

Win Southern Rail Swag! T-shirts, Hats, Drinks, Cozies, & Gift Cards!

Every Day, 6-9 pm \$3.50 Jag Shots!

eat Raffles

Centennial Youth Hockey Association Lic.# 03934-009

Friday, June 6, 13, 20, & 27 @ 6pm

15201 RUNNING ACES BLVD. COLUMBUS, MN 55025 | 844-4HCETIX (844-442-3849) | hceshows.com

HAY CREEK

License #00017-001

Special Guest JONNY PUDER

FRI

8/15

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

June 5th - 15th: Cheese on a Stick! 11am - 7pm

June 8th: Spaghetti Dinner!

For Roseville Champions Force Cheer 4-7pm. USVRC Volunteer

June 14th: Live Music! w/Blind Driver 7-11pm

June 28th: Fireworks! Live Music! w/ The Summerbabies 5-9pm **BBQ Under the Tent Sponsored by USVRC**







7/18

CR's Sports Bar & Carbone's Pizzeria 8525 Cottonwood St. NW / Coon Rapids, MN / Bar: (763) 780-1585 / Carbone's: (763) 717-0327 TENT PARTY BINGO! June 6th & 7th **6/6:** 10 Games pay \$250 Each! 2 Must Go \$1,000 Coveralls! 6/7: 13 Games pay \$500 Each! 2 Must Go \$2,000 Coveralls! CR'S WILL BE GIVING AWAY 2 TRIPS TO LAS VEGAS! **JUNE 14TH** DUCK SOFTBALL FUNDRAISER PERSON ST. PAUL SAINTS BUS **FIRST** Saturday, June 21st 30 PAID BUS DEPARTS CR'S AT 5:40PM \$65.00 PER PERSON ARE IN!



2100 N. Dale St., Roseville, Mn. 55113 651-489-5386 • www.b-dale.com Plenty of off-street parking!!! ublic Welcome! New Members Welcome!!

LIVE MUSIC! **THURSDAYS @ 7PM** 6/5: Samuel John

6/12 & 6/19: The Metro's 6/26: Josh Quinn

KARAOKE! June 14 @ 7pm



SEE OUR AD ON PAGE 6 **Little Village Pub** 2670 Co. Rd. E. East, White Bear Lake



SUNDAY **TRIVIA NIGHT**

KARAOKE NIGHTS!

Twilite Moonlite: very Other

BREAKFAST Saturdays & Sundays! 8-11am BREAKFAST **BINGO** Saturdays & Sundays @ 9am \$1,000 Coverall!

McCarron's 1986 Rice St. • Maplewood 651-788-7362 Roseville Youth Hockey Lic. #:
A-03191-11 Mon. 6pm & Sat. Noon. **PURSE BINGO**2nd Tue. sales starts: 6pm.

MEAT RAFFLES Fri. 5:30pm & Sat. 11:30am

JUNE FOOD SPECIALS! All June: Jalapeño Popper Burger June 2 - 8: Chicken Bacon Ranch Wrap

June 9 - 15: Blackberry Summer Salad

June 16 - 22: Beef

June 23 - 29: Hawaiian Flatbread





\$200 Pots! \$1,199 Must Go Coverall!

Packet Sales Start @ 10:15AM. \$30/Packet, Extra Packets for \$10





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

Roseville

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

vfwroseville.org

Thursday, June 5th - 15th: Cheese on a Stick!

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BBQ Outside Under the Tent **Sponsored by USVRC**

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















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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 THE WHOLE FAMILY ENJOYED THEMSELVES.



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

Open EVERY DAY, with more sessions than any other Hall!

Purchase the fully loaded Champion Computer with two side packs regularly priced at \$125 for \$60 every session!!

Pull Tab Locations:







Lucky's 13 Pub 2480 Fairview Ave N. Roseville MN 55113



Stouts Pub 1611 Larpenteur Ave West Falcon Heights, MN 55113

2525 N. Snelling Ave. Roseville, MN, 55113. 651-697-1090 • Follow us on Facebook : Roseville Bingo Hall



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



TipBoards for the Football Gam NW, Coon Rapids



Pull-Tabs, E-Tabs and E-Bingo! PLAY MEGASOTA GAME NITE Tues. FROM 7-8PM FOR HUGE JACKPOTS Tip Boards for the Football Games!

Fridays @ 6:30pm

99 Payouts on all \$1 Games! \$1,000 Coverall Jackpot!
500 Layer Cake Jackpot! Shake A Day! Extra \$100 I
efore we start & @ intermission

Extra \$100 Paid on \$1 Games if Bil on Hotball

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EAST BETHEL Cedar Creek AutomotivePG 25
FALCON HEIGHTS Stouts' PubPG 2
FOREST LAKE Bacons Motors PG 28 Diesel Rocker PG 26 Friars PG 2 Music Connection PG 2 The Old Log Cabin Bar PG 2
FRIDLEY American LegionPG 10
HUGO American Legion Post #620PG 17
INVER GROVE HEIGHTS Bike King PG 28 Drkula's PG 16 & 28
The BungalowPG 8
MAPLEWOOD McCarron'sPG 6 The Doghouse Bar & GrillPG 5

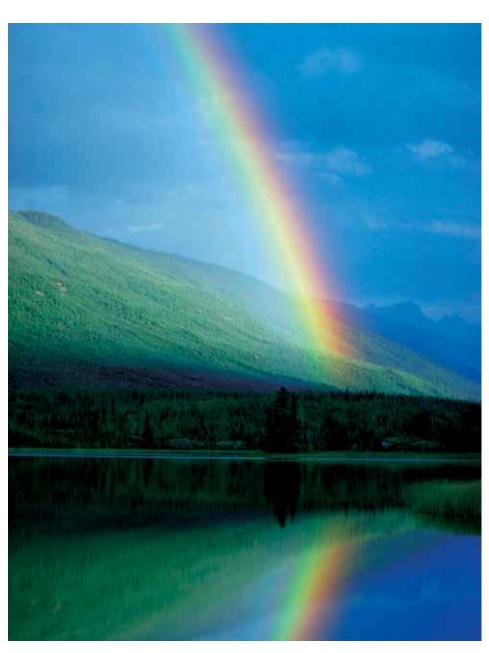
ROSEVILLE B-Dale Club	PG 2 PG 2 PG 2
SOUTH ST. PAUL Illetschko MeatsPo	5 2 & 20
SPRING LAKE PARK Kraus Hartig VFW Post #6857 Hi Stakes The Sunset Grill Tower Days	PG 15 PG 15
ST. CROIX BEACH The Beach Bar	PG 9
Happ	4

PG3&6	P. D. Pappy's	PG 17
PG 2	Sal's Angus Grill	
PG 2	Stillwater Bowl	
PG 2		
	ST. PAUL	
0 Z W 11	St. Paul Saints	DG 19
	Jt. I aui Jaiits	
G 2 & 20		
	Jimmy's Food and Drink	PG 13
	Sak's Sports Bar	PG 13
PG 15		
PG 15	WHITE BEAR LAKE	
	Bear Town	PG 13
PG 8		
	Little Village Pub	
	White Bear Bar	
PG 9		
٢u ۶	Willte Deal Relital	F G Z C
	GENERAL AREA	
	A.A.S.I Home Improvement	PG 24
	Freeman Homes	
	White Bear Hockey	
4	Willie Deal Hockey	

