

Emily Project

In December, the Emily Program will open the Anna Westin House, a 16-bed inpatient treatment facility for women with eating disorders. The facility will be located in a former Catholic church building in St. Anthony Park.

Page 3



Volunteering Matters

Two crews of young people participating in Tree Trust's summer Youth Conservation Corps spent June and July building a retaining wall at College Park. Tree Trust is a nonprofit organization that provides training and jobs for young people.

Page 7



Frankson House

Two Como Park residents, Hiro and Sharon Shinomiya, live in a former buffalo barn. The original structure was part of a five-acre buffalo and deer park located on Midway Parkway and owned by Thomas Frankson.

Pages 8-9

St. Anthony Park  
Falcon Heights  
Lauderdale  
Northwest Como Park

Park Bugle

www.parkbugle.org

August 2009

She knows who Satan is  
Como Park author publishes essay collection

by Judy Woodward

While ago, Como Park resident Sara J. Ford took a sabbatical from her teaching post at Inver Hills Community College in order to do a scholarly examination of the varieties of American humor.

As she pursued her sober study of funnymen from Howard Stern to Jon Stewart, with stopovers at many lesser-known comics, she was struck by a couple of revelations.

First, a large percentage of professional humor "either flatters the audience by putting someone down or it makes us laugh by shocking us by its audacity and self-revelation."

The cheap shots come from political wits on both the right and the left, she realized, and for those who don't follow the issues, there's always Howard Stern going after "dumb blondes."

And when we're not being invited to laugh at the expense of others, there are the humorists who offer themselves as sacrificial lambs on the Altar of Laughs.

It's this second group that deals in shameless self-revelation, finding so-called humor in "their cocaine addiction, their mother's sexual proclivities."

Which led Ford to her second insight. After absorbing super-sized helpings of other people's wit, she realized, "I could write funnier stuff myself."

At the end of her sabbatical, she returned with an impressive annotated bibliography of contemporary comics, but her academic colleagues were probably surprised by the second half of her work.

"Apparently I Know Who Satan Is: My Fight Against Maturity and Other Irritating Social Norms," a collection of humorous essays based on her bemused and mostly fond backwards look at her childhood and youth, was published earlier this year by Seaboard Press. She'll be reading from her

— Sara Ford

"There has to be a place in life for humor that isn't divisive. I wanted to make people laugh at ourselves together as we try to make sense of the world."

Sara Ford to 11



Sara Ford's collection of humorous essays is a bemused look back at her childhood and youth. Photo by Neza Guevara.

Cities grapple with budget cuts  
September deadline looms for setting city tax levies

by Anne Holzman

It's not much fun these days to serve on a city council. Still reeling from the state's second payment reduction in a row and bracing themselves for a third, officials in Lauderdale, Falcon Heights and St. Paul will spend August and September preparing painful budget proposals and most likely boosting property taxes for 2010.

The effects of recent budget shortfalls are subtle so far, city leaders say.

Grass doesn't get trimmed as often in the parks; permits take a little longer to turn around; a question doesn't get answered at city hall

quite as quickly as it once would have. Children make do with old

playground equipment because its replacement has been put on hold. There are two summer community events instead of the usual three.

— Justin Miller  
Falcon Heights city manager

"I'd challenge anybody to look at our budget and find any fluff."

But as city council members in Lauderdale, Falcon Heights and St. Paul sift through piles of reports and juggle scenarios, it's getting harder to find services that can be cut. Cities have to set next year's tax levies at their September meetings, and they say we can all expect at least a moderate increase

Budget cuts to 6

Vote in the Bugle poll at www.parkbugle.org: Should state tax policy be changed to eliminate LGA?



## C I T Y F I L E S

### Falcon Heights

The cities of Falcon Heights and Lauderdale both celebrate their 60th anniversaries this year, and they will team up for a Family 5K Fun Run/Walk starting at 8 a.m., Aug. 15, at Falcon Heights Community Park, 2050 Roselawn Ave.

Race day registration and check-in will begin at 7 a.m. Those who have pre-registered by July 31 will receive a T-shirt. Parking will be at the Rose Hill Alliance Church, 2105 Roselawn Ave. The fee is \$15 for an individual or \$40 for a group or family up to four. Register at [www.falconheights.org](http://www.falconheights.org) or call Falcon Heights Parks and Recreation, 792-7616.

Parks and Recreation will offer several activities in August. To register for any of these, visit [www.falconheights.org](http://www.falconheights.org) or call 792-7616.

Tennis Camp, Aug. 10–14, Community Park. Ages 5–7, 9–10:30 a.m. Ages 8–12, 10:45 a.m.–12:45 p.m. Cost: \$45 residents, \$50 nonresidents. Messy Art, Fridays, Aug. 7–28, Curtiss Field Park. Ages 3–4, 9:30–10:30 a.m. Ages 5–6, 10:45–11:45 a.m. Cost: \$35 for residents, \$40 for nonresidents.

Watercolors, Aug. 6–7, City Hall. Ages 7–14, 10:30 a.m.–3:30 p.m. Cost: \$50. Bring a bag lunch.

The Falcon Heights Human Rights Commission is sponsoring a poster contest for school-age children. The theme is based on the question: “How can we make sure that our actions display fairness to all in order to avoid the mistakes of our past?”

Posters will be judged on clarity of message, originality, creativity and neatness. Entries must be no larger than 18 x 24 inches and no smaller than 8.5 x 11 inches. Any two-dimensional media may be used.

Entries will divided into four categories: grades K–2, 3–5, 6–8 and 9–12. Entries must be at City Hall by 4:30 p.m., Sept. 25. For more information, visit [www.falconheights.org](http://www.falconheights.org) or call 792-7600.

### Lauderdale

The office of mayor and two council seats will be up for election in November. Filing for candidacy begins Aug. 25 at Lauderdale City Hall and ends at 5 p.m., Sept. 8. The filing fee is \$2.00. Candidates must be an eligible voter, 21 years of age or more on the date assuming office, a U.S. citizen, and have maintained residence in the city for 30 days before the municipal election.

The City Council will discuss the 2010 budget at its Aug. 11 and 25 meetings. They plan to set the preliminary levy at the Sept. 8 meeting. Residents are encouraged to attend meetings, ask questions and state opinions. Meetings start at 7:30 p.m. at City Hall.

Lauderdale’s Day in the Park, 12–3 p.m. Aug. 15, will include a parade, puppet show and music by Denny and the Dawgs. Lining up for the parade begins at 11:30 a.m., with the parade starting at noon.

### St. Anthony Park

All St. Anthony Park neighbors are invited to attend a National Night Out ice cream social Aug. 4 at Alden Square, at the corner of Brewster and Gibbs streets. Accompanied by the music of the St. Anthony Park Community Band, neighbors will eat ice cream and catch up on the news. The festivities will begin at 7 p.m. To find out if your block is having a National Night Out party, or to add your party to the list, contact Renee at 649-5992 or [renee@sapcc.org](mailto:renee@sapcc.org).

Comcast Movie in the Parks will show “Kung Fu Panda” at Langford Park on Aug. 6. The show starts at dusk.

Recreation centers are currently taking registrations for football and soccer. A variety of classes and special activities will take place at Langford Recreation Center in September. For more information, call 298-5765.

Compost will be the subject of a Backyard Talk starting at 7 p.m., Aug. 5, at 22 Ludlow Ave. Two experienced practitioners will explain why composting is important and how to start a backyard composting pile. In case of rain, the talk will be at South St. Anthony Recreation Center. RSVP preferred to 649-5992 or [green@sapcc.org](mailto:green@sapcc.org).

Experts from the University of Minnesota bee lab will teach techniques for keeping bees in cold climates in a Backyard Talk on Aug. 18, 7 p.m., at 2207 Knapp St. In case of rain, the talk will be at South St. Anthony Recreation Center. RSVP preferred to 649-5992 or [green@sapcc.org](mailto:green@sapcc.org).

This month’s feature in the St. Anthony Park Community Council’s Green on the Screen film series is “The Power of Community: How Cuba Survived Peak Oil,” Aug. 17, 7 p.m., at the St. Anthony Park Library. The co-sponsoring St. Anthony Park Resilience Study Group will lead a discussion following the film. Refreshments will be provided.

