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### Dear Northland Review Readers,

This month, we received a wonderful handwritten card from our "Number 1 Fan", Daniel C. from St. Paul, and were taken aback by his response to our publication. We pick our content carefully, so it really made us feel so good getting feedback like this. When we are out delivering our monthly publication, people are so kind as well, and to get a firsthand response from the readers, what they like and what they don't like, really matters to us. After 28 years talking to people, it seems that much of what the people like about us is our No Politics and No Adult Content Policy. They, and their families, can actually enjoy picking us up every month to go over the articles and events going on around the Metro and Suburbs.

Just wanted to let everyone know how much this means to us.

Thanks again for your response Daniel C., and thank you to all the people I see every month when delivering our publication.



This is why I keep doing this. Tom Hanson, Owner

2025

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# DID YOU KNOW? CHILDS BIKE

When buying a child's first bike, shoppers should prioritize a bike that is lightweight, which will be easier for the child to maneuver while learning. The general rule of thumb is to find a bike that weighs less than one-third of the child's overall weight. Choose a bike that has minimal features, and opt for models that have a single gear and no complex braking systems. The child should be able to comfortably straddle the bike with their feet flat on the ground, and the seat height should be set where the child's legs are slightly bent at the bottom of the pedal stroke. According to BikeExchange.com, the first bike a child owns likely will feature 12-inch tires and will often come with optional training wheels. Children between the ages of two and five may progress to 14-inch tires and then increase that size as they grow and gain experience. Although it can be less expensive to purchase a child's bike at a big box retailer, more personalized service is often available at local retailers that specialize in bikes.







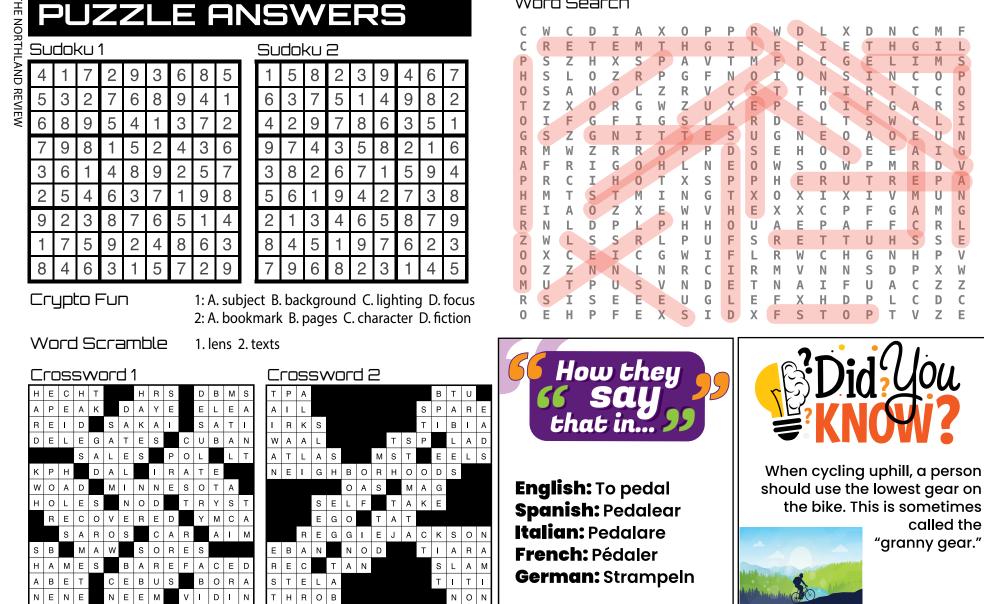
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# PUZZLE ANSWERS



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# CHOCOLATE: THE FINISHING TOUCH ON MOTHER'S DAY

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Mother's Day presents an opportunity for people to shower the special women in their lives with extra love and affection. There are many ways to show Mom you care apart from gifts and dining out. A homemade dessert featuring rich and creamy chocolate might be exactly what Mom needs to cap off a perfect day spent with her family. This recipe from "Chocolate: Deliciously Indulgent Recipes for Chocolate Lovers" (Ryland, Peters & Small) by Maxine Clark is ideal for mothers who love the taste of mint and chocolate. It's relatively simple to make, so it should be something that young children can handle with a little help from an adult.

### **Mint Chocolate Mousse. Serves 4**

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- 5 ounces dark chocolate (60-70 percent cocoa solids), chopped or broken up into smaller pieces
- to 6 chocolate covered dinner mints, chopped 4
- eggs, separated 4
- 2 tablespoons sugar
- tablespoons heavy cream 4
- teaspoon powdered gelatin 1
- tablespoons chopped chocolate mint sticks, or 2 frosted mint leaves and 1 cup heavy cream, to decorate
- 4 pots or dessert cups, for serving

1. Melt the chocolate with the dinner mints over a double boiler or in the microwave. Let cool slightly. Using an electric mixer, beat together the egg yolks and sugar in a large bowl until thick and mousselike, then beat in the melted chocolate-mint mixture.

2. Sprinkle the gelatin over 4 tablespoons water in a small, heatproof bowl and let soak and swell for 2 to 3 minutes. Put the bowl in a pan of simmering water and stir until the gelatin has dissolved. Beat into the chocolate-mint mixture.

3. Working guickly, beat the egg whites in a clean, dry bowl until stiff but not dry, then fold into the chocolate mixture with a metal spoon.

4. Divide the mousse between the pots. Scatter with the chopped mint sticks, then refrigerate until set. Alternatively, whip the 1 cup cream and use to decorate the mousses, along with the frosted mint leaves. Leave at cool room temperature for about 20 minutes before serving.

# TIPS TO MAKE MOTHER'S DAY EXTRA SPECIAL

Mother's Day is celebrated each May and marks a perfect opportunity to show Mom how much she's loved and appreciated. Mother's Day has been celebrated for more than 100 years, and in that time mothers have grown accustomed to certain staples of the holiday. A bouquet of fresh flowers, Sunday brunch at a local restaurant and some gifts from a partner and the children have become standards each Mother's Day.

While Mother's Day standards may never lose their appeal, families looking to make this year's celebration a little more unique can consider these ideas.

• Whip up (or order in) some baked goods. If Mom is the family baker, surprise her this year with some homemade baked goods. An aroma of freshly baked goodies around the house can set a welcoming tone for the day, particularly if the treats are prepared in the morning before Mom wakes up. Partners and children whose baking skills leave a little to be desired can get some freshly baked treats from a local bakery and have them waiting for Mom when she wakes up.

• Take to the road. Another way to make Mother's Day extra special is to make the celebration a weekend affair. A weekend getaway can be a welcome breath of fresh air for mothers and serve as a great opportunity for the family to unwind and celebrate Mom away from everything that reminds her of the hustle and bustle of everyday life. A getaway can be an especially ideal surprise for mothers whose children are full grown. Invite adult kids along and make their attendance a surprise for Mom.

• **Book a unique experience.** Experiential gifts have been wildly popular in recent years, so why not incorporate this trend into Mother's Day celebrations? Book a tour of a local vineyard or winery, take Mom to a live theater performance, or take her out for a day on the water, complete with brunch and a champagne toast. Such memorable experiences won't soon be forgotten and can provide an exciting alternative to previous Mother's Day celebrations.

• Ensure Mom doesn't lift a finger. A truly special Mother's Day will give Mom a day off. Partners and kids can team up to take care of everything from the moment Mom wakes up until she returns to bed at night. Serve breakfast in bed, order in some lunch and then take Mom out for a nice meal at a local restaurant. In between meals, let Mom relax any way she sees fit, whether that's curling up with a good book, dusting off her paint brush and engaging in some artistic endeavors and/or squeezing in a rare midday nap. Mom will undoubtedly appreciate a full day off, which might just make for the best gift of all.

