



Recreation™

"A Periodical Celebrating The Diverse Enjoyment Of The Quality Of Life In Minnesota"

The Sublime Delight Of The Minnesota Camping Experience



Picture yourself awakening to the fresh air of a crisp summer morning, spending an early afternoon basking on a warm and sandy beach, then taking a hike through a lush forest trail to a secluded lake where you drop a line for fresh walleye as loons call out around you. Later you return to your campsite to enjoy a cookout at sunset, and settle in for an evening around the campfire amidst abundant constellations and northern lights. These are the lasting memories of camping in Minnesota.

For some seeking that experience, camping means roughing it out and getting back to the basics. Minnesota's state and national forest campgrounds offer simple and rustic campsites, most typically in secluded, wooded settings. And most offer no more than a picnic table, a fire grate and room to breathe. Others camp to enjoy the freedom and beauty of living outdoors, but without having to abandon the comforts of home. For them, Minnesota's hundreds of private campgrounds are sure to please. Most are on

riverside or lakeshore settings and offer the amenities you would find at a modern resort. And Minnesota has one of the best-developed state park systems in the country, where camping is available in a wide variety of natural surroundings. Some of the state's finest hiking and biking trails are in our state parks, as well as a multitude of opportunities for fishing, boating and other outdoor Minnesota recreation.

According to the Profile of the Minnesota Camping Market, a study done recently by the Minnesota Association of Campground Operators, campers are generally very satisfied with their camping experiences across the spectrum of Minnesota camping, particularly in three ways. First, campers rated the campgrounds between good and very good on a number of key factors that affect a campers overall evaluation of a campground. Secondly, campers who were first-time visitors to a campground were most likely to have learned about the campground through recommendations from friends and relatives. This indicates that many satisfied campers are "spreading the word". Third, an overwhelming majority of those sampled, regardless of market segment, said they would recommend, and camp again, at the campground where they were sampled. And in terms of demographics, the camping market is generally well-educated, with high levels of employment and a substantial median income level.

"The wonderful thing about our state," says Carol Lovro, Executive Vice President of MACO, "is the great variety we offer in the camping experience. Whether you're a tourist seeking a relaxing weekend in a

lakeshore cabin, or a purist escaping to nature in a secluded tent along a quiet river, Minnesota has what you're looking for. Just look at the our Boundary Waters or the renowned beauty of the north shore of Superior, where that stretch of Highway 61 has been rated #3 on the list of the nation's scenic byways." Lovro also states that a growing trend in campsites are the addition of rough camping cabins for individuals (mainly single parents) who want a more comfortable camping experience or don't want to invest in a lot of equipment.

While this ample variety of Minnesota camping opportunities has obvious vacation appeal for families, you don't need children to enjoy a camping trip. Some of the more energetic and rugged styles of camping (backpacking, canoe wilderness outings, hard-core fishing excursions) tend to work better for unhampered adults. In addition, retired individuals and couples occupy a large percentage of the RV camping crowd, especially when the kids are in school, between Labor Day and Memorial Day. But right now we're talking summer, so pick your favorite campsite and enjoy those lazy, hazy days ahead.

Information provided by the Minnesota Association of Campground Operators (MACO) and the Minnesota Office of Tourism. (To purchase a 1994 "Minnesota's Best Highway Map" highlighting the various locations and features of all Minnesota campgrounds and other travel information, call MACO at (612) 432-2228 or toll-free 1-800-568-5739)



Editor's Notes/Social Chronicles . . .	2
The Great Outdoors	3,4
Minnesota A' La Carte	5
Leisuretime	6



Literary, Cinematic Review . . .	7
Healthy, Wealthy & Wise . . .	9
Eye On Sports	10
Coming Attractions	11

MINNESOTA
Recreation™

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From The
Editor



Hello and happy summer to you all. Summertime, the most short-lived and under-appreciated season of the year. So many activities, so little time. Enjoy.

People keep talking about the decline of the morals and social fabric of our society. And crime has, for the time being, edged out health care and our economy as the main topic of concern for our commonwealth. It resurrects a poem I wrote some time back while attending the University of St. Thomas, majoring in journalism. It was at that time published in the *Summit Avenue Express* and, while it is not the policy of this publication to dwell on negativity, it seems to ring true just as much today as it did back in April of 1981.

"Witness"

I saw something today,
you'll agree most would find depressing.
An old, gray man sat on a bustling street corner,
the cold, busy crowd he was addressing.
He spoke of a woman,
a happy, loving angel named Yvonne,
who freed his lonesome, dying spirit,
and now she was gone.
He then reached inside his coat,
the crowd came to a halt and nothing was said.
He looked up slowly with a tear,
and released a bullet into his head.
All life around him stood quiet,
while he lay lifeless and marred,
then someone ran up to him,
and stole his Gold Mastercard.

We'll see you again in August,

Social Chronicles



The Importance of Leisure

by Joseph Swedenburg

Leisure is an essential element in the construction of a meaningful existence. Many scholars feel that leisure is a critical factor in the evolution of cultures. They suggest that once humans were freed from constantly searching for food and self-preservation they were then able to develop creative activities. The invention of agriculture and the domestication of animals are believed to be the catalysts of civilization; thus allowing man the ability to develop more elaborate housing, design temples, write literature and compose music; in essence creating culture.

Ann Robert Jacques Turgot (1727-81), a French political economist, among others believed that leisure was a major factor in the creation and progress of human social evolution. In pre-industrial societies, it was relatively easy to integrate work, and leisure, with all aspects of life. However, with the advent of industrialization and the specialization of labor, work for the first time became separated from the worker.

Contrary to the notion that increased mechanization would free up leisure time for the labor force, people actually tend to spend more time in work-related activities. It has been argued that the leisure experience actually has an inverse relationship with technical progress. That is, as technology progresses, the leisure experience of the labor force diminishes. So it can be further argued that the technical organizations of our working environment today do not permit adequate leisure. Leisure therefore becomes a cost function for corporations, in other words, leisure time is granted to tired workers out of the companies necessity to maintain the workers' health, morale and efficiency.

In the early 1960's, distinguished journalist Eric Sevareid was asked, "What do you perceive to be the gravest crisis facing the American people in the years ahead?" In his response, Sevareid captured the necessity of leisure in our lives, and more importantly the need society has to utilize it constructively. He surprised everybody by saying that he felt the most dangerous threat ahead was "the rise in leisure time".

