



## Leaving her stamp

Falcon Heights names Sidewalk Poetry contest winner

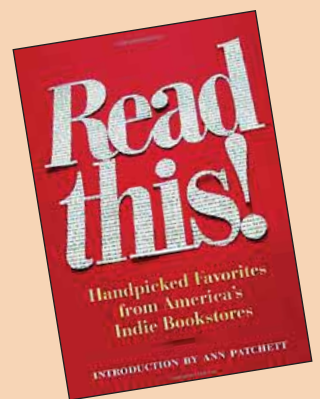
Page 3



## Neighbors

Boss bikes, park and rec news and more

Page 7



## Business news

Locally roasted coffee, a book of lists and more in the business pages

Page 14

St. Anthony Park

Falcon Heights

Lauderdale

Como Park

# Park Bugle

www.parkbugle.org

September 2012

## Fairview bike path to connect U to Roseville

By Anne Holzman

By widening and striping road shoulders, piecing together existing sidewalks and adding a few off-road shared pathways, the cities of Falcon Heights and Roseville and the University of Minnesota are creating a north-south bicycle route connecting County Road B2 with the university's intercampus transitway in St. Paul. Bicyclists should be able to travel the entire route by late fall.

Much of the project will serve pedestrians, as well, especially around the Rosedale shopping area, where the passageway under Highway 36 will become more accessible to bus riders and walkers as well as to bikes.

"The dirt path under Highway 36 on the east side showed that there is a huge demand for both pedestrians and bicyclists to get to the mall," said Steve Clark of Transit for Livable Communities, the St. Paul nonprofit managing the 2008 grant that funds the bike path project.

That stretch, from B2 to County Road B, will accommodate bikes on sidewalks on the east side of Fairview Avenue and on a shared bike and pedestrian pathway on the west side of the street.

"I call this the fill-in-the-blanks project," said Roseville city engineer Deb Bloom, who also serves as Falcon Heights city engineer via a contract between the two cities.

The north-south route along Fairview Avenue (in Roseville and Falcon Heights) and Gortner Avenue (on the university campus) will connect east-west routes along B2 in Roseville and between the St. Paul and Minneapolis university campuses.

"We just needed to get people to those east-west routes" from areas lying in between, Bloom said.

The route is expected to serve bicycle commuters, recreational users and students, among others, Bloom said. "We want to provide connections to retail for students and jobs—they potentially work at Rosedale or Target."

The engineering firm T.A.Schifsky & Sons of North St. Paul is doing the work.

In addition to paths and lanes along Fairview in Roseville, the sidewalk on the north side of Larpenteur Avenue will be extended west of Cleveland Avenue on land owned by the Ramsey County Historical Society's Gibbs Museum. It will serve the bus stop on that corner, Bloom said.

Path users will be able to find

maps and other route details online at city and Transit for Livable Communities websites, Bloom said. "Look for a grand opening" this fall, she added.

The cities and the university will maintain their respective portions of the route, including winter snow removal, she said.

Steve Sanders, the University of

Minnesota Parking and Transportation Services' bicycle coordinator, said the university is paving the stretch of Gortner Avenue between Folwell Avenue and Larpenteur to coincide with the bike project and adding sidewalks along that stretch. "People have been asking for that for a long time," he said.

The university will also add

lighting along Folwell, which turned out to be a challenge in the design stage, Sanders said. "There are light-sensitive areas there, in the experimental fields," he said, referring to crops that could be affected by changes in light. "We proposed a lighting scheme, and the researchers looked at it."

Bike path to 10

## Who are we?

A statistical portrait of our neighborhoods

This is the first in an occasional series of articles in which writer Judy Woodward examines changes that have taken place in the Bugle's communities from the 1980 U.S. Census to the recently published 2010 U.S. Census. This month, Woodward looks at statistical changes in St. Anthony Park and Falcon Heights.

By Judy Woodward

In 1983, geographers Judith Martin and David Lanegran described St. Anthony Park as "an isolated community of rather young people in old housing."

Writing in their landmark portrait of the Twin Cities, *Where We Live: the Residential Districts of Minneapolis and Saint Paul* (University of Minnesota Press), Martin and Lanegran dubbed St. Anthony Park—like the Crocus Hill neighborhood of St. Paul and the Prospect Park, Kenwood and Lowry Hill areas of Minneapolis—a Protected Genteel Zone.

They meant it was a neighborhood that was shielded for various reasons from many of the urban ills and social pressures of the

third quarter of the 20th century. They noted that the looming presence of the University of Minnesota, as well as Luther Seminary, influenced the area's demographics, its housing arrangements and its socio-economic character.

"Conventional wisdom," they wrote, "argues that stable, family-oriented households and transitory tenants cannot survive in the same restricted community. Yet in St. Anthony Park that seems to be exactly what is happening."

Almost 30 years have passed since that assessment. The houses of St. Anthony Park are still old, but the "rather young people" of Martin and Lanegran's description have reached middle age and beyond.

It's time to take another look. Lanegran and Martin focused on the section of St. Anthony Park that lies north of the railroad tracks, but three decades on, it's worth extending their portrait to the larger community.

How has the face of St. Anthony Park and the surrounding communities of Lauderdale, Falcon Heights and Como Park changed over the decades? What do the dry statistics of the recent 2010 Census tell us about the living face of our neighborhoods? Who are we now?

This is the first of a series of occasional articles that will try to answer those questions by looking at the demographic facts of our area as

Who are we? to 5

### A bird's-eye view

Recognize this St. Anthony Park landmark? It's the St. Anthony Park Community Gardens on Robbins Street as seen from the air with the help of a digital camera and a few helium-filled balloons. The photo was taken by Kristen Murray, as part of an August do-it-yourself technology lab, exp-AIR-iment, held at the St. Anthony Park Pop-up Shop, a joint venture between the Starling Project and the District 12 Community Council. The Pop-up Shop ended its run at 2401 University Ave. in August. Read more about the project and reflections from its organizers on page 3.



## C I T Y F I L E S

**Como Park**

*The District 10 Como Community Council meets at 7 p.m. the third Tuesday of the month at the Como Streetcar Station, 1224 N. Lexington Parkway.*

**Volunteer for September's Neighborhood Cleanup**

District 10 needs 30 volunteers to help with the annual Neighborhood Cleanup on Saturday, Sept. 22, at the State Fairgrounds Camel Lot. Volunteer shifts are 7:30-11 a.m. or 10:30-2 p.m. Volunteers get one free car load disposal as well as lunch.

If you are interested in volunteering, send an email to [district10@district10comopark.org](mailto:district10@district10comopark.org) or call Jessie at 651-644-3889.

The cleanup will be held from 8 a.m. to 1 p.m. and is sponsored by the Como Community Council, Hamline Midway Coalition, St. Anthony Park Community Council, Union Park District Council and the City of Falcon Heights.

**Falcon Heights**

*The Falcon Heights City Council meets the second and fourth Wednesday of each*

*month at 7 p.m. at the Falcon Heights City Hall, 2077 W. Larpentour Ave.*

**City awarded for its green steps**

The City of Falcon Heights was recognized for achieving the highest level in the state's GreenStep Cities initiative at the July 11 City Council meeting.

Over the past few years, the city has accomplished a number of sustainable practices, including the benchmarking of energy use at city facilities, promoting financial and environmentally sustainable development, adopting a complete-green streets program and participating in a regionwide environmental indicators program that aims to reduce the region's carbon footprint.

In addition, the city's community garden and Adopt-a-Crop Program, where residents can drop off excess produce at City Hall for delivery to a local food shelf, continue to be highly successful.

Overall, 65 Minnesota cities are participating in the GreenStep Cities program, which is a partnership between the Minnesota Pollution Control Agency, the League of

Minnesota Cities, the Minnesota Office of Energy Security, the Great Plains Institute, the Izaak Walton League, the Urban Land Institute in Minnesota and the Clean Energy Resource Teams.

Diana McKeown, a representative of the Metro Clean Energy Resource Teams and GreenStep Cities, presented the Step 3 GreenStep Cities Award at the Falcon Heights City Council's July 11 meeting.

**Register for fall youth sports**

Fall tennis, for ages 5-10, will be held at Community Park, at the corner of Roselawn and Cleveland avenues, on Saturdays from Sept. 8 to Oct. 13. Classes are 55 minutes long. Ages 5-6 will meet at 9 a.m. Ages 7-8 will meet at 10 a.m. and ages 9-10 will meet at 11 a.m.

Fall soccer, for ages 3-8, will also meet at Community Park on Saturdays, Sept. 8 to Oct. 13. Ages 3-4 will meet at 9 a.m. Ages 5-6 will meet at 10 a.m. and ages 7-8 will meet at 11 a.m.

The cost for either program is \$30 for residents and \$37 for nonresidents. The registration deadline is Wednesday, Sept. 5.

bring lawn chairs and blankets. Voluntary donations will be collected at the end of the performance. No one will be turned away for lack of funds.

Find out more about the event at [www.mixedprecipitation.org](http://www.mixedprecipitation.org).

**Falcon Heights-Lauderdale Family 5k Fun Run/Walk**

The fourth annual Falcon Heights-Lauderdale 5K Family Fun Run/Walk is back. Get involved in your community and meet your neighbors while exercising on a lovely fall morning through Lauderdale and Falcon Heights. Proceeds go to your park system.

The event will be held Saturday, Sept. 29, at Community Park, 2050 Roselawn Ave. The run/walk will begin at 8 a.m. Race-day registration will begin at 7 a.m.

Preregister by Aug. 27 and receive a T-shirt and a discount price of \$15 for individuals and \$40 for a family or group of up to four people.

Race day prices are \$25 for an individual and \$40 for a family or group of up to four people.

Visit [www.falconheights.org](http://www.falconheights.org) to register.

community interest with your neighbors at the St. Anthony Park annual meeting on Wednesday, Sept. 26, from 6 to 8 p.m. at Luther Seminary's Olson Campus Center, 1490 Fulham St.

There will be dinner, door prizes and more. Featured speakers will be State Sen. John Marty of District 54, State Rep. Alice Hausman of District 66B, State Rep. Erin Murphy of District 64A, St. Paul City Council Member Russ Stark of Ward 4 and Metropolitan Council member Jon Commers of District 14.

**Volunteers are needed at annual Neighborhood Cleanup Sept. 22**

The annual Neighborhood Cleanup is just around the corner on Saturday, Sept. 22, at the State Fairgrounds, and the St. Anthony Park Community Council is looking for volunteers again this year for both morning and afternoon shifts. Volunteer shifts are 7:30-11 a.m. or 10:30 a.m.-2 p.m. Volunteers are able to deposit a free load of materials and will receive breakfast or lunch. District 12 needs 15 volunteers who can lift objects for each shift. Please contact [lauren@sapcc.org](mailto:lauren@sapcc.org) for more information.

**St. Anthony Park Garage Sale**

Want to participate in the St. Anthony Park Garage Sale on Saturday, Sept. 15? Download the flier on the SAPCC website to find out more information and get the application. On the day of the sale you can pick up maps at Speedy Market, Hampden Park Co-op or print them off of Craig's List. For more information, call Rich Nelson at 651-641-1172. He is generously donating his time to coordinate the sale.