Mother's Day is the ideal time to offer Mom a unique experience that shows her how much she's loved and appreciated.





# TO BOOST HOME VALUE BEFORE SELLING THE NORTHLAND REVIEW HOW



People considering buying or selling a home are facing a unique market. The real estate market has been in flux for several years, and high interest rates have made it more expensive to borrow. The Mortgage Bankers Association is projecting that 30-year mortgage rates will level out to 6.5 percent for the forseeable future. That means that people who have been waiting for changes in the real estate market could be disappointed, and hesitant buyers may finally just bite the bullet and buy even if mortgage rates are not where they hoped they'd be in 2025. Homeowners with properties they are considering listing for sale would be wise to make certain changes that will help garner the best prices from buyers.

### Make kitchen and bath improvements

The kitchen is the heart of many homes. Real estate agents may recommend that homeowners make minor to moderate kitchen upgrades like resurfacing cabinets, upgrading countertops and changing fixtures or hardware to give the room an overhaul.

Homeowners also should look to bathroom updates as smart investments that can improve home value. Katie Severance, author of The Brilliant Home Buyer, characterizes kitchens and baths as "money rooms" that add the most value to a home.

### **Declutter the home**

Homeowners should clean out items they no longer need. Decluttering can make a space feel bigger, which is beneficial in a market where open concept floor plans remain popular among home buyers.

When buyers walk through a prospective home, they want to envision themselves living there, something that is more easily done if the home isn't overrun with the current homeowner's belongings.

### Get to painting

Painting a home is a cost-effective renovation with a lot of oomph. Freshly painted rooms appear clean and updated, says HGTV, and that can appeal to buyers. Homeowners should choose neutral colors to accommodate the widest array of potential buyers.

### Improve the landscaping

The exterior of a home is the first thing potential buyers will see as they roll up to view a property or look at a listing online. Homeowners should start by evaluating and enhancing the landscaping. Ensure the lawn is well-maintained and add plants that provide color without a lot of maintenance.

### **Expand usable space**

Homeowners can think about adding to the usable space in a home. This translates into finishing basements or attics or even converting garages to rooms. Or it may involve adding a three-season room.



# TIPS TO RENOVATE ON A BUDGET

Renovations around the house require an investment of time and often considerable amounts of money. Findings from the 2024 U.S. Houzz & Home Study show that home renovations are becoming more expensive. The median renovation spending for homeowners has gone up 60 percent since 2020. Angi, a home services website, reports the average renovation cost for homes between 1,250 and 1,600 square feet is \$51,772, but the final cost of home renovations depends on the scope of the project. Homeowners who are conserving funds can rest assured that it is possible to make meaningful changes both inside and outside a home without breaking the bank. Here are some ways to renovate a home on a budget.



### • Create a budget and don't waver. Figure out exactly what you can afford for a renovation

and then make that your maximum dollars spent. Research comparable projects in your area and be honest about whether you can afford the renovation as-is or if you must adapt ideas to fit your price. Make sure to build in a cushion of around 15 to 20 percent for any unforeseen expenses that may arise once a renovation is underway.

• Maximize an existing floor plan. This Old House suggests looking for ways to maximize your current layout before you invest in major renovations like an expansion. Bring in a designer with an eye for utilizing space. For example, see how you might be able to replace shelves with pull-out drawers in the kitchen. Moving furniture around or rethinking floor plans also can help to lower costs.

• Balance DIY with hiring contractors. You can save money by tackling some projects yourself, but only if you are confident in your renovation skills. Rather than risk making costly mistakes and having to redo things, hire well-vetted professionals but ask if there's any DIY work you can do to cut costs.

• Check clearance and resale stores. Shop discount stores for building materials to save money. For example, if a builder ordered too many cabinets they may offer them to Habitat for Humanity ReStores, which are nonprofit home improvement stores and donation centers. Checking the clearance and markdown sections of other stores may yield considerable savings on items needed for a renovation. Warehouse retailers like Costco or Sam's Club also can be great places to find certain home improvement materials and furnishings.

• Take advantage of free services. Certain stores may offer things like free consultations with designers who can show you what a renovation can look like. This is advantageous to the stores because once you see the potential you're more likely to buy the products, even if it's not mandatory.

• **Resurface instead of redo.** Certain items can be made to look new with minimal effort. Paint is a relatively inexpensive tool that can transform walls and more. A good hardwood flooring company can buff out a floor and put a new coating instead of an entirely new floor. Kitchen cabinets can be resurfaced instead of replaced as well.





### **SUNDAYS**

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

**Little Village Pub** 2670 Co .Rd E.East, White Bear Lake 651-330-6305 • 9am

**Roseville Bingo Hall** 2525 N. Snelling Ave, Roseville. 612-869-5555 • Noon, 2, 6, & 8pm

### **MONDAYS**

**Bear Town** 4875 Highway 61, White Bear Lake. 651-426-4225 · 6pm

**CR'S Sports Bar** 8525 Cottonwood St. NW, Coon Rapids. 763-780-1585 • 6:30pm

**Hi Stakes Bar** 8299 University Ave NE, Spring Lake Park. 763-784-2230 • 1pm

**Invictus Brewing** Company 2025 105th Ave. NE, Blaine. 763-208-3063 • 6:30

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

McCarron's 1986 Rice St., Maplewood. 651-788-7362 · 6pm

**Roseville Bingo Hall** 2525 N. Snelling Ave., Roseville. 612-869-5555 • 1, 3, 7, & 9pm

SAK'S 1460 - E County Rd E Vadnais Heights. 651-484-6119 · 6pm

**Stillwater Bowl** 5862 Omaha Ave. N Stillwater. 651-439-2444 • 7pm (Lic# 00467) CR'S Sports Bar

WEDNESDAYS

**American Legion Fridley** 

4875 Highway 61, White Bear Lake.

8525 Cottonwood St. NW, Coon

Rapids. 763-780-1585 • 6:30pm

6710 Cahill Ave, Inver Grove Heights.

8299 University Ave. NE, Spring Lake

1132 Co Rd E East, Vadnais Heights.

Park. 763-784-2230 • 5:30pm

Jimmy's Food & Drink

**Roseville Bingo Hall** 

612-869-5555 • 3, 7, & 9pm

2525 N. Snelling Ave, Roseville.

The Brookside Bar & Grill

140 Judd St., Marine On St. Croix.

651-433-1112 • Every Other Wed.

2029 Woodlynn Ave., St. Paul.

8466 Hwy. 65, Spring Lake Park.

Welsch's Big Ten Tavern

2135 4th Street, White Bear Lake.

