



## July, already?

To the folks planning the annual Fourth in the Park, it's just around the corner.

Page 5



## Your wild neighbors

Area coyote sightings are increasing.

Page 6



## Early start

Before-school exercise class proves good for kids and teachers.

Page 17

*Celebrating  
40 years of  
award-winning,  
community-supported news*

# Park Bugle

St. Anthony Park / Falcon Heights  
Lauderdale / Como Park

www.parkbugle.org  
March 2015

## Local pharmacist buys Schneider Drug

By Kristal Leebrick

Jim Stage said he was just getting his "feet wet" as the new owner of Lloyd's Pharmacy on Snelling Avenue in the Hamline Midway neighborhood when Tom Sengupta contacted him and told him he was selling Schneider Drug, 3400 University Ave., in Prospect Park.

Lloyd's longtime owner, Ron Johnson, sold the business to Stage in November. On Jan. 27, Stage became the new owner of Schneider Drug. Both Johnson and Sengupta owned their businesses for more than 40 years.

Stage had worked for several years at Lloyd's with Johnson, who he credits with teaching him a lot about the pharmacy business. Stage grew up in the Midway area of St. Paul, attending Central Lutheran School on Lexington Avenue and graduating from Concordia Academy in Roseville. He attended pharmacy school at North Dakota State University in Fargo, then returned to the Twin Cities where he worked for a couple of independent pharmacies



Jim Stage, new owner of Schneider Drug Photo by Kristal Leebrick

and CVS, before joining the staff at Lloyd's.

"I was really trying to learn to ride a bike over at Lloyd's," when Sengupta told him that Schneider would be on the market, he said. "Tom wanted to keep [Schneider] independent, and he was adamant he didn't want it to become a Walgreens or CVS."

Stage, who lives in St. Paul with his wife and five children, said the two stores have their own unique qualities, and he intends to keep them that way.

Schneider customers will see some changes, however. One of the biggest: more phones. Sengupta operated with one phone line for many years, but Stage is planning to

add more lines and wants to develop some mobile apps and a website that will allow people to order prescription refills online.

He also plans to enhance the store's delivery service by making it available six days a week during daytime hours. Other items on his to-do list include offering blister packaging for customers managing multiple prescriptions to help them take the right medication at the right time and working with the University of Minnesota's pharmacy school to help students learn about the business.

Rich Mann, who had been at Lloyd's, will be the managing pharmacist at Schneider Drug.

Stage acknowledges that he's stepping into a business where the decades-long proprietor was much-loved and a big part of many people's lives.

"Tom knew people's voices when he answered the phone," Stage said. "I have to ask their names and birthdates. I appreciate their patience."

## Frattalone's makes bid for post office building

*U.S. Postal Service says it wants to keep a branch office in the north St. Anthony Park area*

By Kristal Leebrick

St. Anthony Park residents who have yearned for a hardware store to return to Como Avenue just might get their wish.

Frattalone's Ace Hardware is in the process of purchasing the building at 2286 Como Ave.—home to a U.S. Postal Service (USPS) branch since 1970—pending the results of an environmental site assessment.

The USPS has a lease through November 2015, which would stand through the sale, said spokesperson David Rupert.

The building went on the market last September. It is owned by Lorraine McCann. Her late husband, Harold "Buzz" McCann, had operated Statewide Engine Rebuilders there through the 1960s. The building had been home to auto repair and servicing businesses since at least 1933.

The Frattalone family owns 20 hardware stores in the metro area, including two on Grand Avenue in St. Paul.

Tom Frattalone attended the District 12 Land Use Committee

meeting on Feb. 5 to seek approval of a variance to reduce the number of required off-street parking spaces at the property from five to zero. The property is fully developed with no

available space for off-street parking, he said. The post office currently provides no parking spaces.

The Land Use Committee voted in favor of the variance. The

request will go to the city Planning Committee on March 2.

Frattalone said the building will

Hardware store to 6

### FLOWER POWER

Who doesn't need a dose of warmth and color come March? If you have no plans to fly south to cure the winter blues, try taking a walk at the Marjorie McNeely Conservatory in Como Regional Park, where flowers are blooming. Or take some of Alex Lodner's advice on battling cabin fever on page 7. Photo by Stephen D. Parker





## C I T Y F I L E S

**Como Park**

*The District 10 Como Community Council meets at 7 p.m. on the third Tuesday of each month at the Historic Streetcar Station, 1224 N. Lexington Parkway. Contact 651-644-3889 or [www.district10comopark.org](http://www.district10comopark.org).*

**Straw bale gardening topic of March Sunday Series event**

Straw bale gardener Joel Karsten will give a talk about the benefits of straw bale gardening on Sunday, March 22, 2-4 p.m., at the Historic Streetcar Station, 1224 N. Lexington Pkwy. The talk is part of the Como Community Council's Sunday Series.

