p>		<p>Fri. May 31 • 9pm TBA</p>	
<p>Sat. June 1 • 3pm Dave Burkart</p>		<p>Sat. Jun. 1 • 9pm The 70's Magic Sunshine Band</p>	

1/2 Price Burgers EVERY TUES

1/2 Price Chicken Sandwiches EVERY WED

Taco Thursdays

BAR BINGO

SUNDAYS

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

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

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

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

The Sunset Grill
8466 Hwy. 65, Spring Lake Park
763-204-8648 • May 12
Pick-A-Present Bingo Mothers Day!

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

MONDAYS

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

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

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

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

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

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

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

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

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

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

TUESDAYS

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

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

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

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

Joe Senser's
2350 Cleveland Ave., Roseville
651-631-1781 • May 7 • 6:30PM
Raffle @ 6pm. Two \$500 Coverall!

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

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

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

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

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

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

WEDNESDAYS

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

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

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

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

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

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

Neisen's Sports Bar & Grill
4851 W. 123rd St, Savage
952-846-4513 • 6:30pm

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

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

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

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

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

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

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

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

THURSDAYS

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

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

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

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

The Sunset Grill
8466 Hwy. 65, Spring Lake Park
763-204-8648 • 1pm
May 9 • 6:30pm
Fishermans Bingo

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

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

FRIDAYS

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

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

Titans Sports Saloon
1267 Geneva Ave N, Oakdale
651-444-8488 • Apr. 3 & 17, 6:30pm
Raffle before at 5:30pm

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

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

SATURDAYS

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

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

Biffs Sports Bar & Grill
7777 Hwy 65 NE, Spring Lake Park
763-784-9446 • May 4, 11, & 25 • 3pm

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

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

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

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

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

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

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

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

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

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

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

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

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

DESIGNER PURSE BINGO

SUNDAYS

CR'S Sports Bar
8525 Cottonwood St NW
763-780-1585 • May 12 @ 12pm
Mothers Day Brunch - 10am - 2pm
Make Reservations Today!

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

Titans Sports Saloon
1267 Geneva Ave N, Oakdale
651-444-8488 • May 12 & 26 @ 1pm
Designer purses with cash inside!
GUARANTEED \$500! Pay out 100%
Raffle at noon

MONDAYS

Banquets of Minnesota
1009 109th Ave NE, Blaine
612-803-6468 • May 20 @ 6:30pm

Sgt. John Rice VFW
1374 109th Ave NE, Blaine
763-757-4540 • May 6 @ 7pm

WEDNESDAYS

Carbone's Pizzeria & Pub
1350 Highway 96E, White Bear Lake
651-429-7609 • May 15 @ 6:30pm
Come in Early.

SATURDAYS

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



WHITE BEAR LAKE HOCKEY
Big Bingo Parties!!
 Jimmy's Food & Drink
 Sunday, May 5th 1pm
 Saks Sports Bar
 Sunday, May 19th 1pm
RAFFLES! FREE PRIZES! FUN!



MEAT AND GIFT CARD RAFFLES

Bar Bingo with Electronic Handheld Devices
PLAY UP TO 36 FACES PER GAME!
PLAY IN ADDITION TO PAPER DOES ALL THE WORK FOR YOU!

SEE BALLS AND PATTERNS ON TV'S
 Go to our FB page to see Calendar with **DAILY SPECIALS** for the Electronic Bingo Handheld Devices!!!

THE WHEEL GET YOUR SPIN ON & WIN SOME CASH!!
 WHITE BEAR BAR THURS - SAT 5PM TO 2AM
 MCCARRONS PUB & GRILL MON, THURS, FRIDAY AND SAT 5PM TO 1AM

TOES LANDING
PULLTABS DAILY NOON TO 2AM
RAFFLE FRIDAY 5PM

WHY PLAY BINGO AT THESE LOCATIONS??
BEST CASH PRIZE PAYOUTS IN THE METRO AREA THAT'S WHY!

JIMMY'S - Tuesdays and Thursdays at 6pm & Monday 9am
VILLAGE SPORTS BAR - Wednesdays 6pm and Fridays 9:30pm
MCCARRON'S - Mondays 6pm and Saturdays Noon
SAKS SPORTS BAR - Mondays at 6pm and Saturdays at 2pm
WHITE BEAR BAR - Thursdays at 7pm



YOU DON'T WANT TO MISS IT!!

www.facebook.com/wblhockeygambling
 LIKE US ON FB AND FOLLOW OUR SPECIALS

\$1000 COVER ALL GAMES
\$2000 PROGRESSIVE GAMES
\$1000 PROGRESSIVE GAMES
"FREE B" GAME - WINNERS TAKES IT ALL!
\$200 HOT BALL!!!
BONUS PRIZES - BAR GIFT CERTIFICATES

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

<p>The Meet Market 555 W Broadway Ave #7 Forest Lake, MN 55025 (651) 272-5686 We have Pull-Tabs Daily</p>	<p>The Liquor Barrel 7997 Lake Drive, Lino Lakes, MN 55014 Phone: (651) 251-0108 We have Pull Tabs Daily</p>	<p>Mallards Forest Lake 220 Lake St. N. Forest Lake, MN 55025 (651) 272-5152 We have Pull-Tabs Daily</p>	<p>Splitrocks Entertainment Center 5063 273rd St, Wyoming, MN 55092 Phone: (651) 462-6000 We have Pull-Tabs Daily, Bingo on Wednesdays at 6:30pm and Saturdays at 1pm, Meat Raffles on Wednesdays and Fridays at 6:30pm</p>
<p>Circle E Wine and Spirits 4869 208th St. N., Forest Lake, MN 55025 Phone: (651) 982-1814 We have Pull Tabs Daily</p>	<p>Tanners Brook Golf Course 5810 190th St N., Forest Lake, MN 55025 Phone: (651) 464-2300 We have Pull Tabs Daily</p>		

30th ANNUAL 2019 FASTPITCH TOURNAMENT
 May 31st - June 2nd
 Hosted by Forest Lake Area Fastpitch Association
Concessions Available!
On Site Vendors!

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



<p>Cornerstone Pub & Prime 26753 Forest Blvd., Wyoming, MN 55092 Phone: (651) 462-1211 We have Pull-Tabs Daily, Meat Raffles Thursdays and Fridays at 4:30pm. Designer Purse Bingo Saturday, June 22, at 1:30pm</p>	<p>Brookside Pub 21050 Ozark Ct. N. Scandia, MN 55073 (651) 433-0147 We have Pull-Tabs Daily, Bingo on Thursdays at 6:30pm, Meat Raffles on Thursdays during Bingo and Fridays at 6pm.</p>	<p>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</p>
--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

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

Palmer Lake VFW
2817 Brookdale Dr, Brooklyn Park
763-560-3720 • May 5 • 1 - 5pm
Taco Fiesta! Food, Bake Sale, Raffles, & Silent Auction!

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

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

MONDAYS

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

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

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

TUESDAYS

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

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

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

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

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

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

WEDNESDAYS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

THURSDAYS

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

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

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

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

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

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

White Bear Bar
2135 4th Street, White Bear Lake
651-426-4111 • 6pm

FRIDAYS

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

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

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

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

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

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

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

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

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

Elwoods Bar
7997 Lake Drive Lino Lakes
651-330-5266 • 5pm

FRIARS
1500 South Lake Street, Forest Lake
651-464-5040 • 5pm

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

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

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

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

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

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

Scoops Pub
482 Northdale Blvd , Coon Rapids
763-757-7600 • 5:30pm

Southern Rail
7082 Centerville Road, Centerville
651-528-8230 • 5:30pm

Splitrocks Entertainment Center
5063-273rd St, Wyoming, MN 55092
651-462-6000 • 6pm

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

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

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

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

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

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

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

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

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

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

SATURDAYS

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

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

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

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

Mc Carron's
1986 Rice St., Maplewood
651-788-7362 • 1pm

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

Palmer Lake VFW
2817 Brookdale Dr, Brooklyn Park
763-560-3720 • 3:30pm

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

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

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

Splitrocks Entertainment Center
5063-273rd St, Wyoming
651-462-6000 • 1:30pm

Titans Sports Saloon
1267 Geneva Ave N, Oakdale
651-444-8488 • 1pm & 8:30pm
Bingo Times, Raffle After Bingo.

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

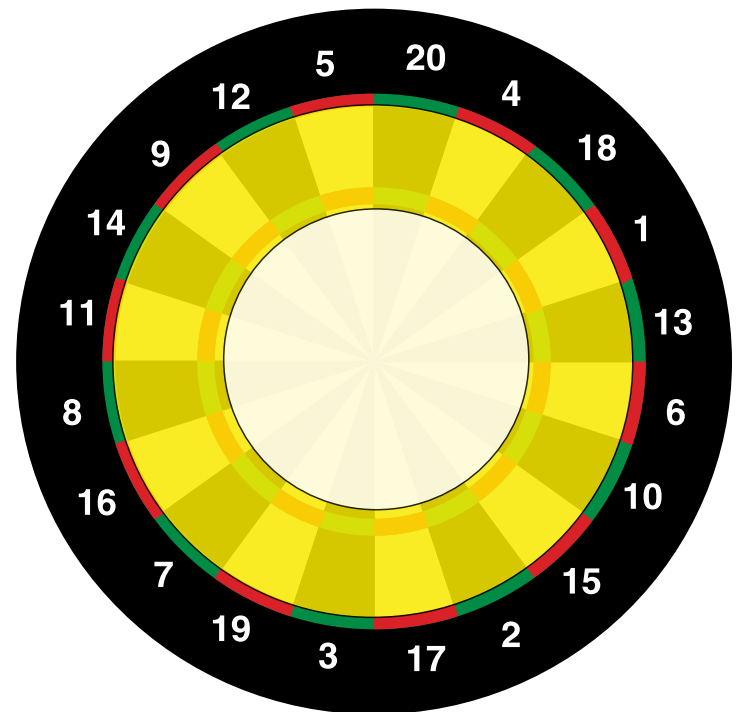
The Sunset Grill
8466 Hwy. 65, Spring Lake Park
763-204-8648 • 3pm

VFW Columbia Heights Post 230
4446 Central Ave. NE, Columbia Hgts
763-788-8187 • May 4 • 3:30pm
20 Packages!
Pork Tenderloin Dinner 4:30 - 7pm

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



COPING WITH AN EMPTY NEST

Many people find it rewarding to start a family and raise children. Watching kids grow through the years and sharing in their experiences can bring life to a household. Mothers spend 18 years or more devoted to their children, and often their identities are defined as “Mom” above all else. As a result, it can be difficult to think ahead to life without kids in the home, especially when children are toddlers or school-aged. But children will someday grow up and move out, and the emotions that resonate when that day comes can be overwhelming. Many parents feel a sense of sadness and loss when their last child leaves the family home. Referred to as “empty nest syndrome,” these feelings are not officially labeled as a clinical mental health issue, but they are very real for many people. While parents encourage their children to become independent and branch out in their own lives, not every parent can cope with an empty nest. The parenting and family resource Verywell Family states that mothers with empty nest syndrome experience a deep void in their lives that oftentimes makes them feel a little lost.