**Join the Community Council**

The St. Anthony Park Community Council is a nonprofit citizen's organization of residents working together to maintain and enhance the quality of life, residential character, economic vitality and physical development of St. Anthony Park. The council's three committees—Land Use, Environment and Transportation—have open slots for resident and business members. Find out more at [www.sapcc.org](http://www.sapcc.org) or call 651-649-5992.

**Lauderdale**

*The Lauderdale City Council meets on the second and fourth Tuesday of the month at 7:30 p.m. at Lauderdale City Hall, 1891 Walnut St.*

**Fun Run/Walk is Sept. 29**

The Falcon Heights-Lauderdale 5k Fun Run/Walk will be held on Sept. 29. See above for more information.

**St. Anthony Park**

*The District 12 Community Council meets on the second Thursday of each month at 7 p.m. at South St. Anthony Recreation Center (SSA), 890 Cromwell Ave. The district's Land Use Committee meets on the first Thursday of the month at 7 p.m. at SSA. The Energy Resilience Group meets at 7 p.m. the third Thursday of the month. Email [erg@sapcc.org](mailto:erg@sapcc.org) to find out the location each month. The Environment Committee meets at 7 p.m. the fourth Wednesday of the month at SSA.*

**St. Anthony Park Annual Meeting**

The state's legislative boundaries are changing. Meet your prospective new legislators and other elected officials and discuss topics of

**Falcon Heights receives EAB grant**

The City of Falcon Heights received a \$95,000 grant from the Minnesota Department of Natural Resources to help with its emerald ash borer (EAB) program.

Over the past several years, the city has conducted an aggressive EAB removal and replanting program because an EAB case was confirmed within the borders of Falcon Heights at the University of Minnesota Campus. The city forester has been working with residents on the removal of ash trees on public and city property and assisting with questions and concerns regarding ash trees on private property.

The city has received a Minnesota Department of Agriculture grant in the past. After those grant funds ran out, the city applied for a DNR grant. The \$95,000 grant is to be used over three years. The grant, along with the city's budgeted matching cash and in-kind services, should provide enough resources to complete the EAB Removal and Re-Planting and Diversification Program by the end of 2014.

**Mozart, vegetables and you**

Mixed Precipitation, a Twin Cities theater group that performs operas in community gardens throughout the summer, will host one in the Falcon Heights Community Garden on Sept. 9.

The group will perform an adaptation of Mozart's 1780 Italian opera, *Idomeneo, re di Creta* (King of Crete). The event will include a five-course sampling menu of locally sourced items made by Chef Nick Schneider.

Reservations are required as seating will be limited. Call 612-619-2112 or visit [mixedprecipitation.org](http://mixedprecipitation.org) for reservations.

The audience is encouraged to



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Contact the SAP library for more information.

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**Salon in the Park**

2311 Como Ave., St. Anthony Park

# Pop-up shop brought constant creativity to University Avenue

By Kristal Leebrick

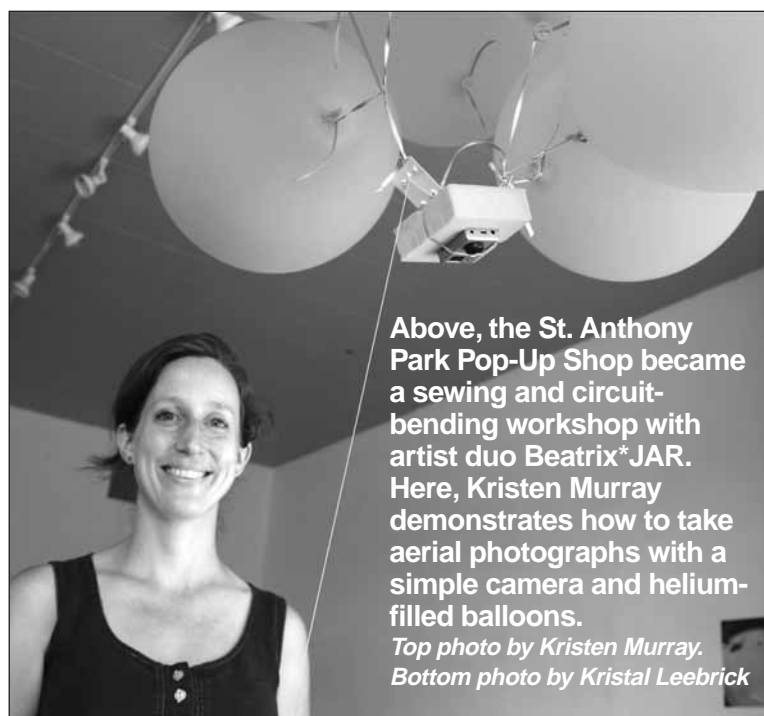
As construction on the Green Line light-rail project finishes up at the Raymond-University area and moves on to other parts of University Avenue, the summerlong St. Anthony Park Pop-Up Shop also comes to a close.

A collaboration between the Starling Project and the St. Anthony Park Community Council, the pop-up shop at 2401 University Ave. was an empty storefront that became a dynamic ever-changing venue for a variety of creative projects throughout June, July and August.

The 1,200-square-foot shop was rented for \$225 to \$250 a week and used as a gallery space and a site for public workshops. Art shows included work by WARM (Women's Art Resources of Minnesota) members, DIY-style aerial photography from around the Twin Cities and pieces made from "found" or discarded objects. Some renters used the space to host creative workshops, such as sewing and circuit-bending by artist duo Beatrix\*JAR and the interactive What Needs to be Said?, artist Rebecca Krinke's cathartic project that encouraged participants to write their thoughts on pieces of paper that were then pinned to the walls of a paper-and-charred wood "writing room," which was burned at the end of the project's weeklong stay.

The St. Anthony Park Pop-Up Shop was the brainchild of the Starling Project, which was launched last December by a group of University of Minnesota graduate students led by Kristen Murray and Ben Shardlow. Starling matches artists, entrepreneurs and retail or office space-seekers interested in short-term rentals (less than one year) with landlords looking for tenants along University Avenue in St. Paul.

The Pop-Up Shop was modeled after a 2010 project on Lyndale



Above, the St. Anthony Park Pop-Up Shop became a sewing and circuit-bending workshop with artist duo Beatrix\*JAR. Here, Kristen Murray demonstrates how to take aerial photographs with a simple camera and helium-filled balloons.  
Top photo by Kristen Murray.  
Bottom photo by Kristal Leebrick

Avenue in Minneapolis called Storefront-in-a-Box. Murray was the project manager for that venture.

Starling had no problems finding renters through the Pop-Up Shop's three-month lifespan. "Actually, we had so many interested candidates that we needed a wait list and began referring interested candidates to other available spaces on University Avenue," Starling team member Beth Evanson said.

The project demonstrated "that

there is a market demand for short-term rental opportunities, and that developing a functional framework for this type of tenancy—which is not conventionally found in commercial real estate—is possible," Shardlow said.

The short-term rentals provided by a pop-up shop have the benefit of making it easier for artistic projects

Pop-Up Shop to 9

## A poet and she didn't even know it

By Roger Bergerson

We've all probably heard "not carved in stone" or "not written in stone" or even "not set in concrete" used to suggest a lack of permanence or that something is subject to change.

Well, Louella Hirsch's award-winning poem will be set in concrete soon, which is pretty neat for someone who has never done much more than dabble in the literary form.

"Our family has a tradition of presenting the honorees at birthdays or anniversaries with a poem and I've contributed to that, but this is the first time I've been published," the retired psychologist said.

Hirsch's entry was among two dozen in the first Falcon Heights Sidewalk Poetry Contest and will be stamped into a sidewalk panel at a location yet to be determined in the city.

The poem:

### Embedded Walk

Walking along,

Glancing down,

Eye the words:

Poetry in motion.

"We were very excited by the response to the contest," said Falcon Heights Mayor Peter Lindstrom. "The judges thought Louella's submission personified exactly what we were looking for. We appreciate all who took the time to submit a poem and are extremely grateful to the Falcon Heights-Lauderdale Lions Club for sponsoring the contest."



Louella Hirsch  
Photo by Roger Bergerson

The city received 23 submissions, which were read by the Mayor's Sidewalk Poetry Panel: Lindstrom and residents Jane Dickerson, Susan Thurston Hamerski and Jon Anderson.

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# Park Bugle

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## The news and advertising deadline for the next issue is Sept. 12.

The Park Bugle is a nonprofit community newspaper serving St. Anthony Park, Lauderdale, Falcon Heights and 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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# EDITORIAL

## Our enemies, ourselves

**By Kristal Leebrick**  
*Editor, Park Bugle*

I am about to lay down for a long autumn nap that I hope will last until, say, December when the twinkling holiday lights have been lit, the first snow has fallen, and we've hit that time of year when everyone tries to act like we care about each other.

It's another big election year and I'd like to sit this one out. The lies, the half-truths, and the sensational and unreliable television and radio ads (discreetly paid for by who-knows-which big money interest) have invaded our country. I'm walking away.

It's not that I don't care about the outcome of the 2012 election. I do care. Deeply. I just don't want to watch or listen to the incessant and inaccurate political advertising and commentary that provoke distrust and intolerance in our electorate.

Why should we be concerned about how someone worships or whether

he or she worships at all? How patriotic is it to question a person's "Americanism" just because he or she doesn't view tax rates or health care access in the same light as the other candidate?

America has replaced its Cold War enemies with someone closer to home. To paraphrase rapper Kanye West: America is at war with terrorism, racism, but mostly, we're at war with ourselves. Our enemy is us.

We've created a government that can no longer function. The words *compromise* and *listen* have vanished from our collective vocabulary. We've lost the ability to empathize with people who aren't exactly like us.

Both Republicans and Democrats want to see our nation get back on sound economic footing. That won't happen if our elected officials refuse to communicate honestly and if the voters don't research issues they are concerned with so that they can make informed decisions at the polls.

What would a national election be like if we turned off the television and the radio and started talking and listening to each other?

Wake me up when you have that answer.

# LETTERS

*The Park Bugle welcomes letters and commentaries from our readers. Send your submissions to editor@parkbugle.org or to Editor, Park Bugle, P.O. Box 8126, St. Paul, MN 55108. The deadline for the October issue is Wednesday, Sept. 12.*

## Fourth in the Park thank you

In addition to the individuals and businesses who we recognized in August, we would like to acknowledge Satori Photography, Arne Shulstad, Grant Abbott and Elaine Tarone for their generous donations to the event.

*Cindy Thrasher and Julie Glowka*  
*Fourth in the Park co-chairs*

## Stop the stencils

I see that you are at it again, posting your placards all over St. Anthony Park. You did a good bit of this a while back and the Bugle wrote about you. While you could have stopped there, I guess the publicity only encouraged you to keep at it. I feel that this is unfortunate.