Straw bale gardening allows gardeners with bad soil conditions to grow, thriving gardens that are less labor intensive than regular gardening methods.

Learn more about Karsten and his gardening techniques at [www.StrawBaleGardens.com](http://www.StrawBaleGardens.com).

**A craft retreat without traveling**

Como Crafts!, a needlework event open to the public, will be held at the Historic Street Car Station, 1224 N. Lexington Pkwy., on Saturday, March 7, 8 a.m.-4 p.m. Whether you quilt, knit, crochet, sew or tat, you are welcome to join your neighbors at this event.

The event is limited to 16 participants or eight conference tables.

Reservations will be taken up 24 hours before the event.

Tables, good lighting, coffee and tea will be provided. Please bring a treat to share and something for lunch. A suggested donation of \$10 will go to District 10 and to future Como Crafts! events.

To place a reservation or for more information, email [julietholen@district10comopark.org](mailto:julietholen@district10comopark.org) or [fiftyfabulous@yahoo.com](mailto:fiftyfabulous@yahoo.com).

**Falcon Heights**

*The Falcon Heights City Council meets the second and fourth Wednesdays of each month at 7 p.m. in Falcon Heights City Hall, 2077 W. Larpenteur Ave. Contact 651-792-7600 or [www.falconheights.org](http://www.falconheights.org).*

**OLLI classes in Falcon Heights**

The University of Minnesota's Osher Lifelong Learning Institute (OLLI) is bringing two classes to Falcon Heights in March. To register for the classes call 651-792-7600. Classes will meet at City Hall. Descriptions of the classes are listed below:

**The Brontës:** In this course, the books "Jane Eyre" by Charlotte, "Wuthering Heights" by Emily and "The Tenant of Wildfell Hall" by Anne will be discussed. The class will be led by University of Minnesota Department of English Ph.D. candidates Leslie Nightingale and Katelin Krieg. The class will meet Wednesdays, March 25-May 13, 12:30-1 p.m.

**Beyond the Veil:** This class examines the veil or hijab and its (mis)representations in western culture. The class will be led by University of Minnesota Ph.D. candidate in African History, Janeke

Thumbran. It will meet Wednesdays, March 25-May 13, 2:30-4 p.m.

**AARP Tax Assistance**

AARP volunteers are available for free tax-preparation assistance on Tuesdays and Thursdays, 9 a.m.-noon, at Falcon Heights City Hall, 2077 W. Larpenteur Ave. The volunteers will assist with state, federal and property tax/rental credit returns.

**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. To find when council committees meet, go to [www.sapcc.org](http://www.sapcc.org) or call 651-649-5992.*

**A new website**

District 12 has launched a new website, [www.sapcc.org](http://www.sapcc.org). The site was built in-house with the help of a consultant, according to operations and outreach coordinator Cailin Rogers. "We're expecting a few technical difficulties over the coming weeks, but we're excited and proud to have a better resource for the community," she said.

**University and Vandalia may see new construction in 2016**

Minneapolis affordable housing developer Aeon has purchased the properties at 2147 and 2161 University Ave., at the northeast corner of University and Vandalia Street. Aeon plans to construct a mixed-use building at the site that will include first-floor commercial space and apartments above.

Gina Ciganik, Aeon's vice president of housing development, presented the company's plans at the Feb. 5 District 12 Land Use Committee meeting.

If city funding is approved this year, Ciganik said the group hopes to begin building by mid-2016.

Part of Aeon's mission is to build sustainable affordable housing. The company is "very aggressive in LEED work," Ciganik said. Aeon's Renaissance Box at 200 E. 10th St. in downtown St. Paul received a LEED gold for multi-family housing as well as an affordable housing design award from the Minnesota chapter of the American Institute of Architects in 2013. —*Kristal Leebrick*

**New event and creative space to open in Vandalia Tower**

Facet & Forge, a company specializing in design consulting and event planning, has leased a space in the Vandalia Tower building at 550 Vandalia St. The business plans to open Paikka, an event and creative space that will host weddings, private parties, concerts, fashion shows, makers markets, gallery shows, creative workshops and more. Paikka is a Finnish word meaning "place."