Moms who are feeling the pangs of sadness due to an empty nest can employ some strategies to alleviate these feelings.

- **Keep friends close.** Use this opportunity to spend more time with close friends and put yourself first. Schedule all of those activities you may have temporarily put on hold while caring for children through the years.
- **Make time for travel.** New experiences can broaden anyone’s horizons. Travel as a couple or with a group of friends. Put the focus on fun and then share the experiences later on with your adult children.
- **Redefine yourself.** The experts at Psychology Today suggest finding new roles and interests to explore, or spend more time exploring existing hobbies. For example, if you’ve thought about doing community theater, do so now that you have some free time. Or maybe you’ve always had a goal of going back to school? Now may be the time to make that happen.
- **Reconnect with your partner.** Recall the years before you had children when it was only the two of you and devote time to making more memories as a couple. Plan date nights, go to sporting events, attend a summer concert, or pursue other shared interests.
- **Change things up at home.** Turn children’s rooms into spaces you can use for your own interests. One can be a crafting room or a home office. Another may be a home theater. No longer labeling those rooms as the kids’ spaces can help the transition.

Empty nest syndrome is real, but there are many ways to move past the mixed emotions synonymous with this phenomenon.



SLP

Lions

PIM436

\$2

Play Etabs at all Pull Tab Locations!

85% PAYOUT!!!

www.slpions.com

Montes Sports Bar & Grill Lic. # 00584-001

8299 University Ave NE,
Spring Lake Park, MN 55432
(763) 784-2230

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

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

Biffs Sports Bar & Grill Lic. # 00584-007

7777 Hwy 65 NE,
Spring Lake Park, MN 55432
(763) 784-9446

Bingo
Sat. May 4th, 11th, & 25th @3PM
\$175 in cash and prizes and a Must Go Coverall!

Meat Raffle
Fri. @5PM

The Sunset Grill Lic. # 00584-026

8466 Hwy. 65
Spring Lake Park, MN 55432
(763) 204-8648

Surf n’ Turf Meat Raffles
Wed. @5:30PM,
Sat. @3PM

Bingo
Tue. & Thurs. @1PM,
Sunday/Funday @2PM

Handbag Bingo
May 5th & June 2nd @2PM

Sticks and Stones Lic. # 00584-020

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

Pull Tabs Daily

Banquets of Minnesota Lic. # 00584-21

1009 109th Ave NE
Blaine, MN 55434
(612) 803-6468

Handbag Bingo
May 20th @6:30PM

The Roadside Bar & Grill Lic. # 00584-019

12530 Ulysses St. N,
Blaine, MN 55434
(763) 710-4804

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

GIFTS FOR MOM

Pick-A-Present Bingo
Mothers Day, May 12th

Fishermans Bingo
May 9th @6:30PM

4 IDEAS FOR FAMILY GAME NIGHT

Family game nights can be a great way for families to disconnect from their devices and spend quality time together. Much in the way that family dinners can facilitate conversation and closeness, game nights can spark companionship and hours of fun.

Game nights are easy to organize and are particularly handy on those nights when there's not much to do or when the weather makes outside activities implausible.

To get started, use these game ideas as a catalyst for fun.

1. Stick to the classics.

Certain games remain tried and true family favorites. These include Monopoly, Trouble, Risk, Clue, and Scrabble. Adults who had a favorite game growing can play it with their own children and see who outsmarts who.

2. Learn card games.

From "War" to "Spades" to "Gin" to "Uno," many card games have withstood the test of time. This is a great way to bridge gaps between grandparents and grandchildren. The older generation can teach these familiar games to children, and everyone can join in the fun.

3. Strengthen drama skills.

Charades is a game in which teams must act out a word or phrase based on certain categories and have others on their side guess what is being mimed. Charades often leads to lots of laughs and stumped participants.

4. Shop for new fun.

Take a family trip to a toy store or another retailer and browse the games aisle. Let each family member pick out a game that appeals to them and then include them in your family game night rotation.

Families can engage and converse over entertaining games that bridge generations.



Looking to sell your business or buy a new one?

Don't want everyone to know?

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

Discreet and Confidential!



HSC

HOSPITALITY SERVICES CORP

Visit our website for info

info@hscbrokers.com
www.hscbrokers.com

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

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



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



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

Call us now for a free market evaluation!



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

SFpokertour.com

Straight Flush Poker League

- Sundays: 2 p.m. – **Biff's Sports Bar** – Spring Lake Park
- Sundays: 5 & 8 p.m. – **Detour 19** – Loretto
- Sundays: 7 p.m. – **Adagio's Pizza Factory** – New Brighton
- Sundays: 7 p.m. – **White Bear Bar** – WBL
- Mondays: 7 p.m. – **Casper's Cherokee** – Eagan
- Mondays: 7 p.m. – **Palmer Lake VFW** – Brooklyn Park
- Mondays: 7 p.m. – **Willies Restaurant** – Saint Paul Park
- Mondays: 7:30 p.m. – **Barn Board Grill** – Roberts, WI
- Mondays: 7:30 p.m. – **Chanhassen Legion Post 580** - Chanhassen
- Tuesdays: 7 p.m. – **Jersey's Bar** – Inver Grove Heights
- Tuesdays: 7 p.m. – **White Bear Bar** – WBL
- Tuesdays: 7:30 p.m. – **Schuggy's American Grill** – Hammond, WI
- Wednesdays: 7 p.m. – **Biff's Sports Bar** – Spring Lake Park
- Wednesdays: 7 p.m. – **Brookside Pub** – Scandia
- Wednesdays: 7 p.m. **Park Place** – St. Paul Park
- Wednesdays: 7 p.m. – **The Pour House** – NYA
- Thursdays: 7 p.m. – **Cedarvale Fitz's** – Eagan
- Thursdays: 7 p.m. – **Kaposia Club** – South Saint Paul
- Fridays: 7 p.m. – **Biff's Sports Bar** – Spring Lake Park
- Fridays: 7 p.m. – **Park Place** – St. Paul Park

ENJOY SAFE BACKYARD BARBECUES THIS SUMMER

Backyard barbecues are synonymous with warm weather. And why wouldn't they be? Grilling over an open flame when the weather is warm embodies the relaxing spirit of spring and summer, prompting many people to leave their oven ranges behind in favor of charcoal and gas grills. As relaxing as backyard barbecues can be, they can quickly take a turn for the worse if cooks don't emphasize safety when grilling out. According to the National Fire Protection Association, an average of 9,600 home fires are started by grills each year. In fact, the Consumer Product Safety Commission notes that, between 2012 and 2016, an average of 16,600 patients went to the emergency room each year because of injuries involving grills.

Such statistics only highlight the need to balance the fun of grilling with safety when hosting a backyard barbecue or cooking for the family.

The following are some steps people can take to ensure their backyard barbecues are safe.

- **Recognize that gas grills pose a threat as well.** It's easy to assume gas grills don't pose as great a threat as charcoal grills, which produce soaring flames once the charcoal is lit. But the NFPA notes that gas grills are involved in 7,900 home fires per year. No grill is completely safe, and cooks must emphasize safety whether they're using gas grills, charcoal grills or smokers.
- **Only use grills outdoors.** Grills should never be used indoors. Even if rain unexpectedly arrives during a backyard barbecue, keep the grill outside. If unexpected rain is accompanied by lightning and thunder, extinguish the fire in the grill and go indoors.
- **Place the grill in a safe location.** Grills should be placed well away from the home. Avoid locating grills near deck railings or beneath eaves and overhanging branches. Cut overgrown branches before lighting a grill fire if they are in close proximity to the grill.
- **Keep your grill clean.** The buildup of grease and fat, both on the grill grate and in trays below the grill, increases the risk of fire. Clean the grill routinely.
- **Properly light the grill.** Lighting gas and charcoal grills requires caution. Before lighting a gas grill, make sure the lid is open. If you must use starter fluid to light a charcoal grill, the NFPA advises using only charcoal starter fluid. Never add any fluids to the fire after it has been lit.
- **Do not leave a grill unattended.** Cooks should never leave a lit grill unattended. If you must leave the grill, only do so if another adult can stand in your stead. Lit grills pose a threat to children and pets, and unattended grills can be blown over by gusts of wind or tipped by wild animals, such as squirrels. Standing by a lit grill at all times can protect against such accidents and injuries.



Grilling is a favorite summertime activity. For more information about grilling safety, visit www.nfpa.org.

PARK PLACE
EST. 1995
SPORTS BAR
St. Paul Park, MN

Food and Beer Specials
During
Twins Games!

CO-ED VOLLEYBALL
Monday - Thursday
Food & Beer Specials!