STILLWATER

FATHER'S





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DID YOU KNOW? MILKPG 4	RECIPE: COLLARD GREENSPG 17
PUZZLESPG 7	RECIPE: CHICKEN AND
PUZZLE ANSWERSPG 8	DUMPLIN'SPG 18
(IDS FACTSPG 8	RECIPE: CHICKPEA, FETA, AND ORZO SALADPG 19
OUTDOOR GAMESPG 9	TORNADO MYTHSPG 20
GIFTS FOR DADPG 10	SUMMER SOLSTICEPG 21
FIREWORKS SAFETYPG 11	HOROSCOPESPG 22
BINGO LISTINGSPG 12	EXERCISE YOUR BRAINPG 24
OCEAN FACTSPG 13	100 YEARS AGO: JUNE 1925 PG 25
RAFFLE LISTINGSPG 14	100 YEARS AGO: CONTINUED PG 26
RECIPE: PORK CHOPSPG 15	LIGHTNING STRIKESPG 27

CHECK OUR WEBSITE FOR FEATURED ARTICLES AT THENORTHLANDREVIEW.COM/ARTICLES/

CONTACT

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

Questions or Comments: officenorthlandreview@gmail.com Phone: 612-814-1906

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EDID YOU KNOW? MILK

Drinking milk is a popular way to consume the amount of dairy if recommended for a healthy diet. Milk is a rich source of 13 essential nutrients that can boost the immune system and fuel the body. Milk notably contains vitamin D and calcium, which helps maintain strong bones and can reduce the risk for a bone-thinning disease known as osteoporosis. Milk also contains vitamins A and B as well as potassium and protein. Milk helps keep teeth strong and healthy as well. The United States Department of Agriculture says that each person's recommended intake of dairy depends on his or her age, gender, height, and other factors. Generally speaking, toddlers and children should consume between one and 2.5 cups of milk per day. Adults can benefit from about three cups per day. A cup is equal to 8 ounces. Health experts advise choosing nonfat or low-fat versions of milk and additional dairy products, as they are much more heart-healthy than full-fat options. Too much saturated fat in one's diet can lead to high cholesterol and a greater risk for heart disease. If the idea of downing three glasses of milk is a turn-off, milk can be incorporated into recipes, such as smoothies, where its taste and texture is less prominent. Cheese and yogurt also count. Eight ounces of yogurt or

11/2 ounces of hard cheese is equivalent to one cup of milk in terms of nutrition, says a2 Milk®, a company that produces milk that may be easier on digestion. Individuals who have a lactose intolerance can choose milk products that do not contain lactose.











Trivia Night!

June 24th, 6:30 pm

fun! WIN

octs QUIZ Win Southern Rail trivia! Swag! T-shirts, Hats, Drinks, Cozies, & Gift Cards!

\$3.50 Jag Shots!

Hours

Monday: Closed Tuesday: 1pm-Close Thursday: 1pm-Close Friday: 11am-1am Saturday: 10am-1am Sunday: 10am-Close

Friday, June 6, 13, 20, & 27 @ 6pm



Centennial Youth Hockey Association Lic. # 03934-009











Saturdays 11:30am

Roseville Youth Hockey Lic. #: A-03191-11



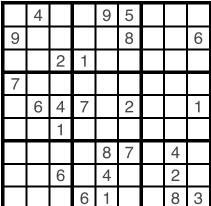
2100 N. Dale St., Roseville, Mn. 55113

651-489-5386 • www.b-dale.com *Plenty of off-street parking!!!*

PUZZLES

Answers on page 8

Sudoku 1



Solve the code to discover words related to fir Each number corresponds to a letter. (Hint: 23 = E)

7 3 6 3 8 20 19 6

24 5 22 24 1 23

20 6 12 13 9

25 3 3 10

В.

D.

CLUES ACROSS

10. Fogginess

14. Home to Fools' Day

19. Consume food

23. Actor Malek

26. Illegal acts

34. African nation

37. Oh, goodness!

39. Cleanser

22. Japanese honorific

29. As fast as can be done

35. Slow-moving animal

38. A team's best pitcher

40. Radioactivity units

41. Expectorated matter

45. The central area of a church

46. California capital (abbr.)

50. Impression of dishonesty

53. Northeastern sports rivalry

47. Dutch painter Klaver

58. Stalin's police chief

49. 007's creator

57. Cloths

59. Hostelries

60. Bitterly regret

43. Cover a wide range

31. Prevents harm to young

32. Exclamation of satisfaction

20. Buddy

15. Absence of the sense of pain

17. Popular November holiday

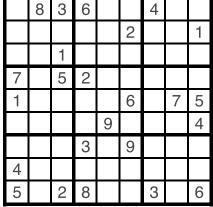
21. Long-haired goat-antelope

24. One point south of southeast

1. Marsh plant

6. Southern constellation ("The Peacock")

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2 1 14 25 2 26

26 6 11 3 23 18

11 4 9 18 1 4 1 5 26

SPARKLING WORD SEARCH

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WORDS

AERIAL ASSORTMENT BARRAGE BROCADE BURST CAKE CANDLE COMET CONE CRACKLE DUD FFFFCTS FINALE FIRECRACKERS FIREWORKS FOUNTAIN FUSE GLITTER MORTAR NOVELTY PYROTECHNIC SHELL SPARKLERS

Find the words hidden vertically, horizontally, diagonally, and backwards.

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Rearrange the letters to spe**ll** something pertaining to fireworks

RALEAI



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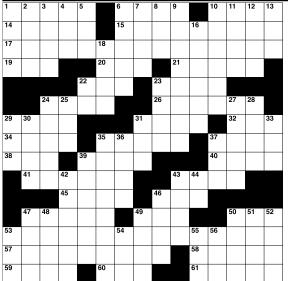
U

D

Rearrange the letters to spell something pertaining to roller coasters.

LPSOO

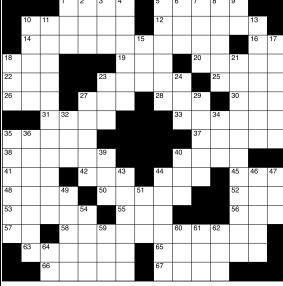
66. Things that consist of two elements or



61. Anwar ___, Egyptian statesman

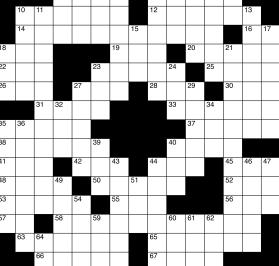
CLUES DOWN

- 1. Satisfy
- 2. European health advocate
- 3. Expression of annoyance
- 4. Strong liquor
- 5. Large red deer6. Holder of less common religious beliefs
- 7. West Indian shrub
- 8. Family of proteins
- 9. Wealthy, influential business leader 10. Low spirits
- 11. Approves food
- 12. Monetary unit of Iran and Oman
- 13. Mary __, cosmetics
- 16. Expressed in pithy maxims
- 18. Relaxing spaces 22. The NFL's big game
- 23. Proof of payment (abbr.)
- 24. Starchy preparation of dried
- orchid tubers
- 25. Indicates near
- 27. Minneapolis suburb 28. Herring-like fish
- 29. Doctors' group
- 30. Pouches
- 31. Bread dipping in sauce
- 33. Commercials
 35. A reminder of past events
- 36. Affected by injury
- 37. Geological time
- 39. Stationary part of a motor
- 42. Brings together
- 43. Of sound mind
- 44. Personal computer
- 46. Without (French)
- 47. A bank might give you one
- 48. Agricultural testing organization
- 49. A small island 50. Type of gene
- 51. Murres
- 52. Card game
- 53. A measure of human health
- 54. Australian airline (abbr.)
- 55. One point south of due west
- 56. Affirmative



CLUES ACROSS

- 1. Type of bread
- 5. Range of mountains
- 10. Ended
- 12. Musical forms with a recurring theme
- 14. On the nature of being
- 16. Law enforcement agency
- 18. Australian flightless bird
- 19. Subway rodent 20. More dried-up
- 22. A beaver might build one
- 23. Suggestive of the supernatural
- 25. Art __, around 1920
- 26. American rocker Snider
- 27. Not or
- 28. Earliest human: __-Magnon Man 30. Firearm
- 31. Tough outer skin of fruit
- 33. Alternative form of a gene 35. Low shrub some call "fat pork"
- 37. Plants in the chamomile tribe
- 38. Revolutionary War era spy
- 40. Portion of a book
- 41. Hoover's office
- 42. Title of respect
- 44. Tax collector
- 45. Cool!
- 48. Real estate
- 50. Boy's name
- 52. Airborne (abbr.)
- 53. Strongly recommends
- 55. Hit lightly
- 56. Bar bill
- 57. Atomic #54