Facet & Forge owners Angie Trygg and Marlo Munch presented their plans at the Feb. 5 Land Use Committee meeting. Trygg has a background in retail design and installation art and Munch is a professional florist with experience in

marketing, merchandising and fine arts. They said they were planning to apply for City of St. Paul's Neighborhood Star program for help in financing the project. —*Kristal Leebrick*

**2015 committee goals**

Three District 12 committees set goals for the year and invite community members to join the work of the committees. Contact the council if you want to join one of the committees. The committees and their goals are listed below.

*Environment:*

1. Clean out and weed rain gardens.
2. Host Kasota Ponds cleanup in April.
3. Have a conversation with Metro Metals regarding Kasota Ponds. Ask the Southeast Como Improvement Association to join the District 12 Environment Committee in communicating the importance of keeping Kasota Ponds clean.
4. Engage in a 10-year strategic planning process.
5. Join other community councils and Transition Town-All St. Anthony Park (TT-ASAP) to see if there's interest in forming an ad hoc committee to monitor air, light and noise pollution.
6. Participate in TT-ASAP as it develops plans over the next year.

*Land Use:*

1. Take an active role in updating the district's 10-year plan.
2. Formalize processes around variance and design reviews and collaboration with commercial and residential developers.
3. Become more formal about

how the committee connects with the City of St. Paul and how it conducts outreach in the neighborhood.

4. Strengthen connections with neighboring groups, including: Southeast Como Improvement Association, Prospect Park and Hamline Midway.

*Transportation:*

1. Continue planning and outreach for Friendly Streets processes: finalize the Raymond Avenue reconstruction phase III and submit input to the city; work with Desnoyer Park and other neighborhoods on the Grand Round process and collaborate on development at Pelham Boulevard; offer support and planning to Territorial Road project; offer support and planning on safe routes to schools on Como Avenue with a plan of full reconstruction of Como in 2017.

2. Involve the committee in the 10-year planning process.

3. Improve public perception of the committee: increase transparency of processes, increase outreach efforts to the community and host a transportation expo.

**Creative Enterprise Zone**

*The Creative Enterprise Zone (CEZ) began as a District 12 task force formed to preserve and protect the creative and industrial area surrounding the Raymond and University area of St. Paul. The CEZ is now an independent organization representing the area bounded by Interstate 94 to the south, Prior Avenue on the east, the railroad tracks by Energy Park Drive to the north and Minneapolis to the west.*

*Find the CEZ at 612-888-1239 [www.creativeenterprisezone.org](http://www.creativeenterprisezone.org).*

**Dow Art Gallery grand opening**

The Art Gallery and Frame Shop at the Dow Building, 2242 University Ave., will celebrate its grand opening Thursday, Feb. 26, 5-8 p.m. Join owner Khanh Tran and Creative Enterprise Zone artists in celebrating this exciting new addition to the Zone. Tran is now expanding into a large adjacent space, which he hopes to use to display more art from area artists and potentially use as a workshop, event or other creative space.

**Join the work**

As part of the CEZ's ongoing efforts to foster the conditions in which creativity and enterprise thrive, the CEZ is looking for new people to join the work to help this area continue to thrive.

In addition to adding new members to the Creative Enterprise Zone Action Committee (CEZAC), three working groups will be formed in 2015, including marketing and communications, public art and events. The obligations and time commitment would be minimal. If you're interested in getting involved, contact [amy@creativeenterprisezone.org](mailto:amy@creativeenterprisezone.org).

**Help curate 'Smallest Museum'**

WORKHORSE COFFEE BAR is inviting area artists, historians and makers of all disciplines to curate the "Smallest Museum in St. Paul" for one-month increments between July 1, 2015, and June 30, 2016.

Owners Shannon Forney and

*City files to 14*

## Como street names will change this spring

*By Roger Bergerson*

A \$5.4 million package of transportation improvements planned for Como Regional Park got off to a modest start in February, when the St. Paul City Council approved several street name changes intended to reduce confusion for park visitors.

Horton Avenue between Lexington Parkway and Hamline Avenue will become Como Avenue, while Como through the McMurray Field area will change to Wynne Avenue.