There has been a vast increase in the commercial recreational industries over the past quarter-century, which may be in part due to a scarcity of the leisure experience. We can quickly utilize these industries, which range from gambling to plays and concerts, to hot air balloon rides, to a variety of travel packages to experience the vast world. Yet when we begin to plan an itinerary for leisure, we should not forget the more traditional sense of holistic and life-integrating leisure of past generations. Such as participating and sharing in the lives of the children in your world, and enthusiastically seeking out life and life-fulfilling activities with the people you love. Living life in the knowledge we have a limited time here on earth can bring on the element of truly experiencing living life to the fullest.

Many people maintain journals that recount the daily events of their lives, as well as reflections in retrospect. This can help you recognize what you feel is important in your life, then prioritize, organize and integrate those meaningful events into your life. This is a life-long educating experience, learning about yourself, the environment, and the people of your life and community. It requires commitment and may not seem to be easy, however, you may be surprised on how this can be another way of showing how rewarding the leisure experience can be. You may even find that leisure does create a more meaningful existence, which creates culture for you, your family and friends.

The Great Outdoors

New Law Limits Taking Of Large Walleye, Northern Pike

by the Department of Natural Resources

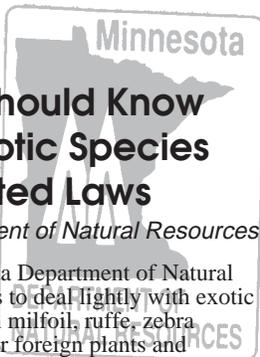
Anglers who fish for northern pike and walleye should be aware of a new law that begins this fishing season. Starting May 14, anglers can keep only one walleye over 20 inches and only one northern pike over 30 inches per day. The law's intent was to improve fishing quality by requiring anglers to release all but one big fish they catch.

"This law primarily speaks to a conservation ethic, since direct biological benefits are minimal," said Ron Payer, operations chief for the Minnesota Department of Natural Resources Section of Fisheries. "It will, however, affect only a relatively few anglers."

That's because very few anglers ever catch two 20-inch walleyes or two 30-inch northern pike in a single day.

Payer cautioned anglers that the new law is not a panacea and should not be perceived as such. He urged anglers to continue practicing voluntary catch-and-release fishing. He especially encouraged anglers to release more medium-sized fish, which are the trophies of tomorrow and the source of future fish generations.

"In the end, self-regulation is the most important regulation," said Payer. "We all have a responsibility to the future. That means following written rules and following your conscience as well."



Boaters Should Know About Exotic Species And Related Laws

by the Department of Natural Resources

The Minnesota Department of Natural Resources refuses to deal lightly with exotic species. Eurasian milfoil, ruffe, zebra mussels, and other foreign plants and animals could irreparably alter the state's lake and river ecosystems, say experts, and strong action must be taken now.

In response to the threat, the DNR has stepped up its battle against the unwanted species. Jay Rendall, DNR exotic species coordinator, says that this summer DNR watercraft inspectors will be doubling the number of hours they spend monitoring boat ramps, while conservation officers will be checking boats trailered on public roads. In addition to more inspections, there will be stiffer penalties for transporting exotics.

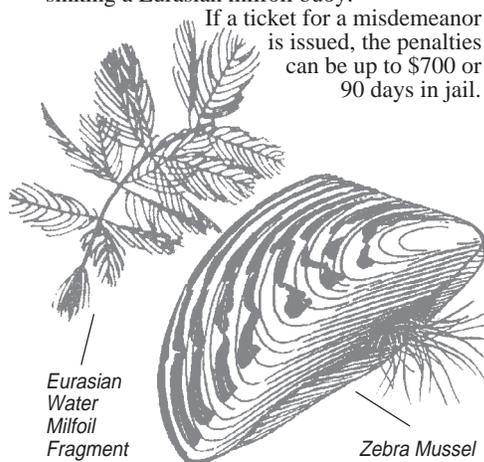
"Our slogan is "Clean boats, clean lakes", and we are working hard to communicate that message," says Rendall. "Boaters play a key role in keeping exotics out of Minnesota lakes, so it is crucial that they clean all vegetation and other material off their boats, trailers, and other equipment when they leave a lake. We know Minnesotans want clean lakes and they can help us achieve that goal by cleaning their boats and equipment."

The Minnesota DNR wants to remind boaters that several new laws intended to reduce exotics spread within and introduced into Minnesota are now in effect. Boaters

and anglers are the most affected and the DNR encourages them to become familiar with these laws. Watercraft inspectors, billboards, radio spots, and signs will be used to help inform boaters.

Leo Haseman, DNR Director of Law Enforcement, says the DNR is ready to begin issuing civil citations for the first time this summer. Civil citations, with fines ranging from \$50 to \$1,000, can now be issued to those found transporting Eurasian water milfoil or zebra mussels over a public road or launching a boat that has these species attached. The maximum civil penalties established by state legislation are:

- \$150 for transporting visible zebra mussels on a public road.
- \$500, for the first offense and \$1000 for the second offense for launching a watercraft into uninfested waters with zebra mussels or Eurasian water milfoil attached.
- \$50 to \$250 for transporting Eurasian water milfoil on a public road. The citation varies depending on the number of places where milfoil is found on a boat, trailer, etc.
- \$300 for transporting ruffe or rusty crayfish on a public road.
- \$100 for entering a marked Eurasian water milfoil area on a lake designated to be a "limited" infestation.
- \$100 for damaging, removing, or sinking a Eurasian milfoil buoy.



If a ticket for a misdemeanor is issued, the penalties can be up to \$700 or 90 days in jail.

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We were there for their "Spring Golf Special", and, while the weather could have been more cooperative, we found the service, rustic ambiance, and food to be excellent. And Ruttger's caters to special groups. Also enjoying the resort while we were there were such organizations as the League of Women Voters and the MN Deaf-Blind Project.

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The Great Outdoors (cont.)

Do Them A Favor: Don't Feed City Ducks And Geese

by the University Of Minnesota Wildlife Rehabilitation Clinic

Please don't feed the ducks. The harmless-seeming spring and summer ritual of taking a loaf of stale bread to an area lake and feeding the ducks and geese is, unfortunately, potentially harmful to the birds.

Most of the problems attributable to feeding urban waterfowl stem from overpopulation. An abundant, easily attained food supply increases populations as the ducks and geese breed and few leave the area. This contributes to many problems, including disease, forced copulation, domestication and the birds becoming urban nuisances.