Your work reminds me of Banksy, the British street artist, and, while it's admirable that you have set your artistic standards so high, the gulf between your talent and his is astonishingly vast. Banksy takes real risks posting large images in very

public areas, while you run around with cardboard signs and a staple gun, posting images painted from stencils in your garage on various telephone poles, with the aplomb of a college freshman canvassing for a nonprofit. We already get a lot of those characters here in [St. Anthony] Park—no need for more.

Banksy's subject matter is thought provoking and original, while yours consists of rehashed, alarmist slogans no doubt lifted from the covers of manifestos gracing the shelves of leftist bookstores everywhere. Take, for example, one of your postcards in the area that reads "1984 was not supposed to be an instruction manual" below an image of a CCTV camera. Really? A CCTV camera? When was the last time you saw one of those here in [St. Anthony] Park? You don't even score irony points for placing the sign within view of one of the many security cameras patrolling the BP station on the nearby corner.

And if your subject matter wasn't enough to disqualify your work from serious consideration,

your Warholesque color palette certainly is. Using neon pinks and greens and blues to evoke visions of artwork by one of our country's least interesting artists is a sure way to get a chuckle out of people. "Oh, look!" they say, "entertainment!" Nothing to see here. There isn't even any need to "keep calm and carry on," because no one gets riled up in the first place.

Perhaps you should strive to make your work more ambitious and provocative; maybe buy a Chevy Volt and spray "In God We Trust" on the side or something. I'm sure you can think up of something more clever than that. You're a provocative "artist," after all. In the meantime, please keep your "ideas" and "artwork" to yourself, or seek a less-cultured neighborhood in which to fool around. Thanks.

*Dann Zinke*  
*St. Anthony Park*

## Endorsement for Mark Fotsch

During a town hall meeting on June 12 at the State Capitol, Mark Fotsch

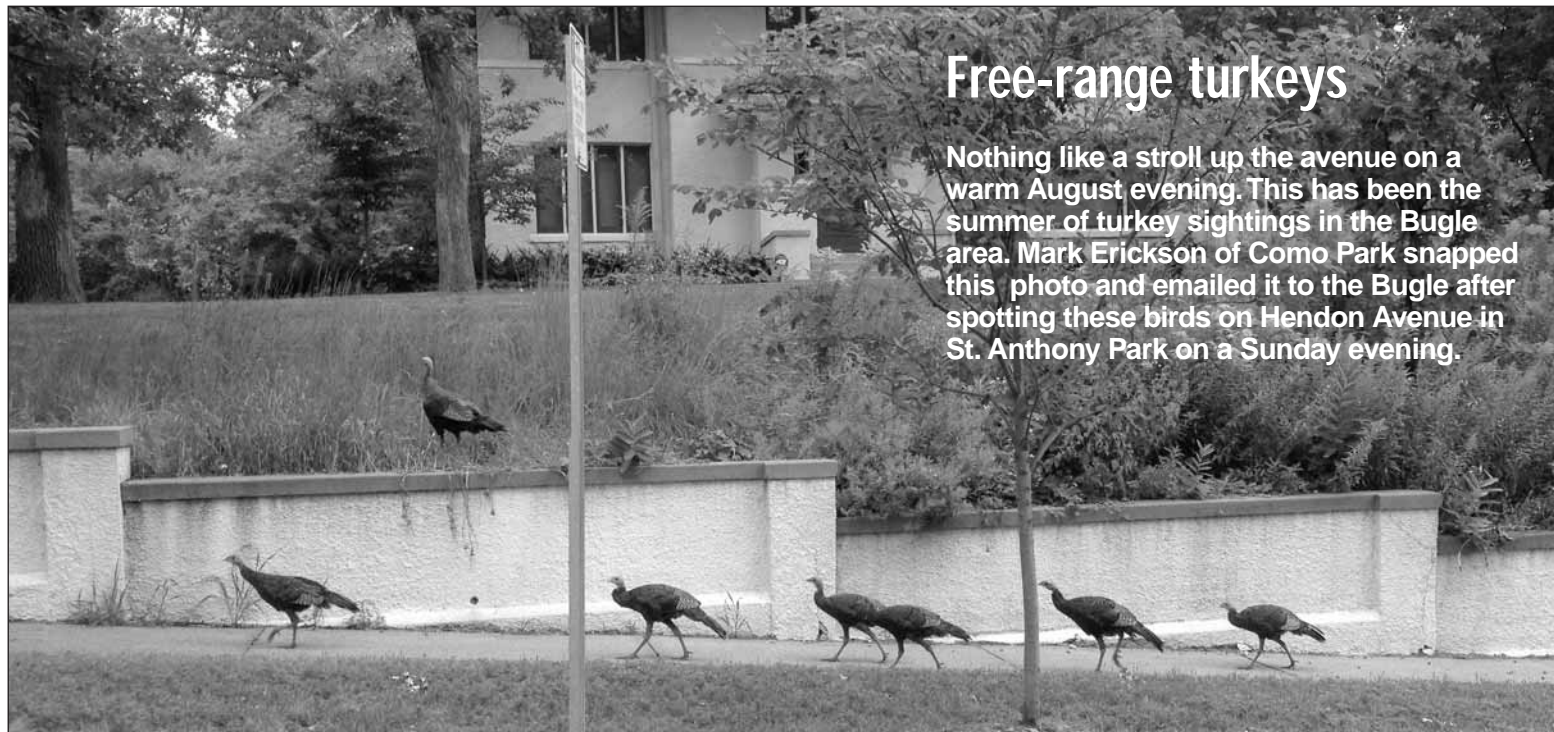
said that the state really needs to pay back the \$531 million owned to our public schools. But Gov. [Mark] Dayton, a long-time DFLer, vetoed the bill. Even State Rep. Mindy Greiling (D-Roseville) agrees with Mark Fotsch in saying that education should be our first priority. She spent 20 years in the legislature working to improve our children's education.

Some of you know Mark Fotsch and that he is running for state representative from District 66A, which now covers some of St. Paul's northern neighborhoods.

I have worked with Mark in the private sector and I can tell you that he "gets it"—he genuinely cares about our children's education and their future, and not merely because he and his wife have three children of their own.

It really is time for us to support a strong leader who is supported both by Democrats like Mindy Greiling and by Republicans. Mark Fotsch deserves your vote in November.

*Torleif Sorenson*  
*St. Paul*



# Philharmonia Quartett Berlin to open Music in the Park series

The Schubert Club will present Philharmonia Quartett Berlin at the opening concert of the 2012-13 Music in the Park Series on Sunday, Oct. 7, at 4 p.m. at St. Anthony Park United Church of Christ, 2129 Commonwealth Ave. A pre-concert discussion will begin at the church at 3 p.m.

Hailed as "four of the best" by the British press after its debut at Wigmore Hall in London more than two decades ago, the Philharmonia Quartett Berlin has celebrated a critically acclaimed career, establishing itself among the world's premier string quartets with 20-plus years of international concerts and a large and diverse discography.

The quartet played at the Music

in the Park Series several years ago, according to Julie Himmelstrup, Music in the Park artistic director. "We are very excited to invite them back," she said.

Founded in 1984, the quartet appears regularly at the world's most prestigious concert halls such as Carnegie and Wigmore. Annual appearances include performances at the Berlin Festival, Salzburg Festival, Bath Festival, Wigmore Hall, as well as a series of five performances each season presented by the Berlin Philharmonic Orchestra.

Other highlights include an invitation by his Excellence Pope Benedict XVI to perform a private concert at the Vatican.

Members of the quartet include

Daniel Stabrawa, violin; Christian Stadelmann, violin; Neithard Resa, viola; and Dietmar Schwalke, cello.

Tickets for the concert are \$24 for adults and \$12 for student rush. Tickets can be ordered online at [schubert.org/musicinthepark](http://schubert.org/musicinthepark) or by calling 651-292-3268.

Founded more than 30 years ago, Music in the Park is now part of the Schubert Club, an internationally renowned performing arts organization dedicated to expanding the enjoyment of music through world-class recitals, premier educational programs and rare collections of musical treasures.

To find out more about the upcoming season, go to [www.schubert.org/musicinthepark](http://www.schubert.org/musicinthepark).

## Who are we? from 1

they relate to the people who live here.

One of the major worries of the St. Anthony Park community of 1983 was whether the family-oriented nature of the area would change as more students and other renters moved in.

From 30 years on, it's clear that the community was both right and wrong to be worried. Household size has decreased and there are more people living alone in 2012 in the area than there were in the early 1980s. Only 23.9 percent of households were made up of singles then. That figure has risen to almost a third of north St. Anthony Park and more than 40 percent of south St. Anthony Park.

Lanegran and Martin drew attention to the relative youth of the neighborhood, but 30 years later do we retain that collective youthful glow? Statistics are mixed. The median age in 2010 for north St. Anthony Park was nearly 33, and almost 15 percent of the population qualifies for senior citizen discounts. South St. Anthony Park remains more youthful, with a median age of 26.5; about 44 percent of its population falls in the 20-something age group.

Lanegran and Martin didn't discuss race or ethnic background, but it's reasonable to assume that St. Anthony Park was at least as diverse as neighboring Falcon Heights. According to the 1980 Census, a little more than 10 percent of the population of Falcon Heights was born in another country. By 2010, that figure had doubled to just over 20 percent. And the immigrants came from places far from traditional Minnesota's Scandinavian roots.

forestry, fishing or hunting.

There are paradoxes. Not one person in south St. Anthony Park claims to be of plain "American" descent, although more than 2 percent of the area lists their race as Native American—arguably the only ethnic group entitled to claim purely "American" ancestors. In north St. Anthony Park, the situation is reversed. Almost no-one claims Native American blood, but nearly 2 percent list themselves as having "American" ancestors.

Finally, there are the deceptively simple statistics that reveal a changing world. How many of us telecommuted to work in 1983? In those pre-Internet days, only 75 residents of Falcon Heights worked at home. By 2010, the world was wired, and the figure had risen to almost 7 percent of the town's population.

The neighborhood balance of renters versus homeowners has also tilted away from owners. In 1983, 55 percent of the houses in north St. Anthony Park were owner-occupied. That figure has fallen to 42.7 percent for the neighborhood as a whole, although home ownership rates in the northern section remain close to earlier levels.

On the other hand, the tilt away from family presence hasn't exactly signaled the downfall of the neighborhood. St. Anthony Park remains stable, prosperous and well-educated.

Housing vacancy rates—although higher than in 1983—remain low, household incomes continue to range slightly above average, and education levels are far above average. In north St. Anthony Park, for example, nearly half the adults hold a graduate or professional degree.

If we're so well-educated, why aren't we richer? Lanegran and Martin probably provided the answer to that.

"The academic profession is generally ... not well paid," they wrote in 1983, and in 2012, the largest single source of employment for the neighborhood remains education. One in three workers in south St. Anthony Park are employed in education or allied social service fields, as are nearly half of all workers in in the northern part of the area.

Diversity is the key to other parts of the portrait of our area today, as well. The 2010 Census has revealed household configurations and backgrounds unrecognized by the people of the '80s.