67. Tense

parts

58. Devotes again 63. Fish sauce

65. French stock market

- **CLUES DOWN** 1. Retired game show host Sajak
- 2. Equal (prefix)
- 3. Israeli city __ Aviv
- 4. Loved
- 5. A type of analyst 6. Ad _
- 7. Gasteyer and de Armas are two
- 8. Ran without moving
- 9. Opposite of yes10. Diffuse clouds of gas
- 11. Mentioning one by one
- 13. Instruments used to dilate
- 15. Freshwater fish
- 17. Remotely-manned flying objects
- 18. Doctor of Education
- 21. Renews
- 23. Not the start
- 24. Pitching stat 27. Small water buffaloes
- 29. Ceramic jars
- 32. I (German)
- 34. Something to toss on a fire
- 35. The process of flowing in 36. A series of acts at a night club
- 39. Egg of a louse
- 40. Inquire too closely
- 43. Travelers
- 44. Drink
- 46. Behave in a way that degrades 47. Electronic music style
- 49. Northern Ireland city
- 51. Upset
- 54. Stiff structure resembling a hair
- 59. Father 60. North Atlantic fish
- 61.8th month (abbr.)
- 62. Make an effort
- 64. Commercial

PUZZLE ANSWERS

THE NORTHLAND REVIEW)[Z	Z					Ш	3V
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AND	6	4	7	3	9	5	2	1	8	2	8
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W	5	8	2	1	7	6	9	3	4	6	7
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	3	6	4	7	5	2	8	9	1	1	2
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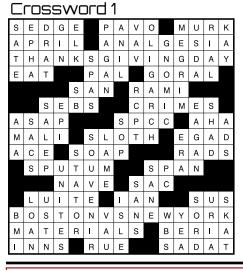
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7	4	5	2	1	8	9	6	3				
1	2	9	4	3	6	8	7	5				
3	6	8	5	9	7	1	2	4				
8	1	7	3	6	9	5	4	2				
4	3	6	1	2	5	7	8	9				
5	9	2	8	7	4	3	1	6				

Crypto Fun

1: A. ignite B. flash C. boom D. colorful 2: A. speed B. height C. tracks D. amusement

Word Scramble

1. aerial 2. loops



Crossword 2														
			Р	ı	Т	Α		С	Н	Α	1	N		
	С	Е	Α	S	Е	D		R	0	N	D	0	S	
	0	N	Т	0	L	0	G	1	С	Α	L		Р	D
Ε	М	U				R	Α	Т		S	Е	R	Е	R
D	Α	М			Е	Е	R	ı	Е		D	Е	С	О
D	Е	Е		Α	N	D		O	R	0		G	J	N
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Word Search

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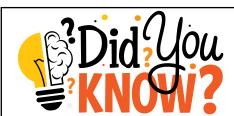
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English: Dolphin **Spanish:** Delfin **Italian:** Delfino French: Dauphin German: Delfin



В

В

The precise number of species that live in the ocean is unknown. However, some studies estimate there are about 2.2 million marine species.



Spring Lake Park Lions and the City of Spring Lake Park Presents

Tower Dav

Thursday, June 5th - Sunday, June 8th Visit www.slprec.org for More Information

Most Activities are Free w/ \$3 Donation for a Tower Days Commemorative Button! Buttons are Available at Spring Lake Park City Hall & at Tower Days Events!

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Free Parking at the SLP City Hall: 5005 Minnetonka Blvd, St Louis Park. Enjoy a Free Shuttle to the Park on Sunday, June 9th, 11am-8pm

EVENTS SCHEDULE:

Thursday, June 5th:

Tower Days Parade and 3K Fun Run!

Begins at 6:30pm. Parade Route: Begins at 81st & Able St, North on Able to 84th, West on 84th to Monroe, South on Monroe to 79th, and East on 79th to Able St. **All City Garage Sale Begins!** Thursday - Sunday

Friday, June 6th:

Senior 500 Tournament! SLP City Hall, 1-3pm. Puzzlepalooza! SLP City Hall, 5:45-8pm **Live Music!** Sunset Grill, Evening. Featuring Ozzy Harris!

Saturday, June 7th:

Events at Lakeside Lions Park

Bingo! 11am-2pm. \$200 Pot! \$1,199 Jackpot!

AFW Pro Wrestling! 3-5pm

Live Music w/ Good for Gary! 6:15-9:45pm Fireworks! Start at Approximately 10pm

Pull Tabs All Day! Beer Garden and Food Concessions - SLP Lions Noon-9pm

Sunday, June 8th:

Events at Lakeside Lions Park unless Otherwise Noted

MSMA Car Show! SLP District Office, 10am-3pm

Live Music w/Will Hale!

Childrens Music/Interactive, 11-11:45am

Table Top Carnival Games! 11am-3pm

Arts, Crafts and Business Fair! 11am-5:30pm

Food Concessions! 11am-8pm

Pony Rides! \$8 per Ride, 11am-3pm

Lumberjack Shows!

Noon-12:30pm, 1:30-2pm, 2-2:30pm, 3:30-4pm,

Free Face Painting! Noon-3pm

Water Wars! Noon-6pm

Inflatables & Kiddie Barrel Ride! Noon-6:30pm

Bungee Trampoline! Noon-7:30pm

Lions Adult Beverage Area! Noon-8pm Family Bingo! 25 Cent per Card, 1-3pm

Balloon Artistry by Mandana! 4-7pm Pie Eating Contest! Ages 5-Adult, 4:30-5pm

Live Music w/ Free and Easy! 5-8pm

** No Carry Ins Allowed In Park For The Weekend





8 GAMES TO TRY AT THE NEXT BACKYARD BASH

Games can enhance any outdoor function. Whether at the beach or in one's backvard. activities can keep guests entertained in between the food and other refreshments. And the good news is that most games designed for these types of functions are appropriate for players across a wide range of ages.

The following are eight games that can add to the excitement of any outdoor gathering.

- 1. Ladder toss: Also known as ladder golf, this game requires players to toss stringattached balls onto a ladder-shaped target. Points are awarded depending on which rung the ball lands on.
- 2. Kubb: Pronounced "KOOB," this Swedish lawn game believed to have originated during the era of the Vikings and is best described as a blend of bowling and horseshoes. Two teams compete to knock over their opponents' wooden blocks by throwing batons.

@ 4:30pm

- 3. Cornhole: Many people have played cornhole, which involves tossing bean bags at the cornhole board, The objective is to get the bag into the hole or on the board to score points. The game can be played as singles or doubles. The first team to reach 21 points wins.
- **4. Spikeball™:** Also called Roundnet, this two-on-two sport is played by hitting a ball off a net with the goal of preventing the opposing team from returning the ball within three touches.
- **5. Ring toss:** This is another game that tests hand-eye coordination. Players take turns tossing the rings onto the target pegs. Each peg is worth a different number of points. The first player to reach the agreed-upon amount of points wins.
- **6. Connect four in a row:** Giant versions of familiar tabletop games also are available for yard use. With this game, players need to get four chips in a row, either up and down or diagonal.
- 7. Kan Jam[®]: Similar to cornhole or horseshoes, Kan Jam[®] features two teams of two that alternate between throwing a frisbee and trying to deflect it. The goal is to get the frisbee into the can.
- 8. Rollers: Goals are placed 25 feet apart and then players roll wooden discs to try to get closest to the goal. Each side of the disc has a different number to determine the point value.