FREE CORNHOLE TOURNAMENTS
Fridays, 8pm,
Starting May 31st
WINNING TEAM WINS \$25 GIFT CARD!

Happy Hour Specials **Daily Food Specials**

Friday's @ 9:30pm Karaoke

★ **Texas Holdem** ★
Wednesday & Fridays 7pm
FREE TOURNAMENTS!

Cottage Grove Athletic Association
Play Pull Tabs Daily
Bingo Thursdays @ 6:30pm
Meat Raffle Friday's 5:30pm

lic# 01612-011

200 Broadway St Paul Park, MN 651.459.9018
parkplacesportsbar.com

158 Main St. NW
Bethel, MN 55005
763-434-0119

It's all about the food!
and Steaks are our Specialty!

Free Bar Bingo Tuesdays @ 6:30pm

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

Bingo
Saturday @ 3pm
Win up to \$1000!

Specialty Dinner Menu
Served Thur-Fri-Sat 5pm-9:30pm

- Pork Chops
- New York Strip
- Ribs
- Jumbo Shrimp
- Porterhouse Steak
- Prime Rib

Chops (Lic#B-31322)

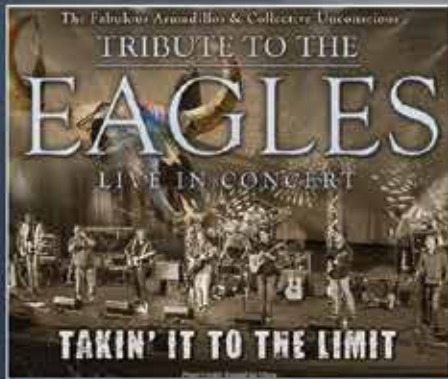
www.dugoutbarandgrill.com



THUNDER FROM DOWN UNDER
FRIDAY, MAY 3RD



MOTHER'S DAY BRUNCH BUFFET
SUNDAY, MAY 12TH



FABULOUS ARMADILLOS: EAGLES TRIBUTE
FRIDAY, MAY 17TH



PROM NIGHT W/ THE ROCKIN' HOLLYWOODS
SATURDAY, JUNE 1ST

UPCOMING EVENTS

TOM KIEFER
THUNDERSTRUCK
HIGHWAYMEN LIVE
KILLER QUEEN
RONNIE MILSAP

LITTLE RIVER BAND
JACK RUSSELL'S GREAT WHITE
APRIL WINE
BLACKHAWK

CHECK OUT OUR GREAT MENU!



THE MEDINA INN, RIGHT NEXT DOOR! (763) 478-9770



www.medinaentertainment.com • ph: (763) 478-6661 • 500 HWY 55, Medina, MN

TRIED-AND-TRUE WAYS TO RAISE A CONFIDENT KID

Children raised to be confident have the tools to be resilient in a challenging world. Confidence helps children handle peer pressure, stress, obstacles, and much more.

There's a fine line between developing confidence and raising kids who are overly boastful. Parents, teachers and other influential figures can employ various research-based strategies to start boosting kids' confidence.

- **Allow children to make mistakes and learn from them.**

Mistakes happen, and children benefit from making mistakes and learning from them. Children who fail, pick themselves up and try again are learning lessons of resiliency. Their confidence develops as they pick themselves up again, learn from their mistake and ultimately meet with success.

- **Resist the temptation to "fix" everything.**

Parents may get hung up on trying to improve on their children's efforts to make it perfect. This may occur with school work. According to the mental health wellness resource Psychology Today, constant intervention undermines children's confidence and prevents them from learning for themselves.

- **Model and teach positivity.**

It can be easy to fall into a pattern of saying things like, "I'll never be able to do that" or "It's too difficult." But parents must remember that their children take their cues from mom and dad. Parents who stay positive in the face of adversity will instill the same attitude in their children.

- **Give praise when it's deserved.**

Praise children when they do their best, but avoid praising kids when they don't try their hardest or if they are still working toward solving a problem they haven't yet figured out. In lieu of praise, provide encouragement and urge youngsters to try again and practice.

- **Value their ideas.**

Ask children for age-appropriate advice, suggests the growth mindset company Big Life Journal. Showing kids their ideas are worthy can instill confidence.

- **Skip the rescue operation.**

Parents often are quick to swoop in and try to prevent kids from feeling hurt or discouraged. However, according to Robert Brooks, PhD, who coauthored the book "Raising Resilient Children," it's alright for kids to fail and feel sad or angry. Success is learned by overcoming obstacles rather than having all obstacles removed.

Above all, children who are loved and supported can develop confidence through the years with some well-placed guidance.



Drkula's

6710 Cahill Ave
Inver Grove Heights
651.451.1717 

FREE RIDES HOME!
Fridays & Saturdays!



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

www.dracspub.com

SPRING BOWLING LEAGUES NOW FORMING!
LOOKING FOR BOWLERS! MEN, WOMEN, AND YOUTH LEAGUES ARE AVAILABLE.

Contact Chris at chris@dracspub.com or 651-451-1717

Celebrate Your Next Occasion in our Newly Remodeled Banquet Room!

Host up to 200 people in the banquet facility at Drkula's 32 Bowl.

Our banquet facility includes a separate kitchen, bathrooms, bar, and main room located on our lower level.

★ Our managers would love to talk with you, ★
so give us a call to find out about availability and rates.

Patio Now Open!



BAR BINGO



Every Wednesday 6:30pm

\$100 Guaranteed - \$1000 Must Go Cover All

Bar Bingo Meat Raffles

Every Saturday @ Noon

KIDS BIRTHDAYS!
Includes 1 1/2 hours of bowling, shoe rental, pizza and pop. (Through age 12)

\$3⁰⁰ ALL DAY EVERYDAY
Shot • Drink • Beer Specials

HAPPY HOUR
M-F • Noon – 6 p.m.
Sat. and Sun. Noon – 3 p.m.

ALL YOU CAN BOWL

Call For Availability

SUMMER BOWLING SPECIAL

7 days a week, \$7 to bowl!

Up to 2 hours!
Includes shoe rental!

Sold in 2 hour blocks.



Friday & Saturday Nights Special \$2/game 9pm-12am

HOW PARENTS CAN CREATE TIME TOGETHER

Starting a family often requires changing routines. Very often homes become child-centric as activities revolve around the kids. While it is important to be supportive of youth, it's also essential for parents to stake out some alone time so they can enjoy life together.

Marital therapists often state that the first year after a first child is born is the biggest threat to a couple's relationship. Therapists often point out the need for parents to work hard to balance their priorities in order to maintain the family unit, and that means making more time for themselves apart from the kids.

Parents need time now and then to remember that they're not just parents but also husband, wife, friend, coworkers, and more. Here are some ways that parents can accomplish just that.

• Embrace the date night.

Schedule times to be alone with your spouse. The problem with parents not getting enough "me" time is profound enough that the government in Norway, in response to rising divorce rates, issued a plea for parents to embrace "date nights" more frequently. Spontaneous nights away are nice, but even scheduled dates can fit the bill.

• Spend time at home.

Enforce bed times and routines so you can enjoy unencumbered time together. If the kids are bound to sabotage these efforts, call in a favor from a friend or relative to distract the kids elsewhere in the home while you can recharge together.

• Draw a line.

There is a fine line between being an engaged parent and being too heavily involved. Be supportive of kids without doing all the work for them or feeling the need to consistently be involved in every detail of their lives. This will free up time and brain power to engage in things with a spouse.

• Perform activities together.

If date night doesn't fit in the budget, find less expensive ways to spend time away from the kids. Adolescents may be able to stay home for an hour alone, and you can take a walk around the neighborhood, go for a scenic car ride or even just make a trip to the supermarket together.

Making a conscious effort to enjoy adult time can improve relationships with spouses, which can have positive, trickle-down effects on family life.



McCARRON'S
PUB & GRILL

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

Happy Hour
Mon thru Sat - 2pm to 6pm
Sunday 7pm to Close

\$2.50 Rail Drinks,
\$2.75 Domestic,
\$4 House Wines &
\$1 OFF Calls and Taps
\$2 OFF Select Apps.

Cinco de Mayo Specials
\$2 Tacos • \$4 Margaritas

\$7.50 Burger Baskets
All Day Monday

\$2 Tacos
All Day Tuesday

1/2 Price Wings
All Day Wednesday

All you can eat Fish Fry
All Day Fridays

PULL TABS DAILY
Noon to 1am M-Saturday and 10am to 11pm on Sundays

ELECTRONIC BINGO
Mondays 6pm & Saturday Noon.
\$1000 Coverall Every Week
\$2000 Progressive Game
\$200 Hot Ball - "FREE B" Game
\$5 FREE Bingo Paper for Month of your Birthday
(New White Bear Hockey) Lic. 03111-010 (During Sat. Afternoon Happy Hour)

MEAT RAFFLES
Mondays 6pm
Fridays 6pm
Saturdays 1-3pm

ELECTRONIC GAMING AVAILABLE

NEW TRI WHEEL! FOR SUNDAY FOOTBALL
Fri, Sat. & Mon. Nights at 5:30pm

COME IN AND TRY OUR JUICY LUCY'S!

Tin Cup's

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

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

WE NOW HAVE ELECTRONIC PULL-TABS!

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

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

Beer of the Month
Summer Shandy
Tuesday's 4-8pm. \$4.50
Buy a Shandy, Keep the souvenir glass!

Celebrating 8 Years in Business!
June 1st
Closed Memorial Day

NEW DAILY DRINK SPECIALS!

Wed Night Bingo @ 6:30PM

MEAT RAFFLES SUNDAYS 2PM
MEAT PROVIDED BY KAMP'S GROCERY & MEAT MARKET
Largest Meat Packages on Rice street

VOTED BEST BURGER!
twincities.com

\$2 Tacos
ALL DAY - ALL NIGHT
SATURDAY & SUNDAY

SURPRISE MOM WITH A SPECIAL DESSERT IN HER HONOR

Mothers selflessly devote themselves to their children from infancy into adulthood. A mother's love never wanes, and she's always ready and willing to step in and put her children first. Mother's Day is a great chance for men, women and children to honor the special women in their lives. Delicious homemade treats can show mothers just how much they're appreciated and adored. Try this tasty recipe for "Cold Mango Soufflés Topped with Toasted Coconut" from "The Complete Mexican, South American & Caribbean Cookbook" (Metro Books) by Jane Milton, Jenni Fleetwood and Marina Filippelli.