As part of the 2009 Green Neighborhood Project, the Community Council has set a goal to convert residents to 100 percent wind power. More than 40 St. Anthony Park residents are now signed up. Through a program offered by Xcel Energy, residents can guarantee that their entire electricity bill is building new wind energy. The program adds about \$3.50 to a monthly bill. To sign up, visit [www.sapcc.org/windsource](http://www.sapcc.org/windsource).

St. Paul Smart Trips has established a committee to develop a vision for a St. Paul Greenway, a proposed extension of the Minneapolis Midtown Greenway. The committee will meet over the next several months and submit a draft plan to the adjacent district councils. The St. Anthony Park Community Council is looking for community members to join this committee. Contact Renee at [renee@sapcc.org](mailto:renee@sapcc.org) or 649-5992.

— Anne Holzman

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
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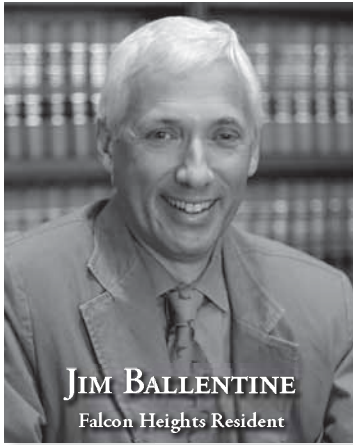
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## Old church finds new mission of salvation

by Judy Woodward

The stone building stands at the corner of Buford and Cleveland avenues in north St. Anthony Park, across from the St. Paul campus of the University of Minnesota. It spent most of the last century in service to the spiritual hunger of several generations of Roman Catholic congregations.

Now the structure that formerly housed Corpus Christi and St. Andrew Kim Catholic churches will be used to address the problems of another kind of hunger.

The church has been sold to the Emily Program, the Como Avenue-based clinic specializing in the treatment of eating disorders. In December it is slated to reopen as the Anna Westin House, a 16-bed, inpatient treatment facility.

Jillian Croll, the Emily Program's director of education, research and program development, suggested that repurposing this church as a therapeutic center makes sense.

"There is a pretty diverse spiritual dimension" to the work of the Emily Program, she said. They hope to promote a "sense of peace and healing" in the new Anna Westin House, and she thinks the "solid beams and space of the church will support the sense of healing."

Architects' plans call for enlarging the current choir loft to accommodate eight double-occupancy rooms. The main entrance will be moved to the side of the building. The large stained-glass window that now overlooks the east door of the

church will have its glass replaced with clear panes and will become the focal point of a new two-level meeting space, where it will face a patio built of old stone like that used in the former St. Paul courthouse.

"We're striving for an Ivy League, collegiate look," said Lindsay Brown, director of business development for the Emily Program. "Homey, but strong."

*"We're striving for an Ivy League, collegiate look. Homey, but strong."*

— Lindsay Brown

The Anna Westin House, which previously operated on a smaller site in Chaska, was founded in memory of a young woman who died in 2000 as a result of her encounter with anorexia. Anna Westin was 21 when she committed suicide after a five-year struggle with the disease that, according to Croll, takes the lives of one in five sufferers, either through suicide or malnutrition.

Anna's parents, Mark and Kitty Westin, believe that her death could have been prevented if Anna had had access to an inpatient care facility. They used an insurance settlement to found the residential treatment site, and Kitty Westin has become an advocate of and therapist for others suffering from eating disorders.

Although anorexia is the most deadly eating disorder, it is not the most prevalent. Croll said

that about 30 percent of the residents at the Anna Westin facility will likely be anorexics, and another 30 percent will suffer from the binge-and-purge disorder, bulimia. The remainder will probably fall into the category of "eating disorders, not otherwise specified" a catch-all medical term that includes compulsive overeating.

As with most groups of patients suffering from eating disorders, women will outnumber men by about a 9-1 ratio.

Although it might seem unlikely that the obese and the painfully thin could benefit from similar therapies, Croll said the issues they face are actually quite similar.

"They're driven by the same thin ideals," she said. "Whether it's overeating or starvation, the all-or-nothing idea is the trouble when someone believes that eating should be externally monitored rather than internally regulated."

Anorexia is often stereotyped as an ailment of teenage girls, but the age range for eating disorders is "quite diverse," according to Croll, and the average age of a patient entering the Anna Westin House is 26.

Patients at Anna Westin go on outings in the community, but the main work of the program is therapy. There will be a vegetable and herb garden on the site, and a cooking group, which can present a special challenge when half the participants are

Emily Program to 4

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The Park Bugle is a community newspaper serving St. Anthony Park, Lauderdale, Falcon Heights and Northwest Como Park. The Bugle reports and analyzes community news and promotes the exchange of ideas and opinions in these communities. The Bugle strives to promote freedom of expression, enhance the quality of life in the readership communities and encourage community participation.

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## E D I T O R I A L

When confronted with the task of explaining something complicated or elusive, one sometimes falls back on the line, “I know it when I see it.” Trying to define humor is an effort that usually results in some variation of that sentiment. You know what’s funny, but trying to explain why you find something humorous is almost hopeless.

What does it mean to say that someone has “a sense of humor”? Presumably, it involves more than merely laughing a lot. Laughter can reflect a variety of emotional states — delight, certainly, but also nervousness, surprise, embarrassment.

For most of us, saying that someone has a sense of humor usually means that person has our sense of humor. For the fact is, not everyone finds the same things funny.

Do you like British humo(u)r? The question implies that a sense of humor can vary by nationality. But does that mean there is such a thing as Canadian humor, or French humor, or Japanese humor? And if there are, how would one begin to explain them?

Or should one even try? It’s a truism of humor that if you have to explain a joke, then it isn’t funny. Explanation is the enemy of humor. In the words of E. B. White, “Analyzing humor is like dissecting a frog. Few people are interested and the frog dies of it.”

Besides reflecting cultural differences, humor, also varies by gender. Sociolinguist Deborah Tannen notes that women are less likely than men to tell jokes in groups. She cites a study of college students that found men tell a comparable number of jokes to other men, to women and to mixed groups, whereas women tell most of their jokes to other women, fewer to men and fewer still to mixed audiences. Men are more likely to tell jokes with a larger audience, women less so.

Practical joking — playing a joke on someone else — is also largely a male activity. Whether playing a joke or telling one, one is exercising a form of power, Tannen says. She cites a fellow linguist’s observation that “at the moment of laughter, a person is temporarily disabled.”

Humor can easily become competitive. He tells a joke that gets a laugh; now someone else has to get a bigger laugh.

But in addition to prompting competition, humor can be used to solidify group membership — hence, the power of the in-joke. Many families develop a store of shared humor that nonfamily members would find baffling. Marrying into a family, then, inaugurates a process of initiation into that group’s peculiar brand of humor.

In groups that use humor to reinforce a sense of belonging, being the butt of a joke can be a sign of acceptance: We feel comfortable

enough with you to tell a joke on you.

But humor is a two-edged sword. It’s gratifying to evoke laughter when you’re trying to be funny but devastating when you’re not. Among the most heartbreaking things a parent can hear a child say is, “They laughed at me.”

Which is perhaps another way of saying that the line between comedy and tragedy is not clear-cut. For example, laughter can be an instinctive initial response to another’s misfortune. Indeed, pratfall humor is common enough in comedies that it probably qualifies as its own genre.

A well-dressed gent slips and falls in the mud. That’s funny. But it turns out he broke an arm. Oops, that wasn’t funny after all. Or maybe it was. Perhaps he finds the whole thing absolutely hilarious, despite having a cast on his arm for weeks, and delights when others replay the event over and over. Or maybe he doesn’t find it funny at the time, or for quite a while afterwards, but eventually comes to see the event through laughter’s lens.

But would our mud-spattered friend be likely to laugh at himself if others didn’t laugh at him first? If a man falls in a forest and no one sees, does he make a funny?

Humor, it turns out, is largely social. Most people rarely laugh out loud when alone, but laughter is infectious.

In the early days of television, many shows had live studio audiences, and if the show was a comedy, the people watching it on TV would hear the studio audience laughing. But because that laughter was not always as predictable as producers wanted, sound engineers began “sweetening” it by adding pre-recorded laughter. When shows began dispensing with studio audiences in the 1960s, producers became more dependent on “canned” laughter.

In a famous event in television history, producers who were trying to launch a new show, “Hogan’s Heroes,” screened two versions of the same episode, one without a laugh track and one with. The former bombed, the latter was a hit and TV comedies were never the same.