Backyard events can be enhanced with some game play. There are plenty of fun options for your next gathering.





GIFTS FOR DAD HE'S CERTAIN TO ENJOY

Father's Day celebrations began on June 19, 1910, in the state of Washington. However, it wasn't until 1972 that a day honoring fathers became a national holiday. Since then, children have been trying to figure out how they can show their dads and other father figures in their lives just how much they are appreciated. Plenty of hugs and high fives are customary on Father's Day, but gifts also get the spotlight on this holiday, which is held on the third Sunday in June each year.

Each year families ponder what to get the man who seemingly has everything. These Father's Day gifts are certain to please Dad this year.

Gaming gifts

The joy of gaming may not wane as Dad gets older. Once a gamer, always a gamer, and gifts that cater to Dad's love of play can be winners. Pay attention to the release dates of games that Dad wants to play, and then make sure to grab them before they sell out. Peripherals that can enhance gaming also can be ideal gifts. These include Bluetooth headphones with microphone, controller charging stations, light-up keyboards, or a comfortable gaming chair.

Sports tickets

Experiential gifts continue to win rave reviews, as people increasingly are finding that adding more "stuff" to their lives does not equate to happiness. Rather, gifts that focus on experiences instead of material things can produce lasting memories. Father's Day is a good time to grab tickets to an upcoming sports game, whether it's a high-profile Major League Baseball game at the stadium, a local event or overseas affair. June and July feature Formula 1 racing, the Worldwide International Cricket Matches, the MLB All Star Game, the Tour de France, Wimbledon, and more.

Cookout supplies

If Dad is the resident outdoor chef, adding to his assortment of cooking gear can be the perfect way to show love and affection on Father's Day. While grills and smokers may get much of the attention, a tabletop pizza oven or outdoor griddle might be welcome additions as well.

Fishing gear

The warm weather of the summer presents plenty of opportunities for anglers to reel in trophy catches. Fathers who love to fish can always use some additions to their tackle boxes, new reels and rods. Choose the correct items for the type of fish he typically goes for, as fishing for striped bass requires different gear that fishing for fluke.





STAY SAFE WHEN AROUND FIREWORKS

Fireworks have been integral components of celebrations for centuries. These pyrotechnics originated in ancient China, with their earliest forms thought to be made from bamboo stalks thrown into a fire. Fireworks ultimately evolved into gunpowder-filled paper tubes. Modern fireworks still largely use traditional gunpowder as well as additional ingredients like aluminum and iron to create flashes, bangs and sparks. Additional elements are blended to create the colors that make for vivid fireworks displays. Fireworks can be a wonder to behold, but there is no denying that shooting them off can be dangerous business. The U.S. Consumer Product Safety Commission reports that eight deaths and an estimated 9,700 injuries involving fireworks occurred in 2023. Of the eight deaths, five were associated with misuse of fireworks and two with a device malfunction. Fireworks injuries increased between 2008 and 2023, which underscores the importance of fireworks safety.

To celebrate safely, the CPSC urges consumers to follow these tips:

- Make sure fireworks are legal where you live and only purchase and set off those that are labeled for consumer use. Never purchase fireworks that are designed for professionals.
- Children should not be allowed to play with or ignite fireworks. This includes sparklers. Sparklers burn at temperatures that can reach or exceed 2,000 F, which is hot enough to melt some metals.
- Stay sober when using fireworks. Alcohol or drug impairment can cause people to act recklessly and make mistakes when handling fireworks.
- Keep a bucket of water or a garden hose nearby in case of fire or another mishap.
- Only light one firework at a time, then move away from it quickly.
- Soak malfunctioning fireworks in water. Do not try to relight them.
- Never place any part of your body directly over a firework when lighting the fuse.
- Never point or throw fireworks at anyone.
- Douse spent fireworks with water before tossing them in the trash.

Spectators should remain at a distance from any fireworks being ignited. Fireworks should be lit away from buildings or trees. Many times it is safer to let professionals handle the fireworks since they are trained in the proper safety precautions.







Wednesday @ 6pm, Friday @ 5:30pm

Prize Value \$20 per Meat Package!

30 Chances to Win per Game!

Monday-Thursday: 5-10pm

Sunday: 12:30-9pm

Friday-Saturday: 12:30pm-12am

\$1 per play

Available during

bar hours

THE NORTHLAND REVIEW **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

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

WEDNESDAYS

American Legion Fridley

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

Bear Town

4875 Highway 61, White Bear Lake. 651-426-4225 • 6pm

8525 Cottonwood St. NW, Coon Rapids. 763-780-1585 • 6:30pm

Drkula's

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

Hi Stakes Bar

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

Jimmy's Food & Drink

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

Roseville Bingo Hall

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

The Brookside Bar & Grill

140 Judd St., Marine On St. Croix. 651-433-1112 • Every Other Wed. 7pm

The Doghouse Maplewood

2029 Woodlynn Ave., St. Paul. 651-621-1535 · 6:30pm

The Sunset Grill

8466 Hwy. 65, Spring Lake Park. 763-204-8648 • 3pm, starts May 14

Welsch's Big Ten Tavern

4703 US-10, Arden Hills. 651-633-7253 • 1pm

White Bear Bar

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

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













Oceans cover more than 70 percent of the Earth's surface. According to the National Oceanic and Atmospheric Administration, oceans contain nearly all of the Earth's water, which is just one reason why studying oceans and ways to protect them is so important.

Oceans attract billions of visitors and vacationers each year, and learning about them can instill an even greater appreciation for these vast and vital bodies of water. The following are some interesting facts about the world's oceans that might surprise even the most devoted sea lovers.



- Ocean water is constantly moving. Many people love being near an ocean because of its calming effects, but even when waves aren't crashing onto the shore water is never sitting still. According to the U.S. Geological Survey, the water cycle quarantees the
- never sitting still. According to the U.S. Geological Survey, the water cycle guarantees that the Earth's water supply is constantly on the move.
- Oceans affect the climate. The USGS notes that oceans affect and regulate the Earth's climate by circulating vital heat and moisture around the globe. That's why processes like the Gulf Stream in the Atlantic Ocean can affect the climate across the planet and not just in Atlantic coastal regions.
- Oceans feature incredible biodiversity. The World Wildlife Federation reports that the oceans are home to more than 240,000 known species. But that incredible biodiversity only tells a portion of the story of the world's oceans, as the WWF notes studies have suggested there are millions of undiscovered species in the deep sea, which remains largely unexplored.
- Oceans make human life possible. The WWF notes oceans absorb more than 25 percent of human-induced carbon emissions and store as much heat as Earth's entire atmosphere, making these bodies of water vital to maintaining human life.
- Oceans contain critical minerals that fuel the economy and bolster national security. The USGS defines critical minerals as non-fuel minerals that are essential to economic or national security and have a supply chain that is vulnerable to disruption. The ocean contains 37 of 50 critical minerals, including cobalt, lithium, manganese, and titanium. Without this supply, life as humans know it would be vastly different, and considerably less safe and economically secure.
- Less than 10 percent of the world's oceans have been mapped. Sea exploration has existed for millenia, but that doesn't mean humans know all there is to know about the layout of the world's oceans. The USGS notes just 10 percent of the world's oceans have been mapped as of 2025, which leaves a lot more to learn about these vast bodies of water.

The world's oceans are vital to human life and a healthy planet Earth. More information about the oceans can be found at usgs.gov and wwf.org.