Cold Mango Soufflés Topped With Toasted Coconut (Makes 4)

- | | | | |
|-----|-------------------------------------------|-------|----------------------------------------------------------|
| 4 | small mangoes, peeled, pitted and chopped | 1/2 | cup milk |
| 2 | tablespoons water | 1 1/4 | cups heavy cream |
| 1 | tablespoon powdered gelatine | | Grated rind of one orange |
| 2 | egg yolks | | Toasted flaked or coarsely shredded coconut, to decorate |
| 1/2 | cup superfine sugar | | |



Place a few pieces of mango in the base of each of four 2/3-cup ramekins. Wrap a creased collar of nonstick parchment paper around the outside of each dish, extending well above the rim.

Secure with adhesive tape, then tie tightly with string.

Pour the water into a small heatproof bowl and sprinkle the gelatine over the surface. Leave for 5 minutes or until spongy. Place the bowl in a pan of hot water, stirring occasionally, until the gelatine has dissolved.

Meanwhile, whisk the egg yolks with the superfine sugar and milk in another heatproof bowl. Place the bowl over a pan of simmering water and continue to whisk until the mixture is thick and frothy. Remove from the heat and continue whisking until the mixture cools. Whisk in the liquid gelatine.

Puree the remaining mango pieces in a food processor or blender, then fold the puree into the egg yolk mixture with the orange rind. Set the mixture aside until starting to thicken.

Whip the heavy cream to soft peaks. Reserve 4 tablespoons and fold the rest into the mango mixture. Spoon into the ramekins until the mixture is 1 inch above the rim of each dish. Chill for 3 to 4 hours, or until set.

Carefully remove the paper collars from the soufflés. Spoon a little of the reserved cream on top of each soufflé and decorate with some toasted flaked or coarsely shredded coconut.

FRIAR'S 651-464-5040

Key Tag Drawing
Wednesday Nights 7pm-9pm
Jackpot Win Up To \$1000
No Purchase Necessary



Wednesday's Cash Tornado
7pm Start
Win Big Cash!

Gary Charlie the Party Guy
DJ/Karaoke, Every Wed. & Fri. Night

Daily lunch and dinner specials

Specials
Taco Tuesdays!
Tuesday All Day!
\$2 Tacos, Taps, Margaritas, & Well Drinks

Jumbo Fresh Wings
Wednesday 5pm-9pm
\$1.50

Stop in and play Our Tri Wheel!
Wed. 5pm Fri. 4pm Sat. 2pm

NEW MEGASOTA BINGO!
Starts @7pm. Huge weekly jackpots in \$1000's!

THE FOREST LAKE LIONS CHARITABLE GAMBLING ORGANIZATION NOW AT FRIARS

Meat Raffles @ 5pm
Every Friday

Voted Best Place for pull Tabs in the Area
Check out our NEW Electronic Gambling WIN Huge Cash Payouts
Lic # 02190-015

1500 South Lake Street, Forest Lake, MN 55025

www.trapperbarandgrill.net **Bar Hours**
Mon - Fri 8am-1am
Sat - Sun 8am-1am

Trappers Bar & Grill

Pull Tabs Centennial Youth Hockey Lic# 03934 **Located just off of Rice Lake on Lake Drive**
6810 Lake Drive • Lino Lakes, MN • 651-784-7474

Banquet Room Available For Events & Party's • Call Liz (763)-486-5977

CINCO DE MAYO!
Food and Drink Specials All Day!

HAPPY MOTHERS DAY!
SUNDAY, MAY 12TH

New Menu, Coming Soon!

Bingo Mon. & Wed. 6:30pm
Fri. @ 8pm, Sat. @ 2pm

WIN BIG!!! - Better Bingo Payouts!

Meat Raffles Mon, Wed. & Fri. @ 5:30
Sat. @ 2pm

The Ultimate Bloody Mary Bar
Build your own Bloody Mary
Sat. - Sun.

Open For Breakfast 7 days a week!
M-F • 8-11am
Sat & Sun • 8-1pm

HAPPY HOUR
Mon. - Fri. 8am - 10am
2pm - 6pm

LATE NIGHT HAPPY HOUR
Sun. - Thurs. 9pm - 11pm

GAMEDAY SPECIALS
Pro Racing, Pro MN Basketball, Vikings, MN Twins & MN Wild

- 20oz Dom. Taps
- Tator Tots
- Mini Burger & Fries
- Trappers Chicken Wings
- Mini Beef or Chicken Macho Nachos

Dine In Only - Not Valid from 9am-1am Fri. & Sat.

CREATE FAMILY MEALTIME TRADITIONS

Family dinners are a tradition that may not be as common as they once were. A 2016 Harris Poll found that family dinners were on the decline, with 59 percent of respondents reporting that their families sat down for fewer family dinners today than they did when respondents were growing up. But there is hope that family meals can become trendy once again.

Family mealtime is more beneficial than people may know. Studies have shown that family meals can strengthen familial bonds by providing a time when the entire family can be together. Young children who routinely enjoy mealtime with their families may develop a sense of security and belonging. In addition, a recent study from researchers at Columbia University found that 71 percent of teens said they consider talking, catching up and spending time with family members a key part of family dinners.

The American College of Pediatricians says the family table is one of the few places children can observe their parents interact, solve problems, negotiate, and express emotions. Those who want to make family meals part of their routines can consider these tips.

• **Celebrate your ethnic culture.**

One enjoyable way to spend time together and learn more about what makes your family tick is to focus on cultural meals when dining. Set aside one day each week to prepare ancestral meals as a family. Enlist the help of the children when preparing meals and play some traditional music while cooking and dining.

• **Make it kids' choice.**

Allow children to choose the menu on certain days off the week. Give them the responsibility of choosing the recipe and take them along to shop for the ingredients. Children who help plan and prepare meals can learn valuable life skills and learn how to make smart food choices.

• **Dine out when you can.**

Make excuses to dine out. Set up a white board in a high-traffic area of the house. Each family member can jot down a restaurant they want to try. Then once or twice a month pick from the list and hit the town. Nights out give children a chance to practice their social skills and behavior while providing families a chance to connect.

Family meals pay various dividends. Finding time to dine together can help parents build strong families.



7082 Centerville Road • 651-528-8230

LOCATED NEXT TO KELLY'S CORNER

SOUTHERN RAIL HAPPY HOUR

M-F 3-6pm \$2.75 Domestic bottles, taps and rail drinks.

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

Come Play Cribbage With Us
Tournaments Every Wed. @ 6:30

Free Rides Friday & Saturday Nights

PULL-TABS ARE OPEN DAILY

Meat Raffles
Friday, May 3, 10, 17, 24, & 31 @ 5:30pm

Centennial Youth Hockey Association Lic. # 03934-009

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

Free Rides Friday & Saturday Nights, Within 10 Mile Radius

ALL NEW Happy Hour
Monday-Friday 3-6pm
2-4-1's on ALL Drinks!

Mothers Day
Bring in your mom for a FREE Mimosa! Sunday, May 12th

Open Memorial Day

Volleyball Leagues Start May 6th

DJ/Karaoke Saturdays
May 4, 11, & 18 @ 9pm

Come see us at the Twin Cities Bloody Mary Festival
May 4th @ 2pm!

Now Serving
Kelly's Colossal Bloody Mary's Sat. and Sun. 10am-3pm

MEAT RAFFLE AND BINGO
Meat Raffle and Bingo Tuesdays May 7, 14, 21, & 28 @ 6:30pm
Meat Raffle and Bingo Saturdays May 4, 11, & 18 @ 2pm
Meat Raffle Fridays May 3, 10, 17, 24, & 31 @ 6:30pm

Centennial Youth Hockey Association Lic. # 03934-009

OPPORTUNITIES ABOUND IN THE FIELD OF ENGINEERING

Engineering is a vital component of many industries. Engineers affect nearly every aspect of daily life, and a career in engineering can be both fulfilling and financially rewarding.

According to PayScale.com, degrees in the STEM fields, which focus on science, technology, engineering, or math, continue to be at or near the top of the site's College Salary Report. Engineering seems to be an especially lucrative degree to have. In fact, the 2018 report found that three of the top four highest paying jobs for people with a bachelor's degree were in the field of engineering.

A high salary is certainly enticing, but many professional engineers feel their jobs are more than just a paycheck, as overcoming the challenges posed by a career in engineering can lead to great personal satisfaction.

The various disciplines within the field of engineering attract students from all walks of life, making engineering an attractive career path for young people with an array of skillsets and interests. The following are just some of the many potential career opportunities for students who earn degrees in engineering.

- **Electrical and electronics engineer:** Technology is vital to daily life in the 21st century, and electrical and electronics engineers play an integral role in making the connected world a reality. Electrical engineers work on everything from computers to wireless networks to automobiles and aircrafts.
- **Chemical engineer:** Combining the principles of biology, chemistry, economics, mathematics, and physics, chemical engineers strive to convert chemicals, energy and other materials into useful products. Chemical engineers work in various industries, including pharmaceuticals, petroleum, energy, and manufacturing. Some chemical engineers focus on research, while others may work on quality control or safety procedures.
- **Computer engineer:** Whether using their smartphones, tablets, laptops, or desktops, few people now go a full day without using some type of computer. They have computer engineers, who create and improve existing computer technologies, to thank for that. Computer engineers may focus their efforts on wireless networks, the internet or other systems that businesses and people rely on every day.
- **Mechanical engineer:** Mechanical engineers are involved in the research, design and development of machinery. Such machinery may include medical devices, appliances people have in their homes that they use every day or turbines.