It’s hard to define humor and hard to generalize about it. But it’s not difficult to recognize laughter, and laughter, it turns out, may really be the best medicine. Research suggests that “mirthful laughter” can raise good cholesterol, lower inflammation and help prevent heart disease.

So go ahead and snicker, titter, giggle, chuckle, chortle, cackle, guffaw, shriek, howl, split a side, bust a gut, roll on the floor. It’ll be good for you.

## L E T T E R S

### Reflecting on the Fourth

Once again the grand tradition of The Fourth in the Park was a terrific, memorable event. A great big thank you goes out to all the volunteers involved in producing what is St. Anthony Park’s preeminent community get-together.

Julie Glowka and Cindy Thrasher deserve special thanks for their ongoing leadership of this event. The work starts months in advance to secure permits and licenses, and recruit volunteers. Organizing everything from the parade to the games to

the food to the evening music, these leaders and their dedicated crew annually create an experience that really builds our community. Thanks also to those generous neighbors and local businesses for their donations that fund this celebration.

The St. Anthony Park Community Foundation is proud to be a part of this day because it truly represents the core values so important to the future of our community. Our annual Spirit of the Park Award salutes those who have made extraordinary commitments to these values. On

behalf of the Foundation and community, I was honored to present this year’s award to Fred Steinhauser.

I recommend reading the July Bugle article about his many contributions to the schools, open spaces, local business district and even past July 4th celebrations. Fred truly represents the best in community-building and volunteerism.

*Jeff Blodgett  
Chair, St. Anthony Park  
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### Emily Program from 3

compulsive overeaters and the other half regard food as a “toxic substance,” according to Brown.

“We’ll teach basic cooking skills and knife handling,” she said. “Maneuvering around their feelings will be very interesting.”

A stay at the Anna Westin House isn’t cheap. Costs range from \$900 to \$1400 a day. Although insurance usually covers most of a patient’s expenses, Brown said that life-threatening health crises like anorexia have their own scale of financial reckoning.

“Nobody suggests that heart-

attack victims reconsider their level of care based on cost,” she said. “In Minnesota we’re so lucky that families generally don’t have to mortgage their house to pay for treatment.”

Even if financial hurdles are overcome, inpatient care is often regarded as a last resort for those unable to respond to other treatment. Certainly, no one signs on for a round-the-clock regime of therapy without serious consideration of other options.

Work and family responsibilities must be put on hold in order to enter a treatment

facility, which makes it remarkable that almost 20 percent of anorexics eventually receive inpatient care, according to Croll. So intractable is the disorder that sometimes less intense treatments cannot overcome the mental barricades that patients erect in the face of the illness.

That’s because eating disorders are adaptive functions that help their victims cope, however maladroitly, with life’s stresses. To achieve peace with their bodies and souls, sufferers need to learn new skills.

“The purpose of a 24-hour care facility,” said Croll, “is to make sure people are getting support to make the changes they need.”

In the end, an ivy-covered, collegiate atmosphere may be just the right note for the former church. Like the church, the Anna Westin House will be a place of spiritual growth. Like the University of Minnesota campus across the street, it will also be a place of education.





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### Budget cuts from 1

to compensate for cuts in local government aid (LGA).

As St. Paul's Ward 4 City Councilmember Russ Stark pointed out, the tax increases will be felt more keenly in St. Paul neighborhoods with relatively stable property values — including much of Ward 4.

The city sets an overall levy, the county assesses values and the state has detailed rules about how the tax burden falls, based on each property's value and use. Stark said home values have fallen by as much as 50 percent in other parts of the city.

So if St. Paul's levy goes up, a home that has lost little value will shoulder a greater proportion of the overall levy and could see a noticeable increase in 2010 taxes — especially when county and school district levies, both larger than the city's, are added in.

Cities receive LGA payments from the state twice a year to supplement their property tax and other revenues and to make sure each municipality has what it needs to maintain basic services while keeping property taxes steady.

LGA was cut at the end of 2008, when Gov. Pawlenty reduced December payments to balance a budget shortfall, and then again in July of 2009. Now local officials are bracing for another cut this December.

Always controversial, LGA has become a hot potato during the economic downturn. Critics say cities should break their dependence on it.

"We'd love to," said Falcon Heights City Manager Justin Miller, who said he'd like to know how much money is coming in and then not have it taken away just days before bills are due, as it was in December and again in July. But with two-thirds of Falcon Heights occupied by the tax-exempt University of Minnesota and Fairgrounds, it's impractical to consider running the city on property taxes alone, he said.

Falcon Heights has already cut City Hall staff from six positions to four, Miller said. They've stopped publishing newsletters and replaced them with electronic communications, which are cheaper but probably less effective.

"You'll never get as much coverage as if you'd mailed it to every house," Miller said.

Falcon Heights staff salaries are frozen at 2008 levels, and

money to refurbish a fire truck was diverted to the general fund. Possibilities for savings in 2010 include staff reductions for parks and public works, which could mean warming houses at ice rinks wouldn't be staffed, or firefighters wouldn't staff public events such as the ice cream social or snow would pile up higher before being removed.

Miller's list of possible budget revisions, from which the City Council will likely draw, also includes more dramatic cuts, such as eliminating parks and recreation programs or reducing public works staff by one full-time position.

"I'd challenge anybody to look at our budget and find any fluff," Miller said.

Lauderdale City Manager Heather Butkowski, also operating on reduced staffing, said, "We live pretty well within our means." She said capital improvements are on hold unless there's a safety issue or a threat such as water damage that would undermine a structure.

"The hard part is you only find out about your unallotment midway through the year," she said.

The December 2008 cut was a last-minute surprise; the July unallotment was announced in May but not specified until early July; the December 2009 payment is expected to be a loss from cities' long-range expectations.

Lauderdale City Councilmember Lara MacLean said the residential nature of her suburban city means homeowners will foot any increase in tax bills, but she and her colleagues hate to see services cut much more.

For example, she said, they contract police services from the city of St. Anthony, an arrangement shared by Falcon Heights. It's only recently that Lauderdale has had an officer always on duty.

"I grew up here," she said, "and they're the best police force we've ever had. The kids know them. They get out of their cars to talk to us." She said she wouldn't want to go back to a part-time police presence.

MacLean said her constituents are comfortable but far from wealthy. "I just don't want to see the citizens here have a huge tax increase," she said.

And if the city nudges its levy upward this year, as she expects, she'd feel better if she thought the worst was over.

"That is going to be my big question," as she grapples with the 2010 budget, she said. "What if they cut us even more?"

Terry Speiker, director of public affairs for Ramsey County, said the Ramsey County Board will begin looking at its 2010-2011 budget in September. She said that although counties, like cities, receive state aid, "a lot of it is specific to programs we deliver.

We are still trying to ferret out what it's going to mean."

Speiker said federal changes in reimbursement formulas have helped counties, but the governor's unallotments removed that advantage. She said demand is increasing in human services and workforce assistance.

"Requests for assistance have gone through the roof," she said.

St. Paul City Councilmember Russ Stark said the year's losses of LGA, compounded by inflation, add up to "a big hit" to the city's budget. He said the city absorbed December's unallotment with a hiring freeze but will have to resort to layoffs and other measures as they approach the 2010 budget.

"We've got more than \$20 million to make up for," Stark said.

St. Paul will likely see reduced police services, Stark said, meaning fewer officers will be on patrol and response times will be longer. Mayor Chris Coleman is scheduled to announce his budget proposal for 2010 on August 11.

Stark said he expects libraries and recreation centers to be hit hard. He is participating on a citizen task force to find a way to keep the Hamline Branch Library open, possibly through a partnership with a nonprofit. A similar effort is under way for the South St. Anthony Recreation Center. Griggs Recreation Center is also in danger of losing staff, Stark said.

Stark said citizens may not notice some effects of the current belt-tightening but will wind up paying for them for years.

For example, he said, the city attorney's office will likely have its staff reduced, and when someone brings a lawsuit against the city, the staff has only so much time to comb through the details of the case, looking for defenses and sharpening arguments. Smaller staff could mean more expensive settlements, Stark said, turning short-term savings into long-term loss.

City councils will begin considering 2010 budgets in August, and all meetings are open to the public. Each city sets its maximum levy in September, then refines its 2010 budget by working within that levy limit.