763-204-8648 • 3pm, starts May 14

651-621-1535 · 6:30pm

4703 US-10, Arden Hills.

651-633-7253 • 1pm

White Bear Bar

651-426-4111 · 6pm

The Sunset Grill

7365 Central Ave. NE, Fridley.

763-784-9824 · 6:30pm

651-426-4225 · 6pm

651-451-1717 · 6:30pm

**Hi Stakes Bar** 

651-482-1100 • 9am

**The Doghouse** 

Maplewood

7pm

**Bear Town** 

Drkula's

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

#### TUESDAYS

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

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

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

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

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

Lucky's 13 Pub - Roseville 2480 Fairview Ave N, Roseville. 651-330-9257 · 7pm - 10pm

**Roseville Bingo Hall** 2525 N. Snelling Ave, Roseville. 612-869-5555 · 3, 7, & 9pm

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





**THURSDAYS** 

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

**Roseville Bingo Hall** 2525 N. Snelling Ave, Roseville. 612-869-5555 • 1, 3, 7, & 9pm

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

VFW Roseville Post 7555 1145 Woodland Drive, Roseville. 651-483-5313 · 6:30pm

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

### FRIDAYS

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

**Classic Bowl** 11707 Round Lake Blvd, Coon Rapids. 763-421-4402 · 6:30pm

**Hi Stakes Bar** 8299 University Ave NE, Spring Lake Park. 763-784-2230 • 5:30pm

**Roseville Bingo Hall** 2525 N. Snelling Ave, Roseville. 612-869-5555 • 1, 3, 7, & 9pm

Welsch's Big Ten Tavern 4703 US-10, Arden Hills. 651-633-7253 •1pm

### SATURDAYS

**American Legion Fridley** 7365 Central Ave. NE, Fridley. 763-784-9824 • 1pm

**B-Dale Club** 2100 N Dale St., Roseville. 651-4-536 · 3pm

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

**CR'S Sports Bar** 8525 Cottonwood St. NW, Coon Rapids. 763-780-1585 • 2pm

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

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

**Hi Stakes Bar** 8299 University Ave. NE, Spring Lake Park. 763-784-2230 • 5:30pm

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

**Little Village Pub** 2670 Co .Rd E.East, White Bear Lake 651-330-6305 • 9am

Lucky's 13 Pub - Roseville 2480 Fairview Ave N, Roseville. 651-330-9257 · 1pm

**McCarron's** 1986 Rice St., Maplewood, 651-788-7362 • Noon

**Roseville Bingo Hall** 2525 N. Snelling Ave, Roseville. 612-869-5555 • Noon, 2, 6, & 8pm

SAK'S 1460-E County Rd E Vadnais Heights. 651-484-6119 • 12:30pm

Sal's Angus Grill 12010 Keystone Ave, Stillwater. 651-439-6652 • 1pm

The Sunset Grill 8466 Hwy. 65, Spring Lake Park. 763-204-8648 · 2pm



# RSE/SPECIAL BINGO

#### **SUNDAY**

The Doghouse

2029 Woodlynn Ave, St Paul, 651-621-1535 • Purse Bingo! Every 2nd & 4th Sunday @ 3:30pm Sunday Funday Cash Bingo! 1st & 3rd Sunday @ 3:30pm

### MONDAY

**Little Village Pub** 

2670 Co .Rd E.East, White Bear Lake. 651-330-6305 • Purse Bingo! Every Monday @ 6:30pm

### **TUESDAY**

**McCarron's** 1986 Rice St., Maplewood 651-788-7362 • Purse Bingo! 2nd Tuesday of the Month @ 7pm

### WEDNESDAY

The Brookside Bar & Grill 140 Judd St, Marine On St.Croix 651-433-1112 • Purse Bingo! Every Wednesday @ 7pm

### SATURDAY

**Hi Stakes** 8299 University Ave NE, Spring Lake

Park. 763-784-2230 • Purse Bingo! May 10 @ 5:30pm

### The Sunset Grill

8466 Hwy. 65, Spring Lake Park 763-204-8648 • Purse Bingo! May 31 @ 1pm





# **6 TIPS FOR YOUR NEXT DRIVING VACATION**

Modern professionals are working more and taking fewer days off each year. Allina Healthcare estimates that more than 765 million vacation days are unused by Americans each year. One of the reasons people often give for not vacationing is that travel costs too much. A 2024 summer travel report from Deloitte Insights found that after two years of strong gains in the travel sector, Americans were planning fewer trips in 2024 than a year prior, with travelers indicating the high cost of travel as their reasons for staying home.

A driving vacation, otherwise known as a road trip, can reduce the cost of travel and may amplify the fun. These tips can make for a safe, enjoyable and memorable trip.

• Get a vehicle checkup. If you'll be relying on your personal vehicle, then it is best to ensure that everything is in good working order. The National Highway Traffic Safety Administration offers a Recalls Look-up Tool to check to see if your vehicle has any critical safety issues. It's also best to

make sure that tires are in good shape and filled to the manufacturer's recommended pressure. Double check all fluids and get an oil change if it is close to the time of service.

• What's the destination? Some people find that road trips are fun even without a predetermined destination in mind. A handful of smaller stops can make for a fun, spontaneous trip. Maybe you want to drive a classic roadway like Route 66? Or take to a scenic coastal roadway like the Pacific Coast Highway or Route 1 along the eastern seaboard? Choose a destination that suits your budget.

• **Consider a travel club membership.** Membership in programs like AAA or AARP enable members to get discounts on various travel services, such as car rentals or hotel stays. Members may be eligible for percentages off on meals at popular restaurant chains. Membership in these programs may help to save money.

• Plan early. Spring and summer are popular times to travel, particularly during weeks when children are off from school. It's important to book campgrounds or other lodging well in advance if you're planning to visit popular places like national parks and other tourist-heavy areas.

• Be realistic about mileage goals. Some drivers may be on autopilot and fall into commuting habits of trying to get from point A to point B in the least amount of time. Slowing down to take in the scenery can make a trip more enjoyable. AARP also says to be mindful of the personal needs and abilities of drivers. Sharing the load of driving can make it possible to cover more miles in less time.

• Hit a few quirky or local attractions. The best way to see the country is to take in what's unique along the way. Although a stop at a popular fast food chain might save time, it won't offer the same memories as visiting a local haunt or roadside attraction, such as Carhenge in Alliance, Nebraska.

SAK'S SPORTS BAR	Food & Drink Downtown Vadnais Heights	WHITE WHITE CONTRACTOR
66000	MONDAY	9:00AM BINGO @ JIMMY'S   6:00PM BINGO @ SAK'S 6:00PM BINGO @ BEARTOWN
	TUESDAY	6:00PM BINGO @ JIMMY'S
DAILY	WEDNESDAY	9:00AM BINGO @ JIMMY'S   5:00PM MEAT RAFFLE @ DOC'S 6:00PM BINGO & RAFFLE @ BEARTOWN
PULLTABS & ETABS	THURSDAY	6:00PM BINGO @ JIMMY'S   7:00PM BINGO @ WB BAR
WHITE BEAR LAKE AREA HOCKEY ASSOCIATION #03111	FRIDAY	5:00PM MEAT RAFFLES @ WB BAR & BEARTOWN & DOC'S 6:00PM TRI-WHEEL @ WB BAR
GO BEARS!	SATURDAY	12:30PM BINGO @ SAK'S   6:00PM TRI-WHEEL @ WB BAR



# **THE NORTHLAND** REVIEW

# MEAT RAFFLES

**SUNDAYS** 

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

### MONDAYS

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

Sgt. John Rice VFW Post 6316 1374 109th Ave. NE, Blaine. 763-757-4540 • 5:30pm

#### **TUESDAYS**

**American Legion Fridley** 7365 Central Ave NE, Fridley. 763-784-9824 **Ryders Bacon Raffle** 2nd and 4th Tues. 5:30 pm

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

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

**Invictus Brewing** Company 2025 105th Ave. NE, Blaine. 763-208-3063 • 5:30

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

Sqt. John Rice **VFW Post 6316** 1374 109th Ave. NE, Blaine. 763-757-4540 • 5:30pm

#### **WEDNESDAYS**

**Bear Town** 4875 Hwy. 61, White Bear Lake. 651-426-4225 · 6pm **GIFT CARD RAFFLE ONLY** 

Cam's Bar & Eatery 8517 63rd Ave. N., Brooklyn Park. Lake Park. 763-784-2230 • 4pm 763-533-4159 • 6pm

Jimmy's Food & Drink **Doc's Landing** 1132 Co. Rd. E East, Vadnais 3200 White Bear Ave., White Bear Heights. 651-482-1100 • 6pm Lake. 651-770-3582 • 5pm

**Hugo American** Legion Post #620 5383 140th St., Hugo. 651-255-1432 · 6pm

Sgt. John Rice VFW Post 6316 1374 109th Ave. NE, Blaine. 763-757-4540 • 5:30pm

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

The Brookside Bar & Grill 140 Judd St., Marine On St. Croix. 651-433-1112 • Every Other Wednesday, 7pm

**VFW Roseville Post 7555** 1145 Woodland Drive, Roseville. 651-483-5313 · 5pm

Cam's Bar & Eatery 8517 63rd Ave. N., Brooklyn Park.