In addition, Gateway Drive on the southwest side of Lake Como is

to be renamed Nagasaki Road, in honor of St. Paul's sister city in Japan, a relationship that celebrates its 60th anniversary this year. There had been a Nagasaki Road across the river from downtown, but it was eliminated about 20 years ago when the flood levee around Harriet Island Regional Park was reconfigured.

The name changes were recommended by the city Parks and Recreation Department and endorsed by the City of St. Paul's Heritage Preservation Commission. New street signs are expected to be in place by spring.

As for the rest of the projects funded through bonding by the

2014 Minnesota Legislature, a request for proposals to provide traffic engineering studies currently is being advertised. With construction scheduled to begin in 2016, the projects are intended to lessen congestion associated with the 4.4 million visitors the park attracts annually, 92 percent of whom arrive by personal vehicle.

Future issues of the Park Bugle will provide more information on these changes, which will affect Como Park access points on Lexington Parkway and several intersections within the park.

## ADU informational meeting set for March

An informational meeting on accessory dwelling units (ADUs) will be held Monday, March 16, at 7 p.m. at St. Anthony Park Lutheran Church, 2323 Como Ave.

The meeting will be presented by the St. Anthony Park District 12 ADU Task Force, which was created last fall to explore the pros and cons of changing the City of St. Paul's

zoning code to allow ADUs to be built in St. Anthony Park.

An ADU can be a separate dwelling unit created inside an existing house, attached to an existing house or built as a separate structure in the rear yard.

The meeting will include a brief question-and-answer period and then attendees will be invited to visit

informational stations that will be set up to address various aspects of ADUs.

The Task Force will gather public input at the meeting to use in formulating a recommendation to the District 12 Land Use Committee.



Routing traffic over or under the Como Avenue Burlington Northern Santa Fe rail crossing southeast of Lake Como (shown here) is a top-priority recommendation in a recent study by the Minnesota Department of Transportation of rail-crossing safety statewide. *Photo by Becky Kapell*



## MnDOT proposes \$25 million project to enhance safety at Como railroad crossing

*By Roger Bergerson*

Millions of gallons of volatile oil from the Bakken fields in North Dakota pass through the rail crossing just south of Lake Como every day.

What are the chances that a car or bus will collide with an oil train, causing a derailment and fire?

Slight, says the state agency that nonetheless is proposing a \$25 million construction project to make sure such a catastrophe never happens.

Routing Como Avenue traffic over or under the tracks is a top-priority recommendation in a recent study by the Minnesota Department of Transportation (MnDOT) of rail-crossing safety statewide.

Dave Christianson, the MnDOT rail planner who managed the study, discussed the findings at the Feb. 2 District 10 Como Community Council's Land Use Committee meeting. He also laid out the facts relating to the increased shipments from the Bakken fields and, because railroads are federally regulated, the limits to what local and state officials can do to control the trains.

It's a critical issue in the minds

of many because of a series of mishaps elsewhere involving Bakken crude, including a massive fire resulting from a derailment at Casselton, N.D., in late 2013; an earlier disaster at Lac-Megantic, Quebec, in which 47 people died; and most recently, an oil train derailment in West Virginia on Feb. 16, where 20 rail cars caught fire and caused the evacuation of two nearby towns.

Eight oil trains enter St. Paul from the west each day, traveling through St. Anthony Park, Como and the North End before turning south and eventually crossing into Wisconsin on the way to refineries in the East. A train can have up to 100 cars, each carrying 30,000 gallons of oil.

All told, 55 to 70 trains per day pass through the Como Avenue Burlington Northern Santa Fe (BNSF) rail crossing, which is equipped with a set of gates to block oncoming vehicles.

MnDOT sees the at-grade crossing as a priority for a safety upgrade because the surrounding area is densely populated, with 3,500 people residing within a six-block radius.

Kevin Dahms, a member of the District 10 Land Use Committee, has a personal stake in the debate, and after the meeting talked about living within a block of the BNSF tracks in South Como.

"When I bought my house, I was concerned about noise from the railroad, but people said I'd get used to it and I have, to a degree," he said. "At night, it can be difficult to sleep if a train starts up after standing for a while, because there's a loud ripple of sound as it gets going. But I never thought about oil trains."

Shawn Korby, a realtor who has sold a number of homes close to the tracks, said it's typical for prospective buyers to wonder about the proximity to the railroad. But he doesn't think most of them realize what's being transported.