Stark said he's happy to set up meetings with groups of citizens to listen to their concerns. He's accessible by phone (266-8640) or e-mail (Russ.Stark@ci.stpaul.mn.us).

Lauderdale Councilmember MacLean said she encourages neighbors to attend meetings and bring their questions to the floor.

"The meetings are kind of dry," she admitted, but she's still surprised no one has asked her what the city will do about the loss of local government aid.

"They are going to be feeling it," she said, "more and more and more."

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## Volunteering Matters

by Lisa Steinmann

College Park, the bucolic green space that slopes like a hidden valley below street level in the heart of St. Anthony Park, never seemed busier than it did earlier this summer. While young tennis players swung their rackets (St. Paul Urban Tennis opened a site at the College Park courts for its popular program), parents and young children arrived at the playground bearing pails and shovels. Folks of all ages dotted the landscape, either in search of a quiet corner or a space big enough to throw a football with friends.

Another welcome addition to College Park's summer bustle was a daily work crew of about eight young people, ages 14 to 19, hard at work digging, positioning and leveling 65-pound modular blocks to create a retaining wall.

The project, which took place during June and July, came at the request of city maintenance workers who found the sidewalk along Raymond Avenue difficult to plow in winter and who were concerned about erosion along the steep slope bordering the basketball and tennis courts.

At a time when the city's budget is whittled to the bone, one wonders where the money for the project was found. That's where Tree Trust comes in.

Tree Trust, whose administrative offices are located in St. Paul, is a nonprofit organization devoted to improving community environments and providing training and jobs for young people.

Crews of young people, provided by Tree Trust's summer Youth Conservation Corps program, work on projects in public parks and recreation areas. They build retaining walls and trails, clear diseased trees and plant new ones, and provide other work for municipalities at substantial savings.

The organization received federal stimulus funds this year that enabled it to nearly double its hires for its summer jobs program. That was a good thing for young people who might otherwise have gone unemployed this summer.

Pierre Williams, age 14, was one of Tree Trust's job trainees at College Park. He reported that last year, as a student at Como Park High School, he was struggling with boredom and enrolled in Job Corps, where he learned about Tree Trust. He said he learned more than just how to build a retaining wall. The program provided education in budgeting paychecks, résumé writing and other job skills.

Other young people on the



Participants in the Youth Conservation Corps, a program operated by Tree Trust, spent June and July building a retaining wall at College Park in St. Anthony Park. Pictured here (left to right) are Elvis Moua, Mary Xiong and Brian Carroll.

"B Crew," one of two alternating work crews on the College Park project, included Mary Xiong, Mai Xiong, Xai Thao, Brian Carroll, Cory Kemp and Elvis Moua. They worked under the supervision of Sarah Markegard, crew leader, and Andrew Haas, site supervisor.

Haas warmed up the crew when he arrived with his Fact of the Day. Example: "Did you know that when a person sneezes it's at category five hurricane speed?"

Getting to know each other was tough for a group of youth who haven't held jobs before. Haas and Markegard, both recent graduates of the University of Minnesota, played an important role in teaching the skills needed to work as a team.

Mary Xiong said that one of the things she learned this summer was "how to speak to a crew leader — not be rude." The relationships the youth maintained with co-workers were important and would carry over as references for their next job.

Over the course of six weeks the crew shifted 14 pallets of 36 blocks, dug trenches dozens of feet in length and created a wall that skirts the basketball court,

including a double tier on the south end. Perhaps the most difficult part, according to Xiong, was that "you have to make it accurate so all the pieces fit well together."

The crew members said they would like people in the community to know who they are and, as Elvis Moua put it, that building the wall wasn't easy. Tree Trust asks the crew members to write letters to the community. These are often laminated and left near the project when it is finished for passers-by to read.

Haas said that people should know that Tree Trust's Youth Conservation Corps program "provides an awesome opportunity for these kids." He'd like to see the word spread so that more work sites could be opened in St. Paul.

The experience was more than just a job for the young people on the Tree Trust work crew. In addition to earning a paycheck and a high school credit, they view it as a community service. As Pierre Williams said, "I think that it's good to help clean up parks and make everything better. People will continue to care for it."

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# OH GIVE ME A HOME WHERE

by ROGER BERGERSON

**H**ow would you feel if someone came to your door and said, “Did you know this house used to be a barn?”

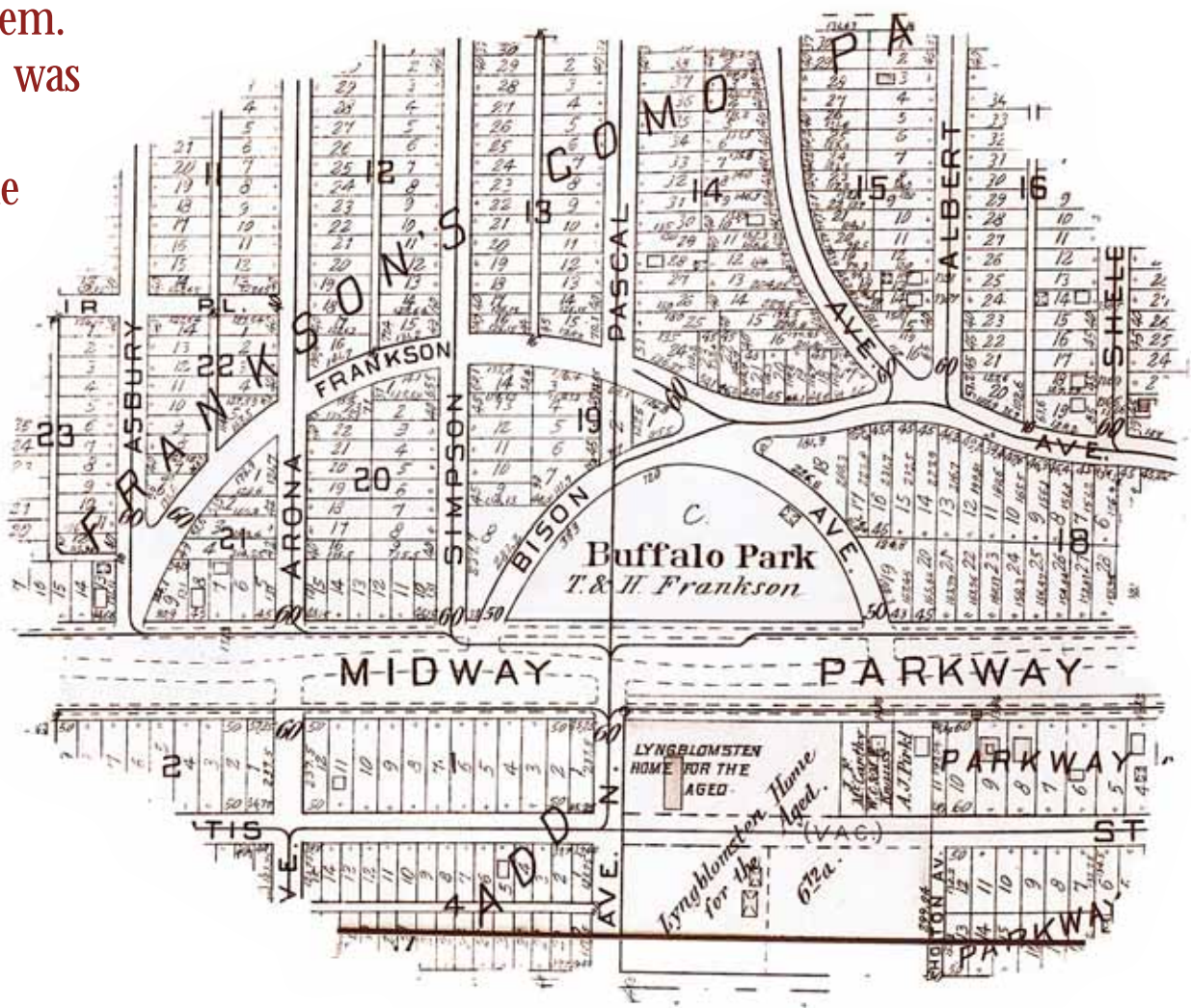
When that happened to Como Park resident Sharon Shinomiya, it wasn’t a total surprise because she’d heard rumors about her home’s history before. She just hadn’t believed them.

But here on a winter day in early 2001 was Richard Brace of Bessemer, Michigan, stopping at 1382 N. Albert St. to ask if he could take a photo of what was once a barn that belonged to his grandfather.