Less than 20 percent of north St. Anthony Park residents currently live in nuclear families with a husband and wife raising children under 18. But 10 percent live with nonrelatives, including unmarried partners and unrelated children and seniors. Three percent of south St. Anthony Park claims bi-racial heritage, with backgrounds that range from white and black to Native American and South Sea Islander.

Then there are the really quirky facts about us. Although St. Anthony Park is an urban place, loaded with professionals and information experts, a full 2.1 percent earned livings in 2010 in agriculture,

After all these years, Lanegran himself is unsurprised by the continued prosperity of the area.

"St. Anthony Park has been affected by shrinking family size in general," he says, "but that doesn't affect its stability or middle-class values." He adds that the construction of the light-rail line and the anticipated development of the University Avenue corridor have provided a new focus for the neighborhood.

"My hunch is that south St. Anthony will go through a little boomlet," Lanegran says. "I'm no prognosticator but those [condominium] units [along University] are selling."

If there's one lesson to be learned from looking at Census data, it's that times change—in some places more than elsewhere. In the months to come, we'll take an in-depth look at some of the data that define our neighborhoods.

\* \* \*


*Next up in November: How have our politics changed over the years? The Bugle readership area is now one of the most reliably Democratic districts of the nation. Was that always the case?*

*Judy Woodward is a reference librarian at Roseville Library.*

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## The Birdman of Lauderdale

by Clay Christensen

### The grackle: What's not to like?

Over the years, I've tended to tolerate the few common grackles that appear at my feeders. But this year has been different. We've had mornings with 70 grackles in our yard at one time, and one day we had 100.

On those kinds of mornings, the birds peck at the suet feeder, fighting each other to get at it. Then there's a mob of scavengers on the ground beneath the feeder, catching the chunks that fall. Meanwhile, over on the platform feeder, a dozen or more grackles shoulder each other out of the way and display a lot of attitude toward one another.

I really like birds, but Grackles are so aggressive, gluttonous and rude, they are hard to like. I decided to do a little research to see if I could find any reason to like them more.

Adult male common grackles are iridescent black, about a foot long. Females show more brown plumage. Juveniles are brown overall and have brown feet, brown plumage and brown eyes. Adults have yellow eyes. They all look like they are glowering at you with furrowed brows.

Grackles often feed on the ground, walking, not hopping. They use their bills, not their feet, to uncover food. They tend to fly with steady wing beats in an even line, not undulating like red-winged blackbirds.

Grackles show most of their attitude in the spring when one male encounters another. They pose with their bills pointed straight up and body feathers all puffed up, really strutting their stuff, trying to look as big and mean as possible.

Two or more of these guys will posture at each other at the feeder, while others help themselves to seed. "Keep it up guys! More seed for us!"

Grackles are well-designed for seed eating. They have a horny projection inside their beaks, at the back of the upper mandible, like a keel extending downward toward the tongue. This sharp keel helps them crack open the seeds, and they can use it to "saw" acorns, by scoring around the shell and then cracking them open with their strong beak muscles.

Many species of birds use their bills for something called "anting." They pick up ants and rub them under their wings and on their bodies, using the ant's formic acid to control mites that afflict them. But Grackles have taken anting to a new level. The birds have been seen rubbing themselves with walnut juice, lemons and limes, marigold blossoms, mothballs and choke cherries. Sounds almost like a marinade, doesn't it?

I found a few positive qualities for grackles. They like to eat ragweed and smartweed seeds, which reduces the spread of these weeds. They eat bees (actually a negative), beetles, grasshoppers, crickets, cutworms, caterpillars and lawn grubs, like those of the Japanese beetle. In fact, I saw a grackle pick an adult Japanese beetle out of the air and munch it down. Hooray!

Grackles often chase robins around the yard and steal worms from them. Grackles are listed as a major predator of robins, eating their eggs and nestlings, and grackles have

been known to kill and consume adult birds.

There are more negatives: The common grackle is listed as one of the most significant agricultural pest species in North America, causing millions of dollars in damage to sprouting corn. Other crops damaged include rice, other small grains, sunflowers, peanuts, blueberries and sweet cherries.

Grackles peck at ears of corn while the kernels are still in the soft "milk" stage, taking just a few kernels from any one ear. They also pull up sprouted wheat plants.

Even when they're going to bed for the night, grackles can cause problems. They're gregarious, maybe too gregarious. Their winter roosts in southern and eastern states can easily reach a million birds and include red-winged blackbirds, cowbirds and starlings. One roost was estimated at more than 10 million birds.

That's a lot of squawking and a lot of bird-poop mess.

So, where do I wind up in my assessment of the common grackle? It's mixed, leaning toward the negative. A few of us were standing on a street corner in West St. Paul during the Christmas Bird Count a few years ago, when an elderly man approached and began talking with us about birds. He said he fed birds in his yard, but couldn't stand "them damn gackles!"

Since then, they've been "gackles" to me more often than not.

*Clay Christensen watches and writes about birds at his home in Lauderdale.*

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## Neighbors

Send your Neighbors news to [editor@parkbugle.org](mailto:editor@parkbugle.org). The next deadline is Wednesday, Sept. 12.

### It's a dog party

Bark and Rec, an outdoor event for dogs and their owners, will be held Sunday, Sept. 16, 1-4 p.m. at Harriet Island Regional Park, 950 Lilydale Road, St. Paul. The St. Paul Parks and Recreation event is free and will feature demonstrations, the American Kennel Club Dog Listener, a pet photo booth, a canine fashion show, an off-leash area, vendors and pet caricatures (for \$1 a head, animal or human). Dogs must be on a leash of 6 feet or less.



### Meet Will Xiong

Will Xiong has been directing programs at Langford Park since spring, but he says people still call asking for MariEtta Woods. Woods transferred to Hayden Heights Recreation Center in March, when Xiong moved from Duluth and Case Recreation Center to Langford. Xiong says he's back in his old stomping grounds at Langford. He cut his teeth on parks programs at Desnoyer Park across I-94, attended Murray Junior High and graduated from Como Park Senior High School in 1998.

### Fall classes at Northwest Como

Northwest Como Recreation Center is taking registrations for its fall classes, which include Tae Kwon Do, Archery, Artist Workshop, Orchestra Jam, Tantalizing Taste, Dry Ice Capades and Babysitting Training. A new class for adults is Cardio Kickboxing.

Two special events are scheduled at the center this fall: Back-to-School Dance for ages 11-14 on Friday, Sept. 21, 6-8 p.m. and Family Bonfire on Friday, Oct. 5, 6-8 p.m.

Register at [stpaul.gov/parks](http://stpaul.gov/parks), call 651-298-5813 or come into the Northwest Como Recreation Center, 1550 N. Hamline Ave., Monday through Thursday, 3-8 p.m., or Fridays, 3-5:30 p.m.

### Langford has classes for all ages

Langford Park Recreation Center, 30 Langford Park, will offer classes for all ages this fall. Classes for preschoolers include Messy Fingers and Toes, Homemade Fun and Parent & Tot Playtime. Youth classes include Mask Making, Holiday Cookies, Take Home Chef, Soo Bahk Do and Histology Laboratory.

Teen classes include Mediterranean Cooking, Teen Club, Table Tennis Madness and a Back-To-School Dance for ages 12-14 on Friday, Sept. 7, 6-8:30 p.m.

A free Family Bonfire will be held on Wednesday, Oct. 17, 6:30-8 p.m. Find out more at [stpaul.gov/parks](http://stpaul.gov/parks) or call the park at 651-298-5765.

### Register for Langford Hockey

Registration for Langford Park Hockey for all age levels—Mini-Mite, Mite, Squirt, PeeWee and Bantams—will be held Tuesday, Sept. 11, from 6:30 to 8:00 p.m. at the Langford Park Recreation Center, 30 Langford Park.

Go to [langfordparkhockey.com](http://langfordparkhockey.com) for more details and registration forms. Contact Scott Hamilton at [info@langfordparkhockey.com](mailto:info@langfordparkhockey.com) or 651-329-8609 with any questions.

### Cub Scouts will fire up on Sept. 17

St. Anthony Park Cub Scout Pack 22 will hold its annual Fire Up event on Monday, Sept. 17, at 7 p.m. at the Langford Park bandshell. Boys kindergarten-grade 5 are invited to attend. Call Chris Jacobsen, 651-649-1660, for more information.

### Civil War discussion series starts this fall at Roseville Library

To mark the Civil War Sesquicentennial, Ramsey County Library is presenting a series of readings and discussions at Roseville Library, 2180 Hamline Ave.

Let's Talk About It: Making Sense of the American Civil War is a five-part series of conversations about the legacy of the Civil War structured around three books and led by two Civil War scholars, James Stewart, James Wallace Professor of History Emeritus at Macalester College, and Stephen Osman, who recently retired as senior historian with the Minnesota Historical Society.

No registration is required. Books are available at the library and, in some cases, online. The discussions will be held on Wednesdays at 7 p.m.

The series begins with Part I: Imagining War on Sept. 12. James Stewart will lead a discussion on the book *March* by Geraldine Brooks.

Part II: Choosing Sides will be held on Oct. 10. Stewart will lead the discussion on selections from the anthology *America's War*.

Part III: Making sense of Shiloh will be held on Nov. 7. Stephen Osman will lead the discussion on selections from *America's War*.

Part IV: The Shape of War will be held on Nov. 14. Osman will lead the discussion on *Crossroads of Freedom: Antietam* by James M. McPherson.

Part V: War and Freedom, will be held on Nov. 28. Stewart will lead the discussion of selections from *America's War*.

For a detailed list of all the readings, visit [rcreads.org/events-and-classes](http://rcreads.org/events-and-classes).

### Fun and funds for girls' fastpitch

The North Area Girls Fastpitch FUNdraiser will be held Saturday, Sept. 15, from 3 to 9 p.m. at B-Dale Club, 2100 N. Dale St., Roseville. The event will feature tacos, beer, pop, music, alumnae softball games, bocce ball, a homerun derby and fun for the whole family. Food will be served from 3 to 7 p.m.

Contact Kathy Jackson at [weyandtjackson@gmail.com](mailto:weyandtjackson@gmail.com) to find out more about the event.

The FUNdraiser is sponsored by the North Area Fastpitch Boosters. North Area Fastpitch is a competitive softball program that serves girls 8-18 in St. Paul.

### Ceramics and photography at Raymond Avenue Gallery

Reencuentro, Together Again, featuring the pottery and photography of Guillermo Cuellar and Jorge Provenza, opened Aug. 24 at the Raymond Avenue Gallery, 761 Raymond Ave., and will run through Sept. 28. The gallery is open 10-4 p.m. Monday-Friday and noon-4 p.m. on Saturdays. Call 651-644-9200 for more information.