The field of engineering can be rewarding and lucrative. Becoming a professional engineer requires years of schooling, but the rewards of such a pursuit can be well worth the effort.



LOCATED Right off the Freeway in WYOMING, MN



**Now Open For Lunch
Mondays and Tuesdays
10:30am**

**Like and Follow Us
@cornerstone1989**



Our Prime Has No Equal!

Cornerstone Pub & Prime
In the ♥ of Wyoming, MN

Upcoming Events

Friday & Saturday, June 21-22nd

Customer Appreciation Tent Party

Saturday, June 22nd

Devon Worley Band
8pm-12 Midnight

Designer Purse Bingo
1:30pm

Thank You!

A photograph of the Devon Worley Band performing on stage. A woman is singing into a microphone, and other band members are visible in the background. The text 'DEVON WORLEY BAND' is overlaid on the image.

POOL SAFETY STARTS WITH PREVENTION

Pools make some backyards the places to be in late spring and throughout summer. Lazy summer afternoons are a lot more enjoyable when they're spent in or alongside a pool, and kids tend to say "I'm bored" with considerably less frequency when a pool is within arm's reach.

Pools are certainly fun, but they're only as fun as they are safe. According to the USA Swimming Foundation, between Memorial Day and Labor Day in 2018, at least 148 children younger than age 15 fatally drowned in swimming pools or spas. While those figures represented a 9 percent decline from the year prior, 148 deaths is still 148 lives lost too early.

Pool safety need not come at the expense of summer fun. In fact, homeowners can employ various preventive measures to reduce the risk of pool-related accidents on their properties.

• Inspect gates around your pool.

The International Code Council®, a member-focused association dedicated to the construction of safe, sustainable, affordable, and resilient structures, advises homeowners to inspect all pedestrian gates in the barrier fences around their pools. Such gates should be self-closing and self-latching, as both features ensure gates are always closed. In addition, the ICC recommends padlocking other gates around the property.

• Remove objects around pedestrian gates.

Kids can climb up on chairs, tables, large toys, and other objects left around pool gates to gain access to pools even when their parents aren't looking or even home. Such items should be removed.

• Install a pool alarm.

Pool alarms can alert homeowners to accidental or unauthorized entrance into the water. The ICC recommends installing such alarms while noting that they should not be considered a substitute for barrier fences or safety covers.

• Install automatic or manually operated pool covers.

Pool covers can effectively prevent access to pools, spas or hot tubs. At the end of each pool session, cover the pool, even during the height of summer when pools are used daily. The minor task of covering the pool is worth the considerably lower risk of accident or injury if pools remain uncovered.

Summer afternoons at the pool can be made much safer by adhering to a few safety tips.



Take ADVANTAGE of the HOT Seller's Market!

THE SPRING MARKET IS RIPE WITH BUYERS!

We have access to *Hundreds* of homes that are going on the market soon that may not be available on any other web site such as Zillow and Realtor.com.

Being that inventory is low, you need to know about these listings!

Call us or send us an email so you can receive these listings *1st!*

FREE!
Instant Market Analysis for your home!
www.mnhomevalue.com

Find ALL Available Bank Foreclosures!
www.getbankproperty.com



Kevin & Shawn Marois
Associate Broker, Realtor
1398 South Lake Street, Suite 100, Forest Lake, MN 55025
651-464-7004
info@Integrity1stTeam.com



Dedicated to helping people buy & sell businesses.

You're about to make an important decision. With any big decision worries are always present. Are you going to get a good deal? What might go wrong? As former business owners in the hospitality industry, HSC's brokers have encountered nearly every situation during the buying and selling of commercial property. Through our decades of experience as owners and brokers, we've learned how to lead our customers to the outcome they're looking for.

SELL MY BUSINESS

You don't get many chances to sell your business. Seize the opportunity for a high return by letting us put our decades of experience in the hospitality industry to work for you.

BUY A BUSINESS

We'll make sure your decision is a great one, using our knowledge of the hospitality industry, our contacts, and our dedication

Bakeries, Cafes, & Coffee Shops



Liquor Stores



Night Clubs



Breweries & Brewpubs



Restaurants & Delis



Resorts & Campgrounds



Supper Clubs



Hotels & Motels



Investment Properties



PROS AND CONS TO GIVING KIDS ALLOWANCES

Parents can employ various strategies, including assigning chores, to instill a sense of responsibility in their children. The natural segue from chores is to offer compensation for the jobs that children are doing.

Allowances can provide foundations for parents to teach kids about working for a living. Kids are able to grasp the concept that money doesn't come without hard work. Also, allowances paint the picture that one's financial resources are commensurate with the effort he or she puts in. Giving allowances also can help teach children how to manage money, plan ahead and make spending choices about what's most important, according to the parenting guide Raise Smart Kids.

Allowances can be tough to figure out. For example, parents may not know how to determine the rate and frequency of payouts.

According to Lewis Mandell, a former dean of business at the State University of New York at Buffalo, giving a child an allowance, especially a regular, unconditional allowance that the child can depend on, isn't the right way to approach allowances. Children may begin to view this allowance as an entitlement. In fact, Mandell's research on teens in the United States, Canada, Europe, and Australia found, without exception, that teens who received a regular unconditional allowance had diminished financial literacy, lower levels of motivation and an increased aversion to work.

But when handled properly, allowances can be important tools. Here are some additional benefits to allowances.

- Allowances can provide incentive to get chores done.
- Allowances can motivate students to work hard at school.
- Allowances can include a required portion to be donated, teaching kids the importance of being charitable.

Learning the correlation between work and compensation is a lesson that starts in childhood. Allowances can be an important part of kids' early financial education.



Serving the greater Metropolitan area since 1993

24044 July Ave Chisago City, MN | 55103 651-373-8087 | 651-303-1187

www.diesellocker.com

COME AND VISIT US

Diesel Rocker is an on site Diesel Service that offers Large fleet service, D.O.T.S welding and on site repairs.

We also have a large Repair shop located at

Dresel Contracting - 24044 July Ave, Chisago City MN., 55013



OUR SERVICES

**Heavy Truck and Equipment
Repair, D.O.T.S.,
and On-Site Repair**

OPENING HOURS

Monday - Friday:
7am - 5pm



Weekly Horoscopes for April

Aries

March 21-April 20

Week 1:

Your emotions can be overwhelming, Aries. This encourages you to share your softer side with others. Embrace this sense of openness and others will reciprocate.

Week 2:

Reconciliation is important, Aries. That's especially so if you know you have been in the wrong. Others will respect you much more for your ability to make up and move on.

Week 3:

The more you take on, the more support you need, Aries. You can benefit from a mentor or consultant who has the expertise to help you get where you need to go.

Week 4:

Aries, you are a terrific planner, but something is getting in the way of plans to socialize in the days ahead. Commit to seeing friends regardless of the obstacles in your way.

Taurus

April 21-May 21

Week 1:

Make the most of others' cooperative spirits to get things done, Taurus. It is always good to advocate for yourself, but more effective when others are receptive.

Week 2:

It's time to showcase all of your talents to an authority figure who can push you toward success, Taurus. All you need is a little reinforcement.

Week 3:

Others understand that you're the go-to when things need fixing, Taurus. You have the ability to help in any situation. Embrace this talent and help others as much as you can.

Week 4:

You can handle difficult situations with ease, Taurus. Others may think that you are uncaring, but you focus on the facts and not the emotions of the situation.

Gemini

May 22-June 21

Week 1:

Focusing too much on one thing is not healthy, Gemini. It is better to diversify your thinking and surround yourself with as many ideas and perspectives as possible.

Week 2:

Fresh experiences are on the way, and you are craving an opportunity to broaden your horizons, Gemini. Sign up for classes or get a new hobby to open your eyes to new things.

Week 3:

Listen to your gut, Gemini. If you do so, others will follow your lead. It is time to step up and take charge. Don't worry, you will not need to justify all the decisions you make.

Week 4:

Others look to you for guidance this week, Gemini. Try to lead them in the right direction. If you do not have all of the answers, try to find them.

Cancer

June 22-July 22

Week 1:

A coworker may need your assistance in the weeks to come. You are ready and willing to put in the extra effort to help this person with no strings attached.

Week 2:

Sharing deep feelings with others can be healing, Cancer. Just be sure to choose your confidantes wisely, as the right mentor can make all the difference.

Week 3:

You must be very honest in your relationships this week, Cancer. Don't confuse opinions with the truth. Maintain an open dialogue with others around you.

Week 4:

Take some time to sort through personal issues that may be holding your career back, Cancer. Once you clear your mind, you can focus fully on your career.

Leo

July 23-August 23

Week 1:

Focus on the positive things this week, Leo. Forget about what could go wrong. With the right mindset, you can accomplish anything you want.

Week 2:

Spending quality time with a particular person who is close to you will brighten your week, Leo. It's just the change of pace you need to put a smile on your face.

Week 3:

Guessing will only get you so far, Leo. Instead, you must base decisions off fact and forethought; otherwise, you may end up having to do everything all over.

Week 4:

If you find yourself spending more time with your social circle rather than family, you may have to reassess your priorities, Leo. Don't let responsibilities slide.

Virgo

August 24-September 22

Week 1:

You are always willing and able to help a friend out, Virgo. That will prove true once again this week when a loved one calls you up and needs a shoulder to cry on.

Week 2:

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

Week 3:

Take a break from alone time and make reservations for dinner for two or more, Virgo. Socializing is invaluable and can have a positive, long-lasting effect on your relationships.

Week 4:

Direct your energy toward work in the days ahead, Virgo. There is a possible promotion in the works, so now is a great time to put your nose to the grindstone.

Libra

September 23-October 23

Week 1:

Lately you have been a rock that others lean on, Libra. This is a good role for you, as you are compassionate but also fair. Just make sure you take care of yourself as well.