“I started to think it must be true,” said Shinomiya, who with her husband, Hiro, bought the house in 1995. “And when Mr. Brace later sent a photo of Thomas Frankson’s buffalo barn, there no longer was any doubt.”

Frankson was a prosperous real estate dealer and state legislator from Spring Valley, Minnesota, who moved to St. Paul in 1913 and began selling lots in a 120-acre development he’d recently acquired.

Frankson’s Como Park Addition was bounded by Snelling and Hamline avenues on the west and east and by Nebraska Avenue and Midway Parkway on the north and south.



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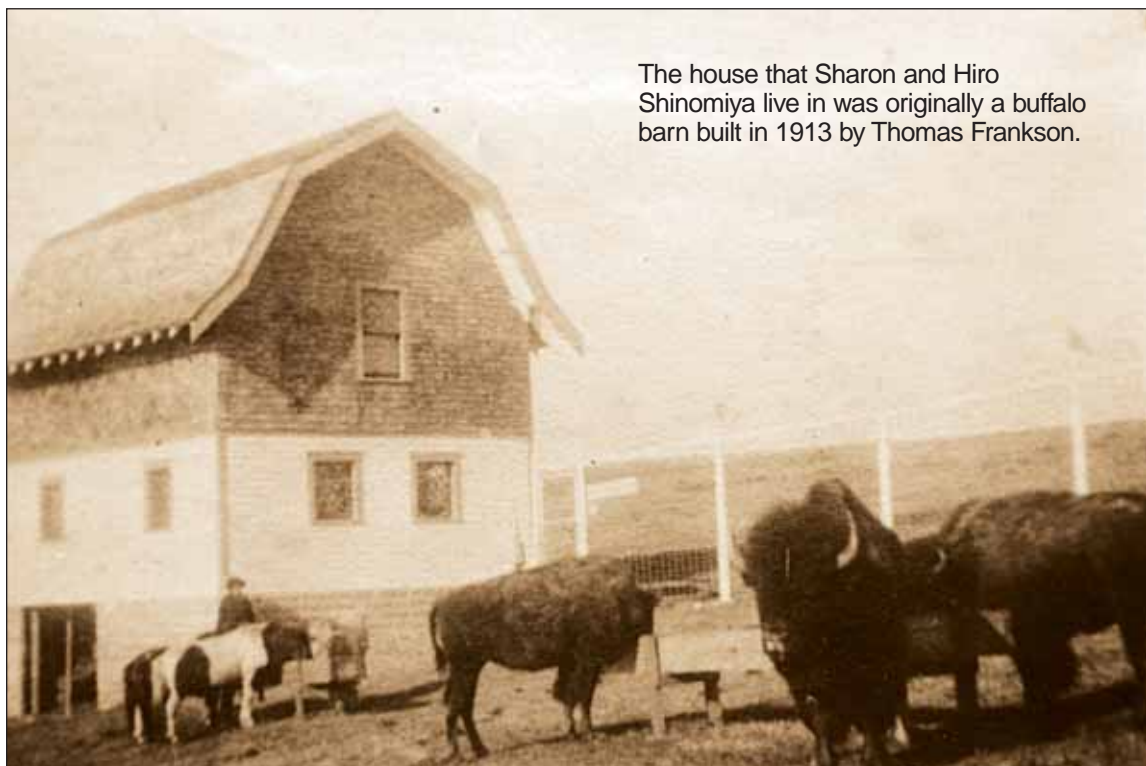
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# RE THE BUFFALO ROOMED



The house that Sharon and Hiro Shinomiya live in was originally a buffalo barn built in 1913 by Thomas Frankson.

In Spring Valley, Thomas and Hannah Frankson and children had lived in a farmhouse that was a showpiece, every bit as impressive as the new green-and-white tile mansion they would occupy in 1915 at 1349 Midway Parkway. (This latter home, with the lion statuary in front, has been a familiar landmark for generations of Como Park visitors.) It was at the farm that Frankson started collecting animals: buffalo, deer, Shetland ponies and other assorted creatures, including a two-headed colt.

In the new St. Paul development, Frankson held aside five acres on the north side of Midway Parkway and named the half-circle forming it Bison Avenue. He brought at least a portion of his herd north by rail and penned the animals there. The barn was in place by August 1913, and a real estate atlas of the era suggests it was located behind today's 1431 Midway Parkway.

In October 1913, newspaper ads urged prospective customers to "join the procession and take a Como-Harriet car from either city to Snelling Avenue, three blocks north to Addition. You can make this trip for pleasure as well as profit. Frankson's private buffalo and deer park is now ready where you can see domesticated deer and buffalo, the only thoroughbred American buffalo (bison) in captivity in the state of Minnesota."

The novelty must have gradually worn off because in June 1915, Frankson, soon to begin a successful campaign for lieutenant governor, offered his remaining animals and the five-acre plot to the city. It had been an unusually wet summer, and one newspaper noted that "the



Hiro and Sharon Shinomiya learned in 2001 that their house at 1382 N. Albert St. used to be a barn.

Frankson to 12

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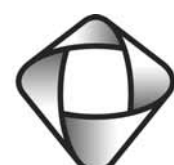
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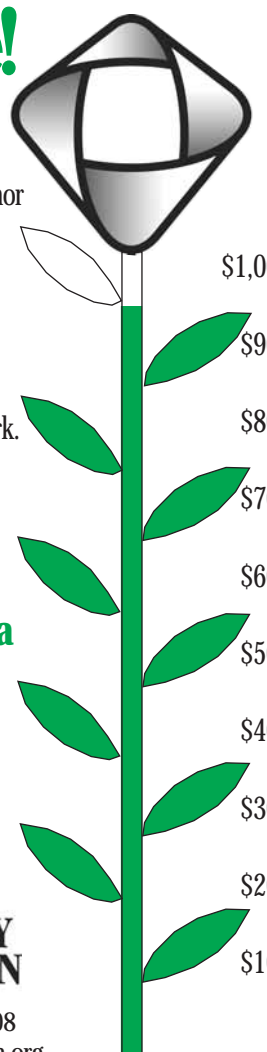
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### Sara Ford from 1

book at True Colors Bookstore on Chicago Avenue in Minneapolis on July 30, at 6:30 p.m., and at the Coffee Grounds Café at 1579 Hamline Ave. on Aug. 17, at 7 p.m.

Ford says her preoccupation with humor grew out of her "despair in politics" during the recently concluded administration of George W. Bush. "I was feeling less and less room for joy," she says. "I wanted to explore the sense of old-fashioned delight in storytelling at the back of the classroom."

A resolute tomboy who grew up to be a devoted lesbian partner and the mother of two young boys, Ford might be excused if she emphasized the pain and alienation of finding herself a quick-witted comedian in her "somber, cerebral, scholarly" (and straight) family of origin. Instead, she chose to see the funny side.

For Ford, the essence of humor is shared appreciation of youthful absurdity refracted through a lens constructed from the sheer quirkiness of daily life. "There has to be a place in life for humor that isn't divisive," she says. "I wanted to make people laugh at ourselves together as we try to make sense of the world."

Making sense of the world is a project that has engaged all of Ford's energies since she was Big Wheel-loving toddler growing up with parents that regarded plastic toys as an affront to their earth-toned, leftist sensibilities.

She writes, "Somehow — I remain a bit murky on the exact connections here — the slayings of Kennedy and King and the Vietnam War convinced my parents that obnoxiously big, brightly colored plastic toys led to the wrong kind of childhood."

Years later, when Ford began her teaching career at the University of Tennessee, she discovered another problem with her strenuously open-minded, resolutely Unitarian upbringing. It left her seriously under-equipped in the arena of competitive biblical quotation.

In the title essay of the book, she recalls the first time class discussion came to a dead halt when a hitherto silent student rose abruptly, fixed his unseeing gaze on the middle distance and rapped out a marginally relevant verse from what he identified as "First Timothy chapter five."

She writes, "My mind came up with no possible explanations and was left a blank space filled with only whiteness and wind."

Eventually, she became accustomed to similar outbursts on the part of the more evangelically oriented among her students, and she even began to depend on their superior knowledge of the Bible to tease out the Christian symbolism of assigned readings.

It all worked well until she

returned to Minnesota with a newly-minted Ph.D. and a teaching job at a local college. Here she learned immediately of the cultural divide that separates the Bible Belt from the secularized Upper Midwest.