The biggest problem associated with overpopulation is the potential for disease. All animals require a certain amount of range in which to breed, raise young and gather food. A certain amount of space also is required to absorb naturally occurring wastes and the carcasses of dead animals. Too many waterfowl in too small a space can lead to the outbreak of diseases, and, as the birds feed off the insects feeding off carcasses, they can catch other diseases. Furthermore, ducks and geese living in urban environments are susceptible to various toxins, including lead, that concentrate in city lakes.

Other health hazards to the birds include crop impaction, choking and other effects of eating too much too quickly. When wild animals find food it is natural for them to eat

as much as is available. In particular, when fed whole pieces of bread, they are unable to tear them and tend to try to swallow the entire piece. This kind of over-eating can result in problems for the birds ranging from discomfort to death.

Another unpleasant side effect of feeding urban waterfowl and its coincident overpopulation effects is forced copulation, in which several males forcibly mate with a female. In the process, they can cause injuries ranging from minor abrasions to serious wounds, eye and head trauma and even drowning of the female. Particularly common in Mallards, this behavior also is seen in other bird species and is aggravated by over-population.

Ducks and geese also can become nuisances in cities. They deposit feces in parks, golf courses and even yards (which can spread disease to humans, although that is not common), they can destroy gardens and may fly into man-made structures, damaging the structures and themselves. Furthermore, waterfowl in cities can become roadway hazards. They regularly are hit by cars, can cause auto accidents as drivers slow and swerve to avoid hitting them and they occasionally raise broods in such inappropriate spots as highway medians, which may endanger themselves and humans.

An indirect effect of feeding urban

waterfowl is the danger of domesticating wild creatures, which can have negative consequences for the animals as well as for people. When ducks and geese learn not to fear people they may wander into unsafe places, such as roadways and busy urban settings, and other situations inappropriate and dangerous to them.

As a general rule, wild animals - even "cute" ones that appear harmless - should be left alone. People can still enjoy animals in an urban setting. Como Zoo in St. Paul has seals that can be fed, and the Minnesota Zoo in Apple Valley has a petting zoo with a variety of animals which may be fed.

But the best interaction with wildlife may just be watching the ducks, geese, raccoons and other animals that live around our communities. Even squirrels can put on a fascinating show. Watching doesn't interfere, and allows unmediated access to a wild animal truly acting wild.



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Minnesota A' La Carte

What's Cooking?

by Darleen Esposito, Food Editor

We've been hearing much about the old adage "Less is More." Hopefully this means less cost and more value. If your goal is both, as well as a time factor, try the make ahead salad below. It's a great bring-along for picnics or a hearty side dish for backyard summer cookouts.

Tired of the high-tech loop and the rush of today? Discover a Southern Italian gastronomic gold mine at **Buca** (12th and Harmon).

Unpretentious in style, the food is truly outstanding with the authentic flavor of New York's Little

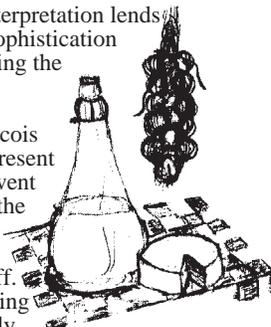


Italy. **Buca's** interpretation lends itself to trendy sophistication while down-pricing the excellent menu.

Director of Operations, Francois Paradeise, was present the evening we went to warmly greet the evening guests and show off an attentive waitstaff.

While not taking itself too seriously, meals are served family style. Patrons are given grocery size take-home bags filled with what remains of the extra-large portions. I happily clutched my labeled "Buca" bag as if it read "Gucci".

Do prepare for some time in line. **Buca** is definitely worth the wait if you understand the wait is part of the charm. Dial ME-TA-BALL (638-2225) for Minneapolis or SPA-



GETT (772-4388) for the new St. Paul location. You can call one hour ahead to have your name added on a list, but no formal reservations are taken.

Enjoy the camaraderie and cozy atmosphere from happy diners, and the contented clicking of silverware.

Readers are encouraged to send in their favorite recipes or recommendations to *What's Cooking?* c/o Minnesota Recreation

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<p>FROM THE KITCHEN OF DARLEEN ESPOSITO</p>	<p>PASTA PEPPERONI SALAD</p>
<p>1/2 cup olive oil 1/2 cup salad vinegar 1 teaspoon dry mustard 1 teaspoon dried oregano, crushed 1 teaspoon dried basil, crushed 2 cloves garlic, minced 8 ozs. rotini (corkscrew macaroni) 8 oz. Colby cheese, cut into 1/2 inch cubes for 2 cups 1 large sweet red or green pepper, cut into 3/4 inch pieces 1/2 cup sliced pitted ripe olives 1/2 package sliced pepperoni 3 cups torn fresh spinach</p>	<p>In a jar, measure olive oil, vinegar, dry mustard, oregano, basil and garlic. Shake well and set aside. Cook macaroni according to package directions, drain. Place hot pasta in an airtight container. Shake marinade again and pour over pasta. Shake several times to coat pasta and cool at room temperature. Add cheese cubes, red or green pepper, olive slices and pepperoni. Refrigerate one hour to overnight, mixing occasionally. Add fresh spinach before serving. Serves 8.</p>

Minnesota Recreation 6/94

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Leisuretime

Unique NIKE SHOP Opens

Dayton's downtown Minneapolis store now houses one of only four NIKE SHOPS in the United States, offering a unique blend of sports merchandise and memorabilia. The 3,600-square-foot shop, located in the store's lower level, features the largest assortment of NIKE merchandise in the Twin Cities, and it is the first NIKE SHOP to offer a full assortment of men's, women's and children's clothing, accessories and shoes for a variety of sports and leisure activities. (Approximately 250 styles of NIKE footwear will be on display in the shop.) Customers can find merchandise for running, tennis, basketball, aerobics, crosstraining, soccer, outdoor activities and more.

Opened on Friday, May 20, the shop offers customers a distinctive shopping experience by allowing them to see, hear and feel athletic history and NIKE heritage. Archives of familiar athletes such as Kirby Puckett, Christian Laettner, Jackie Joyner-Kersey and Andre Agassi, among others, will be displayed throughout the shop. The archives combine biographical information along with autographed jerseys, shoes and other equipment used by the athlete. Biographies and pictures of athletes will also be used throughout the shop, and a video wall will play ongoing footage adding audio and visual excitement.



Kirby Puckett checks out the great merchandise at the NIKE SHOP. Kirby was the special guest at the Grand Opening May 20th.