IIINE 2025

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

Doc's Landing 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

THURSDAYS

FRIARS

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

Hi Stakes Bar 8299 University Ave. NE, Spring

Jimmy's Food & Drink 1132 Co. Rd. E East, Vadnais

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

The Beach Bar 2030 St. Croix Trail S, Lake St. Croix Beach. 651-436-5065 • 5pm

FRIDAYS

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

B-Dale Club 2100 N. Dale St.Roseville. 651-489-5386 • 5:30pm

Bear Town 4875 Hwy. 61, White Bear Lake. 651-426-4225 • 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

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

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 • 5:30pm

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

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



MAKE A FATHER'S DAY MEAL DAD CAN SAVOR

Families celebrate Dad in unique ways on Father's Day. Gifts are customary, but so is a delicious meal Dad will love.

Many dads will appreciate a meal that goes above and beyond the ordinary, preferably something that is hearty and delicious. These "Pecan-Stuffed Pork Chops" from "Jon Bonnell's Texas Favorites" (Gibbs Smith) are a great dish to serve family style when everyone gathers around the table for Father's Day.

Pecan-Stuffed Pork Chops. Serves 7-8

- 1 large rack of pork chops, bones in
- 4 tablespoons butter
- 1/2 yellow onion, chopped
- 2 ribs celery, chopped
- 5 cloves garlic, minced
- 11/2 cups chicken stock
- 1 teaspoon kosher salt
- 1/4 teaspoon cayenne pepper
- 2 cups panko bread crumbs

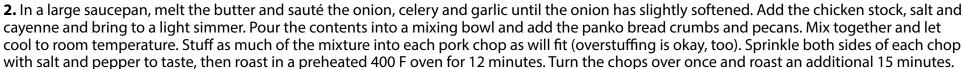
Invictus Brewing

2025 105th Ave. NE, Blaine

Company

(763) 208-3063

- 2 cups
- 2 cups roasted pecans, chopped More kosher salt and pepper, to taste
- 1. Clean the rack of pork well and cut in between the bones to get thick individual pork chops. Cut a large slit down the back side of each chop and insert the tip of a knife 2 to 3 inches inside the chop to create a pocket for the stuffing. Do not poke completely through the pork or the stuffing will not stay in.



3. Check for doneness with a meat thermometer. Cook to medium, or 135 to 140 F.

Bingo Mon. @ 6:30PM

Pull Tabs & E-Tabs Daily

Bacon Raffle & Pig Races Fri. @ 6:30pm





JOIN US FOR BINGO IN THE PARK AT

\$200 Pots! \$1,199 Must Go Coverall!

Packet Sales Start @ 10:15AM. \$30/Packet, Extra Packets for \$10

LAKESIDE LIONS PARK!

Drkula's

6710 Cahill Ave Inver Grove Heights 651.451.1717

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





Bar and Bowling Hours

Sunday - Thursday: 11am - 11pm Friday - Saturday: 11am - Midnight

Kitchen Hours

Every Day 11am - 10pm

PRICES PER LANE

\$40 - 1 Hour • \$50 - 1.5 Hour • \$55 - 2 Hours
No Charge Shoe Rental • Up to 6 Bowlers per Lane



Wednesdays @ 6:30pm, Saturdays @ Noon



\$150 Guaranteed! \$1,500 Must Go Cover All!

Drkula's Bowl Inver Grove Heights, MN - (651) 451-1717 GOTO www.KidsBowlFree.com/Drkula WHAT TO POW Website Above 180 to The National Kids Bowl Free Summer Bowling Program Since 2008



Banquet Facility for Your Large Party

You can host up to 160 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.

Use our caterer or bring in your own. FREE WiFi available.

Our newly remodeled banquet room is a great way to celebrate Weddings, Anniversary's, Birthday, Meetings or any other special event. Call us now at 651-451-1717 to schedule your reservation.







ALL YOU CAN BOWL SPECIAL!

Prices Per Person.
No Charge for Shoe Rental
Sunday & Monday: 11am - 11pm - \$8
Tuesday & Friday: 11am - 6pm - \$8
Saturday: 11am - 6pm - \$11
1.5 HOURS, WANT TO BOWL

1.5 HOURS. WANT TO BOWL LONGER?\$3/PERSON FOR 2 HOURS.

GIVE SOUL FOOD THE SPOTLIGHT

Soul food is a style of cooking made popular by African Americans with roots in the rural southern United States. The ingredients used and cooking style associated with soul food may evoke strong feelings of home, family and togetherness. Soul food features components of west and central African cuisine, as well as European influences. Common ingredients include beans, cornmeal, pork, and greens.

Although soul food originated in the south, today it is found across the country. This means plenty of individuals can experience and enjoy delicious soul food, including this recipe for "Grandma's Collard Greens" courtesy of "Virgil's Barbecue Road Trip Cookbook" (St. Martin's Press) by Neal Corman.

Grandma's Collard Greens. Serves 6-8

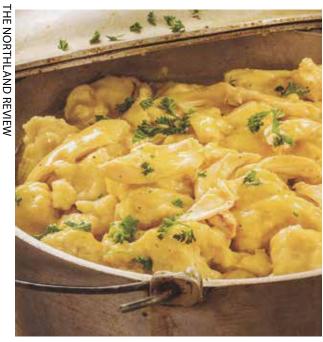
- 1/2 pound uncooked bacon, diced 21/2 pounds collard greens,
- cups chicken stock 3

stems removed

- tablespoons white vinegar 4
- 2 tablespoons granulated sugar 1/4 teaspoon creole seasoning
- 1/4 teaspoon ground white pepper
- 1. Heat a large saucepan on high heat, and render the bacon until crisp.
- 2. Add the collard greens and sauté until they begin to wilt. Add the remaining ingredients and lower the heat to a simmer.
- **3.** Simmer the greens until tender, about 30 minutes.







COZY UP TO SOME COUNTRY COOKING

Country cooking means different things to different people. For many, it is the comfort foods they grew up with. From fried chicken to mac and cheese to meatloaf, there are plenty of dishes that fall under the country cooking umbrella. But a pot of chicken and dumplings may be one of the most popular and recognizable country cooking staples.

Chicken and dumplings is flavorful, feeds a crowd and appeals to everyone from adults to children. This recipe for "Quick Chicken and Dumplin's" from "Lord Honey Traditional Southern Recipes with a Country Bling Twist" (Pelican Publishing) by Chef Jason Smith speeds up the process of making traditional chicken and dumplings with the use of rotisserie chicken.

Quick Chicken and Dumplin's. Serves 4

- rotisserie chicken
- 32-ounce box chicken broth
- cans cream of chicken soup
- 1/2 cup butter
- 1/2 teaspoon ground white pepper

Dumplin's

- cups biscuit mix
- tablespoons, butter, melted
- 1/3 cup whole milk
- cup chicken broth Chopped fresh parsley

- 1. Pull the chicken off the bone and cut into cubes.
- 2. In a large Dutch oven, add the chicken broth, cream of chicken soup, and butter. Turn to medium heat, and bring to a slow boil. Then add the pepper and chicken. Bring to a full boil.
- 3. In a mixing bowl, stir the dumplin's ingredients until combined; the dough should be the texture of drop biscuits.
- 4. When broth is boiling, drop dough into broth using a teaspoon. Make sure to use all the dough; you may have to push the dough around to find spots.
- 5. Once all of the dough is in, put on lid and reduce heat to low. Cook for 5 to 10 minutes. Transfer chicken and dumplin's to a serving dish, and sprinkle with chopped parsley.

Tip: Never stir dumplings. Always push them; this keeps them from breaking up.



TANGY CHEESE GIVES THIS SALAD A KICK

Summer party season requires having plenty of refreshing, and easy-to-prepare offerings for family, friends and other guests. Salads come in all shapes and sizes, and can feature a versatile mix of ingredients to help customize their flavor. They're also refreshing and easy to prepare and serve on hot days or nights.

"Chickpea, Feta and Orzo Salad" puts a Mediterranean-style twist on the summer salad. Feta cheese gives it richness and tang, while chickpeas pack a protein- and fiber-laden punch. Enjoy this recipe, courtesy of "Cooking Light® Fresh Food Superfast" (Oxmoor House) by the Cooking Light® kitchens.