*"Comedy and humor come from the 'outsider' perspective, but that's also where human suffering comes from. From the things that disconnect us."*

— Sara Ford

In her first class in the Twin Cities, her literary references to "Satan's fall from grace" drew blank stares and a prolonged silence that was finally broken by an exceptionally brave student who grappled with the essence of the Prince of Darkness by asking a well-placed question. "Didn't he, like, piss off God or something?"

With material like that to draw on, no wonder Ford felt no need to include in her memoir an obligatory essay on Coming Out. When asked to explain the omission, she responds, "The flip answer was, it wasn't funny."

Ford says she originally wrote twice as many essays as are included in the book. Those that didn't make the cut tended to be perhaps more reflective, but less funny. "I had to walk myself through the narrative,"

she explains, "before I could develop a position from which to look back."

Her goal was humor, but that doesn't mean she's unaware of the link between laughter and tragedy.

"Comedy and humor come from the 'outsider' perspective," she notes, "but that's also where human suffering comes from. From the things that disconnect us."

Ford, who describes herself as the "class clown of the Quest program" at St. Paul's Central High in the 1980s, has never had difficulty connecting through humor. She recalls over-the-top childhood stunts like juggling produce at the grocery store to get a rise out of her parents, and adds, "To get my quiet, cerebral father to open up and laugh was always a joy."

And the family comedy continues. As the mother of two boys, 6 and 7, Ford is well aware of the funny side of parenthood.

"Another wellspring of the absurd is parenting two crazy kids," she says. She acknowledges that any future book may well turn the focus on the next generation.

Maybe that future work will even earn her own ultimate comic accolade.

"A great comedian opens herself up to be foolish in order to let us laugh at ourselves," Ford says. "What a gift that is to all of us. Any way you can pull that off is worth it."

ARTISTS AT WORK

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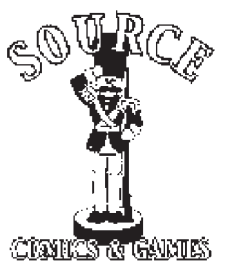
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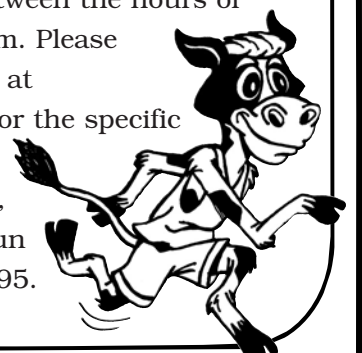
## MINNESOTA STATE FAIR

# MEMO

**ATTENTION:**

## Residents of St. Anthony Park

Sunday, August 30, the Minnesota State Fair will hold it's 25th Annual 5K Milk Run. The race course begins on the fairgrounds and then winds its way through the St. Paul campus of the University of Minnesota and the St. Anthony Park neighborhood. The race begins at 7:45 a.m. and may affect traffic in your neighborhood between the hours of 7:30 a.m. and 9:00 a.m. Please see the Milk Run map at [www.mnstatefair.org](http://www.mnstatefair.org) for the specific route. If you have any questions or concerns, please call the Milk Run hotline at 651-288-4395.





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### Frankson from 9

land is low and partly under water." When Fred Nussbaumer, superintendent of parks, expressed reservations, Frankson responded that the property could be improved by establishing an artificial lake.

The deal never came off, but Nussbaumer did agree to take two buffalo, male and female, for the fledgling Como Zoo. The male died during a botched transfer, though the zoo

subsequently must have accepted Frankson's other bison because there was a newspaper photograph of a "buffalo family" at the park in May 1916.

The buffalo barn was moved to its present location in the spring of 1920. Frankson assigned the same carpenter who helped build his palatial Spring Valley home to add a wing to the structure and turn it into a residence. Shinomiya said there

are some nice touches that suggest the work of a master craftsman, including a beautifully constructed built-in closet in one of the bedrooms.

"We've always loved the house, and now that we know its history, it's even more special," she said. "I'm not aware of anything like it in the Twin Cities."



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Sunday, Oct. 11, 2009, 4:00 p.m.

OSMO VÄNSKÄ, clarinet;  
SARAH KWAK & VALI PHILLIPS, violins;  
THOMAS TURNER, viola;  
ANTHONY ROSS, cello

*\*Due to road construction, the Oct. 11 concert  
will be held at Sundin Music Hall, 1531 Hewitt Ave.,  
Hamline University, in St. Paul.*

Sunday, Nov. 29, 2009, 4:00 p.m.

THE ROSE ENSEMBLE

Sunday, February 14, 2010 at 4:00 pm

KALICHSTEIN-LAREDO-ROBINSON TRIO

Sunday, March 14, 2010, 4:00 p.m.

ST. LAWRENCE STRING QUARTET

Sunday, March 28, 2010, 4:00 p.m.

JORJA FLEEZANIS, violin;  
KARL PAULNACK, piano

Sunday, April 18, 2010, 4:00 p.m.

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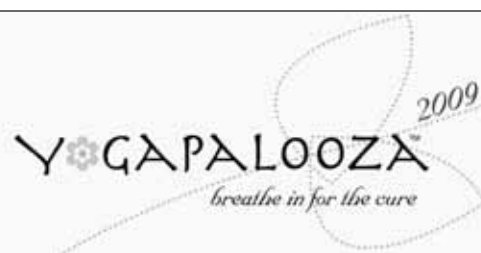
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For details and to register, visit [www.survivorstraining.org/yogapalooza2009](http://www.survivorstraining.org/yogapalooza2009)

## Thank You from the Fourth in the Park Committee!



THE FOURTH IN THE PARK

Thank you to our St. Anthony Park neighbors and businesses for your generous support of the 4th of July celebration held in Langford Park. This event is made possible because of your volunteer time and financial contributions. It is with appreciation that we thank individuals and businesses that contributed at least \$50 to our community celebration:

#### Patriot (\$1,000 or more)

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David Watkins  
Gary Johnson and Joan Hershbell  
Mark Nolan  
Robert and Greta Gauthier  
Robert and Mavis Straughn  
Roger and Evelyn Vik  
Shirley Campbell

*We attempt to include the names of all who contributed to support the Fourth in the Park celebration. If your name has not been included, please excuse the omission and let us know so that we may properly recognize your gift.*



AUGUST

# Events

1 SATURDAY

- Works by Tom Riggle, through Sept. 17. LAG.
- "Intersection: Where Art Meets Fashion," through Nov. 1. GMD.
- Cajun jam session and lessons, 10 a.m. CG.
- Yates/Matheny, 8 p.m. CG.

2 SUNDAY

- Open mic, 6 p.m. CG.

3 MONDAY

- Camp E.D.G.E. Vacation Bible school for kids and families, through Aug. 6. FHUCC.

4 TUESDAY

- National Night Out.

5 WEDNESDAY

- Backyard Talk: Composting, 7 p.m., 22 Ludlow. 649-5992.

6 THURSDAY

- Natalia Zukerman and Trina Hamlin, 7:30 p.m. GC.
- P.J. Storytelling with Pam Schweitzer: "Stories Around the Campfire," 6 p.m. CG.
- Movie in the Parks: "Kung Fu Panda," dusk. LRC.

7 FRIDAY

- Bluehouse, 8 p.m. GC.
- Atomic Flea, 8 p.m. CG.

8 SATURDAY

- Woodcarving Weekend. GM.
- Glory Muse, 8 p.m. CG.

9 SUNDAY

- Woodcarving Weekend. GM.

13 THURSDAY

- Roots Music Showcase, 7 p.m. CG.

14 FRIDAY

- Beguine Brothers, 8 p.m. GC.
- Don Fitzwater and Friends, 8 p.m. CG.

15 SATURDAY

- Karl / BLT / Eelpouts, 8 p.m. CG.
- Family 5K Fun Run/Walk, 8 a.m., Falcon Heights Community Park, 2050 Roselawn Ave., 792-7616.
- Lauderdale Day in the Park, noon.

17 MONDAY

- Green on the Screen: "The Power of Community: How Cuba Survived Peak Oil," 7 p.m. SAPBL.
- Author Sara Ford, 7 p.m. CG.

18 TUESDAY

- Book discussion: "Waiting for Snow in Havana," by Carlos Eire. 7 p.m. FHUCC.
- Backyard Talk: Beekeeping, 7 p.m., 2207 Knapp St. 649-5992.