ADVENTURES IN TRAVEL

by Sue Phahuta

Summer is a time when a good majority of Minnesotans take vacations, and sometimes overseas. This issue let's visit Europe, in particular Germany, full of rich history and breathtaking sites.

Rudesheim on the Rhine is a good place to start your trip. It is a quaint town with narrow streets, outdoor restaurants and beer gardens. People dressed in lederhosen play accordians and create a festive atmosphere, getting others to sing and enjoy a beer or glass of wine. You will see old castles on top of steep hillsides and miles of vineyards.

Heidelberg is a must, with its famous castle on a cliff overlooking the town. Take a tour in old town and stop in the tavern of the student prince fame. Drive through the Black Forest to Triberg, the home of the cuckoo-clock. And you won't want to miss the fairy tale castles of King Ludwig, Neuschwanstein (see photo) and Linderhof. Then, it's on to Oberammergau, home of the Passion Play, with murals painted on the walls of many buildings.

Finally, drive along the "Romantic Road" and see Nordlingen, Dinkelsbuhl and Rothenburg. These are said to be the best

preserved medieval towns in Germany. They are surrounded by thick walls, city gates, and watchtowers taking you back to centuries of long ago. There are many other sights to see along the way, and many other countries to visit, so you will have to decide what your time permits you to do. Charters to Frankfurt have been a great bargain so far this summer, so you may still be able to take that dream vacation. Auf Wiedersehen!

You say Germany isn't in your summer plans this year? Then may I recommend you try the next best thing at the *Gasthof zur Gemutlichkeit*. Located on 23rd and University, it offers a real taste of German cuisine. Great fun for an evening!

If your community has special events of travel interest, please write and let me know and I'll try to list them in future issues.



For travel info contact Sue Phahuta at (612) 566-4436



Herb's WEATHER CORNER

Hello. Water (H₂O) is truly the source of all existence. 70% of our fragile planet is water, and the human body is comprised of more than half (roughly 65%) water.

In this issue, Mike talks about our potential upcoming summer weather in relation to this lifeblood of our planet, rain.

P.S. I, and the staff of Minnesota Recreation would like to extend a hearty congratulations to Mike Fairbourne, who was recently named "World's Best Weather Forecaster" at the International Weather Forecasters Festival, which was held in Paris, France. Of course, we here in Minnesota knew it all along.

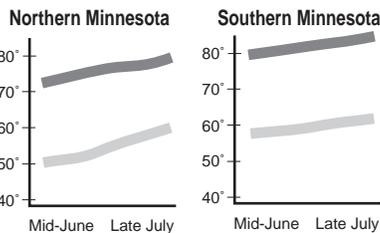
More precipitation falls during the month of June than any other month of the year (just over 4"). Most of that precipitation comes in thunderstorms and heavy showers, so it should be no surprise that our severe weather season also peaks in June.

Even though severe weather can occur any time in Minnesota, there really is a peak around the third week of June. And, while June is our wettest month, July is our hottest month. After June 21st our days become shorter and the nights longer, as we begin our slow slide into fall. Yet



NORMAL HIGH TEMPERATURES

NORMAL LOW TEMPERATURES



Statistical information provided by:
Mark Mitchell,
National Weather Service - Twin Cities

our warmest weather is still ahead. The hottest day of the year, on average, is July 26th. The great heat waves of 1917 and 1936 both occurred in July.

If by the time you read this the summer rains have not materialized, then the fears of some climatologists are being realized ... the drought of '94. Droughts have occurred with some regularity in the Midwest, about every 20 years: 1954, 1974 and 1994? From the worst flood in recent times a year ago to a drought would be too much for most farmers, or any of us for that matter. We'll know by August ... stay tuned.

Mike Fairbourne



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Literary, Cinematic Review

Betz on Books

by Carolyn Betz

Something happens to me every time I enter the woods. I molt. With each step further into the woods, I shed a bit of responsibility, until there is nothing left to plan, worry about or create. I just stand there in total awe of nature.

No one can articulate this feeling toward nature better than author Sigurd Olson. Olson gained fame after the publication of **Singing Wilderness**, a book that details his experiences in the wilderness canoe country of the Quetico-Superior. The other books that followed either detail his numerous voyages and/or reflect upon man's relationship to nature. In **Sigurd F. Olson's Wilderness Days** (Alfred A. Knopf, \$35.00) he describes "...a sense of belonging to the earth and his kind...to a time when existence was simple."

Olson was a biologist, zoologist, educator and conservationist, who wrote as a vehicle to generate interest in preserving our wilderness; believing that solitude in the wilderness is a basic need of man. After a sojourn to the woods, I certainly agree.

Author Patrick McManus is a Sigurd Olson with a few too many. While Olson reflects on the moon, McManus will have you howling at it. His hilarious stories on camping, fishing and basically enjoying the outdoors are written in a dry, penetrating



humor. In the book, **Night the Bear Ate Goombaw** (Holt, \$6.95) McManus details a few steps towards becoming a bass fisherman, "first add a new addition to your house since you'll need the space because you will be buying everything remotely necessary for fishing and don't even start with an organized tackle box."

McManus's best stories are the ones from his childhood, as he reminisces of the days when he aspired to be a mountain man. He found it to be a most promising profession, but was quickly discouraged by his mother, who felt that there were other more appropriate professions to enter.

For a great read around the campfire try **Sam Cook; Quiet Magic and Up North** (Prfeir-Hamilton, \$16.95), two collections of his newspaper columns from the Duluth News Tribune. These stories are short, personable and highly entertaining.

Cook meets as many colorful characters as an autumn skyline. There is Pinky, the bait shop owner that sells the best minnows around at a good price, and he will even throw in his opinion of the DNR and the government free of charge. Or there is Dorothy, the amazing woman of the Knife Lake region, who lives alone year-round braving the environment and helping wayward visitors with supplies and directions.

This summer on your next wilderness trip, make Cook, McManus and Olson your camping buddies... they will certainly show you a good time.



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Film Q

by Tim Quinlan

One of the great filmmakers of our time is undoubtedly Stanley Kubrick, but his heavy style is often too much for most people's taste. I myself find his more recent films sometimes overbearing, but his mastery is truly incredible and makes the films well worth seeing. His track record speaks for itself (**2001: A Space Odyssey**, **A Clockwork Orange**, **The Shining**, etc.), but I'd like to talk about a few of his earlier films that some people may not be familiar with, and will give you another perspective on this great director.