Week 2:

Creative things catch your eye this week, Libra. Make it a point to stroll through an art gallery or catch a foreign film. Your appreciation for the arts will only grow.

Week 3:

It's alright to cede a little control this week, Libra. Delegating and sharing responsibilities can open your eyes to the talented people around you. Don't feel guilty about taking on less work.

Week 4:

Sometimes the key to success is to know when to step back and take a break, Libra. Periodic respites from the daily grind can help you recharge and refocus.

Scorpio

October 24-November 22

Week 1:

Scorpio, just when you think you have everything figured out, a new challenge presents itself. Seek a second opinion to work it out if this nut proves tough to crack.

Week 2:

Calling your own shots is perfect for you. The idea of working independently is very attractive to you this week. Give it some thought.

Week 3:

You are a creative force who inspires others to take up their own projects or follow their hearts, Scorpio. Expect others to recognize your influence and express their appreciation.

Week 4:

Scorpio, you may be looking for something new to keep yourself occupied. Try learning a new sport or a language. This is a fun way to meet new people and stay busy.

Sagittarius

November 23-December 20

Week 1:

A new idea could spark a big change in your life, Sagittarius. Are you ready for the adventure that is going to ensue? Look to others to join in the good times.

Week 2:

Hobbies and leisure time activities with friends will provide a welcome break from work, Sagittarius. Use these opportunities to reconnect with people you care about.

Week 3:

Sagittarius, take a step back and slow down the pace if you find you have been spreading yourself too thin. This is not giving up, but taking a break.

Week 4:

If you have been procrastinating of late, keep in mind that you will ultimately need to get things done. Better to get back on track sooner rather than later.

Capricorn

December 21-January 20

Week 1:

Capricorn, many challenges have been coming your way, and you have handled them like a champion. Spend a little time pampering yourself as a reward.

Week 2:

You are considering a financial undertaking that takes you out of your comfort zone. Don't hesitate, as there's no reward without a little risk.

Week 3:

Some pretty big ideas may inspire you to do some impressive things, Capricorn. You just need to find an investor and put some firm plans on paper.

Week 4:

Support a reputable cause or charity. Doing so sets a positive example, and you will feel better for having done so. Even small efforts can make a profound impact.

Aquarius

January 21-February 18

Week 1:

Aquarius, when others test your patience, find a healthy way to blow off some steam. Enlist the help of a fun-loving friend to get away for a little bit.

Week 2:

Speaking your mind is par for the course, as Aquarians tend to be opinionated. You have the ability to win over others without making them feel pressured in any way.

Week 3:

It can be challenging to be productive if your house isn't in order, Aquarius. Give your personal life some attention and tend to affairs that may have been on the back burner for awhile.

Week 4:

It isn't enough to simply get the job done, Aquarius. You need to do everything to the best of your ability. If you do, you will have a sense of accomplishment and pride.

Discs

February 19-March 20

Week 1:

For single Pisces, a new romance could be on the horizon. If you are attached, the romance may be kicked up a notch.

Week 2:

Enjoy a few hours of hibernation this week, Pisces. Expect to feel recharged in no time. Relaxation for two also can fit the bill.

Week 3:

Take charge of a mission by encouraging others to stay focused on the task at hand. You need to be the ringleader and set an example for others to follow.

Week 4:

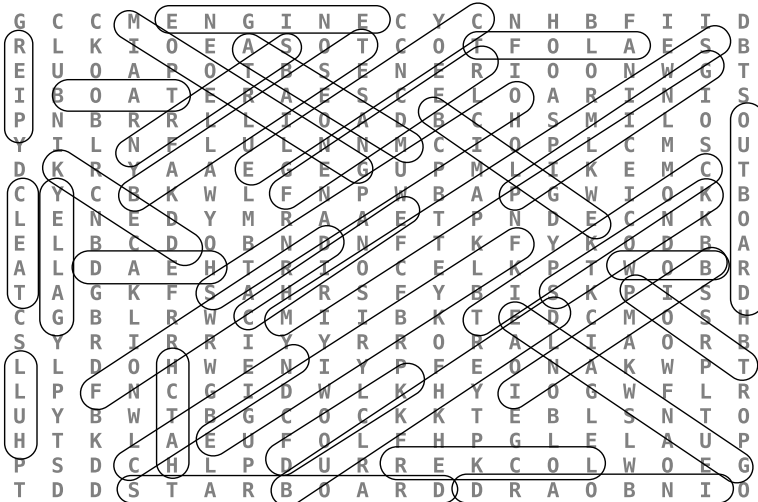
Pisces, ask others for help if you are having any difficulties in your personal life. They can bring a new perspective to the situation.

PUZZLE ANSWERS

Crypto answers A. trowel B. soil C. cultivate D. growing
A. calm B. quiet C. relaxed D. mind

Word scramble 1. Pipes 2. Breath

Word Search Answers



Sudoku 1 Answers

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

Sudoku 2 Answers

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

Puzzle 1 Answers

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

Puzzle 2 Answers

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

SPORTS SCHEDULES

Twins Schedule

Wed, May 1 vs Houston 7:00 PM
Thu, May 2 vs Houston 12:10 PM
Fri, May 3 @ New York 6:05 PM
Sat, May 4 @ New York 12:05 PM
Sun, May 5 @ New York 12:05 PM
Mon, May 6 @ Toronto 6:07 PM
Tue, May 7 @ Toronto 6:07 PM
Wed, May 8 @ Toronto 6:07 PM
Fri, May 10 vs Detroit 7:10 PM
Sat, May 11 vs Detroit 1:10 PM
Sat, May 11 vs Detroit 7:10 PM
Sun, May 12 vs Detroit 1:10 PM
Mon, May 13 vs Los Angeles 6:40 PM
Tue, May 14 vs Los Angeles 6:40 PM
Wed, May 15 vs Los Angeles 12:10 PM
Thu, May 16 @ Seattle 9:10 PM
Fri, May 17 @ Seattle 9:10 PM
Sat, May 18 @ Seattle 9:10 PM
Sun, May 19 @ Seattle 3:10 PM
Mon, May 20 @ Los Angeles 9:07 PM
Tue, May 21 @ Los Angeles 9:07 PM

Wed, May 22 @ Los Angeles 8:07 PM
Fri, May 24 vs Chicago 7:10 PM
Sat, May 25 vs Chicago 1:10 PM
Sun, May 26 vs Chicago 1:10 PM
Mon, May 27 vs Milwaukee 6:10 PM
Tue, May 28 vs Milwaukee 7:10 PM
Thu, May 30 @ Tampa Bay 6:10 PM
Fri, May 31 @ Tampa Bay 6:10 PM
Sat, Jun 1 @ Tampa Bay 12:10 PM
Sun, Jun 2 @ Tampa Bay 12:10 PM

Minnesota United FC Schedule

Sat, May 4 vs Seattle 7:00 PM
Sat, May 11 vs Chicago 7:00 PM
Sat, May 18 vs Columbus 7:00 PM
Sat, May 25 vs Houston 7:00 PM
Wed, May 29 vs Atlanta 6:00 PM
Sun, Jun 2 vs Philadelphia 3:00 PM



Did you know?

The American Academy of Pediatrics and the World Health Organization recommend that infants be exclusively breastfed for about the first six months of their lives.

However, the organizations' recommendations differ slightly in regard to how long women should continue breastfeeding thereafter.

The AAP advises women to continue breastfeeding along with introducing appropriate complementary foods for one year or longer.

The WHO echoes those sentiments while recommending that women continue to breastfeed up to two years of age.

Though such recommendations aren't conflicting, they are different, and women curious about how long they should continue breastfeeding should discuss their concerns with their children's pediatricians. While some women may not be able to breastfeed for one year, much less two, making a concerted effort to breastfeed infants can have a profound impact on the health of the child. The Centers for Disease Control and Prevention notes that infants who are breastfed have a lower risk of developing various conditions, including ear infections, asthma, type 2 diabetes, eczema, inflammatory bowel disease, and respiratory infections. In addition, the risk of Sudden Infant Death Syndrome is lower among infants who are breastfed than it is for infants who are fed formula.

How they SAY that in...

ENGLISH: Party

SPANISH: Fiesta

ITALIAN: Festa

FRENCH: Fête

GERMAN: Party

Did you know?

MOTHER'S DAY GIVES FAMILIES AND CHILDREN AN OPPORTUNITY TO LAVISH ATTENTION ON THEIR MOMS, GRANDMOTHERS AND OTHER WOMEN.



HOW TO EXERCISE DOGS IN EXTREME WEATHER

Exercise is important for every member of a family, including the family dog. According to SPCA Florida, regular exercise is just as important for dogs as it is for their owners. Many dog owners find ways to incorporate their dogs into their own exercise routines in order to ensure their four-legged friends get enough physical activity each day. For example, dogs might come along on jogs around the neighborhood or join their owners on walks in the park. But what about those times when the weather is extreme? Snowstorms and heat waves might compromise dog owners' efforts to get their pooches daily exercise. But there are many ways that dog owners can work around extreme weather to ensure Fido gets enough physical activity to stay healthy.

- **Alter the time of your dog's daily exercise routine.** In conditions that are extremely hot, dog owners can change their routines so dogs get out and get some exercise during the times of day when the weather is temperate. Early morning and evening or even nighttime exercise sessions afford chances time to run around outdoors without doing so under the blazing summer sun. If walking dogs after sundown, dress them in reflective materials so they're visible to oncoming motorists.
- **Dress dogs for the cold.** Dogs can be bundled up just like their owners bundle up in gloves and layers when spending time outside in cold weather. Salt and chemical de-icing solutions can injure dogs, burning and drying out their paws, so make sure their paws are covered before taking them outside in icy, snowy conditions. Dogs may need a few practice runs wearing booties indoors before they're comfortable enough to wear them outside without trying to remove them. In addition, Petfinder recommends keeping dogs' bodies warm by dressing them in doggy jackets or vests.
- **Reduce the length of time spent outdoors.** Cutting back on the time dogs spend outdoors in extreme weather is another way to protect them from the elements. Shorter, more frequent trips can ensure dogs get enough daily exercise while limiting their exposure to extreme weather. If dogs are accustomed to 30 minutes of running around in the backyard in the afternoon, break that down to three 10-minute sessions instead, spacing out each sessions so dogs have time to recuperate.
- **Exercise indoors if necessary.** Avoid exercising dogs outdoors in especially extreme conditions. Rather than exposing dogs to extreme weather, make a game out of running up and down staircases or play fetch in a hallway to help dogs burn off their energy and get some exercise.