> **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

**THURSDAYS** 

651-464-5040 • 5pm

**Hi Stakes Bar** 

Sgt, John Rice

**The Beach Bar** 

FRIDAYS

**B-Dale Club** 

**Bear Town** 

**VFW Post #6316** 

1374 109th Ave. NE, Blaine.

2030 St. Croix Trail S, Lake St.

**American Legion Fridley** 

7365 Central Ave. NE, Fridley.

763-784-9824 • 5pm - Gone

2100 N. Dale St.Roseville.

4875 Hwy. 61, White Bear Lake.

651-489-5386 • 5:30pm

651-426-4225 • 5pm

763-533-4159 • 6pm

Croix Beach. 651-436-5065 • 5pm

763-757-4540 • 5:30pm

1500 South Lake St., Forest Lake.

8299 University Ave. NE, Spring

FRIARS



FRIARS 1500 South Lake St., Forest Lake. 651-464-5040 · 5pm

**Hi Stakes Bar** 8299 University Ave. NE, Spring Lake Park. 763-784-2230 • 4pm

**Hugo American Legion** Post #620 5383 140th St., Hugo. 651-255-1432 • 7pm

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

Kelly's Korner Bar 7098 Centerville Rd., Centerville. 651-493-6626 · 6pm

**Little Village Pub** 2670 Co. Rd. E East, White Bear Lake. 651-330-6305 • 5:30pm

Mc Carron's 1986 Rice St., Maplewood. 651-788-7362 · 5:30pm

Southern Rail 7082 Centerville Rd., Centerville 651-528-8230 • 6pm

**Kraus-Hartig VFW** Post 6587 8100 Pleasant Drive NE. Spring Lake Park. 763-780-1900 • 5pm

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

The Sunset Grill 8466 Hwy. 65, Spring Lake Park. 763-204-8648 · 6:30pm

Welsch's Big Ten Tavern 4703 US-10, Arden Hills. 651-633-7253 •5pm

### SATURDAYS

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

**Hi Stakes Bar** 8299 University Ave. NE, Spring Lake Park. 763-784-2230 • 4pm

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

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

**Mc Carron's** 1986 Rice St., Maplewood. 651-788-7362 • 11:30am

SAK'S 1460 - E Co. Rd. E, Vadnais Heights. 651-484-6119 • 5pm

Sal's Angus Grill 12010 Keystone Ave., Stillwater. 651-439-6652 • Noon

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

**VFW Roseville Post 7555** 1145 Woodland Drive, Roseville. 651-483-5313 • 4pm



# **IDEAL FOODS FOR A MEMORIAL DAY BARBECUE**

Though Memorial Day precedes the summer solstice by several weeks, the three-day weekend in late May is widely viewed as the unofficial start of summer. Backyard barbecues have become a popular way to celebrate Memorial Day weekend, and all eyes tend to be on the grill once a party kicks off.

Food is indeed a big component of Memorial Day weekend. A 2024 survey from the market research experts at Numerator found that 52 percent of Memorial Day celebrants intended to grill or barbecue at home during the holiday weekend. Hosts likely recognize that guests will expect to eat during a backyard barbecue, and the following are some ideal dishes to offer this Memorial Day weekend.



2025

• **Salads:** Weather is unpredictable, but conditions tend to be warm in many parts of the country by Memorial Day weekend. That means some guests will be looking for lighter fare that won't make them

feel too sluggish in the late-spring sun. Salads can fit the bill for hungry guests who want to satisfy their cravings without feeling bloated. Tri-color pasta salad, antipasto and tossed salad make for great appetizers that pack a nutritional punch as well. Of course, don't forget staples like macaroni and potato salad, which are often best served alongside grilled fare.

• **Smoked foods:** Smoking meats has become wildly popular in recent years. A 2024 report from Research and Markets indicated that the global markets for smoker grills is projected to increase from \$6.8 billion in 2023 to \$9.3 billion in 2030. Memorial Day weekend barbecue hosts can consider the growing affinity for smoked foods and offer something up from their own smoker. There's no shortage of foods that can be smoked, from whole chickens to brisket to desserts, and guests may appreciate a smoky taste of something different this Memorial Day weekend.

• Hot dogs and hamburgers: Though experimentation and unique offerings are sure to be appreciated, it's also important to offer guests some traditional backyard barbecue staples. Perhaps nothing fits that bill better than hot dogs and hamburgers. A 2024 analysis of grocery store sales conducted by Upside found that sales of store-brand hot dog buns increase by 449 percent over Memorial Day weekend, even though hamburger bun sales make up more than half (54 percent) of all bun sales over the rest of the year. Hot dogs and Memorial Day weekend seem to go hand-in-hand, but that doesn't mean a grill should go burger-free come this popular late-May holiday. Upside reports hamburger bun sales increase by 273 percent over Memorial Day weekend, proving hosts and guests really favor these staples when kicking off summer celebration season.

• Water: It's easy to overlook when the focus is on food, but water is a necessity at Memorial Day weekend barbecues. Water can help people remain hydrated and cool off if temperatures spike, and it also can help adults avoid overindulging in alcohol. The Numerator study found 76 percent of Memorial Day shoppers purchase beer over the weekend, and alcohol can lead to dehydration. Offering water can help guests remain hydrated and encourage responsible alcohol consumption.