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## Neighbors from 7



### Plein-air performance

Six beginning piano students got a taste of public performance on Aug. 8 when their teacher, Rebekah Richards, brought them to Milton Square at Como and Carter avenues in St. Anthony Park to play a recital at the Piano on Parade in the courtyard. Here, Christopher Bruch, a first-grader at Dowling Elementary School in Minneapolis, performs "All the Stars Are Shining." The piano, sponsored by the Schubert Club, is part of the Keys 4/4 Kids Pianos on Parade Program, which has placed more than 20 pianos outdoors in various venues in Minneapolis and St. Paul. "Birchbark," painted by Patty Paulus, will be in the Milton Square courtyard through mid-September.



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### Artful living

Park Midway Bank recently raised \$871 for the Lyngblomsten Artful Living program, which brings local artists onto the Lyngblomsten campus to work with seniors on creative activities, including watercolor painting. The money raised was used for supplies for the program. Here, Bob Ogren and Jeanette Severson, participants in the program, display their work from a recent artist visit.

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## Urban farming is sprouting up all over

By D. J. Alexander

The summer of 2012 may well be remembered as the season urban farming blossomed in St. Paul and its surrounding communities.

Community gardens and beautification projects seemed to spring up everywhere this season. Here are a few highlights:

The Merriam Station Community Garden broke ground this spring in a strip of land between I-94 and railroad tracks at Prior and Gilbert avenues. The group joined other nearby sprouts: Midway GreenSpirit Community Garden at Taylor and Hamline avenues and the Horton Park native-plant gardens at Hamline and Minnehaha avenues.

Stone's Throw Urban Farm, [stonethrowurbanfarm.wordpress.com](http://stonethrowurbanfarm.wordpress.com),

is looking for vacant lots throughout St. Paul to turn into growing space for micro-farms.

The Cornercopia student-run organic farm at Dudley and Lindig avenues on the University of Minnesota's St. Paul campus has been selling certified organic produce this summer and offered seminars on cold-climate permaculture, as well as livestock raising and bio-intensive growing. (To find out more, contact Courtney Tchida, Minnesota Institute for Sustainable Agriculture, 612-624-2738, or go to [cornercopiafarm.blogspot.com](http://cornercopiafarm.blogspot.com)).

The Twin Cities-based nonprofit Gardening Matters ([gardeningmatters.org](http://gardeningmatters.org)) added a new Hamline-Midway food resource hub

Urban farming to 13



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### These bikes are the bomb

Be on the lookout for two-wheeled creativity throughout St. Anthony Park from now until the first snowfall. Artist Carrie Christensen's Wayfinding Art Bike Project was installed this month and includes 11 bicycles, including the Yarn-Bomb Bike (below, right), made by Amy Sparks, executive director of the St. Anthony Park Community Council, and the Peace Bike (at left), made by Christensen. The Peace Bike is a vintage 1930s bike, a rare find, according to Christensen, as bikes from that era were often melted down for ammunition during World War II. She fastened lotus flowers to the bike and painted it bubblegum pink "to reflect the idea of peace." After all, she says, "Who doesn't feel peaceful with bubblegum pink in their environment?" The Yarn-Bomb bike is at 777 Raymond Ave. and the Peace Bike is at South St. Anthony Recreation Center, 890 Cromwell Ave. The Garden Bike, shown on page 1, is at Milton Square, at the Corner of Carter and Como avenues. You can find a link to a map to all the Wayfinding Art Bikes on the Bugle website, [www.parkbugle.org](http://www.parkbugle.org). The project is meant to encourage non-motorized transit in and around the neighborhood, and each bike has distance and directional signs attached to it. *Photos by Kristal Leebrick*



### Pop-Up Shop from 3

or new business ideas to emerge onto the public scene, Shardlow said. "We think the Pop-Up Shop has strengthened St. Anthony Park's growing identity as a center for innovation and creative enterprises."

Amy Sparks, executive director of the St. Anthony Park Community Council, agrees.

"The Pop-Up Shop brought a new bright light to the area," Sparks said. "It has boosted activity, excitement and garnered a fair amount of exposure to a neighborhood that has been a home to creative enterprises for many years."

The project "gave a sense of optimism and excitement amidst the negativity surrounding the light rail construction period," said Sparks. "Several of the renters have been pleasantly surprised by how many people from the neighborhood have stopped into the shop."

"In the long run, I think it's going to help the area recover quicker than we would have without it."

What's next for Starling?

"We're looking forward to

applying the lessons that we learned and the rental model we created for the St. Anthony Park Pop-Up Shop project at other sites along University Avenue, potentially cultivating relationships with other district councils like we did with the St. Anthony Park Community Council," Murray said.

"We're also hoping to extend our client base to more entrepreneurs and other people and organizations looking for space along the length of University Avenue in St. Paul. We're tracking vacancies along the corridor and getting in touch with the property owners."

This fall, the Starling Project plans to share the model and tools they are developing at a free workshop. To follow Starling and its future projects, you can join the group's mailing list through its website, [www.starlingproject.com](http://www.starlingproject.com).

The Pop-Up Shop was the beginning of a series of events that the Community Council hopes will launch the neighborhood's growing identity as the Creative Enterprise Zone. A Creative Enterprise Zone

task force was convened two years ago with the goal of keeping and building on the creative enterprises that have long been part of south St. Anthony Park.

The area has been home to artists, craftspeople, creative start-ups and a variety of nonprofits that were drawn to the area over the last 30 years by its low rents. The task force aims to strengthen opportunities for creative workers to stay in the area.

### Expert Tree Guy

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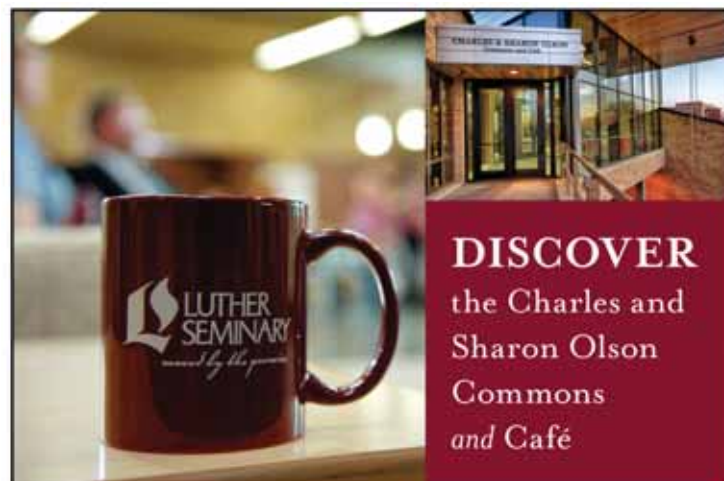
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Existing bike striping on Gortner Avenue on the St. Paul campus is being updated as part of the Fairview Avenue bike path project.

### Bike path from 1

Existing bike striping on Gortner is being refreshed and updated as part of the Fairview project.

The Fairview-Gortner bike route will be connected all the way into downtown Minneapolis when the University transitway is connected with an old railroad bridge across the river.

The repurposing of Northern Pacific's Bridge #9 for bike use is part of the city of Minneapolis' University of Minnesota Trail, with construction expected to start next spring, Sanders said.

"For people who live in the northern suburbs and work downtown, they'll be able to bike all the way," he said.

Bloom's job with both the cities of Roseville and Falcon Heights is a good example of recent efforts by small municipalities to partner with larger ones for cost savings, she said.

Between Falcon Heights, Roseville, the university and Transit for Livable Communities, she said, "This was a great opportunity for partnering."

That partnership was one reason the project was chosen to receive funding, according to Clark of Transit for Livable Communities.

"This project was selected over many others because the applicants showed it had a strong potential to encourage more people to walk and bicycle in this area—and not just college students, but residents and also kids traveling to [Brimhall] elementary school," he said.

"We were also impressed by the multi-jurisdictional partnership: three cities and the university all coming together in submitting this proposal to us," Clark said.

*Anne Holzman is a freelance writer who lives in St. Anthony Park.*

# SEPTEMBER Events

Venue information is listed at the end of the calendar. Send your events to [calendar@parkbugle.org](mailto:calendar@parkbugle.org) by Sept. 12 to be included in the October issue.

## 1 SATURDAY

St. Paul Public Libraries are closed

## 2 SUNDAY

Free chamber music every Sunday, featuring Camille Smith on upright bass and Emma Gasterland-Gustafsson and Lev Grigauz on violin, every Sunday, 10 a.m.–3 p.m., Finnish Bistro

## 3 MONDAY

Labor Day

## 4 TUESDAY

Red Cross Blood Drive, St. Anthony Park Lutheran Church, 2-7 p.m. Go to [www.redcrossblood.com](http://www.redcrossblood.com) (use code #3269 or the ZIP code 55108) or call Joy at 651-644-8833 to schedule a time.

St. Anthony Park Garden Club meeting: "Garden Design and Structure," presented by John Thomas of Thomas Landscape, 2276 Doswell Ave., 6:30 p.m. outdoors, rain or shine

International and domestic adoption information session, 6-8:30 p.m., CHSFS

## 5 WEDNESDAY

St. Anthony Park Book Club, "State of Wonder" by Ann Patchett, 6:30-8 p.m., St. Anthony Park library

## 8 SATURDAY

Minnesota's Waiting Children adoption information session: Adopting children who live in foster care, 10 a.m.-noon, CHSFS

Get a Move On! Journey Through Black Dance, grade 1 and older, 1-2 p.m., St. Anthony Park library

## 10 MONDAY

English as a Second Language Class, Mondays for 12 weeks, 1 p.m.-2:30 p.m., St. Anthony Park library. Call 651-642-0411 to register.

Microsoft Word 2010, Mondays and Wednesdays in September, 5:30-7:30 p.m., St. Anthony Park library. Call 651-642-0411 to register.

## 11 TUESDAY

Adoptive parents group for parents of children who lived in foster care. Open to any family, 6:30-8:30 p.m., CHSFS

## 12 WEDNESDAY

English Conversation Circle, every Wednesday, 4-5:30 p.m., St. Anthony Park library

## 13 THURSDAY

Sing, Play, Learn with MacPhail/Make Music, 10:30-11:30 a.m., St. Anthony Park library. Class is limited to 20 children ages 0-5. Call 651-642-0411 to register.

St. Anthony Park Area Seniors Cinema Series: "War Horse," 2 p.m., St. Anthony Park library

## 14 FRIDAY

Preschool storytime (ages 3 to 5), every Friday, 10:30-11:30 a.m., St. Anthony Park library

## 17 MONDAY

Pack 22 Cub Scouts Fire Up for boys K-5, Langford Park Bandshell. Call Chris Jacobsen, 651-649-1660, for more information.