To get an understanding of Kubrick's ability as a filmmaker it helps to see him work in a familiar genre which he molds into his own style. **The Killing** (1956) is, as the title suggests, a cops and robbers movie. The film walks us through a heist at a horse track and dissects the body of the crime, especially the human element. At first look the film seems like any old black and white '50s crime movie, but there's much more going on in this film than one would expect. Just



when you take something in the film for granted, because you've seen it a thousand times before, you'll realize that you've never seen it quite like this. There's no Oscar winning performances in this one, but it's a solid film that should open your eyes to Kubrick's unique style.

Kubrick has made a few films with anti-war themes in them, and that message is very prevalent in these next two films. The first is a gem that somehow gets undeservedly buried beneath his other accomplishments.

Paths of Glory (1957) stars Kirk Douglas as a French army colonel fighting the trench war of World War I. The story is based on an actual incident in WWI, where three men were tried for cowardice as an example for the rest of the army. The film approaches the grittiness of the trench war itself and carries a dramatic punch that will not soon be forgotten. Also, if you wonder what the debate over black and white vs. colorization is all about, watch this film and see how powerful black and white can be.

The last film is one of my favorites, **Dr. Strangelove** (1964). Made during the height of the cold war, it uses the context of world annihilation via nuclear war as the setting for a black comedy. Peter Sellers is brilliant in

his three roles as a British Officer, President of the U.S., and, of course, Dr. Strangelove, the bizarre mad German scientist oddly trapped to his wheel chair. George C. Scott as General Buck Turgess manages to steal a few scenes himself. And Slim Pickens as the B-52 Bomber pilot only adds even more hilarity to an already outrageous movie. In its dark, comedic style the film contains much subtle humor that may take a while to grow on you, but if you can find an army colonel named Bat Guano funny (go ahead, look it up in the dictionary), you'll split a gut watching this classic Kubrick delight.



Kirk Douglas faces a haunting future in **Paths of Glory**.

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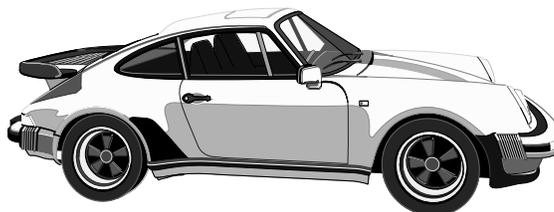
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Exploring "Well-ness"

by James Abernathy, M.S., CPT

To be "well", we need to minimize environmental and physiological stressors. "Well-ness" is more than just a state of being, it requires that we use our minds and bodies to institute preventative measures. We can't control all that creates stress and illness, but we can minimize "sick-ness".

After doing ten years of clinical service that included research about the effects of toxins in foods and the environment, it appears that all of us have some level of "dis-ease". There is overwhelming evidence that there are so many symptoms which are unclearly identified, we are encouraged to just focus on symptom relief, i.e., taking medication to ease suffering. Most medical practitioners do not investigate the complicated and confusing effects of cytotoxins on our bodies and minds. To date, many people are still misdiagnosed as having emotional problems, for instance, when in reality they may be severely toxic with chemicals, gases, or allergies. How many Americans know that aluminum products are directly linked to Alzheimers' Disease? Do we ever see warnings on television for women warning them that tap water has been linked to breast cancer?

The task of knowing how to be healthy and minimize illness is upon the consumer. Curbing life stress, being active, and learning about "safe" nutrition will help keep us out of the doctors' office.

The use of mind-body healing techniques is becoming a very popular alternative to traditional medicine intervention. Meditation, for example, continues to prove itself as a health altering medium that can be applied in a variety of situations. Reducing stress, inducing positive attitudes and enhancing spiritual awareness plays a vital role in helping the body suppress the influences of neurological stress. There's ample evidence that many life threatening illnesses have been virtually cured by using various kinds of meditative sciences.

Information on how to utilize these types of revitalizing approaches can be easily attained in progressive clinics and bookstores. So expand your horizons and explore the great and relatively inexpensive healing processes within holistic alternatives.



For more information on this topic and other health and fitness matters, contact James Abernathy, M.S., CPT at (612) 377-7222.

Financial Sense

by Jeffrey D. Angel

When most of us think about giving to charity, we think of writing out a check or perhaps donating clothing, furniture or time to a charitable organization. While most of us know that these gifts are tax-deductible, few of us are aware of the advantages of more complicated ways to donate.

For those who can afford it, these other options may offer significant tax savings to donors, while at the same time giving charitable organizations access to much needed funds. Here are a couple of possibilities:

Charitable lead trust - This type of trust pays out interest income to a charity for several years and then, when specified term is over, the principal goes to the donor's heirs. Obviously, the donor foregoes investment income from the donated asset, but the advantage is that the property or principal eventually gets transferred to the heirs with reduced or even eliminated estate or gift tax.

A donor can place an asset such as a house or security, for example, in a charitable lead trust. After the donor's death, the asset is sold and the proceeds are reinvested to make annual payments to the charity. The longer the payments to the charity - 15 years is a recommended minimum - the greater the tax advantage to the donor. Also, heirs don't have to pay taxes on appreciated value of the asset; for estate tax purposes, they pay only on the value placed in the trust.

Once the trust is established, however, no one can get at the principal until the trust expires. Donors should use attorneys and accountants who are experienced in estate planning to ensure the trust is properly set up. Further, substantial and maintenance costs are involved, so assets probably should be at least \$250,000 or it may not be worth it.

Charitable remainder trusts - This is the exact opposite of a charitable lead trust. A remainder trust gives the asset to charity and then pays the donor an income for life. Donors can give investment property (stocks, real-estate, etc.) to the charitable trust. They then may take a tax deduction for the gift based on an age-related IRS formula and also can receive investment income.

This trust works well for people who have acquired several properties that have appreciated significantly but might not have enough liquid assets to support themselves comfortably during retirement. The major disadvantage is that the gift is irrevocable. If for any reason the donor needs to cash in the asset, there's no way to get at it.

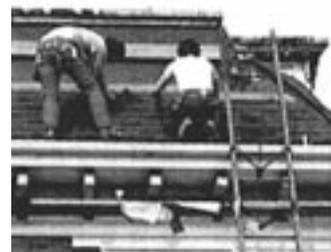
Anyone who is considering setting up a charitable remainder trust definitely should consult an attorney who specializes in this area; one wrong word can upset the tax deduction. Also, have a financial planner compare the income potential from the trust with the money-making potential from the property your children would have inherited if you hadn't made the gift. For those who can afford it, the ability to give to charity combined with the potential tax savings is often the motivation for setting up either of these two trusts. A word of caution, though - be careful not to give away too much too soon. There are too many uncertainties in life - don't get caught short.