SIL	B5%	PIM436	Pull Tabs &X Golf of Blaine298 Northtown Dr NE, Blaine298 Northtown Dr NE, BlaineMoe's at The Ice9250 Lincoln St NE, Blaine (On the Green12571 Central Ave NE, Blain	he (952) 529-7195 <b>House</b> 763) 233-0699 <i>Lic. # 00584-020</i> <i>Lic. # 00584-032</i>		
Welsch's Big Ten Tavern 4703 US-10, Arden Hills (651) 633-7253 Meat Raffle Fri. @ 5PM Bingo Wed, & Fri. @ 1PM Pull Tabs & E-Tabs Daily	Lic. # 00584-026Bingo Hwy. 65, Spring Lake Park (763) 204-8648Surf N Turf Meat RafflesWed. @ 6:30PMImage: Colspan="2">Image: Colspan="2" Session!Image: Colspan="2" Image: Colspan="2" Session!Image: Colspan="2" Image: Colspan="2" Session!Image: Colspan="2" Image: Colspan="2" Session! <td c<="" colspan="2" image:="" td=""><td>Spring Lake Park (7 Meat Raffles Bingo Mon. @ Wed., Fri., &amp; Sat.</td><td>763) 784-2230 Thurs., Fri., &amp; Sat. @ 4PM 1PM, @ 5:30PM <b>BIN CO</b> TENER TO MAY 10 @ 5:30PM - Sun.</td><td>Kraus-Hartig Lic. # 00584-030 VFW Post #6857 S100 Pleasant View Drive NE, Spring Lake Park (763) 780-1900 Meat Raffles Fri. @ 5PM, Sat. @ 2PM meat Bingo Tue. @ 6:30PM, Sun. @ 2:30PM Triwheel Tue. &amp; Fri. @ 5PM Pull Tabs &amp; E-Tabs Daily Horse Races Fri. @ 5PM</td></td>	<td>Spring Lake Park (7 Meat Raffles Bingo Mon. @ Wed., Fri., &amp; Sat.</td> <td>763) 784-2230 Thurs., Fri., &amp; Sat. @ 4PM 1PM, @ 5:30PM <b>BIN CO</b> TENER TO MAY 10 @ 5:30PM - Sun.</td> <td>Kraus-Hartig Lic. # 00584-030 VFW Post #6857 S100 Pleasant View Drive NE, Spring Lake Park (763) 780-1900 Meat Raffles Fri. @ 5PM, Sat. @ 2PM meat Bingo Tue. @ 6:30PM, Sun. @ 2:30PM Triwheel Tue. &amp; Fri. @ 5PM Pull Tabs &amp; E-Tabs Daily Horse Races Fri. @ 5PM</td>		Spring Lake Park (7 Meat Raffles Bingo Mon. @ Wed., Fri., & Sat.	763) 784-2230 Thurs., Fri., & Sat. @ 4PM 1PM, @ 5:30PM <b>BIN CO</b> TENER TO MAY 10 @ 5:30PM - Sun.	Kraus-Hartig Lic. # 00584-030 VFW Post #6857 S100 Pleasant View Drive NE, Spring Lake Park (763) 780-1900 Meat Raffles Fri. @ 5PM, Sat. @ 2PM meat Bingo Tue. @ 6:30PM, Sun. @ 2:30PM Triwheel Tue. & Fri. @ 5PM Pull Tabs & E-Tabs Daily Horse Races Fri. @ 5PM
NEW SITE! Invictus Brey Company 2025 105th Ave. NE, B (763) 208-3063	Bacon Raffle &	E-1 Vic Ma	II Tabs & Tabs Daily deo Horse Race y 3 @ 5PM, before Kentucky Derby			

**Drkula's** COME 6710 Cahill Ave **Inver Grove Heights** 651.451.1717 🚺 Always call ahead. Lanes may not be available due to League and DRKULA'S BOWL Tournament bowling, BOWLING or Private Parties. AND PLAY A FEW GAMES! **Bar and Bowling Hours** Kitchen Hours Sunday - Thursday: 11am - 11pm Friday - Saturday: 11am - Midnight Every Day 11am - 10pm **Prices Per Lane** Banguet Facility for Your Large Party \$40 - 1 Hour • \$50 - 1.5 Hour • \$55 - 2 Hours You can host up to 160 people in the banquet facility at Drkula's 32 Bowl. **No Charge Shoe Rental** • **Up to 6 Bowlers per Lane** Our banguet facility includes a separate kitchen, bathrooms, bar, and main room located on our lower level. Our managers would love to talk BAR BINGO with you, so give us a call to find out about availability and rates. 0 - B/4C Use our caterer or bring in your own. FREE WiFi available. Wednesdays @ 6:30pm, Our newly remodeled banquet room is a great way to celebrate 18 1 28 7 Weddings, Anniversary's, Birthday, Meetings or any other special event. Call us now at 651-451-1717 to schedule your reservation. Saturdays @ Noon 49 12 54 38 6 59 62 74 88 96 \$150 Guaranteed! \$1,500 Must Go Cover All! Me FRIDAYS @ 6:30PM ALL YOU CAN BOWL Starts Sept 13th AC /D **SPECIAL!** DRKULA'S milly Is Motley Cruit **Prices Per Person.** No Charge for Shoe Rental Bowl **IN THE PUB!** Sunday & Monday: 11am - 11pm - \$8 LiTWA Uncle Cracke 99y Azala ZZ Ton FREETOPLAY Tuesday & Friday: 11am - 6pm - \$8 Billy Joel Flo Bida Lady Gaga Shakira Village People TONSOFPRIZES Saturday: 11am - 6pm - \$11 FREE Testa Kesha

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**1.5 HOURS. WANT TO BOWL** 

LONGER?\$3/PERSON FOR 2 HOURS.

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# SPICE UP BRUNCH THIS MOTHER'S DAY

Children commonly like to give their mothers a break from cooking on Mother's Day. Youngsters may be eager to help out in the kitchen and whip up something that Mom is certain to enjoy. But many recipes can be complicated for younger children or others who might not be so adept with meal creation. However, with a few ingredients that families may already have on hand, it's possible to craft a delicious Mother's Day brunch. This recipe from Denise Gee's "Southern Appetizers: 60 Delectables for Gracious Get-Togethers" (Chronicle Books) utilizes commercially available miniature waffles and popcorn chicken bites to create a chicken and waffles dish with a kick. Serve alongside mini muffins, deviled eggs, cheese and crackers, and other brunch dishes that are simple for youngsters and their little fingers to prepare.

### Wee Chicken & Waffles with Jezebel-Maple Syrup. Serves 10 to 12, Three or Four Waffles Each

### Jezebel-Maple Syrup

- 2 cups maple syrup
- 1/4 cup pineapple preserves
- 1/4 cup apple jelly
- 1 1/2 tablespoons prepared horseradish
- 3/4 teaspoon ground black pepper
- 1/2 teaspoon salt
- 40 mini waffles from a 10.9-ounce package, lightly toasted
- 40 pieces cooked fried popcorn chicken Finely chopped fresh Italian flat-leaf parsley or green onion for garnish (optional) Hot sauce for serving

**1.** To make the syrup: In a large microwave-safe glass measuring cup with pour spout (one holding at least 3 cups) or a bowl, add the maple syrup, pineapple preserves, apple jelly, horseradish, pepper, and salt; whisk to combine.

**2.** Microwave the mixture on high for 35 seconds. (You also can heat it in a small saucepan on low until the mixture is warm.) Stir and taste, adjusting the flavor if desired. Set the syrup aside.



**3.** Place the toasted waffles on a large serving platter. Top each waffle with a piece of chicken. Drizzle the chicken-waffle bites with about 1 teaspoon of the syrup. Garnish with the parsley, if desired, and serve with the remaining syrup and hot sauce.



# EXPANDING BURGER SKILLS THIS BARBECUE SEASON

Hamburgers are a staple of backyard barbecues. When summer arrives, few foods embody the laid back vibe of the season better than grilled hamburgers. There's nothing wrong with a traditional approach to hamburgers, but going the extra mile and augmenting the flavor with some special ingredients can make these beloved summertime staples even more popular. If that's your goal, then consider this recipe courtesy of Lines+Angles.



# Hamburgers with Stilton Cheese, Caramelized Shallots and Mushrooms. Makes 4 servings

### For caramelized shallots:

2

1

tablespoons butter

tablespoon sugar

- For mushrooms: 2
- tablespoons butter tablespoon olive oil 1
- tablespoons olive oil 2 1 1/2 lbs. fresh shallots, peeled and sliced
  - 1/2 tablespoon balsamic vinegar 1

8

- clove of garlic, minced
- ounces fresh mushrooms, sliced

### For caramelized shallots:

Salt, to taste

For hamburgers:

4

4

1

- lbs. ground sirloin, chuck or round 1 1/2
  - Coarse salt/Freshly ground black pepper, to taste
  - slices Stilton cheese
    - hamburger rolls or sandwich rolls
    - tablespoon melted butter
    - Lettuce leaves

1. Melt butter with olive oil in a thick-bottomed pan until the oil is shimmering. Add the sliced shallots and stir to coat. Cook, stirring on occasion, for 7 to 10 minutes. Do not let the shallots burn or dry out. Sprinkle the salt and sugar over the shallots.