"I myself live only five homes from the tracks on Chatsworth and am starting to follow the news on this quite closely," he said. "An accident involving oil would be a completely different ballgame than one involving some other commodity."

During his presentation, Christianson said that prior to the

*Como crossing to 20*

## Cub Scout Pack 22 will open Pinewood Derby to both girls and boys this year

Cub Scout Pack 22 is opening its annual Pinewood Derby to all boys *and* girls in grades K-4 this year.

Children are invited to a Pinewood Derby workshop on Monday, March 2, 7-8 p.m., at St. Anthony Park United Methodist Church, 2200 Hillside Ave. Free car kits will be provided at the workshop and participants can use their own tools to build their cars.

The derby will be held Saturday, March 21, at the church. Check-in will begin at 8 a.m.

For more information about the Pinewood Derby and Cub Scout Pack 22, contact Chris Jacobsen at 651-649-1660 or christian.jacobsen@gmail.com.

**Dr. Todd Grossmann, DDS**  
651-644-3685 tagdds.com

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*Your neighbors in St. Anthony Park*



**ST. ANTHONY PARK  
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*Announcing...*

## The Saint Anthony Park Community Foundation 2015 Grants Program

**Deadline:** Applications must be submitted by Tuesday, March 31, 2015 to PO Box 8038, St. Paul, MN 55108

**Grantmaking Priorities:** Improving our environment, Strengthening learning opportunities, Enhancing livability, Supporting aging-in-place solutions, Promoting business vitality, Cultivating life-long appreciation for the arts

**Eligible Organizations:** Not-for-profit organizations, neighborhood, and community-based groups serving the needs of the St. Anthony Park/District 12 area

**Grant Application Forms:**

Available on-line at [sapfoundation.org](http://sapfoundation.org) or contact the Foundation

**Grant size:** \$5,000 maximum

**Questions:** Contact Jon Schumacher at 651/641-1455 or on-line at [jon@sapfoundation.org](mailto:jon@sapfoundation.org)





# Park Bugle

www.parkbugle.org

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**Advertising and  
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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

# Envision 2040

What would make your community more livable and less dependent on fossil fuel 25 years from now?

Dozens of St. Anthony Park residents gathered at Luther Seminary on Feb. 11 to try to answer that question.

The gathering—“Envision 2040”—was hosted by Transition Town All St. Anthony Park (TT-ASAP), a group that was formed to “seek a positive, local response to climate change.”

The winner of the Saint Anthony Park Community Foundation’s \$15,000 anniversary grant, TT-ASAP is just beginning the work of creating a comprehensive plan to take steps in St. Anthony Park to limit the community’s reliance on fossil fuels by the year 2040.

The February event was the start of the idea-generating phase. By early summer, TT-ASAP plans to form action groups developed from the ideas gathered through the February meeting and a survey that will be distributed in March. The hope is that by winter 2016 a comprehensive plan will be in place and the work to bring that plan to fruition will begin.

The 60-some attendees broke into small groups of five or six people, who were encouraged to brainstorm ideas—the small and the really big. The group came back together after about 45 minutes and shared the ideas generated in the small groups.

There were a number of likeminded responses, and food took center stage: create more gardens to grow food and share it; establish a tilapia farm

with aquatic edible plants; have a community apiary that would produce St. Anthony Park honey; establish a neighborhood farmers market. Transportation: keep working on creating a walker-friendly community; find safe ways to connect neighbors in the north and south parts of the neighborhood, from better walkways and bike paths to circulator buses. Someone suggested banning cars.

Sharing resources was another common idea: more than a couple of groups had brainstormed tool sharing among neighbors, by block or using the local public library as a place where people could check out ladders or small-motor items such as lawn mowers or snow blowers. Energy efficiency: one suggestion was for the neighborhood to have a goal of getting 90 percent of its energy come from solar, wind and other renewable resources by 2040.

Our favorites centered on community-gathering spaces, which included ideas for cooking together, creating art together and even operating a community-owned cooperative pub.

What’s the next step? TT-ASAP is looking for help in distributing its survey and compiling the results. If you want to get involved, contact Mimi Jennings at lenandmimi@usfamily.net or write her at 2222 Hillside Ave., St. Paul MN 55108. Or meet up with the Transition Town folks at the Transition Tap gatherings the first Wednesday of each month, 7 p.m., at the Urban Growler taproom, 2325 Endicott St., in South St. Anthony. Look for the table with the “t” card.