Again, people considering something more complicated than simply giving money outright - such as either of these two options - would do well to consult an attorney, professional tax advisor and financial advisor specializing in estate planning.

For more information on this topic and other financial matters, contact Jeff Angel, Personal Financial Planner, at (612) 628-2428



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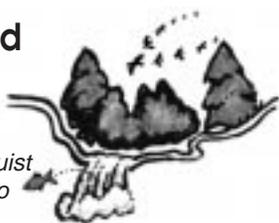
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Eye On Sports

In The Field And On The Water

by Wally Walquist
KFAN Radio



The walleye season is open and our Governor didn't catch any fish on opening day. But, the bass season opened on May 28th and Vikings coach Dennis Green's tournament on Lake Minnetonka went off without any problems. All in all, this year's angling season seems to have gotten started as normal as most.

Yes, equipment has changed. Sure, boats are faster, but the fish, they are still the same. They feed, they swim, and sometimes they don't bite. We as anglers should try not to (although I know it's hard) get to wrapped up in the "super-technical" aspects of fresh water fishing.

When the fish don't bite, try to make them bite. This may mean taking a good look at your angling location. Look for underwater points, inside turns in the weed line, and sunken islands. These are key fish-holding spots, and you can utilize your electronics to locate them. And, it doesn't hurt to take some time and study a lakemap before your trip. Of course, some of the best advice can be given to you by the "locals", so be a good listener at the bait shop, and ask questions about the lake, the tackle and the bite.

So, summer is here and the fish are biting. Enjoy a Lake Mille Lacs trip. Try hiring a guide for the day, a great way to learn the lake quickly. Even rent a boat on your favorite metro lake. Cast top water baits for bass. Angling is a great way to relieve day-to-day stress. Enjoy the time you spend on the water, be it one hour or two days. Have fun and remember, fishing is a sport you can carry with you for the rest of your life.

Next issue ... we'll take an in-depth (no pun intended) look at summer bass. From docks to lily pads, rocks to milfoil. I will take you through it cast by cast and fish by fish. Have fun fishing, and keep what you eat and return the rest to our waters. Good luck and good fishing.



Be sure to listen to "Fish Friday" Noon - 1:30 pm on KFAN Sports Radio (AM1130)



Softball Season In In The Swing

by Michael Gunderson

Hello to the many readers of Minnesota Recreation. My name is Michael Gunderson, sports aficionado and barber salon owner of *hair by Michael* in St. Louis Park. I will be writing a sports feature every issue, as well as predictions, thoughts and opinions in a on-going column called "A Little Off The Top" (see right). I hope all you sports fans enjoy these features, and I encourage you to write me with comments or ideas.

This month I would like to focus on the popular summer sport of softball. Minnesota is the one of the leading states in softball players, and I wanted to start by talking to a sponsor. I chose to visit with Tim Weiss, owner of *Gabes By The Park* in St. Paul near Energy Park, known as the St. Paul softball headquarters. *Gabes* has been around for seventeen years, and currently sponsor 78 teams (men, women and co-ed) of all caliber of play from Class D to AA. They have been very successful with their teams and had 14 teams go to the Nationals last year. A big part of *Gabes* business is the booming St. Paul Saints. They have new transportation called the "Big Pig Bus" to take fans to the game. They are also a supporter of U of M athletics, as well as the local home of the Green Bay Packers.

I have been involved in girl's softball as a coach for a few years now, so I thought I'd touch upon that area of softball. Talking with Jim Doherty, coordinator for Minnetonka



Girls Softball, Jim says the trend in softball for girls is moving toward modified pitching, somewhere between fast pitch and pitching with an arc. It is said to make it a more exciting game with the hitting, running and stealing.

In closing, I would like to share some hitting tips. Be aggressive and confident. Choke up slightly. Step-squish-snap. Stride to hit, not stride and hit. Keep your weight on you back foot as long as possible, this will help you to get good hip and shoulder action.



by Michael Gunderson

Here are my pre-season picks for the Major League Baseball season:
AL Central - Cleveland, AL East - Baltimore, AL West - Texas, NL Central - Cincinnati, NL East - Atlanta, NL West - San Francisco
World Series: Atlanta over Baltimore.

This surging Twins team has reminded me alot of the '91 team. They will keep it exciting, and should be right there all the way until the end.

It would be fantastic to have pro hockey back. I thought the Hartford Whalers might be on their way here, however it was not the case and they were recently purchased. We could have kept the same uniforms and called them the "Minnesota Walleye". Hopes are still up, and I have been hearing about the Winnepeg Jets possibly moving here. Stay tuned!

The Vikings seem to be doing some interesting things to make their offense more exciting. I am, however, still a little concerned about the defense, although it is still early.

Ah, the fun and fresh air of outdoor baseball. The Saints fans have shown they miss it. I feel we should at some point put a retractable roof on the dome rather than build a new stadium.



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Coming Attractions

Calendar of Events

A TASTE OF MINNESOTA

July 1-4, 1994

State Capitol Mall
St. Paul, MN

Returning for its 12th spectacular performance, *A Taste of Minnesota* brings extended hours to enjoy the July 4th weekend menu of food, fun and great entertainment. As before, some 30 restaurants featuring a variety of ethnic and All-American foods will dot the spacious grounds. Besides feasting, the public can alternate between entertainment on three music stages and a dazzling array of quality arts and crafts. In the spirit of Independence Day, a fireworks extravaganza will light the Twin Cities skies each evening. And, true to tradition, admission is free all four days. Call (612) 228-0018 for information.



THE DINOSAURS OF JURASSIC PARK, THE EXHIBIT

June 18 - Sept. 18, 1994

Science Museum of Minnesota
St. Paul, MN

Take some Hollywood imagination, blend it with scientific know-how, and you've got an incredible exhibit about the making of the movie *Jurassic Park*. *The Dinosaurs of Jurassic Park* features actual movie props, fossils, and life-size dinosaurs. This is the only official movie exhibit endorsed by the film's producer Steven Spielberg. Call (612) 221-9444 for information.