2. Cook about 30 minutes, stirring frequently. If shallots seem to be drying out, add a little water or oil to the pan. Shallots should be brown, not burned. Continue to cook and stir; scrape up the browned bits stuck to the bottom of the pan, until the shallots are a deep, rich, browned color.

For mushrooms: Melt butter and oil in large skillet, medium heat. Add balsamic vinegar, garlic and mushrooms. Sauté 20 minutes, until tender.

### For hamburgers:

1. Moisten your clean hands with cold water, divide the ground beef in 4 equal portions. Form into a flattened ball. Season with salt and pepper.

- 2. Refrigerate until ready to cook.
- 3. Prepare the grill and preheat to high. Brush the grill grate with oil.
- 4. Place prepared burgers on hot grill grate. Grill 5-7 minutes per side, or until thermometer inserted though side, into center, reaches 160 F.

5. Brush the rolls with melted butter and toast them on the grill for about 45 seconds. Assemble the burgers, with lettuce leaves, Stilton cheese, caramelized shallots, and mushrooms. Serve.



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# WHIP UP A QUICK PASTA SALAD

Fresh produce is refreshing and delicious. Whether it's recently plucked fruits or freshly harvested vegetables, these foods boast a flavor and nutritional profile unlike any other. Comfort foods might reign supreme during colder winter months, but come spring and summer, lighter fare can be just what people need to maintain their energy and avoid feeling sluggish on warm days and nights. This recipe courtesy of Lines+Angles offers a midday energy boost that can lighten your culinary load in the months to come.

### Pasta Salad with Broad Beans, Tomatoes, Peppers, and Herbs. Makes 6 to 8 servings

- 1 lb. farfalle pasta
- 4 vine tomatoes, diced
- 8 ounces broad beans
- 1 yellow pepper, diced
- 2 tablespoons finely chopped flat-leaf parsley
- 1 sprig chopped thyme
- 1 small bunch chives, snipped
- 2 tablespoons olive oil
- 1 tablespoon lemon juice Freshly ground black peppercorns Salt

**1.** Cook the farfalle in a large saucepan of salted, boiling water until al dente; 8 to 10 minutes.

2. Drain and refresh immediately in iced water.

**3.** Once cool, drain again and toss in a large mixing bowl with the vegetables and chopped herbs.

**4.** Add the olive oil, lemon juice and seasoning, tossing again thoroughly before serving.





### SIMPLE SPARE RIBS TO SATISFY YOUR CRAVING FOR BARBECUE HLAN

The aroma of barbecue is hard to resist and the flavor is even better.

Barbecue is an art form, as that enticing aroma and undeniable flavor is truly a labor of love. But even novices can try their hands at barbecue and end up with delicious results. For those who want to craft their own barbecue concoctions, this recipe from Lines+Angles is easily followe and end up with delicious results. For those who want to craft their own barbecue concoctions, this recipe from Lines+Angles is easily followed, and the finished product is undeniably flavorful.

### **Barbecue Spare Ribs. Makes 6 servings**

- 2 tablespoons paprika
- 1/2 teaspoon cayenne pepper
- tablespoons garlic powder 2
- tablespoon salt 1
- teaspoon freshly ground black peppercorns 1
- lbs. spare ribs, racks cleaned and trimmed 6
- ounces barbecue sauce, low sugar, if possible 13
- ounce flat-leaf parsley, torn 1

1. Stir together the paprika, cayenne, garlic powder, salt, and pepper in a mixing bowl.

2. Thoroughly rub the spice mix into the rib racks. Place in a shallow dish, cover and chill for at least 8 hours.

3. After chilling, remove the ribs from the fridge. Preheat a gas or charcoal grill to about 300 F.

4. Cook the ribs on the grill, covered with a lid, until the meat is tender and pulls away from the bone, about 2 hours.

5. As the ribs cook, periodically brush them with some barbecue sauce, reserving any unused sauce.

6. When ready, remove the ribs from the grill and let them rest under aluminum foil for at least 10 minutes.

7. After resting, brush the ribs with any reserved barbecue sauce before cutting and serving with a garnish of parsley.



CALL NOW

# A FRENCH STANDARD OFFERS A UNIQUE WAY TO PREPARE BEEF

3

Beef is a versatile ingredient that's popular in countries across the globe. There's no shortage of ways to prepare this favorite protein source. French chefs utilize beef in various recipes, and one popular dish is Beef Bourguignon. This stew works well as a comfort food, and has become a standard of French cuisines over the last century and a half and made widely popular in the United States when Julia Child first adapted the recipe. Those who want try their hand at cooking beef in the French fashion can look to this recipe from Lines+Angles.

### **Beef Bourguignon. Makes 6 servings**

- tablespoons sunflower oil 1 1/2
- 7 ounces diced smoked bacon lbs. beef steak, chuck, cut 2 1/4
- into 21/2-centimeter cubes 1 cup all-purpose flour
- 2 tablespoons unsalted butter
- onion 1
- carrots, peeled 3 14 ounces button onions, or small round shallots, peeled 2 finely chopped garlic cloves tablespoon tomato passata 1 cups good quality red wine (e.g., from Burgundy)
- 1 2/3 cups beef stock
- bay leaves 3

1

- to 5 sprigs young thyme, 4
- plus extra for garnishing
  - small bunch chives, snipped
    - Salt
      - Freshly ground black peppercorns

1. Preheat the oven to 275 F. Heat the sunflower oil in a large, wide saute pan or casserole dish set over a moderate heat until hot. Add the bacon and fry until golden and crisp, 7 to 8 minutes. Remove from the pan to a plate lined with paper towels.

2. Dust steak with flour, shake off excess. Season with salt/pepper, brown in pan in batches over moderately high heat. Transfer from pan to bowl.

3. Return the pan to a medium heat. Add the butter, let it melt, and then stir in the onion, carrot, pearl onions, and a pinch of salt.

4. Saute for 8 to 10 minutes until colored. Add the garlic and tomato passata, and cook for a further minute.

5. Return the beef to the pan and deglaze with the wine, scraping the base to release any stuck-on bits.

6. Stir in the stock, bay leaves and thyme sprigs, and bring to a boil. Once boiling, transfer to the oven.

7. Braise for about 90 minutes to 2 hours, stirring occasionally, until the beef is tender and easy to pull apart.

8. Remove from oven and season to taste with salt and pepper. Serve from the pan with a garnish of snipped chives and some thyme sprigs.





# Weekly Horoscopes for May

#### Aries March 21-April 20

Week 1:

Aries, this week you may feel a desire to take charge of your professional life. Trust your instincts, but remember that you may have to go out of your comfort zone at some point. Week 2:

Aries, you soon find yourself pushing forward with great determination. Your drive is unstoppable, but tread carefully and respectfully in the pursuit of greatness.

#### Week 3:

Telling the truth has always come naturally to you, Aries. But tact isn't always your specialty and sometimes your candor is now well-received. Keep that in mind this week.

#### Week 4:

This week your dreams might be a tool for gaining insight on what you want to accomplish. Although dreams can't predict the future, they may reveal some of your subconscious desires.