Extreme weather can be harmful to dogs. But there's still ways to exercise pooches in periods of inclement weather.

Hi my name is Zoey.

I have been lost for a long time now.

My Mom is Searching for me.

If you have seen me, Please call my Mom and tell her where I am so she can bring me back Home.

**Call Karen
(612) 804-5555**

Thank You!



JR'S KUSTOM STICKERS

Call Jerry for a quote: 763-807-1806
Email: uusa69@centurylink.net
Find me on Facebook @KustomVinylWork!

Making all of your custom apparel!

• T-Shirts • Hoodies • Can Koozies • Vinyl Cut Stickers • Printed Stickers • Hats made to order •



HOW BIKING TO WORK CAN BENEFIT YOUR OVERALL HEALTH

Commuting is a fact of life for millions of professionals. The U.S. Census Bureau reports that the average person in the United States spends 26.1 minutes getting to work, while Statistics Canada notes the average Canadian spends 26.2 minutes getting to the office.

Few people enjoy commuting. In fact, a 2004 study published in the journal Science found that female commuters cited commuting as their least satisfying daily activity, ranking it below housework. Perhaps that's because commuting, whether commuters recognize it or not, tends to have adverse effects on their overall health. A 2012 study published in the Journal of Urban Health found that longer commutes are associated with behavioral patterns that may contribute to obesity and other negative health conditions.

Commuters who live close to work can counter some of the negative effects of commuting by cycling to work. Cycling is a healthy activity that the Harvard Medical School notes can help people build muscle and increase bone density, which naturally decreases with age. And there are additional benefits to cycling to work that might compel some commuters to pedal their way to the office.

- **Biking can help you meet minimum exercise guidelines.** The latest Physical Activity Guidelines from the U.S. Department of Health and Human Services recommend that adults get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes of vigorous aerobic activity each week. Biking to work can help people meet and exceed those weekly guidelines, providing a strong foundation for a long, healthy life.

- **Biking to work can lower your risk of chronic disease.** Regular physical activity like cycling can lower your risk of chronic diseases like cardiovascular disease, type 2 diabetes and certain cancers. Adults who can't find the time to exercise outside of work may find that exercising during their commutes by biking to work is their best and most effective means to lowering their risk for chronic disease.

- **Biking to work can improve cognition.** The American Heart Association notes that regular physical activity like cycling has been linked to improved cognition, which can positively affect memory, attention and processing speed.

- **Biking to work may help reduce stress.** A 2017 study from researchers at Montreal's Concordia University attempted to investigate the impact of various commuting modes on workers' stress levels upon arrival to their workplace. The study found that such levels were lower among cyclists than they were among people who drove or took public transportation to the office.

Biking to work may not help people reduce their commute times, but it might make those commutes less taxing on their overall health.





TICKETS ON SALE NOW!

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11 Exhibition Game *CRVL 4:00
12	13 Exhibition Game SC 7:05	14 Exhibition Game SC 11:30	15	16 MIL 7:05	17 MIL 7:05	18 MIL 7:05
19 MIL 5:05	20	21 CHI 7:05	22 CHI 1:05	23 CHI 7:05	24 SO 7:05	25 SC 7:05
26 SC 5:05	27 LIN 5:05	28 LIN 7:05	29 LIN 7:05	30	31 CLE 7:06	

JUNE

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

Home Game

Away Game

Memorial Day Celebration with
Post-Game Fireworks Super Show

Post-Game Fireworks Show

651-644-6659 | saintsbaseball.com



BENEFITING



15th Annual RIDE FOR WISHES™

In memory of Chuck Worden to benefit Make-A-Wish® Minnesota
Motorcycle Run, Street Dance & Barbeque
(Motorcycle not required to enjoy the street dance & barbeque)

SATURDAY, JUNE 1st, 2019

Motorcycle Run

Led by the Minnesota Charity Riders
Registration starts 8:00 a.m. Run Leaves 10:00 a.m. Sharp.
Hosted By St. Paul Harley-Davidson 2899 Hudson Blvd N., St. Paul, MN 55128
Free pancake breakfast for all registered bikers.

Driver: \$25.00
(First 50 bikes to register on-line by 5/1/19 receive a free t-shirt)
Passenger: \$15.00
(Run fee includes parade & street dance admission)

Parade Information

Registration starts 4:00 p.m. Parade Leaves 5:00 p.m. Sharp.
Drkula's 32 Bowl 6710 Cahill Ave, Inver Grove Hgts, MN 55076
Driver: \$15.00 Passenger: \$15.00
(Parade fee includes street dance admission)

Street Dance

4:00 p.m. • \$10.00 Admission
enVision Hotel & Against the Grain Bar & Lounge
701 Concord Street, S. St. Paul, MN 55075
Multiple bands - Indoor and Outdoor stages

RAFFLE & SILENT AUCTION!

To register for the run
(and parade),
to volunteer to help
or for more information:
<http://www.chucksride.com>
or call (651) 649-4404

Net proceeds will benefit
children through
Make-A-Wish® Minnesota



(NOTE: Ride for Wishes reserves the right to change the information on this document without notice)

EVENT SPONSORS



BANDS

- Chain Lightning
- Rubber Monkeys
- Brian Naughton Band
- Animal & The Allstars
- Bad Girlfriends
- The Retro Rockers
- Black Dog Road



HOW TO APPROACH RETURNING TO WORK AFTER MATERNITY LEAVE

Working mothers are no longer an anomaly. According to the U.S. Bureau of Labor Statistics, seven in 10 women with children under the age of 18 years were in the American labor force in 2015, the most recent year for which statistics were available.

Though it might be considered the new normal for mothers with young children to work, that does not make it any easier for mothers to manage a career and being a mom. That's especially true for first-time mothers returning to work at the end of maternity leave.

Returning to work after maternity leave can produce mixed emotions. Mothers who have thriving careers may be excited to get back to work while simultaneously feeling sadness or even guilt at the prospect of leaving their infants at home with a spouse or nanny or at a daycare facility. Such mixed emotions are normal, and women should discuss their feelings with their spouses and loved ones if they are experiencing difficulty processing them.

How smoothly women transition to work after maternity leave may depend on how well they plan ahead. The following are some ways women can make returning to work after giving birth go smoothly.

- **Negotiate your return to work.** The length of maternity leave depends on a host of factors, including company policy. Paid maternity leave is not a requirement in the United States, while the Canadian government sponsors an insurance plan that allows both parents to earn some income while on leave. In advance of giving birth, women can attempt to negotiate their post-maternity leave return to work. If you had initially intended to take three months' leave, speak with your boss about returning part-time after two months or request to work remotely one or two days per week upon your return. This gives you a chance to ease back into work and your child a chance to adjust to spending time with others. Many companies may be flexible with their maternity leave policies, but women will only know if they ask.

- **Devise a daily schedule before returning to work.** Mothers who plan to continue breastfeeding even after they return to work will have to carve out time each day to pump. Pumping can be time-consuming, and working mothers should speak with their bosses to explain their desire to pump during the workday. Employers cannot tell women they can't pump during the workday, but many women unfairly feel pressured to spend as little time as possible pumping. Laying out a daily schedule that includes when you plan to pump during work hours and sharing it with your boss before you return to work may help reduce that pressure and, therefore, making the transition back to work easier.

- **Lighten your load.** Balancing work and family is a tall order for anyone, but especially for mothers who just gave birth. Delegate more at the office upon returning to work, and take that spirit of sharing home, too. Make sure cooking and cleaning duties are shared, and don't hesitate to order takeout more frequently until you adjust to being a working parent.



Planning ahead can help women successfully navigate their return to work after maternity leave.



"AUTOMOTIVE SERVICE YOU CAN TRUST"
is the quality that Cedar Creek Automotive, Inc.
sets for its standard.

As a family owned and operated business, we take pride in providing **FRIENDLY** customer service and **HONEST** repairs at **AFFORDABLE** prices to our customers.

Hours: Monday - Thursday 8:00am - 6:00pm
 Friday 8:00am - 5:00pm

For exclusive offers
 like us on 
facebook.