20 THURSDAY

- Random Acts, 7:30 p.m. AT.

21 FRIDAY

- Dinner show with Maria Sharp. GC.
- Eric O'Connell, 8 p.m. CG.

22 SATURDAY

- Michael Basques with comedian Mark Miller, 8 p.m. CG.

23 SUNDAY

- Ice Cream Sundaes Sundays featuring cones with sprinkles. GM.
- Sunday Afternoon Book Group: "The Beautiful Things that Heaven Bears," by Denaw Megestu, 2:30 p.m. MB.

24 MONDAY

- Student art opening, 7 p.m. CG.

28 FRIDAY

- Kevin Duvio, 8 p.m. CG.

Items for September Events should be submitted to [calendar@parkbugle.org](mailto:calendar@parkbugle.org) by Aug. 17.

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**CHES** Chelsea Heights Elementary School, 1557 Huron St., 293-8790

**CG** Coffee Grounds, 1579 Hamline Ave., 644-9959, 373-2600

**CPCC** Como Park Community Council, 1224 N. Lexington, 644-3889

**CPHS** Como Park High School, 740 W. Rose Ave., 293-8800

**CPLC** Como Park Lutheran Church, 1376 Hoyt Ave., 646-7127

**FHCH** Falcon Heights City Hall, 2077 Larpenteur Ave., 644-5050

**FHES** Falcon Heights Elementary School, 1393 Garden Ave., 646-0021

**FHUCC** Falcon Heights United Church of Christ, 1795 Holton St., 646-2681

**GC** Ginkgo Coffeehouse, 721 N. Snelling Ave., 645-2647

**GM** Gibbs Museum, Larpenteur and Cleveland, 646-8629

**GMD** Goldstein Museum of Design, 240 McNeal Hall, 1985 Buford Ave., St. Paul Campus, 612-624-7434

**GT** Gremlin Theatre, 2400 University Ave., 228-7008

**HC** Holy Childhood Church/School, 1435 Midway Pkwy., 644-2791

**LAG** Larson Art Gallery, U of M Student Center, 612-625-0214

**LCH** Lauderdale City Hall, 1891 Walnut St., 631-0300

**LETR** Lady Elegant's Tea Room, 2230 Carter Ave., 645-6676

**LRC** Langford Rec Center, 30 Langford Park, 298-5765

**MB** Micawber's Bookstore, 2238 Carter Ave., 646-5506

**MJHS** Murray Junior High School, 2200 Buford Ave., 293-8740

**MPS** Music in the Park Series, St. Anthony Park UCC, 645-5699

**OCC** Olson Campus Center, Luther Seminary, Fulham & Hendon

**PLC** Peace Lutheran Church, 1744 Walnut St., 644-5440

**RAAG** Raymond Avenue Art Gallery, 761 Raymond Ave., 6449200

**SAPBL** St. Anthony Park Branch Library, 2245 Como Ave., 642-0411

**SAPCC** St. Anthony Park Community Council, 890 Cromwel Ave., 649-5992

**SAPES** St. Anthony Park Elementary School, 2180 Knapp St., 293-8735

**SAPLC** St. Anthony Park Lutheran Church, 2323 Como Ave., 645-0371

**SAPUCC** St. Anthony Park United Church of Christ, 2129 Commonwealth Ave., 646-7173

**SAPUMC** St. Anthony Park United Methodist Church, 2200 Hillside Ave. , 603-8946

**SHR** Seal Hi-Rise, 825 Seal St.

**SMEC** St. Matthews Episcopal Church, 2136 Carter Ave., 645-3058

**SSAPRC** South St. Anthony Rec Center, 890 Cromwell Ave., 298-5770

**TCM** Textile Center of Minnesota, 3000 University Ave. SE, 612-436-0464

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### Robert Anthony

Robert C. Anthony, age 80, of North Oaks, died suddenly on June 20, 2009.

Originally of Madison, Wis., he was an engineering graduate of UW-Madison, a Korean War veteran and lifelong racing enthusiast. He is survived by Marie, his beloved wife of 51 years; daughters, Gena Gutzman (Jeff) and Roberta Chadwell (Chad); sons, Andrew (Anita), Russell (Heather) and Matt (Tamera); 15 grandchildren; brother, Eugene (Jeane); and

sisters, Marie Raymond, Elaine Karls (Paul) and Mary Sanchez.

Mass of Christian Burial was held July 26, 2009, at Holy Childhood Catholic Church, with interment at Calvary Cemetery.

### Rita Gilbert

Rita M. Gilbert, age 78, of Falcon Heights, died July 17, 2009. She was preceded in death by her husband, Louis, and is survived by children Marie (Dan) Langer, Sharon (Patrick) Mooney, Jerry (Denise) and six

grandchildren.

Mass of Christian Burial was celebrated at Corpus Christi Catholic Church in Roseville on July 21, 2009, with interment at Fort Snelling National Cemetery.

### Elise Hagen

Elise "Betty" Hagen, a longtime resident of St. Anthony Park, died peacefully July 15, 2009, at Cedarview Care Center in Owatonna at the age of 91.

Betty was preceded in death by her husband, Lester, and son-in-law, Mick Davis. She is survived by a daughter, Elise Davis, of Owatonna; sons Dan (Carla), of Balsam Lake, Wis., and Fred (Marianne), of Chandler, Ariz.; a sister, Vivian Gabeau, of St. Paul; six grandchildren; and three great-grandchildren.

Betty worked for the U of M's Crop Improvement program for many years. She loved living in St. Anthony Park and was an active volunteer at her church and in the community.

A memorial service is planned for Aug. 1, 2009, at St. Anthony Park United Methodist Church.

### Phyllis Holmer

Phyllis J. Holmer (née Schulberg), age 84, of Minneapolis, who lived in Falcon Heights at one time, died May 19, 2009.

She was preceded in death by her husband of 60 years, Paul.

She is survived by her daughter, Linnea Wren; sons, Jonathan (Cathy) and Paul (Suzanne); one granddaughter; and sister-in-law, Joyce Gustafson.

Phyllis graduated from Gustavus Adolphus College in 1946 with a B.A. in philosophy and from the University of Minnesota in 1955 with a B.S. in education. She taught for 26 years in the Connecticut public schools and traveled and lived in several European countries and the Middle East. Wherever they lived, Phyllis and her husband welcomed students into their home. A cancer survivor of 30 years, Phyllis said it was her family and faith that sustained her.

A memorial service was held July 10, 2009, at St. Anthony Park Lutheran Church.

### Leona Johnson

Leona Johnson, age 93, formerly of Roseville, who resided most recently at Lyngblomsten Care Center, died June 21, 2009. She was preceded in death by her son, Leon, and daughter, Judith. She is survived by her husband of 72 years, Leonard, six grandchildren, 12 great-grandchildren and four great-great-grandchildren.

Her memorial service was held June 25, 2009, at Como Park Lutheran Church, with interment at Sunset Cemetery.

### Lloyd Knutson

Lloyd "Bud" Knutson, age 89, of Como Park, died June 23, 2009.

He was preceded in death by his wife, Jeannette; brother, Warren; and twin sister, Leona Wooldridge. He is survived by his daughters, Janice (Jim) Pejsa and Mary (Mike) Hansen; four grandchildren; and a great-granddaughter.

He was a gracious man, devoted to his family, neighbors and friends. Many remember him as one who was always willing to lend a helping hand to anyone in need.

His funeral service was held June 30, 2009, at Como Park Lutheran Church, with interment at Roselawn Cemetery.

### Kaiden Leonard

Kaiden R. Leonard, of Lauderdale, died June 25, 2009, at the age of seven months. He is survived by his parents, Peter and Felicia; brother, Kameron; grandparents, Diane Leonard and Peter Leonard Sr., and Gregory and Rebecca Kirkland; and several other relatives.

A funeral service was held June 30, 2009, at the Roseville Memorial Chapel.

Lives Lived to 16



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Classified ads are \$5/line. Enhancements are \$10. For more information about placing a classified, visit [www.parkbugle.org](http://www.parkbugle.org) or call 651-308-9726. Next classifieds deadline: Aug. 21. Next issue: Aug. 31.