## 18 TUESDAY

Baby lapsit storytime, 10:30-11 a.m., St. Anthony Park library

Simplicity Parenting introductory session, 7-9 p.m., Shen-Men

## 22 SATURDAY

International and domestic adoption information session, 9-11:30 a.m., CHSFS

Teen Movie Madness: "Lord of the Rings, Part III," noon-4 p.m., St. Anthony Park library

## 25 TUESDAY

Simplicity Parenting seven-class series begins, 7-9 p.m., Shen-Men

## 29 SATURDAY

Teen Movie Madness: "The Hunger Games," 1-4:30 p.m., St. Anthony Park library

## BLOCK NURSE EXERCISE

St. Anthony Park Area Seniors block nurse exercise classes meet at these times and places:

**Tuesdays and Fridays,** St. Anthony Park library, 2245 Como Ave., 3-4 p.m.

**Mondays and Thursdays,** Seal High Rise, 825 Seal St., 12:30-1:30 p.m.

**Wednesdays,** SAP United Methodist Church, 2200 Hillside Ave., 10:30-11:30 a.m.

## CONTACT INFORMATION:

CHSFS: Children's Home Society & Family Services, 1605 Eustis St., 651-646-7771

Finnish Bistro, 2264 Como Ave., 651-645-5181

Shen-Men, A Healing Arts Collaborative, Baker Court Office Building, 821 Raymond Ave., Suite 260, 651-649-1605

St. Anthony Park Branch Library, 2245 Como Ave., 651-642-0411

St. Anthony Park Lutheran Church, 2323 Como Ave., 651-645-0371

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# The slow parenting movement

*Learning to simplify children's lives and step away from 'more,' 'better' and 'best' is focus of Simplicity Parenting group*

By Natalie Zett

Conradine Sanborn was trying to find balance in the midst of a hectic life that included working as an acupuncturist in private practice and parenting three children with her husband when she found the work of Kim John Payne, author of the book *Simplicity Parenting: Using the Extraordinary Power of Less to Raise Calmer, Happier, and More Secure Kids*.

"I was struggling," she said. Then, five years ago, she attended a lecture by Payne.

"At that time, [he] was working with social inclusion, which is a program focusing on kids who are bullying and being bullied," Sanborn said. She was so moved by Payne's message, she said, that Sanborn later trained with him and subsequently established a social-inclusion program at her daughter's school with Payne providing the mentoring.

Then, in 2009, Payne published *Simplicity Parenting* (Ballantine Books), a parenting guide to raising children in "today's busier, faster society."

Sanborn signed up for additional training with the author, a school consultant and trainer who has worked as a school counselor and a private family counselor-therapist.

"Life gets so fast and stressful," Sanborn said, "and this is a way to step it back." Mainstream culture has drowned out the natural instincts people have, she said. "I think that's why this book resonates with people. It just makes sense."

Payne "worked in refugee camps and saw that the kids, naturally, displayed a lot of post-traumatic stress symptoms. Later, he worked in an upper-middle class neighborhood in England and saw that a lot of those kids had the same symptoms," Sanborn said. From that observation, Payne coined the term "cumulative stress disorder" to describe the results of a fast-paced materialistic life.

"Basically, the more you pile up on kids, the more the stress accumulates," Sanborn said.

When children are physically ill, parents have them stay in bed in a dark room and give them nutritious food, Sanborn said. Payne recommends the same when a child has a "soul fever," his term for overstimulation.

"It's the same thing: You just pull back," Sanborn said. "If my kids are struggling, I now try to figure out how to simplify their lives and balance the full-on days with some quiet days."

Payne's work has helped Sanborn assess the value of constantly living up to mainstream expectations about what we should do with our lives and time. Sometimes, she concludes, the cost is too great and it depletes us physically and emotionally.

"I was probably the most unsimple person," she said. "This material helped me as a parent and as



Conradine Sanborn and Jennifer Torres will offer a Simplicity Parenting group this fall.

an individual to slow down my own life and to feel less stress. I still have to keep reminding myself to simplify and de-clutter."

To get the message out, Sanborn is working with Jennifer Torres, a licensed social worker, to lead a seven-week Simplicity Parenting group this fall at Sanborn's office in the Baker Court Office Building, 821 Raymond Ave.

"We will teach from the book but will also add our own individual expertise," said Sanborn, who has a master of education degree. "I have a background in health, education and movement and Jennifer has done extensive work with children and has done a lot of counseling," Sanborn said. She and Torres hope to eventually hold Simplicity Parenting groups in schools.

The group will begin with a free introductory lecture on Tuesday, Sept. 18, at 7 p.m. The first of the seven sessions will start the following week, on Tuesday, Sept. 25. The cost for the seven sessions is \$125.

Listening skills, meditation, artwork and discussions about parenting issues will be interspersed throughout the sessions. "We'll talk about what values [parents] want to bring to their children and how to get in concert with one another," she said. "There's a lot of creativity that happens when you don't keep your children scheduled all the time. Not being overscheduled helps them to be less stressed, less anxious, more able to focus and more able to get along with other kids."

Sanborn encourages parents to read the book. "It really has some nice things. It's important for our families and it's important for our world. It's contrary to 'more,' 'better' and 'best.' It's saying that less is best. The program gives you more tools, but primarily it is about exercising

our heart muscle and being able to respond to our children with compassion."

For more information about the group, go to the website [www.shenmen.com/parent\\_classes.html](http://www.shenmen.com/parent_classes.html) or call 651-233-3566. You can learn more about Kim John Payne and his work at [www.simplicityparenting.com](http://www.simplicityparenting.com).

*Natalie Zett has been writing for the Park Bugle since the early 1990s. Her work has appeared in a number of Twin Cities publications, including Metro Lutheran, American Jewish News, Minnesota Monthly and Other Side magazine.*

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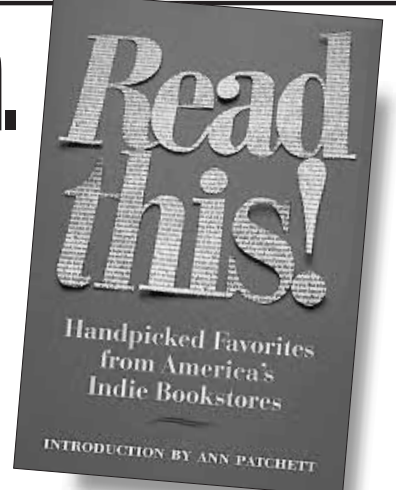
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## Tuesday, Sept. 11, 7 p.m.

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**Handpicked Favorites from America's Indie Bookstores**" Coffee House Press Publisher  
**Chris Fischbach** and "Read This!" editor and  
Micawber's co-owner **Hans Weyandt** will discuss  
how the project became a book.



L I V E S L I V E D

*The Park Bugle prints obituaries free of charge as a service to our communities. Send information about area deaths to Mary Mergenthal at [mary.mergenthal@comcast.net](mailto:mary.mergenthal@comcast.net) or call 651-644-1650.*

Michael Barton

Michael D. Barton, 44, of Litchfield, Ariz., died suddenly July 13. He grew up in Como Park.

Michael is survived by his children, Miguel and Sophia, and their mother, Lucy; his mother, Sandra; his father, Robert (Patty); and his siblings, Deb (Dan) Runyon, Scott, Bob, Jim, Steve (Emily), Kevin (Mary), Vanessa Anderson, twin sister Patti (Jay) Murphy, Joe (Amanda) and Anne (Jack) Long.

Mass of Christian Burial was celebrated July 20 at Church of the Holy Childhood in Como Park.

Jean Bauer

Jean Warner Bauer, 67, of Falcon Heights, died July 23.

Jean had been a professor in the Department of Family Social Science at the University of Minnesota since 1983. She served as director of graduate studies of her department and on the University Senate and the Faculty Consultative Committee.

As a specialist with the University of Minnesota Extension Service, Jean led outreach and education programs in family resource management and a multi-state research project on rural low-income families. Its results were published last year in the book, *Rural Families and Work: Context and Problems*.

She is survived by her husband of 43 years, Marvin; a sister, Nancy (Allan) Gossmann, Marshall, Ill.; and a brother, Richard (Marcia) Warner, Buffalo, N.Y. She was preceded in death by her brother Ted.

A memorial service celebrating Jean's life and legacy was held at Centennial United Methodist Church in Roseville on July 28.

Margaret Clemment

Margaret Elaine Clemment, 95, died peacefully in the presence of her daughters on Aug. 1. Margaret was a loving mother, grandmother and longtime resident of Falcon Heights.

She was preceded in death by her husband, Earl; her sister, Gladys Wincell; and her son-in-law, James Danner. She is survived by her daughters, Colleen Danner and Patricia (Bob) Johnson; three grandchildren; and three great-grandchildren

Her funeral was held Aug. 6 at Como Park Lutheran Church, with interment at Roselawn Cemetery.

Lorraine Foreman

Lorraine E. Foreman, 88, died peacefully July 31.

She is survived by daughters Rose Ann (Ken Scherber) Foreman and Mary Susan (Bob) Schilling; five grandchildren; four great-grandchildren; and special friend Richard Burns. She was preceded in death by her sister, Bernice Panico; a brother, Francis Whitney; and the father of her daughters, John J. Foreman.

Mass of Christian Burial was celebrated Aug. 3 at St. Cecilia

Catholic Church in St. Anthony Park, with interment at Calvary Cemetery.

Robert Hahnen

Robert C. Hahnen Jr., 79, of Minnetonka, died May 25. He grew up in St. Anthony Park.

Bob was a 1956 graduate of the University of Minnesota. He majored in radio, television, speech, music, marketing, sales and journalism. He worked at V.P. Pickwick International for 25 years and did radio work as a jazz broadcaster. He was a musician and loved to play the flute and drums.

He was preceded in death by his parents, Robert and Elizabeth. He is survived by his children, Douglas, Jeffery and Lynn Weyer; three grandchildren; a brother, Richard of St. Anthony Park; and his former wife, Susan Hahnen.

Rodney Magnuson

Rodney A. Magnuson died Aug. 5.

Rod loved his friends from Lauderdale and St. Anthony Park and his friends and teammates from Murray High School class of 1953 and the University of Minnesota class of 1957.

He is survived by his wife of 55 years, Jean, and his sister, Marian (Terry) Paige; his children, Dan (Debbi) Magnuson, Laurie (Bill) Hamen, Kristin Seuntjens and Beth (Mike) Dempsey; 13 grandchildren; an "adopted" granddaughter; and a great-granddaughter.

His funeral was held on Aug. 8 at Eagle Brook Church, White Bear Campus.

Donald Pusch

Donald Joseph Pusch, 85, died on July 21 after a long illness. He was born on Oct. 18, 1926, in Franklin, Minn., the son of Austrian immigrants Emelie and Joseph Pusch. The family later moved to Morgan and Fairfax, where they owned bakeries.

Don served in the U.S. Navy from 1944 to 1946. He attended the University of Minnesota, where he met his wife, Joyce, and was employed as a microbiologist at the Minnesota Department of Agriculture, the Pillsbury and General Mills companies and the University of Minnesota Food, Science and Nutrition Department. Don and Joyce moved to St. Anthony Park 45 years ago.

Don was a dedicated, loving and generous husband and father and a dear friend to many. He was a passionate lover of classical music and an active member of peace and justice, academic, arts and conservation groups. He especially enjoyed sharing the family's Kettle River cabin, which he built, and the tree farm and river trails he lovingly maintained.

Don was preceded in death by a brother, Fred, and two infant sons, Gregory Donald and Donald Joseph. He is survived by his wife, Joyce; two daughters, Gretchen (Richard Bayles) and Frances; and a son, Gregory (Kathryn Graves); two granddaughters, Jessica and Jennifer; a sister-in-law; and five nieces and nephews.