INDEPENDENCE DAY 1827

July 4, 1994

Historic Fort Snelling

At MN Hwys. 5 & 55, Near Airport

Few holidays were celebrated in America's early history, so Independence Day was a time to pull out all the stops. At Fort Snelling, soldiers had a day off from duty and an extra ration of whiskey to honor the day. A cannon salute to the Union's 24 states, a sampling of roast pig, patriotic play, dancing and a tea party at Colonel Snelling's home fill the day. Don't miss the "anvil blow", where the Fourth is celebrated by placing just enough gun powder under a small anvil to propel it into the air. Call (612) 726-1171 for information.



THE PLAY'S THE THING

June 17 - Sept. 3, 1994

The Guthrie Theater
Minneapolis, MN

The Guthrie Theater announces the second show of its 31st season, *The Play's The Thing*. In the world of theater, anything can happen, even when it's not a play ... or is it? Simultaneously celebrating and parodying the theater, this is a deliciously articulate play full of observations about theater intersecting with real life - especially in the minds of characters who constantly are preoccupied with the writing and staging of drama. This effervescent comedy by Ferenc Molnar, adapted by P.G. Wodehouse, is directed by Michael Engler.

Call (612) 347-1100 for information.



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WITH MOORE BY FOUR

June 29 - July 1, 1994

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Minneapolis, MN

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THE SOUND OF MUSIC

July 12-24, 1994

Ordway Music Theatre
St. Paul, MN

The Ordway Music Theatre will be filled with the "sound of music" when Marie Osmond as Maria opens the 1994-95 First Trust Theater Season in the Rogers and Hammerstein timeless musical, *The Sound of Music*. With memorable tunes like "My Favorite Things", "Edelweiss", "Climb Every Mountain" and "Do Re Mi", *The Sound of Music* has won seven Tony Awards as well as a Grammy for Best Original Cast Album and a Gold Record. The film version starring Julie Andrews and Christopher Plummer was the winner of five Academy Awards including the Oscar for Best Picture. Call (612) 224-4222 for information.



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Through Aug. 28, 1994

Chanhassen Dinner Theatres
Chanhassen, MN

A warm, autobiographical comedy about a Brooklyn family during the Depression as seen through the eyes of Eugene Morris Jerome, a teenager who dreams of baseball, girls and becoming a famous writer. The *Star Tribune* called Chanhassen's production of *Brighton Beach Memoirs* "an excellent piece of theatre, teeming with humor." And, New York critics have called it one of Simon's richest works. Call (612) 934-1525 for information.



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Gaviidae Common (Info. Desk) - Nicollet Mall / 60 S. 6th St.
Gluek's Restaurant & Bar - 16 N. 6th St.
Hubert's - 601 Chicago Ave.
Liquor Depot - 1010 S. Washington Ave.
Loon Cafe - 500 1st Ave. N.
Loring Cafe - Loring Park / 1624 Harmon Place
Lyon's Pub - 16 S. 6th St.
Orchestra Hall - Nicollet Mall / 1111 Nicollet Ave.
Rosen's Bar & Grill - 430 1st Ave. N.
Spike's Sports Bar - Hyatt Regency / 1300 Nicollet Mall
WCCO Television - 90 S. 11th St.

Uptown / Kenwood

Border's Book Shop - Calhoun Sq. / 3001 Hennepin Ave.
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Kinhold Restaurant - 2755 Hennepin Ave.
Muffin Man Cafe & Bakery - 2300 Hennepin Ave.
Sebastian Joe's Ice Cream Cafe - 1007 Franklin Ave. W.
Smiling Moose Bar & Grill - Calhoun Sq. / 3001 Hennepin Ave. S.
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Fat Lorenzo's - 5600 Cedar Ave. S.
510 Restaurant - 510 Groveland
France 44 Wines & Spirits - 4351 France Ave. S.
Guthrie Theater (Stage Door) - 725 Vineland Place
In Motion Pictures - 5007 34th Ave. S.
Javaz - 3617 W. 50th St.
Kikugawa - Riverplace / 43 Main St. SE
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Cattle Company Restaurant - 5696 University Ave. NE
Golden Valley
B Dalton Bookseller - Hwy. 55 & Winnetka
Down In The Valley - 8020 Olsen Memorial Hwy.
Piazza's Italian Ristorante - 8851 7th Ave. N.

Hopkins

Hopkins House - 1501 Hwy. 7
Lindee's Saloon & Eatery - 919 Cambridge
Minnetonka
Borders Book Shop - Bonaventure / 1501 Plymouth Rd.
Burger Brothers Sporting Goods - 4900 S. Hwy. 101
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Uno Original Chicago Pizzeria - Ridgedale / 12649 Wayzata Blvd.

New Hope

Papa's Cafe - 7181 42nd Ave. N.
Robbinsdale
Broadway Pizza - Robin Center / 4106 Lakeland Ave.

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China Jade Restaurant - 5009B Excelsior Blvd.
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Southtown Bowl & Billiard Lounge - 7941 Southtown Ctr.

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Ground Round - 14200 Nicollet Ave.
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Lotus Vietnamese Restaurant - 1916 E. Hwy. 13
Shooter's Billiards & Pro Shop - Hwy. 13 & Co. Rd. 11

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Disc Jockey - Southdale / 3522 Southdale Center
General Nutrition Center - Southdale / 10 Southdale Center
General Sports - 5025 France Ave. S.
Green Mill - 4501 France Ave.
Minnesota Place - Southdale Center / 6601 France Ave. S.
Q. Cumbers - Centennial Lakes Plaza / 75th & France
Ruby Tuesday - Southdale / 1656 Southdale Ctr.

Richfield

Adventures In Video - 6609 Nicollet Ave. S.
B & D Bait and Tackle - 1308 E. 66th St.
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Savage

Brad's Diner - 4749 W. Hwy. 13

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Lee Ann Chin Chinese Cuisine - Union Depot / 214 E. 4th St.
Mickey's Diner - 9th & St. Peter
Minnesota Dept. of Natural Resources - 500 Lafayette Rd.
Minnesota Historical Society History Ctr. - 345 Kellogg Blvd.
Minnesota Office of Tourism - 100 Metro Sq., 121 7th Place E.
Saint Paul Hotel (Concierge Desk) - 350 Market St.
Science Museum of Minnesota - 30 E. 10th St.
St. Paul Public Library (Reference Room) - 90 W. Fourth St.
Town Square (Information Desk) - 445 Minnesota St.