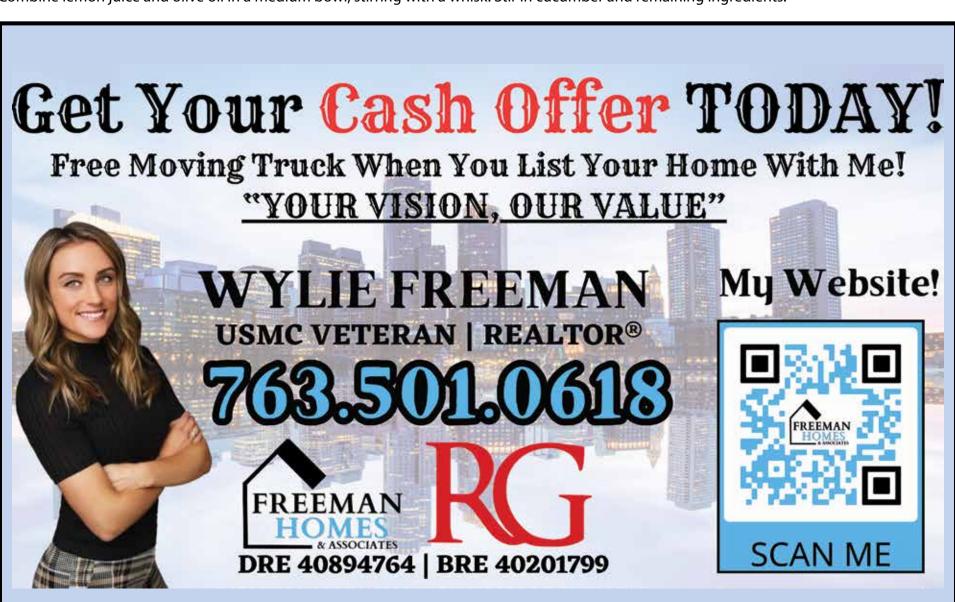
Chickpea, Feta and Orzo Salad. Serves 4

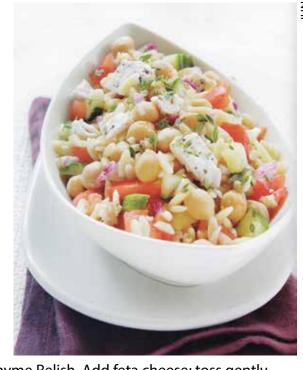
- 1 cup uncooked orzo Cucumber-Thyme Relish (see below)
- 1 cup refrigerated pre-chopped tomatoes
- 1 16-ounce can chickpeas, rinsed and drained
- 1/4 teaspoon salt
- 1/3 cup (1.3 ounces) crumbled feta cheese with basil and sun-dried tomatoes
- 1. Cook pasta according to package directions; drain and rinse under cold water. Drain well. While pasta cooks, prepare Cucumber-Thyme Relish.
- 2. Combine tomato and chickpeas in a large bowl, tossing gently; stir in pasta, salt, and Cucumber-Thyme Relish. Add feta cheese; toss gently.

Cucumber-Thyme Relish. Yields 2/3 cup

- 11/2 tablespoons fresh lemon juice
- 1 tablespoon extra-virgin olive oil
- 1/2 cup chopped English cucumber
- 2 tablespoons finely chopped red onion
- 1 tablespoon fresh thyme leaves
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Combine lemon juice and olive oil in a medium bowl, stirring with a whisk. Stir in cucumber and remaining ingredients.





7 MYTHS ABOUT TORNADOES



More than a thousand tornadoes form in any given year across North America. The strong winds and powerful rains of tornadoes can decimate affected areas in a matter of minutes, reducing buildings to rubble, uprooting trees and causing widespread flooding. It is important to know what to do should a tornado strike. Unfortunately, myths abound in regard to tornadoes. To set the record straight, here are eight tornado myths debunked thanks to The National Weather Service, Norfolk & Dedham Mutual Fire Insurance Company, Geico, and Missouri Storm Aware.

MYTH: Outdoors, I should seek shelter from a tornado under an overpass.

FACT: Stopping under a bridge or another raised structure to shelter from a tornado is a bad idea. Flying debris can be forced into the spaces between bridge and grade and impale people. The bridge itself may fall or rip apart. Also, it's often impossible for people to grip onto girders if they exist, so they may be blown loose into the open. A low-lying valley or ditch is a safer place to ride out a tornado than beneath an underpass.

MYTH: Tornadoes can't cross bodies of water.

FACT: Tornadoes can form on land and easily cross lakes, rivers and other bodies of water. Tornadoes also can form on water.

MYTH: Tornadoes don't strike the same area twice.

FACT: Tornadoes can strike an area multiple times. In fact, the town of Cordell, Kansas, was hit by tornadoes three years in a row on May 20.

MYTH: I can outrun a tornado in my car.

FACT: Drivers may be able to avoid a visible tornado by driving away from it at a 90-degree angle relative to its path if it is a great distance away. However, a person should never leave the protection of a sturdy building to try to escape in a vehicle.

MYTH: I should open windows during a tornado to reduce damage by balancing the pressure inside and outside the structure. FACT: Even with the most violent tornadoes, most home frames can withstand the sudden difference in pressure with closed windows. Opening windows will allow rain and wind to enter a home, plus it wastes time and puts homeowners at risk of exposure to flying glass.

MYTH: Tornadoes always can be seen.

FACT: Sometimes tornadoes can be obscured or even invisible due to nearby clouds or rain.

MYTH: You only have to worry about tornadoes during tornado season.

FACT: Tornadoes can occur almost any time of the year, not just in spring. They also can happen all over the country, not just in "Tornado Alley."

MYTH: The tornado itself is the most deadly aspect of the storm.







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WHAT IS THE SUMMER SOLSTICE AND WHAT'S NOTABLE ABOUT THIS DAY?

June is a month to look forward to for a number of reasons. June is home to Father's Day; the end of the school year in many locales; vacations often take place in June; and the summer solstice occurs for people living in the northern hemisphere. The National Weather Service says the summer solstice occurs when the Earth's tilt toward the sun is at a maximum. When this occurs, the sun appears at its highest elevation, or when the sun is directly over the Tropic of Cancer at 23.5 degrees latitude north. The sun's noon-time position changes very little for several days before and after the solstice. With this positioning of the sun, people enjoy the longest day of the year in terms of daylight hours. In 2025, the summer solstice occurs on June 20 at 1:41 p.m. EDT. Those in the southern hemisphere will have to wait until December 21 at 4:21 a.m. EST for their summer solstice. In celebration of the solstice, explore these facts about this remarkable day.

- The summer solstice occurs when one of the Earth's poles is tilted toward the sun at its most extreme angle.
- Per each hemisphere, solstices occur twice a year: the winter and the summer solstice.
- Various cultures around the world celebrate the summer solstice with traditions, holidays and festivals.
- The summer solstice marks the official start of astronomical summer.
- The world "solstice" is derived from Latin and means "sun standing still."
- Depending on one's latitude, the length of daylight a person can enjoy on the solstice varies. At the equator, the time from sunrise to sunset is roughly 12 hours. At temperate or mid-northern latitudes, the length of daylight lasts about 15 hours, says Space.com.
- Solstices do not land on the same calendar day every year because the astronomical year is 365.25 days long. So the solstices shift a day or two each year, but generally fall within the same three days. In the northern hemisphere, those days are June 20, 21 or 22 for the summer solstice.
- No one is quite sure who discovered that the solstices occur. According to Owen Gingerich, Professor Emeritus of Astronomy and History of Science at Harvard University, "[There is] no writing to record this great discovery."
- The summer solstice often is when the golf season heats up. Many clubs take advantage of the longer days during the week the solstice takes place to host sunrise to sunset golf tournaments.
- Although the summer solstice is the longest day of the year in terms of daylight hours, typically it is not the hottest. It will take some time for the Earth to heat up with a greater tilt toward the sun. Hotter days arrive at the end of July and last into August.



