

Heart Attack Warning Signs

Some heart attacks are sudden and intense, but most of them start slowly, with mild pain or discomfort. Here are signs that can mean a heart attack is happening:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** This feeling often comes along with chest discomfort. But it can also occur without chest discomfort.
- **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness.



If you or someone you're with has one or more of these signs, call 9-1-1 immediately. Get to the hospital right away.

"Buddy Bench"

Playgrounds can often be the place where friendships are made, but at times, they're also the same place where some kids feel more alone than ever. Kids with an established group of friends may not think to seek out those who feel excluded. Peer pressure, stress, and bullying can all be a part of the rocky journey growing up.

The Buddy Bench is an idea inspired to eliminate loneliness and promote inclusion on the playground. Any student who is feeling left out, bullied or simply sad can sit on the bench. Once there, other students are encouraged to include them in some of the activities that may be happening. Students can show kindness and respect by asking someone on the bench to join their friends. Once a child is asked off the bench to come play, the hope is that they will have the confidence to play with their new friends again the next day.



There are an estimated 2,000 schools across the United States with benches. Christian Bucks is credited with introducing buddy benches to America. For more information, visit his website at: www.buddybench.org.

COMMUNITY SUMMER HAPPENINGS

Burnsville - "Friday Night Flicks on the Bricks"

Nicollet Commons Park, 12550 Nicollet Ave.

Seating begins at 7:30 pm—show at dusk

June 10: Norm of the North (PG)

June 24: Cinderella (PG)

July 8: Hotel Transylvania 2 (PG)

July 22: Tomorrowland (PG)

Aug. 12: Mall Cop 2 (PG)

Aug. 26: Zootopia (PG)



Apple Valley - "Concerts in the Park"

Fridays, June 3-August 12 (no July 1 concert)

6:00-9:00 pm at Kelly Park, Galaxie Avenue

Eagan Marketfest

Farmer's Market & Concerts

Wednesdays, June 1-August 31 from 4-8pm

For more information, www.cityofeagan.com



Twin Cities River Rats Water Ski Show

1628 W. River Road, Minneapolis

Free shows on Thursday evening at 6:30 pm



Happy
Father's
Day!

Do you want to get rid of junk mail?

You can request your address be removed from marketing lists by sending \$1 and your address to: Mail Preference Service, Direct Marketing Association, P.O. Box 643, Carmel, NY 10512 (dma-choice.org). Also check consumer.ftc.gov and catalogchoice.org—both offer options to opt out of junk mail.

With summer coming around the corner, fishing season has started. Capable Partners has three events for fishing. **June 4th**, there will be Prior Lake fishing. Contact Terry Hanson at 763-535-9603. **June 5th**, there will be muskie fishing at Surfside Park Mound, MN. For more information, please contact Rod Guthier at 952-888-6494. The last event is on **June 10th**, which is Lanesboro Trout Fishing at Sylvan Park pond. For more information, contact Evan Newton at 952-831-6758.



Strawberry picking season is here as well. The closest berry farm is in Rosemount, MN called Bohn Farm MX, Market and Service Center. The farm is located at 17801 Clayton Ave E Rosemount, MN 55068. They also have goats that you can see. The number to contact the farm is at 651-967-3276. For fresh produce, look at your local farmers market as they are open. There will be more produce selections in June. If there is anything else that you would be interested in doing, let the office know so that I can research the events.



Until next time.....Jim

CONGRATULATIONS
to the
2016 Graduates!



Dakota County Curfew

Dakota County's Curfew Ordinance prohibits juveniles from being unsupervised in a public place or establishment during certain night-time hours. Violation of the curfew ordinance may lead to a fine and/or court appearance.

There are exceptions to the curfew laws. These include being in front of his/her own residence, traveling home from an official school or religious event, running an errand for a parent, being in the process of going to or coming home from work, or an emergency situation.

Under 12 years of age	Sunday—Thursday	9:00pm—5:00am
	Friday & Saturday	10:00pm—5:00am
Ages 12-14	Sunday—Thursday	10:00pm—5:00am
	Friday & Saturday	11:00pm—5:00am
Ages 15-17	Sunday—Thursday	11:00pm—5:00am
	Friday & Saturday	12:00am—5:00am

Unless someone like you cares a whole awful lot,
nothing is going to get better. It's not. - Dr. Seuss -
Submitted by Sandy (Client)

JUNE BIRTHDAYS



01 - Aydann	12 - Amanda
01 - June	12 - Angela
01 - Leila	12 - Megan
01 - Emily	13 - Gretchen
02 - Peach	13 - Darren
02 - Krista	14 - Jennifer
03 - John	15 - Jean
03 - Ben	15 - Grace
03 - Kristen	15 - Isaiah
04 - Amanda	15 - Joanna
04 - Aiden	15 - Arianna
04 - Elisabeth	16 - Gail
04 - Lisa	18 - David
05 - Mindy	18 - Jeanika
05 - Jessica	19 - Melissa
06 - Genevlyn	20 - Nyla
06 - Vidanann	20 - Uriah
06 - Tonya	21 - Ettah
06 - Melissa	21 - Dorene
06 - Afshan	22 - Alexandria
07 - Crystal	24 - Maria
07 - Tiffani	25 - Cayla
08 - June	25 - Noah
09 - Preston	25 - Donald
09 - Eric	26 - Chandrowtee
09 - Dorothy	26 - Elizabeth
09 - Vivian	26 - Nicole
10 - Marilyn	28 - Julie
10 - Carly	28 - Mandi
10 - Leah	28 - Thomas
11 - Sandra	28 - Lise

Did you know...

Everyday is a holiday somewhere in the world. *Submitted by Sandy (Client)*



**ACCREDITED
BUSINESS**



Teairra Dembley has been selected for Superior Home Care's Employee of the Month for June 2016. She has been a PCA with Superior Home Care for 1 year. We are grateful for her hard work and dedication.



SUPERIOR HOME CARE

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