## COMMENTARY

*The Bugle welcomes readers’ commentaries and letters to the editor. Send them to editor@parkbugle.org.*

# Canus redux

*By Adam Granger*

It’s been four years since I wrote in these pages about Molly, our golden doodle. I shared then, as a novice dog owner, some of my learning experiences. Molly is now 50 human years old and I’m 9 dog years. Soon, we’ll be the same age, so this seems like a good time to offer an update on our life together.

I wrote back then that dogs were stupid, and, wouldn’t you know, I left my laptop open and Molly read the piece. Well, that put her snout in a snit and she still hasn’t forgiven me (plus, I’m pretty sure she corrected a misused subjunctive just to show me up). So, straightaway, a redaction: I was wrong; dogs are not stupid.

I also wrote of Molly’s super hearing, which has become the focus of games wherein I try not to let her hear what I’m doing. Mind you, most of the time, she doesn’t care what I’m doing, but in the areas of food and walkies, she’s, well, all ears. The goal, then, is to see how far I can get in these endeavors before she catches on.

For meals, this involves sneaking into the kitchen and getting noisy kibble into a clattery aluminum bowl without her hearing me. This game is often nullified by the fact that our cat knows how to read a digital clock and will let Molly know when it’s time to eat.

I’m a bit more successful with the walkies game. In wintertime, I sneak into the basement to zip up my snowsuit. Then, I tiptoe upstairs and slip on my shoes or boots. This



Molly: a remarkably well-behaved dog

is doubly challenging, because Molly recognizes the rustling of my snowsuit fabric and the sound of my shoes going on my feet, but if I do succeed, I get the immense satisfaction of standing by the back door and saying in a loud voice, “Well, I sure wish I had someone to go walkies with. . . .”

Which brings me to a discovery: Dogs can recognize lots of words. Molly’s vocabulary includes walkies, dinner, breakfast, alley, street, car, Milhous (our cat), Odin and Koru (her friends), liposuction (don’t ask) and, of course, squirrel. She recognizes the names of household members: Austin, Colin and Dog Mom. (Dog Mom is my lovely and tolerant wife, Renee. In my defense, I am Dog Dad.)

“Soon” is a concept that I don’t think she quite grasps, but she acts as though she does. If Dog Mom and I

want to plan a walk for a later time, we have to be clever. Currently we say, “Let’s peripatate the canine at a later juncture,” but we’re pretty sure Molly has, Alan Turing-style, broken this code, because when we say this, she gets excited—about the impending walk, of course, but more, I think, about the illegal coinage of a transitive verb from the adjective “peripatetic.” (I found our Oxford English Dictionary, covered with paw prints, open to the P’s last week. I don’t know where that little Dickens gets her interest in etymology.)

Molly goes into high-stress mode at the appearance of suitcases. She doesn’t mind if Dog Dad is hitting the road without her, which happens a lot, but if Dog Mom’s going traveling, Molly had better be included or Dog Dad’s in for an epic mope-fest. This is doubly true if a

trip to our cabin is involved, because there is nothing better in the world for Molly than to be at the cabin with Dog Mom. On rare occasions when she has, of necessity, been left behind, our house takes on the vibe of a 19th-century London orphanage.

All in all, we have a remarkably well-behaved dog, but about once a year she’ll grab food off of our kitchen counter, just to remind us what a jerk she can be if she chooses to be. When this happens, the consumption can be epic: two pounds of fresh homemade beef jerky, 19 Christmas cookies or an entire loaf of banana bread.

And she knows she’s not supposed to bark when people come to the door, but she can’t help herself, so she’ll put one of her plush toys in her mouth, simultaneously muffling her bark and reassuring the visitor that she’s not going to snap at them. She’ll bark when the side doorbell rings, but not the front, because she knows that the only people who come to the front door are Jehovah’s Witnesses and, by example, we have taught her that, no matter how irritated we may be by roving evangelizers, we don’t bark at them. (Well, there was that one time . . .)

Molly has lots of life left, but I’m already dreading her passing. She makes me laugh out loud a dozen times a day and her unconditional love for her adoptive family, her eternal optimism and her general faith in humankind set an impossibly high bar. My goal in life is to be half the creature that she is.



# Fourth in the Park launches new website and a T-shirt contest

By Kristal Leebrick

Tired of winter? Then turn your thoughts to July.

The Fourth in the Park Committee—the folks who bring the annual July 4 festivities to St. Anthony Park—is cooking up new ideas to get the community involved in the patriotic celebration, including a new website, Twitter and Instagram accounts, and a commemorative T-shirt design contest that kicks off March 1.