Weekly Horoscopes for June

Aries

March 21-April 20

Week 1:

This week you might feel a surge of energy, Aries. It's a good time to get moving on a long-term project or any passion projects that you may have been avoiding.

This is a terrific time to get a grasp on your inner emotions and thoughts, Aries. You may feel extra sensitive and loving towards others, especially your partner.

Aries, the universe is giving you a chance to get in some rest and relaxation before you have to tackle your very long list of tasks. Soak it all up while the break lasts.

Nothing is too much for you to handle right now, Aries. But don't take on even more as a way to prove something to someone. That could be a recipe for trouble.

laurus

April 21-May 21

Week 1:

Taurus, this week is all about finding balance. You may be torn between your career and personal life, but don't forget to set aside time for yourself.

Week 2:

Taurus, you may come across some rough spots that need to be ironed out this week. It may not be easy, but if anyone can handle it, that would be you. Make some firm choices.

Taurus, you value comfort and security, which is probably why you will want to revisit some of your investments over the next few days to figure out if you are maximizing your money.

Your physical energy is strong right now, Taurus. This may work to your advantage regarding your relationship. Your desire for love and passion is intense right now, so explore it.

GeminiMay 22-June 21

Gemini, your creativity is at an all-time high, so use this week to explore new hobbies or start a creative project that excites you. You can be creative at work as well.

Week 2:

It's easier to express how you feel to someone important in your life by doing so in person, Gemini. Set up a meeting where you can get things off of your chest.

Week 3:

You excel at seeing both sides of a situation, Gemini. Follow your intuition as you try to navigate a tricky situation at work that requires you to make a firm decision.

Week 4:

Matters of the heart may need a little work right now, Gemini. If things haven't been going too smoothly, you might have to examine the dynamics of the relationship and make changes.

Cancer

June 22-July 22

This is a week you may feel pulled toward home and family, Cancer. It's a time for reorganizing your space or even simply enjoying quiet moments however you choose.

Cancer, there may be a day this week where you feel like you're all ready to go somewhere but you have no invitation. Make your own plans and get something started.

Week 3:

This is a great week to work behind the scenes, Cancer. Consider stepping back from any projects you had planned and let someone else take the lead for a little bit.

Week 4:

You have an incredible passion for life, Cancer. It's attracting friends and family members into your circle. Partner with someone who shares your energy.

July 23-August 23 Week 1:

Leo, your communication skills that will be on display this week. It's a great time to express your ideas and connect with other people. Start that conversation.

Many elements of your life seem to be falling into place, Leo. This is wonderful news for you. Take time to njoy this well-earned change.

Don't try to cram too many experiences into this particular week, Leo. You may be disappointed by the results if you take on too much. It's best to spread everything out.

Leo, if things aren't going smoothly at work, be careful about blaming yourself. You need to look at the bigger picture and figure out who all the players are in this situation.

Virgo

August 24-September 22

Pay attention to your budgeting and spending this week, Virgo. There may be opportunities to invest your money in a wiser way. Finances will be on your mind a lot.

Week 2:

It could be one of those weeks when your head is in the clouds and you can't focus, Virgo. Make an effort to organize your thoughts and take the week one task at a time.

Virgo, aim for balance right now. Everything may seem like it is up in the air, so if you focus on two or three important things in your life you can tackle them successfully.

Virgo, even when others may count you out, you can be full of surprises. Do not let a recent success go entirely to your head, however. You still have a lot of work to do.

I ibra

September 23-October 23

Libra, you may feel like the spotlight is on you right now. Either at work or in social settings, your leadership abilities will be put to the test and on display.

Week 2:

You are receptive to different creative or recreational outlets this week. Think about a trip to a museum or even a botanical garden. You can use a respite from the grind, anyway.

Week 3:

It isn't the job of someone else to make you happy, Libra. You have to figure out how to do that on your own. A bit of conflict over miscommunication may arise this week.

Libra, even though you may like to plan ahead and take things slowly, sometimes you need to throw caution to the wind. When an opportunity all but falls in your lap, run with it.

Scorpio

October 24-November 22

This might be a week that calls for introspection, Scorpio. Although you might feel like retreating, don't close yourself off entirely from others for too long.

Some health issues have you feeling less like yourself. You're eager to get to the bottom of things. Make your well-being a priority and don't worry about anything else until then.

Exercise caution if you are thinking of changing things up, Scorpio. People are used to routine and too much change at once can lead to a lot of floundering and lack of effort.

Scorpio, recent conflicts may ignite some mixed feelings, which could prove confusing. Think about solutions that potentially benefit all around you, including yourself.

Sagittarius

November 23-December 20

Week 1:

Connections with friends and groups will be front and center this week, Sagittarius. You might receive an unexpected invitation and make new friends who share your interests.

No one really knows what they will get with you this week, Sagittarius. Your mood is in flux. Focus your attention and try to avoid getting too up or too down.

Touch base with your dearest friends, Sagittarius, especially if they haven't heard from you in a long while. This might be the week to make some plans and reconnect.

You might not be having the best luck right now, but things can change quickly. Keep your chin up and your eyes set on your goal. Networking may help you move forward.

Capricorn

December 21-January 20

Capricorn, you should prioritize your professional goals over the next few days. Might there be something you can do to land a promotion or step into a leadership role?

Week 2:

It may be difficult for you to connect with others this week, Capricorn. Your mind is running in a million different directions and this can make it challenging for you to make plans.

Capricorn, spring cleaning has long passed, but you might want to revisit some organizing and decluttering projects at home. Get rid of as much as you can.

Capricorn, if you have any health questions, make an appointment to talk to someone right away. It is important to stay ahead of things.

Aquarius

January 21-February 18

Week 2:

This week may present opportunities for learning, exploring or even travel. A spontaneous trip might be just what you need to recharge and reflect on yourself, Aquarius.

Aquarius, the clouds are parting and the sun is about to come bounding through. Bask in this shift and make plans to get up and go. Week 3:

Aquarius, slowing down and taking stock of your situation is a good idea this week. Not everything needs to be done in a day, so pace yourself and make a good plan of action.

Something that has been taking up a bulk of your time is finally coming to a close, Aquarius. This will be a big relief and a lot of stress will be lifted in the process.

Pisces

February 19-March 20

It's time to put some effort into making deeper connections and fostering your relationships, Pisces. That requires spending a little more time with the people around you.

Pisces, be mindful that you may not have the commitment to finish any project you start this week. But give it your best shot

Week 3:

Try turning off all the excess noise in your life right now, Pisces. Focus on your own thoughts and feelings this week, rather than what others want from you.

People keep coming up to you expecting all of the answers, Pisces. Don't feel pressured to please everyone. Right now you may be content to enjoy some alone time.





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ACTIVITIES THAT EXERCISE THE BRAIN

Mental health is an important topic to acknowledge and discuss, and such recognition is vital for all people, including the aging population. The World Health Organization indicates 57 million people had dementia worldwide in 2021. The National Institutes of Health reports the global prevalence of dementia in individuals under the age of 70 increased by 122 percent in recent decades, rising from roughly six million people in 1990 to more than 13 million in 2021.

Although many factors are involved in the development of dementias and cognitive decline, Alzheimer's disease or other neurodegenerative illnesses are not inevitable as one gets older. But it is understandable why so many adults make brain health a priority. People of all ages can benefit from incorporating activities that exercise the brain into their daily lives.