### laurus

April 21-May 21 Week 1:

Taurus, expect a week of self-reflection. Old emotions might resurface and offer you a chance to grow and heal. If you're feeling out of sorts, make a plan to hang out with close friends. Week 2:

Introspection is paramount right now, Taurus. You may find yourself reflecting on your values, goals and personal growth. This week there are chances to change.

#### Week 3:

It is time to make peace with someone even if it is the last thing you want to do this week. There is no better option thank to talk it out, so schedule that chat as soon as possible. Week 4:

Follow your instincts this week, Taurus, even if you're more prone to reason than whimsy. Let the chips fall where they may and go with the flow.

## Gemini May 22-June 21

Week 1:

Make sure you are not spreading yourself too thin this week, Gemini. Even though you are eager to connect and socialize, you might want to limit the number of events you attend. Week 2:

Gemini, right now is a good time to collaborate with others, whether at work or in personal projects. Use any time this week to your advantage to attend social events.

#### Week 3:

Sometimes there is nothing you like more than being silly with other kindred spirits who get you, Gemini. But you're in a different mood this week and it might feel unfamiliar to you. Week 4:

This week can be all about feeding your mind, Gemini. Walk around a bookstore and pick up the first book that catches your eye, regardless of its subject matter.

### Cancer

### June 22-July 22

Week 1:

Home and family matters may occupy most of your time this week, Cancer. It's good to reconnect with loved ones and spend time with your immediate family.

### Week 2:

Put your long-term goals in focus this week, Cancer. Start thinking about where you would like your career to go. You'll certainly feel driven to make progress.

### Week 3:

It is fair to say this week that you desire some time alone and maybe need it as well, Cancer. Take some time for yourself and let others know you're going off the grid.

### Week 4:

- Something may be worrying you lately, Cancer, but you can't
- PAGE exactly put your finger on it. Talk about your feelings with 22 others as another person may have a different perspective.

### Leo

July 23-August 23 Week 1:

Leo, now could be an excellent opportunity to express your ideas and opinions to some of the higher-ups at your place of employment.

#### Week 2:

Adventure is the name of the game for you right now, Leo. Whether it is travel, higher learning or other new experiences, you just may soon break free of your routine.

### Week 3:

Although your first inclination might be to get into a war of words with someone you disagree with, this week you might want to try a different approach. Remain open to others' views. Week 4:

Leo, seize an opportunity to pursue the things that you want most of all. Use this week to map out a plan and then get started on all of the steps before you reach your goal.

### Virgo

August 24-September 22 Week 1:

Exercise caution with your spending and investments right now, Virgo. Although you have some financial opportunities on the horizon, it's best to be careful going forward.

### Week 2:

This is a week when practicality and organization will be your friends, Virgo. You will likely feel a need to get things in order. If you have any outstanding debts, tackle them now. Week 3:

You might be tired of recent drama in your life, Virgo. But if you dig deeper, you might find that you have contributed to the noise. Make some meaningful changes this week.

### Week 4:

Check out ways that you can advance your career or education this week. The energy around you is favoring growth, so now is the time to take advantage and learn a new skill.

### l ibra

September 23-October 23

### Week 1:

A fresh burst of energy could be coming your way, Libra. This may provide the boost you need for self-improvement. You may be inspired to make many changes in your life right now. Week 2:

Libra, the spotlight is on you for the time being. You are feeling more confident and ready to take charge of your destiny. Personal growth may come by way of a job promotion. Week 3:

Your negotiation skills are well-known, and you're usually the first person anyone thinks of when they need a third party to help them smooth over a situation. Enjoy the attention. Week 4:

Others trust your opinions because your intuition tends to be spot on, Libra. When a friend comes to you this week asking for some advice, you will not hesitate.

### Scorpio

October 24-November 22

### Week 1:

Scorpio, you may find yourself reflecting on your mental and emotional well-being this week. Some introspection could lead to a breakthrough that helps you understand the past. Week 2:

Scorpio, you may be drawn to more quiet, intimate moments with your partner this week. This is a great time for reflection and connection for the both of you.

### Week 3:

Scorpio, even if someone is pushing your buttons this week, you won't let that get in the way of doing something for this person because they are dear to you.

#### Week 4:

Use your creativity to make things happen this week, Scorpio. This may not produce a finished product, but it could be about an innovative way to approach a task or problem.

### Sagittarius

November 23-December 20 Week 1:

Expect your social life to pick up speed this week, Sagittarius. Invitations and opportunities to connect abound. Pay attention to your network as it may lead to connections. Week 2:

Sagittarius, expect to meet new people or form bonds with others who share similar interests and goals this week. Community-based projects may draw your attention. Week 3:

You are no stranger to good luck, Sagittarius. This week that luck will be shared with people who cross your path. They will appreciate the fortune.

#### Week 4:

Figure out some new ways to expand your horizons this week, Sagittarius. Identify means to personal growth, including educational opportunities.

### Capricorn

December 21-January 20

Week 1:

Your hard work is paying off, Capricorn, but you also need to tend to your personal needs right now. This is the week to find better balance and take care of your health.

### Week 2:

This week the focus will be on your career, Capricorn. You'll feel more motivated than ever to achieve your goals, but it will take a lot of hard work to get there.

### Week 3:

Expect to experience a strong feeling of wanderlust this week, Capricorn. You may find it challenging to pass up a trip or a new experience of any kind.

#### Week 4:

Capricorn, it is important to step out of your routine every so often to increase your knowledge and expand your horizons. This is one of those weeks to do so.

### Aquarius

January 21-February 18

Week 1:

Aquarius, you may be feeling more curious about the world around you and could find this is the week for some

unexpected travel. It's a great time to embrace new ideas.. Week 2:

Aquarius, you might feel more connected to your spiritual side right now and want to seek knowledge or inspiration in areas like philosophy. Take every opportunity to learn and grow. Week 3:

Aquarius, right now the old adage that if you ignore it, it will go away might not hold true. Failing to face something right now may not be the best approach.

#### Week 4:

Are you satisfied with your career, Aquarius? If you have been mulling a career change, this could be the week to start moving your chess pieces around.

### Pisces

February 19-March 20

### Week 1:

Your intuition will guide you this week, especially when it comes to romance and other matters of the heart, Pisces. Expect relationships to grow for the better.

situation and make some changes for your security and

You are ready to share secrets with a soulmate, Pisces. The

challenge lies in trying to find the time when you are alone to

Pisces, don't worry too much about the changes that lie ahead

this week. You have a more adaptable nature than you might

realize. As changes come your way, embrace them.

personal growth. Your intuition will guide you.

have this important conversation.

#### Week 2: Pisces, now is a good time to focus on your financial

Week 3:

Week 4:

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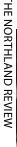
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# **PROMOTE HEALTH WITH THESE DAILY HABITS**





Health should be a priority, but too often life gets in the way and individuals take a reactive, rather than proactive, approach to their personal well-being. But living healthier need not be so difficult. In fact, research suggests that small, positive changes in how a person lives each day creates a healthier person over time.

A Hologic-Gallup survey on the state of women's health conducted in April 2024 found 63 percent of respondents said it was hard for them to make health a priority. They cited feeling overwhelmed, needing to care for others before themselves, emotional/mental health, and work as the top barriers to focusing on health. But it's important that both women and men recognize that small changes can add up to big results. These healthy habits can help individuals start living healthier lifestyles.

• Get some exercise. Regular physical activity is one of the most important things a person can do fo his or her health. Exercise helps manage weight, reduces the risk of disease, strengthens bones and muscles, and improves brain health. The Centers for Disease Control and Prevention says adults should aim for at least 150 minutes (30 minutes a day for five days) of moderate-intensity aerobic activity a week. A great place to begin is with a daily walk, which is a simple and effective habit that does not require a lot of time and no equipment except a good pair of athletic shoes.