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Children's Museum - 1217 Bandana Blvd. N.
Ciatti's Italian Restaurant - 850 Grand Ave.
College of St. Catherine (Derham Hall) - 2004 Randolph Ave.
Cossetta's - 211 W. 7th St.
Dixie's Bar & Smokehouse Grill - 695 Grand Ave.
Gages By The Park - 991 N. Lexington Pkwy.
Gimp's Live Bait - 1239 Rice St.
Green Mill (Deli) - 57 Hamline Ave. S.
Hafner's Bowling Center - 1560 White Bear Ave.
Hot Rock Cafe - Bandana Sq. / 1021 E. Bandana Blvd.
Hungry Mind Bookstore - 1648 Grand Ave.
Italian Pie Shoppe & Winery - 777 Grand Ave.

Kowalski's Market Bakery - 252 Cleveland Ave. S.
Lex Liquor Barrel - 451 N. Lexington
Lyon's Pub on Grand - 788 Grand Ave.
Maclester College (Student Union) - 1600 Grand Ave.
Mai Village - 422 University Ave. W.
Mancini's - 531 W. 7th St.
Manor - 2550 W. 7th St.
Marshall Liquors - 2027 Marshall Ave.
MGM Liquor Warehouse - 275 White Bear Ave.
Napoli Cafe - 1406 White Bear Ave.

O'Gara's Bar and Grill - 164 Snelling Ave. N.
Perkins Family Restaurant - Midway Ctr. / 1544 University Ave.
Plums - 480 S. Snelling Ave.
Serlin's Cafe - 1124 Payne Ave.
Seymour's Pharmacy - 1656 White Bear Ave.
Thomas Liquors - 1941 Grand Ave.
University of St. Thomas (Murray Hall) - 2115 Summit Ave.
W.A. Frost & Company - Selby and Western

ST. PAUL NORTHEAST SUBURBS

Arden Hills
Blue Fox Inn - 3833 Lexington Ave. N.
Falcon Heights
Ciatti's Italian Restaurant - 1611 W. Larpenteur Ave.
Lake Elmo
Twin Point - 11199 Stillwater Blvd.
Little Canada
Hoggsbreath Bar & Grill - 2504 N. Rice St.
Minnesota Spirits - 2680 Rice St.
Venetian Inn - 2814 Rice St.

Maplewood
Applebee's Neighborhood Grill & Bar - 3001 White Bear Ave.
Chi-Chi's Mexican Restaurant - 3069 White Bear Ave.
Kokesh Athletic and Golf - Maplebridge / 2515 White Bear Ave.
Maplewood Mall (Customer Service) - 1054 Maplewood Mall
Shinder's - Plaza 3000 (Near Maplewood Mall)

New Brighton

Los Banditos - 2321 Palmer Dr.

North Oaks

Panino's Restaurant - 857 Village Center Dr.

North St. Paul

Keindel's Super Market - 2586 E. 7th Ave.
Weber's Supper Club - 2497 7th Ave. E.
Roseville
Fuddrucker's - 2740 N. Snelling Ave.
Good Earth Restaurant - 1901 W. Hwy. 36
Green Mill - 145 Rosedale Mall
Ground Round - 2100 N. Snelling Ave.
Har-Mar Theatres - Har-Mar Mall / 2100 Snelling Ave.
Keys Lexington Cafe - 1682 Lexington Ave.
Lido Cafe Italia - 2801 N. Snelling Ave.
MGM Liquor Warehouse - 1102 Larpenteur Ave. W.
Rosedale Mall (Customer Service Info. Desk) - 10 Rosedale
Roseville 4 Theatre - 1211 W. Larpenteur
Snuffy's Malt Shop - 1125 W. Larpenteur

Shoreview

O'Neill's Liquor Store - 3598 Owasso St.

Vadnais Heights

Vadnais Heights Market - 3437 Centerville Rd.
White Bear Lake
Carbone's Pizzeria - The Shops at Banning & 5th
Ciresi's Liquor - 2148 Third St.
Country Inn - 4940 Hwy. 61
Holiday House - 1600 Cedar Ave.
Lake Country Booksellers - 4766 Washington
MGM Liquor Warehouse - 4444 Hwy. 61
Tally's Dockside - 4440 Lake Ave. S.
Village Inn - 3600 Hoffman Rd.
White Bear Lake Library - 4698 Clark Ave.

ST. PAUL SOUTHEAST SUBURBS

Eagan

Applebee's Neighborhood Grill & Bar - 1335 Town Centre Dr.
Apple's Restaurant - 1260 Town Centre Dr.
Big Top Wines & Spirits - 3900 Beau D'Rue Dr.
Cedarvale Lanes - 3883 Beau D'Rue Dr.

Cherokee Sirloin Room & Sports Barn - 4625 Nicols Rd. S.
Italian Pie Shoppe & Winery - 1438 Yankee Doodle Rd.
Jerry's Home & Garden Showplace - 4381 Nicols Rd.
Lost Spur Country Club - 2750 Sibley Memorial Hwy.
Rainbow Foods - 1276 Town Centre Dr.
West Coast Video - 113 Cliff Lake Center

Cottage Grove

All Seasons Golf - 7552 W. Point Douglas Rd.

Highland Park

Farcy's In The Village - 2012 Ford Pkwy.
Haskell's Wine and Spirits - 2221 Ford Parkway
Highland Grill - 771 Cleveland Ave. S.
Tiffany's Sports Bar & Grill - 2051 Ford Pkwy.

Inver Grove Heights

Bridgeman's Original Ice Cream Restaurant - 4560 S. Robert
Shinder's - Southridge Center
Lilydale
Moose Preserve - 857 Sibley Memorial Hwy.

Mendota

Ragin Cajun Nightclub - 1351 Sibley Memorial Hwy.

Mendota Heights

MGM Liquor Warehouse - 750 State Hwy. 110

Oakdale

Big Top Wine & Spirits - 7057 10th St. N.

South St. Paul

Buckboard Saloon - 464 S. Concord Exchange
Wells Fargo Lanes - 365 N. Concord

West St. Paul

Acres Restaurant - So. Robert at Southview Blvd.
Gallagher's - 888 Ohio St.
Winners Bar & Restaurant - 674 Dodd Rd.
Woodbury
Burger Brothers Sporting Goods - 7150 Valley Creek Plaza
Dorothy Ann Bakery & Cafe - 1705-1 Weir Dr.

Watch this page for expansion of
Minnesota Recreation

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THANKS!

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