His funeral was held July 26 at St. Frances Cabrini Church in Minneapolis.

Eileen Roberts

Eileen M. Eichinger Roberts, 93, died peacefully surrounded by family on July 19. She was preceded in death by her husband, Bob; her siblings, Donald and Dorothy; son-in-law Tim Turner; and granddaughter, Anne Elizabeth Kraft. She is survived by her children, Mary Pat (Ed Kraft) of St. Anthony Park, Eileen (Chuck Hoyum), Rob and Kate (Matt Bjurstrom); and two grandsons.

Mass of Christian Burial was celebrated July 27 at the Church of St. Cecilia in St. Anthony Park.

Community Worship Directory



❖ COMO PARK LUTHERAN CHURCH—ELCA

ComoParkLutheran.org | ComoEveningPrayer.org  
Pastor Martin Ericson | Director of Music Ministry Thomas Ferry  
1376 Hoyt Ave. W., St. Paul | 651-646-7127 | Handicapped Accessible  
Summer Sunday Worship, Sept. 2: 8:30 and 10 a.m. Worship  
Sunday Fall Worship Schedule & Sunday School Kick-Off: Beginning Sept. 9  
8:30 and 10:45 a.m. Worship (nursery care provided from 8:30 a.m. to 12:00 p.m.)  
9:35 a.m. Sunday School and Adult Education (Adult Ed begins Sept. 16)  
Holy Communion on 1st and 3rd Sundays  
Rides available for 10:45 a.m. worship. Call before noon on Friday.  
Como Evening Prayer: Candlelight contemplative service - Sundays at 7 p.m.  
Wednesday Evening Activities: Beginning Sept. 12  
7th & 8th grade confirmation, adult and children's choirs, adult and children's bell choir, senior high youth group. Call for information: 651-646-7127  
Wed. Eve Meal: 5:00 – 6:30 p.m. Adults \$6, Children \$3 (3-11), Family maximum \$20.

❖ FALCON HEIGHTS UNITED CHURCH OF CHRIST

1795 Holton St. at Garden, 651-646-2681  
[www.falconheightsucc.org](http://www.falconheightsucc.org)  
Sundays: 9:15 a.m. – all-ages faith formation classes begin Sept. 16  
10:30 a.m. worship  
Communion, first Sunday of the month  
Sept. 9, 11:45 a.m. – Welcome Sunday, followed by Garden Party  
Sept. 15, 6 p.m. – Pie Festival (Saturday)  
Sept. 23, 3 p.m. – Installation of Associate Pastor Rev. Brandon S. Perrine  
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Sunday Masses: Saturday, 5 p.m.; Sunday, 7:45 and 10 a.m.  
Daily Mass: 7:45 a.m. with Rosary following Mon.–Thurs. and 6:30 p.m. Thursday  
Confession: Saturday, 3:30-4:30 p.m., and Sunday, 9:30-10 a.m.

❖ MT. OLIVE EV. LUTHERAN CHURCH—WELS

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❖ PEACE LUTHERAN CHURCH—ELCA

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11:00 a.m. Fellowship and refreshments  
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Monday: 7:30 p.m. Community Bible Study in Parlor

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Web, Facebook, & Twitter: SAPLC  
Sept. 2: Worship 10 a.m.  
Red Cross Blood Drive: Tuesday, Sept. 4 2-7 p.m.  
Sept. 9: Rally Day!  
Sunday Worship: 8:30 & 11 a.m.  
Education Hour for all: 9:45 a.m.

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[www.stmatthewsmn.org](http://www.stmatthewsmn.org) The Rev. Blair A. Pogue, Rector  
2136 Carter at Chelmsford. 651-645-3058  
Sundays 9:15 a.m. Education for all ages  
10:30 a.m. Holy Eucharist  
Nursery care provided 9 a.m.-11:20 a.m.  
7 p.m. Night Prayer, Dinner at 5:30 p.m.  
Wednesdays 10 a.m. Midweek Eucharist  
12 p.m. Noonday Prayer and Bible Study  
Regular fall schedule begins Sunday, Sept. 9.  
In the Undercroft Gallery: "Peg Houck and Friends" Sept. 9 – Oct. 20  
*Please, join us. All are welcome!*

# Garden Club's fall programs address design, seed propagation and more

Fall is an ideal time to learn more about the St. Anthony Park Garden Club. Meetings are held from September through May on the first Tuesday of the month, except for election days.

All meetings are open to the public and new members are always welcome. The meetings usually convene at St. Matthew's Episcopal Church Fellowship Hall, 2136 Carter Ave. The 6:30 p.m. business meeting is followed by a social time. The program begins at 7:15 p.m.

October is the official membership sign-up and renewal time for the following year. Annual membership dues are \$17 for individuals and \$25 for a dual or

family membership. An affiliated membership with the Minnesota State Horticultural Society is optional and is available at a discounted rate.

The club's first meeting this fall will change venues and be held on Tuesday, Sept. 4, at the home of John Thomas, 2276 Doswell Ave. The owner of Thomas Landscape, he will present the program "Garden Design and Structure." The program will begin promptly at 6:30 p.m. and last until dark. It will held be outdoors, rain or shine. The business meeting will follow.

Coming up later this fall are the following programs:

**Oct. 2:** "Winter Seed

Propagation for Summer Blooms," presented by Michelle Mero Riedel, University of Minnesota Extension master gardener for Washington County

**Nov. 13:** "Water-Smart Landscaping," presented by Gregg Thompson, water resource specialist for the City of Eagan and president of the Bush Lake Chapter of the Izaak Walton League of America

**Dec. 4:** "Health of Our Urban Forest," presented by Gary Johnson, professor of Urban and Community Forestry, Department of Forest Resources, University of Minnesota

Find out more about the club by calling 651-644-4562 or emailing [sapgardenclub@comcast.net](mailto:sapgardenclub@comcast.net).

# State Fair's 'Late Summer Garden' one of many projects for local garden club

*By Ron Dufault*

The Minnesota State Horticultural Society's "A Late Summer Garden" at the northeast corner of Judson and Underwood next to the Horticulture Building on the Minnesota State Fairgrounds changes every year.

The mission of the garden is to provide a showcase for plants suitable for a colorful fall garden. It includes perennials that are in bloom during the fair and, with the help of annuals, provides color up to frost.

The St. Anthony Park Garden Club has been working on this

garden since 2003, when the Horticultural Society began looking for a garden club to maintain it.

By spring 2004, the club had approved the project, Hermes Floral joined in, and planning began.

The first weekend of August that year, the club started planting, just two and a half weeks before the fair began.

Each year, we continue to search for new materials for the garden.

With the addition of the Ageratum Meadow we are introducing a new selection of plants that are taller and more open than the standard

ageratums and are more inviting to butterflies.

The breeder, David Zlesak, worked and studied at the University of Minnesota. He is currently an associate professor at the University of Wisconsin-River Falls. This year, we also introduced the use of Pantone's Color of the Year, Tangerine Tango. It is used in the color of the containers in the garden and the gazebo bench.

*Ron Dufault is the coordinator for "A Late Summer Garden."*

## Urban farming from 8

in St. Paul to its five existing Minneapolis sites. Hub gardeners pay a small fee to become members of the network and receive compost, seeds, seedlings, access to tools and low-cost workshops. At the end of the season, the gardeners plan to support each other by cooking and preserving their harvest together.

The point of all this hyper-local green activity?

While promoting environmental sustainability by reducing greenhouse gas caused by transporting food over long distances, urban agriculture greens up urban blight, prevents stormwater runoff and benefits local economies. Research suggests it may even reduce crime. Most important, this soil-to-grassroots movement increases food security at a time when the cost of food all over the world is rising fast.

Urban agriculture also helps provide local food shelves with fresh, often organic, produce. Home gardeners are encouraged to contribute their excess produce to the Emergency Foodshelf Network, which accepts donations weekdays at Keystone Community Services' two locations: 1916 University Ave. in St. Paul (651-917-3792) and 2833 N. Hamline Ave. in Roseville (651-756-7018).

All the harvest activity is leading to more comprehensive land-use planning in Lauderdale, Falcon

Heights and St. Paul. Currently, St. Paul sells permits for beekeeping and chicken coops. The Falcon Heights Environment Commission is working on recommendations to be made to the Falcon Heights City Council in regards to backyard beekeeping and chickens, and Lauderdale is close behind.

Want to join the trend? Here are some upcoming events and ideas:

- Visit the Minnesota Grown booth at the State Fair in the Agriculture Building.
- Attend the Hamline Midway Environment Group meeting at 1610 Hubbard Ave. on Sept. 10 at 7 p.m. (Call 651-298-4393 for more information.)
- Growing Power Weekend: Will Allen's Milwaukee-based Growing Power will host its third annual Regional Training Weekend Sept. 15 and 16 at the Women's Environmental Institute near Stillwater. Participants can learn about everything from hoop-house building and berry growing to beekeeping and passive solar greenhouses.

Find out more at [w-e-i.org](http://w-e-i.org) or call 651-583-0705.

*D.J. Alexandar lives, writes and farms in Falcon Heights.*

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**Business News**

## Coffee roaster taps local market in his first venture into the retail trade

*By Roger Bergerson*

Dan Anderson, co-owner of Dogwood Coffee, has been shopping at Tim and Tom's Speedy Market, 2310 Como Ave., since his family moved into St. Anthony Park six years ago. That made it a logical choice for the coffee roaster's first venture into the grocery trade.

And Speedy Market's Tom Spreigl was receptive. "This is a coffee neighborhood. People here like their coffee and there's a lot of appeal in dealing with a high-quality, local company," Spreigl says.

Dogwood Coffee, named in honor of the shrub that enlivens Minnesota winter landscapes with its attractive red bark, is a two-year-old company that supplies wholesale customers—restaurants, bakeries and coffee shops—from its roastery in a northeast Minneapolis warehouse.

There is also a Dogwood Coffee Bar in Calhoun Square at Hennepin and Lake streets in Minneapolis, and Dogwood and restaurant-bakery partners plan to open a second location in Minneapolis soon.

To provide the best taste experience, Dogwood specializes in light- and medium-roasted coffees, rather than darker roasts, to preserve flavor subtleties.