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### Lives Lived from 14

#### David Wamstad

David B. Wamstad, age 79, a St. Anthony Park native and 45-year resident of Roseville, died June 22, 2009. He was baptized, confirmed and married in St. Anthony Park Lutheran Church. David and Muriel were married Aug. 10, 1957. For over 51 years, they enjoyed camping, traveling, skiing, golfing and their cabin. He designed the house in which he and Muriel lived and the makeover of their cabin.

Dave was actively engaged in the church for most of his life. He especially enjoyed being with the men's prayer group that meets every Friday at noon.

He received a mechanical engineering degree from the University of Minnesota. He started his career with Honeywell, was drafted into the U.S. Army, and after training was shipped overseas to Germany as part of the occupation army after World War II. He also had a chance to visit relatives in Norway.

When he was discharged, he returned to Honeywell and worked in various divisions of the company, the last being the solid state division in Plymouth. He was a H.W. Sweatt Award winner — the highest technical award offered by Honeywell. He also received several technology awards and patents and was an engineering fellow. He also became a professional engineer.

He is survived by Muriel; children Lynn Wyman (Al), of Macon, Miss., Larry (Donna), of Shoreview and Andy (Jackie), of Brooklyn Park; eight grand-children; and two brothers, Teleford (Shirley), of Port St. Lucie, Fla., and Marvin, of Hoover, Ala.

A celebration of life was held July 6, 2009, at St. Anthony Park Lutheran Church.

## Ramsey County's mobile collection truck for harmful household chemicals is coming to St. Paul in August



Protect your family and the environment. Safely dispose of harmful chemicals and products from your home. It's easy, convenient and free!

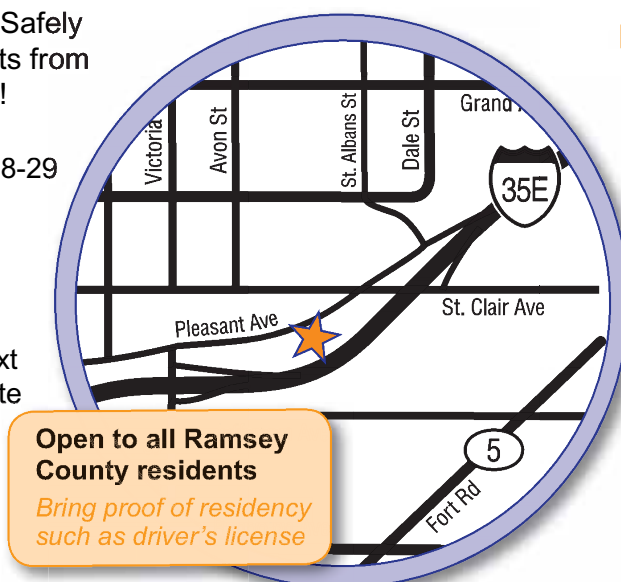
**DATES** August 7-8, 14-15, 21-22, 28-29

**HOURS** Friday 10am - 6pm  
Saturday 9am - 4pm

**LOCATION** Pleasant Ave Ice Arena, next to the County yard waste site

#### QUESTIONS?

Call 651.633.EASY (3279) or  
visit [www.co.ramsey.mn.us/ph](http://www.co.ramsey.mn.us/ph)



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Driveway sealant  
Fever thermometers  
Fluorescent lights  
Insecticides  
Lead paint chips  
Mercury switches  
Oil & oil filters  
Paint & stains  
Pool chemicals  
Propane tanks  
Rodent poisons  
Solvents  
Weed killer

*There is no charge for Bugle obituaries. Please alert the Bugle about the death of current or former residents of the area. Send more complete information if you have it. Obituaries are compiled by Mary Mergenthal: 644-1650, [mary.mergenthal@comcast.net](mailto:mary.mergenthal@comcast.net).*



Place block on floor. Run around it two times. Sit down and relax. After all, you just ran around the block twice!

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[sapbnp.org](http://sapbnp.org) 651-642-9052

## LIFE IN THE CHURCH: Come and Share

#### ❖ BETHANY BAPTIST CHURCH

Skillman at Cleveland S., Roseville. 651-631-0211, [www.bethanyroseville.org](http://www.bethanyroseville.org)  
Sundays:  
9:30 a.m. Christian Education for nursery - adults  
10:45 a.m. Sunday Worship, Dr. Bruce Petersen  
Wednesdays 6:30 p.m. Kid's Club, Youth Groups, Prayer

#### ❖ COMO PARK LUTHERAN CHURCH - ELCA

1376 Hoyt Ave. W., St. Paul, MN 55108-2300  
651-646-7127

[www.comoparklutheran.org](http://www.comoparklutheran.org)

*All Are Welcome!*

Handicapped Accessible

[office@comoparklutheran.org](mailto:office@comoparklutheran.org)

CPLContact ministry 651-644-1897

Sunday Summer Worship Schedule:

8:30 & 10:00 a.m. Worship

(Holy Communion on 1st and 3rd Sundays)

Rides available for 10:00 a.m. service; call the office by noon on Friday for a ride.

Outdoor Worship Service and Picnic (Pig Roast): Sunday, August 23, 10:00a.m.

You are invited to join us at the Como Park East Picnic Shelter (Midway Pkwy. & Horton Ave.). Worship with live music at 10:00a.m.; picnic to follow. Bring friends, family or neighbors - free-will donation accepted for the pig roast.

Special Worship Band: Sunday, August 30, 8:30 & 10:00am

The Worship Band from Messiah Lutheran Church in Mankato will lead both services. The band plays an eclectic blend of traditional hymns, bluegrass, country and Christian rock music.

Pastors: Martin Ericson and Mary Kaye Ashley

Director of Music Ministry: Thomas Ferry

#### ❖ FALCON HEIGHTS UNITED CHURCH OF CHRIST

1795 Holton St. at Garden, 651-646-2681

[www.falconheightsucc.org](http://www.falconheightsucc.org)

Sundays - summer hours:

10 a.m. worship

Communion, first Sunday of the month

Nursery care available 9:45-11:15 a.m.

Aug. 3-6 - 5:30-8 p.m., Vacation Bible School for kids and families

Aug. 18, 7 p.m. - Book discussion, Waiting for Snow in Havana

*An open and affirming. Just Peace church; handicap accessible*

#### ❖ ST. CECILIA'S CATHOLIC CHURCH

2357 Bayless Place. 651-644-4502

Website: [www.stceciliaspn.org](http://www.stceciliaspn.org)

Handicap accessible

Saturday Mass: 5:00 p.m. at the church

Sunday Masses: 8:15 a.m. and 10:00 a.m. at the church

#### ❖ ST. ANTHONY PARK UNITED METHODIST CHURCH

[www.sapumc.org](http://www.sapumc.org)

All are welcome!

2200 Hillside Ave (at Como) 651-646-4859

Pastor Donna Martinson

Sundays:

10:00 am Worship Celebration

11:00 am Fellowship & Refreshments

#### ❖ ST. ANTHONY PARK LUTHERAN CHURCH

We are a community of believers called to joyfully serve God, one another, and the world.

[www.sapl.org](http://www.sapl.org)

2323 Como Avenue W. (651) 645-0371

Staffed nursery available - Handicap-accessible

Pastors Glenn Berg-Moberg and Marc Ostlie-Olson

Email: [office@sapl.org](mailto:office@sapl.org)

Summer Worship Schedule: 10:00 a.m.

Vacation Bible School: August 3rd - 7th.

Minnesota Faith Chinese Lutheran Church 1:30 p.m.

信義教會 星期天下午

#### ❖ ST. MATTHEW'S EPISCOPAL CHURCH

The Rev. Blair Pogue, Rector

1236 Carter at Chelmsford. 651-645-3058

Website: [www.stmatthewsmn.org](http://www.stmatthewsmn.org)

Sundays 9:00am (Summer schedule; regular schedule resumes in Sept.)

May 31- Sept 6: Eucharistic Prayers and Prayers of the People from

the New Zealand Book of Common Prayer

Wednesday: 10:00am service of Holy Eucharist

*Please join us, all are welcome!*

#### ❖ PEACE LUTHERAN CHURCH - ELCA

1744 Walnut (at Ione) Lauderdale. 651-644-5440

[www.peacelauderdale.com](http://www.peacelauderdale.com)

Sunday Schedule: 9:00 a.m. Education Hour 10:00 a.m. Worship

Tuesday 9:00 a.m. Bible Study

*All are welcome - Come as you are*



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