• Wear sunscreen every day. After washing your face each morning, apply a facial moisturizer with an SPF of at least 30, or blend equal parts of sunscreen and regular moisturizer, suggests Harvard Health. Use it on the face, neck, ears, and any thinning hair spots on the scalp. Skin cancer is the most common type of the disease worldwide, and wearing sunscreen can help many people avoid it.

• Spend time outdoors. It takes just a few minutes in the sun to raise vitamin D levels. Vitamin D is necessary for bone and heart health and helps to boost mood, says WebMD. Various studies indicate spending time in green spaces promotes calm and increases happiness.

• Plan your meals. Meal planning is not just a way to manage food budgets. It's also a great method to being more mindful of food choices and avoiding impulse buys or meals that may not be as healthy as they can be. Adding more plant-based foods to a diet is a good start. Such foods can reduce the risk of chronic conditions like high cholesterol and hypertension.

• **Stay hydrated.** Hydration supports good digestion, increases energy and may improve brain performance, states Harvard Health. Drink a glass of water each day upon waking up and with every meal. Older adults often do not feel thirst like they did when they were younger, so it is especially important for seniors to stay hydrated.

Healthy habits are more easily adopted when people begin small and make a daily commitment to their overall health.



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- Are there inspections during the job?
- Is there a final inspection?
- Is the salesman qualified and able to demonstrate the level of quality related to the materials he recommends?
- Are the retainers, valley materials, and other incidentals the best?

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Staples are best used on paper, not shingles. Many problems such as roof blow-offs and bad applications causing punctured shingles have resulted from stapled shingles. Nails provide a sound attachment for the roof system.

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The best time to consider replacing siding, soffits, gutters, windows, doors, and downspouts is when you are replacing your roof. By doing so, you will save money and be assured of appropriate color and style matching. A.A.S.I. is a full service home improvement company ready to help you with all aspects of your home improvement needs.

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AGE 24

# HISTORICAL EVENTS: MAY 1925

The month of May has been home to many historical events over the years. Here's a look at some that helped to shape the world in May 1925.

• "Pink's War" comes to an end on May 1. The campaign was a British aerial bombardment against the Mahsud tribe in British India's Punjab Province. The campaign began on March 9.



• King Alexander of Yugoslavia signs a decree to have his brother, Prince George,

interned as mentally incompetent on May 2. Prince George remained confined in an asylum for nearly two decades until his release was ordered by German occupying forces during World War II. Perhaps thanks to his internment, Prince George was the lone member of the royal family to avoid being exiled and named an enemy of the state upon conclusion of the war.

• James Naismith becomes a United States citizen on May 4. The 64-year-old Naismith, who invented the sport of basketball, was born in Canada but had lived inn the U.S. for 35 years before becoming an American citizen.

• Biology teacher John Scopes is arrested in Tennessee on May 5. Scopes is arrested teaching evolution, which was illegal in Tennessee. Scopes's arrest led to one of the most notable trials in American history.

• Two students and a teacher are killed during the Wilno school massacre in Poland on May 6. Two eighth-grade students, one of whom was carrying a hand grenade and a pistol, instigated the massacre by attacking teachers.

• New York Yankees manager Miller Huggins benches Everett Scott on May 6, thus ending the player's record of 1,307 consecutive games played, a streak that began in 1916.

• African American river worker Tom Lee saves 32 passengers who had been aboard the steamboat M.E. Norman on May 8. The steamboat capsized and sank on the Mississippi River near Memphis, Tennessee, killing 23 passengers and crew.

Article Continues on Page 26





# **HISTORICAL EVENTS: MAY 1925**

Article Continued from Page 25

• The Brooklyn Bridge reopens to vehicle traffic for the first time in almost three years on May 12. The bridge was closed in July 1922 due to problems with two suspension cables.

• American Martha Wise is convicted of murder on May 12. Wise poisoned 17 members of her family, killing three. Wise is sentenced to life in prison, where she ultimately died in 1971.

• Editorials in Japanese news media decry American plans to strengthen the naval base at Pearl Harbor on May 15. Some Japanese suggest the decision to strengthen the base is a harbinger of future American aggression towards Japan.

• Casey Stengel plays in his final Major League Baseball game on May 19, ending a 14-year playing career.

• Malcolm Little is born in Omaha, Nebraska, on May 19. Little would grow up and become a central figure in the American civil rights movement, by which time he was known as Malcolm X.

• Visitors from states along the United States and Canada border flock to Ontario on May 21 after legal 4.4 beer goes on sale in the province.

• The crew of the N25 seaplane, part of the Amundsen Polar Expedition led by explorer Roald Amundsen, is forced to touch down on ice on May 22. An accompanying plane, the N24, witnesses the landing and touches down as well. The explorers were attempting to be the first to fly to the North Pole, but spend weeks after touching down trying to chisel a runway out of the ice.

• Chicago mobster Angelo "Bloody Angelo" Genna is shot numerous times during a high-speed car chase on May 26. The North Side Gang is behind the attack, and Genna ultimately dies from his wounds.

• The Los Angeles police announce on May 30 they had foiled a kidnapping plot that targeted Hollywood stars Mary Pickford, Pola Negri and Buster Keaton.

• Peter DePaolo wins the 1925 Indianapolis 500 on May 30. DePaolo becomes the first driver to complete the course in fewer than five hours.



# HOW TO NAVIGATE A CHALLENGING REAL ESTATE MARKET

Real estate has long been touted as a worthy long-term investment. With that conventional wisdom in mind, young adults often make buying a home one of their first big-ticket purchases. Though real estate remains a potentially lucrative investment, the market for homes has been difficult to navigate for several years running.

High mortgage interest rates and low inventory have left many buyers feeling priced out of the real estate market. Others may find the competitive nature of the modern real estate market too stressful. No one can predict if or when the real estate market might be less challenging, but the following are some ways those looking for a house can navigate that process.

• **Ready your finances.** It goes without saying that prospective buyers must get their financial affairs in order before they begin shopping for a house. But finding a home in the current market takes time, and some buyers might have let their mortgage preapproval letter expire without realizing it. Others might have experienced a dip in their credit rating as they turned to credit cards to confront inflation. That means buyers who began looking for a home months or even years ago might not be positioned to buy now should they find a home to their liking. Revisit your finances if it's been awhile. Pay off any consumer debt that has accumulated in recent months and reapply for mortgage preapproval if necessary.



• Be ready to pounce. Data from the National Association of Realtors found that the average home spent 32 days on the market before being sold in November of 2024, which was a full week longer than a year earlier. That's good news for buyers, but it still means buyers must be ready to pounce if they find a home and home price to their liking.

• Hire a real estate agent. The hectic pace of the modern real estate market can be difficult for anyone to keep up with. But real estate agents keep up with the market for a living, and they can be invaluable resources for buyers whose commitments to work and family are making it difficult to keep pace.

• Emphasize long-term growth and value when assessing properties. According to Zillow, the median list price of homes in the United States was just under \$387,000 by the end of January 2025. But buyers must also recognize that 22.4 percent homes sold above list price in that month, according to a Redfin analysis of MLS data and/or public records. Buying a home is more than an investment in a property. It's also in some way an investment in the town where the home is located and in a homeowners' future. So while it can be tempting to buy a home with the lowest asking price, home buyers should also seek homes that figure to experience the best long-term growth in value. Homes situated in safe and welcoming towns with good schools are arguably a better investment than homes with lower sticker prices but no such amenities.

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