Learn a new language. Speaking a new language opens up new opportunities for travel and socialization and also strengthens the brain. A 2019 review published in Frontiers in Neuroscience noted that bilingualism increased and strengthened the connectivity between different areas of the brain. This enhanced connectivity might play a role in delaying the onset of dementias, according to researchers.

Learn new skills. Trying something new might stimulate the brain in ways that improve its function. A cognitively demanding skill, such as photography, playing an instrument and other activities could enhance memory function. Teaching such skills to others also can reinforce brain functions.

Take dancing classes. The Centers for Disease Control and Prevention says that dancing might help combat Alzheimer's disease by improving blood circulation throughout the body. It also forces a person's memory and processing speed to work at a higher capacity through learning the

Use all of your senses. A 2014 study in Frontiers in Human Neuroscience indicated doing activities that simultaneously engage each of the five senses can strengthen the brain. Working memory and recall were higher for multi-sensory interactions. Baking a batch of cookies is an example of a multi-sensory experience.

Work on puzzles. Crossword puzzles, word searches, word games, and brain teaser-like puzzles are entertaining and work the brain. Research has shown that even doing jigsaw puzzles "recruits multiple cognitive abilities and is a protective factor for visuospatial cognitive aging," according to Healthline.

Socialize with others. Socializing with other people can stimulate attention and memory. This helps to strengthen neural networks in the brain that makes the brain work harder. This increase in mental activity can pay off in the long run. Socialization is also beneficial for mental health, especially among older adults who tend to be more isolated.











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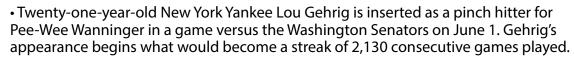
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HISTORICAL EVENTS: JUNE 1925

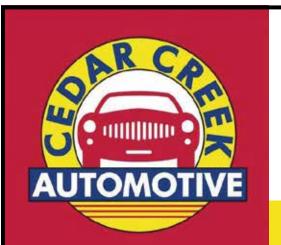
The month of June has been home to many historical events over the years. Here's a look at some that helped to shape the world in June 1925.





- An Independence Tribunal orders the closure of Turkey's Progressive Republican Party on June 3. The order is issued on the grounds that the party had supported the protection of Islamic religious customs that had spurred the Sheikh Said rebellion.
- The Rentenmark becomes obsolete in Germany on June 5. The currency had initially been issued in 1923 to combat hyperinflation in the Weimar Republic. The Reichsmark replaced the Rentenmark.
- Walter P. Chrysler incorporates the Chrysler Corporation on June 6 after acquiring the assets of the defunct Maxwell Motor Company.
- Norway sends out two planes to search for Roald Amundsen and his crew on June 6. The explorers had been on the North Pole seaplane expedition but were missing for two weeks before the planes were sent. Amundsen and his crew would land safely in Norway on June 16.
- On June 7, the Beaumont-Hamel Newfoundland Memorial is unveiled on the grounds where the Battle of the Somme had taken place in France in July 1916.
- Seventeen people are killed as a result of a coal mine explosion in Sturgis, Kentucky, on June 8.
- Eddie Gaedel is born in Chicago on June 8. Despite his career lasting just a single plate appearance, the 3-foot-7 Gaedel is remembered as the shortest player in Major League Baseball History.
- Various churches merge to form the United Church of Canada on June 10. The merger takes place during a meeting of church leaders and representatives at the Mutual Street Arena in Toronto, and the Church of Canada immediately becomes the largest Protestant denomination in the country.
- On June 11, the Republic of China agrees to assist the Empire of Japan and Japanese soldiers with the removal of Korean immigrants from China's northeastern provinces, where Korean independence agitators had established a foothold.

Article Continues on Page 26



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HISTORICAL EVENTS: JUNE 1925

Article Continued from Page 25

- The Southern Branch of the University of California, now known as the University of California, Los Angeles, awards its first Bachelor of Arts degrees on June 12. Ninety-eight of the 128 degrees are awarded to women.
- Charles Francis Jenkins publicly demonstrates the synchronized transmission of pictures and sound in Washington, D.C. on June 13.
- Hawaiian surfer Duke Kahanamoku, a gold medal-winning swimmer at the 1912 Olympic Games, saves eight people off the coast of Newport Beach, California, on June 14. Kahanamoku's heroics were prompted by the capsizing of the fishing yacht Thelma.
- The Philadelphia Athletics score 13 runs in the eighth inning of a game versus the Cleveland Indians on June 15. The thirteen-run outburst erases a 14-2 deficit, and the comeback from 12 runs down remains a record today. The 1925 Athletics share the record with the 1911 Detroit Tigers and the 2001 Indians.
- Thirty-eight nations sign the Geneva Protocol on June 17. The protocol establishes a general prohibition on the usage of chemical and biological weapons in international armed conflicts.
- Italian Prime Minister Benito Mussolini launches "La battaglia del grano" ("The Battle for Grain") on June 20. The campaign aspires to decrease Italy's reliance on imported grain and advocates for the consumption of rice and rice-based substitutes for traditional Italian foods.
- The Vietnamese Revolutionary Youth League is formally established on June 21. The organization is considered the beginning of communism in Vietnam.
- The Irish Free State holds elections on June 23. The elections are the first local elections since Ireland gained its independence.
- General Theodoros Pangalos leads a bloodless coup d'etat to overthrow the government of the Second Hellenic Republic on June 25. Pangalos installs himself as the leader of Greece a day later.
- "The Gold Rush" starring Charlie Chaplin premieres at Grauman's Egyptian Theatre in Hollywood on June 26. The film remains one of the most celebrated works of Chaplin's career.
- After a speech by Helen Keller at its international convention in Ohio, the Lions Club formally launches its signature mission of assistance to the blind and the visually impaired on June 30.



Summer weather is often noted for its warmth and compatibility with outdoor activities. Whether it's kids at camp once school lets out or families hosting backyard barbecues for loved ones or seniors strolling through parks on pleasant mornings, summer offers outdoor activities for people of all ages.

Outdoor recreation is integral to summer fun, but there are instances when the festivities must be taken indoors. Such is the case when thunderstorms strike and lightning poses a safety threat. Knowing what to do when lighting strikes is vital to summer safety, and the National Oceanic and Atmospheric Administration urges individuals to take the following precautions when storms arrive.

• Know the right places to go. The NOAA notes the best place to be during a lightning storm is inside a large, enclosed structure with plumbing and electrical wiring. Plumbing and electrical wiring will conduct electricity more efficiently than a human body, so the safest place to be when lighting is present is inside a building, such as a home, office or shopping center. If buildings are inaccessible, the NOAA recommends retreating to an enclosed metal vehicle.



- Avoid unsafe retreats. A picnic pavilion at a local park or a baseball dugout at an outdoor athletic complex are unsafe during storms featuring lightning because they feature exposed openings. The NOAA also notes that golf carts and any vehicles with open cabs are unsafe. The NOAA advises against seeking shelter from lightning in beach shacks, metal sheds and carports, particularly when safer retreats are accessible.
- Avoid bathing during a lightning storm. Adults may recall their parents not bathing them during lightning storms when they were children, and that cautionary measure is more than mere superstition. Water and metal are good conductors of electricity, so the NOAA advises against taking a bath or shower during a lightning storm.
- Unplug devices if you plan to use them during a storm. Avoid using desktop computers during lightning storms, as such devices typically need to be plugged in for users to access them. If you must use devices like a smartphone or tablet during a lighting storm, be sure to unplug them from wall outlets before doing so.
- Keep your hands off the radio dial and ignition when riding a storm out in a car. Radio dials, touch screens and ignitions should not be touched when sheltering in a vehicle during a lightning storm. The conducting paths in radios, ignitions, and touchscreens lead to the outside of the vehicle, making people who touch them vulnerable to lighting strikes.

Lightning storms can come and go guickly or continue for an extended period of time. Knowing what to do when lightning strikes can save lives.

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