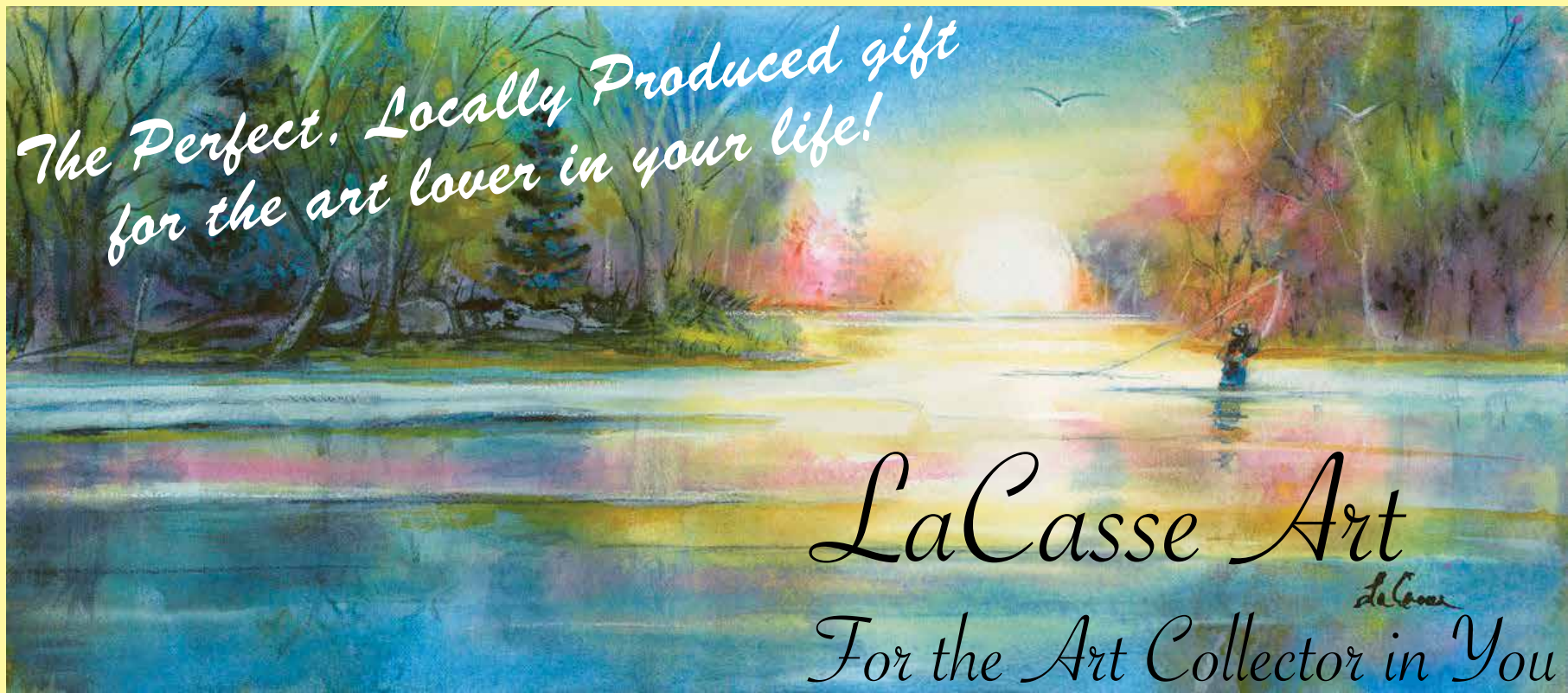


Our Services

Batteries • Water Pumps • Tune-Ups
 Transmissions • Transaxle • Trailer Maintenance
 Timing Belts & Chains • Starters & Alternators
 Shocks & Struts • Scheduled Maintenance
 Radiators • Muffler Service • Heating & Cooling
 Systems Fuel Injection • Front End Work-Engine
 Replacement • Engine Light Diagnosis Electronic
 Testing • Electrical Repair • Differential
 Computer Diagnostics • Clutches • Carburetors
 Belts & Hoses Alignments • Air Conditioning Oil
 Changes & Lube-Exhaust Systems
 Tire Mounting & Balancing-Brakes

www.cedarcreekauto.com • 763-413-3445
 21388 Johnson St NE East Bethel, MN 55011

LaCasseAuraArt.com



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

Original Art

Looking for an investment, buy originals!

Quality Prints

Museum Quality Prints for your decorating needs!

Aura Posters

Beautiful & Unique Aura posters for you!

Greeting Cards

Artist Greeting Cards you may want to frame!



Follow your heart to attain inner peace and happiness.

Mystical White Heron by LaCasse



Awaken to your true life purpose.

Napa Dragonfly by LaCasse



**Made In
Minnesota!**



418 Bench Street Downtown Taylors Falls on the St. Croix River! • 651-465-3220

Call Us Today - 1-800-373-1472

GRANITE CITY MOVING & STORAGE



We're here for all you moving and storage needs

St. Cloud – Sartell

Granite City Moving & Storage, Inc.
207 14th Avenue East
Sartell, MN 56377

Brainerd – Baxter

Granite City Moving & Storage, Inc.
9272 Wetherbee Road
Brainerd, MN 56401



North American Van Lines, Inc.
U.S. DOT# 070851
Granite City Moving & Storage, Inc
MC# 619651



LOCAL



LONG DISTANCE



INTERNATIONAL



OFFICE RELOCATION



STORAGE



www.granitecitymoving.com

Celebrate That Special Event!

Upscale Food, Casual Atmosphere

- Five Star Food • Four Star Price • Three Star Attitude!

Here at Cork, food is our passion. We use only the finest and freshest ingredients to create dinners that will fill your belly and warm your heart.

Come as you are, relax, linger over a glass of wine or craft beer... only our food is stuffy. We look forward to meeting you.

The Cork Staff
Bob, Billy, Debi & Lynn

- Menu Changes Weekly • Gift Cards •
- Offsite Catering Available •



THE ONLY 5 STAR RESTAURANT IN ANOKA. COME UN-CORK YOUR SENSES.

HOURS
Wed. - Sat. - 5pm - 9pm
Reservations Req. Fri. & Sat

1918 1st Ave.
Anoka, MN 55303
763-433-Cork (2675)

CORKANOKA.COM

IN HISTORIC Downtown Anoka





Summer Is On Its Way!

Call or Email Us Now to Reserve Your Summer Ad Space!

Front Cover Space is Limited!

We Want To Help You Advertise Your Summer Events!

- Festivals!
- Fairs!
- Parades!
- Concerts!
- Fireworks Displays!
- And More!

We Deliver to the Twin Cities and Surrounding Suburbs



Northland Review
production@thenorthlandreview.com
612-814-1906



The Paper You Won't Want To Throw Away!

Keen Eye Home Inspections

**Experienced,
Knowledgeable Home
Inspection Services**

**Call Now to Schedule
an Honest Thorough
Home Inspection**



612-356-8590 • keeneyeinspection@gmail.com

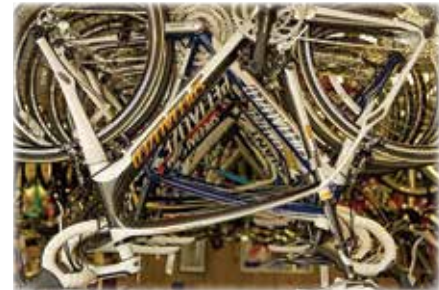
"Since 1995" Bike King

Locally Owned Independent Bicycle Dealer
10 Minutes South of St. Paul, MN.

Mon - Fri 10am - 8pm
Sat 9am - 5pm - Sun 12am - 4pm

Need A New Bike?

We have over 300
professionally tuned
Giant and Specialized
bikes ready to ride.



6489 Cahill Ave. Inver Grove Heights, MN 55076 Phone: 651.457.7766



White Bear RENTAL



*Book your Grad
Parties
now for
Best Selection!*

Locally-owned

family business

OPEN SEVEN DAYS A WEEK
Mon - Fri. 7:30a-6:00p
Saturday 8:00a-5:00p
Sunday 10:00a-2:00p

Conveniently located off Hwy 61 & Cedar Ave
1.5 miles north of 694
3865 Highway 61 N.
White Bear Lake, MN 55110

www.wbrental.com
651.426.4433

- Tent and Party Rental
- Truck and Trailer Rental
- Construction Equipment
- Lawn & Garden Outdoor Power Equipmen



Ruddy's Rental

Like Us!

North Branch: 4628 Isanti Trail • 651.674.7000
Forest Lake: 21380 Forest Blvd. • 651.464.7368

www.ruddysrental.com • www.ruddyspartytown.com

- NO ONE ELSE GIVES YOU THE EMPLOYMENT OPPORTUNITIES WE DO
- WE SELL BOXES
- Track Mud Buggy
- Truck Trailers
- Mini Excavator
- Stump Chippers
- Trenchers
- Tillers
- Aerator
- Ladder
- Dethatcher
- AND MORE!
- CONCESSIONS
- Snow Cone, Cotton Candy, Slushy, & Soft Serve Machines
- 6 Foot Grill
- Disposable Items
- Tents, & Canopies
- Linens
- Carnival Games
- Moonwalks • AND MORE!
- U-HAUL DEALER



Bacon's MOTORS

BUY • SELL • TRADE

Forest Lake, MN
(651) 464-8714

"Serving the Twin Cities since 1988"

55 11th Avenue Southeast • Forest Lake, MN • www.baconsmotors.com

Sale Price: \$4,995



15k Miles!

2002 Harley Davidson
Fatboy

Sale Price: \$6,995



122k Miles!

2009 Ford Escape
4X4 V6

Sale Price: \$8,995



105k Miles!

2009 Infiniti
G37X

- * Multi-point inspection report displayed on the vehicle.
- * Professionally detailed to be very clean, inside & out.
- * Straight forward, competitive pricing without hassles.
- * Competitive financing options available.

**We offer vehicles
under \$5k that are
cleaner than most you'll
find elsewhere.**

HOTEL FURNITURE LIQUIDATORS, INC.

**GREAT
FINANCING
OPTIONS!**

University Store

1800 University Ave.
St. Paul, MN 55104
(651) 645-9929
Hours: M-F 10am-7pm
Sat. 10am-6pm
(Mostly New furniture)

**Twin/Full/
Queen/King
Size Beds**

Warehouse

1120 North Concord
South St. Paul, MN 55075
(651) 552-9530
Hours: M-F 10am-5pm
Sat. 11am-3pm
(All used hotel furniture)

Hide A Beds

Starting at \$129 & Up

Stop in and Check out
our Huge Selection Of
High Quality Beds &
Furniture

PRICED TO SELL !!!

NEW SOFAS

Starting at \$299 & Up



www.hotelfurnituremn.org

Kevin Sullivan

Videographer - Photographer - Director - Web Designer



Videographer/photographer
based out of the
Twins Cities area.

My goal is to help you
achieve a quality look
for your videos in a fast
and affordable way.

952-452-6501 - kevinullivanfilm.com

"The Best Damn Cue and Dart Shop in Minnesota"



763-786-5823 Spring Lake Park, Mn 55432 docscues.com

KANAKA CREEK CUSTOM CUES

Kanaka Creek Custom Cues Now In Stock!