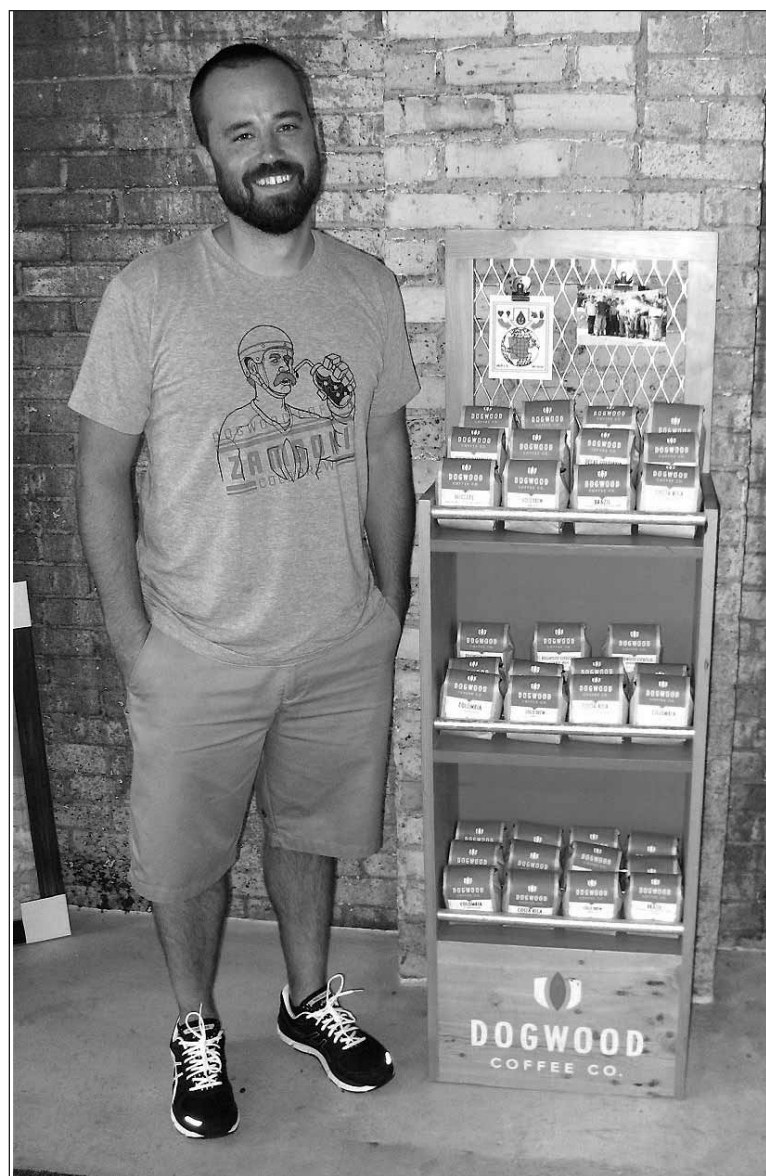
"We approach everything from a quality perspective and want to be good stewards of the coffee that our producers provide," says Anderson. "We've been very cautious about getting into the grocery market, because of shelf life concerns."

The whole-bean Dogwood coffees at Speedy Market come from around the world, including Costa Rica, Brazil, Ethiopia, and soon, Indonesia. To ensure freshness, their availability will depend on the growing season in the source country. In addition, Dogwood coffee is delivered to Speedy Market the day after roasting and each package is freshness dated.

Although Anderson agrees with the Fair Trade philosophy, which calls for adequate compensation for coffee growers' labor-intensive production, Dogwood coffees are not Fair Trade-certified. "We pay more than Fair Trade standards," he notes, "but we're interested in establishing our own long-term relationships with people who produce quality coffee in smaller quantities. Within our industry, it's commonly referred to as a Direct Trade Model."

To find out more about Dogwood Coffee, go to [www.dogwoodcoffee.com](http://www.dogwoodcoffee.com).

*Roger Bergerson is a freelance writer and longtime Como Park resident who enjoys writing about local history. He is a regular contributor to the Park Bugle.*



Dan Anderson with a Dogwood grocery store display. Photo by Roger Bergerson

### Business briefs

**Micawber's co-owner publishes a book of lists . . . of books**

One year ago, Hans Weyandt, co-owner of Micawber's Books, began a playful project of compiling lists of the top 50 books of independent booksellers across the country. He began publishing those lists on his blog and by mid-October Weyandt had collected more lists than he cared to count from booksellers throughout the United States: from City Lights Books in San Francisco to Harvard Book Store in Boston to sellers in Iowa City, Milwaukee, St. Louis, Phoenix, New Orleans and Durango, Colo.

He also grabbed a bit of media attention. Publishers Weekly ran a story about his project, as did Shelf-Awareness, an industry newsletter that's published daily on the web. He was asked to address the project in a panel discussion at the 2011 Midwest Independent Booksellers Association trade show in Minneapolis.

Now Weyandt's project has been made into a book, *Read This! Handpicked Favorites from America's*



*Indie Bookstores* Published by Coffeehouse Press in August, the book includes 25 booksellers' top 50 books, along with anecdotes and interviews about the life of being a bookseller, reader and engaged citizen.

Weyandt edited the book and wrote the preface.

You can hear Weyandt discuss his new book on Tuesday, Sept. 11, at 7 p.m. at the bookstore along with Chris Fischbach, publisher of Coffee House Press.

One hundred percent of royalties from the sale of the book will go to the American Booksellers Foundation for Free Expression.

*Business briefs to 16*

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- **You've got things to say about your neighborhood!** Discuss local issues with neighbors and elected officials.
- **You're going to be hungry!** Dinner and door prizes are on us.

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Senator, New District 54**Russ Stark**, St. Paul City  
Council Ward 4**Alice Hausman**, MN State  
Representative, New District  
66B**Jon Commers**,  
Metropolitan Council,  
District 14**Erin Murphy**, MN State  
Rep, New District 64A**And You!**Wednesday, September 26, 6-8 p.m.  
Luther Seminary, Olson Campus Center, 1490 Fulham St.Info at [www.sapcc.org/annualmeeting](http://www.sapcc.org/annualmeeting).  
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# Classifieds

To place a classified ad, send it to [classifieds@parkbugle.org](mailto:classifieds@parkbugle.org) or P.O.Box 8126, St. Paul, MN 55108, or call Fariba Sanikhatam at 612-382-3074. Ads are \$5 per line. Adding a box around your ad or art costs \$10 each. Business-card-size celebration ads with photos are \$40. **The next deadline is Sept. 12.**



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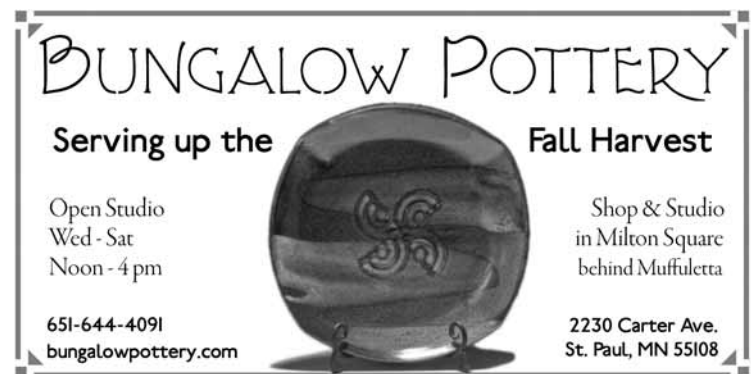
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## Sales

**ST. ANTHONY PARK COMMUNITY GARAGE SALE:** Saturday, Sept. 15, 9 a.m.-5 p.m. Registration and \$15 due by noon 9/7/12. Form at [www.sapcc.org](http://www.sapcc.org), Speedy, Hampden Park Co-op, library or call 651-641-1172.

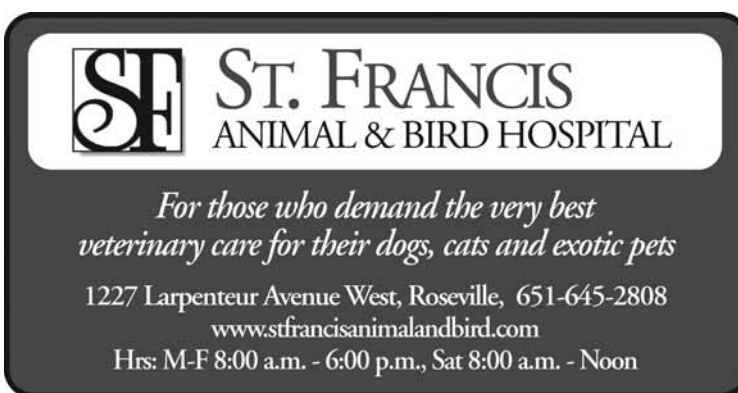


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### Business briefs from 14

#### Colossal Café has a new chef and added dinner to the menu

Chef Andy Lilja joined the Colossal Café on Como Avenue as the café launched its dinner service in August. The restaurant has been serving breakfast and lunch in the St. Anthony Park neighborhood since December 2011. The café is now open for dinner service Wednesday through Saturday.

The dinner menu features plates to share, fresh salads and soups, entrees and desserts. The menu will change seasonally and ingredients will continue to be locally sourced. The Colossal is also serving wine and beer.

Lilja, who most recently was the sous chef at Heartland in St. Paul, grew up in the Highland Park neighborhood and his resume

includes such restaurants as Lee's Village Inn, Highland Grill, Champp's, W.A. Frost, I Nonni and Il Vesco Vito.

The new hours of operation for the restaurant are breakfast and lunch, Tuesday through Sunday, 7 a.m. to 3 p.m. Dinner, Wednesday and Thursday, 4:30 to 9 p.m., and Friday and Saturday, 4:30 to 10 p.m. The café is closed on Mondays.

#### And the winner is . . .

Kristen Ostendorf of the Hamline-Midway neighborhood was the local winner in the Metro Independent Business Alliance's Celebrate Your Independents promotion in July. Ostendorf won \$1,250 in gift cards to participating MetroIBA businesses. She registered for the contest at Micawber's Books, 2238 Carter Ave. Twenty-five Twin Cities-owned, independent businesses partnered with the MetroIBA in the promotion, including

Micawber's, Warners' Stellan, the Bibelot Shops, Peapods Natural Toys and Baby Care, and Eyedeals. The promotion is aimed at expanding awareness of the Buy Local movement in the Twin Cities, said Mary Hamel, MetroIBA executive director.



Kristen Ostendorf, winner of the MetroIBA's Celebrate Your Independents July promotion.

Minnesota.

The building will house studio space for the artists and for the visual art classes the group plans to offer for ages 5 through senior citizens. The front of the building will house a gallery for showing and selling local art, particularly that of the Driftwood artists and their students.

To find out more go to [www.driftwoodcommunityarts.com](http://www.driftwoodcommunityarts.com).

#### Coming soon to Raymond Ave.

Driftwood Community Arts, a studio and gallery, will open Oct. 6 at 777 Raymond Ave., the former space of Sacred Paths Center.

Driftwood is a group of seven art educators and artists who met while working on their master's degrees at the University of



#### Small businesses in a large world

Park Midway Bank, 2300 Como Ave., hosted 25 international small-business advisers and entrepreneurs on Aug. 7. The group was organized through the Minnesota International Center of Minneapolis ([www.micglobe.org](http://www.micglobe.org)). The discussion with bank president Rick Beeson and other senior bank leaders focused on highlighting the economic, political and social factors that influence and encourage the development of small businesses, entrepreneurship and banking in the United States; access to credit and how a community bank works with its neighborhood and small-business owners; and the role that government has in assisting small-business growth and lending.

Rick Beeson, Terri Banaszewski, and Peter Wyckoff

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