Josh Becerra, Jeanne Hansen and Emily Seely, three St. Anthony Park residents who stepped in to coordinate the Fourth in the Park after longtime organizers Cindy Thrasher and Julie Glowka stepped down last summer, are offering cash prizes for the T-shirt contest: \$200 will go to the winner, and four runners-up will received \$25 each.

The committee is seeking both amateur and professional designers, 14 years or older, to enter the first of what they hope will be an annual competition. The plan is to create a few hundred T-shirts to sell as a fundraiser for the Fourth in the Park.

“Our hope is that 30 years from now, someone will be sporting a 2015 commemorative shirt,” Becerra said.

The website, 4thinthepark.org, has everything you need to know about Fourth in the Park, including information about how to volunteer for and donate online to the free, all-volunteer event and the T-shirt contest particulars, which are listed below:

- Designs should measure 12x12 inches.
- Designs must be original and may be hand-drawn or computer-designed and can be created in color markers, paint, color pencils, inks, chalks or crayons, but “clip art” is not allowed.
- The design is for the front of the shirt only and must be created by using a maximum of four colors.
- The event title, “4th in the Park 2015” should be a prominent part of the design.
- To enter your original design, download and complete an Official Entry Form and email your entry form and artwork as two separate attachments to

4thinthepark@gmail.com. If you are unable to submit the entry form as a separate attachment, you may submit your name, address, age, email and daytime phone number in the body of the email. All submissions must be a digital file attachment (PDF or JPG). Hand-drawn artwork must be scanned and converted into a PDF file; no photographs of original artwork will be accepted. Artwork must be emailed either as a PDF or JPG and must be a minimum of 300 dpi. File size should be no greater than 3 MB.

- There is a maximum three entries during the contest entry period per person. All entries must be submitted together.
- The contest begins at 12:01 a.m. (Central Time) March 1 and ends at 11:59 p.m. (Central Time) April 20. All entries must be received by April 20.
- Judges will choose five finalists; the public will then select a winner through online voting on [www.4thinthepark.org](http://www.4thinthepark.org)

# Celebrate National Poetry Month: submit a poem to Bugle contest

Poets: There is still time to enter the fifth annual Park Bugle Poetry Contest.

The deadline for submissions is Friday, March 6.

The top three winning entrees will be published in the April issue of the Bugle in honor of National Poetry Month. All submissions will be posted on the Bugle website, [www.parkbugle.org](http://www.parkbugle.org).

This year’s prompt is *speak*.

Here are the rules of the contest:

- Poems can take any form you choose.
- The word *speak* does not have to appear in your poem. Use the word as inspiration to go in any direction it takes you.
- The contest is open to all Bugle readers. Current Bugle employees and Park Press board members and their families are not eligible to enter.

- The contest is limited to one submission per person and it must be received by March 6.

Send poems to Editor, P.O. Box 8126, St. Paul, MN 55108, or to [editor@parkbugle.org](mailto:editor@parkbugle.org). Please include your address and phone number.

Poems will be judged anonymously by Alice Duggan. First place wins a gift certificate to a local business.

# Thank you for supporting the Park Bugle

Thanks to the following Park Bugle readers who have contributed to the Bugle’s 2014–15 fund drive. This list reflects those who gave Jan. 15 and Feb. 13.

If you haven’t had a chance to contribute, you still can. The Bugle relies on tax-deductible donations to help defray the newspaper’s annual operating costs. Donate online at [www.parkbugle.org](http://www.parkbugle.org). Click the green DONATE NOW button on the right side of the page. Or send a check to Park Bugle, P.O. Box 8126, St. Paul, MN 55108. Thank you!

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# If you meet a coyote in a dark alley . . . haze!

By Judy Woodward

Ah, the sounds of winter: The crunch of snow underfoot. The laughter of children sledding down hills in nearby parks. The howling of the coyotes in the frosty moonlit air.

The howling of the coyotes?

Well, more like yipping, according to St. Paul Animal Control supervisor Molly Lunaris. "Coyotes do howl, but I haven't heard them do it here," she says. Anyway, she adds, only a trained ear can tell the difference between a coyote howling and a dog baying at the moon.

Whatever. The point is, coyotes are here, in the middle of the urban landscape and, according to recent discussions on local neighborhood listservs and Facebook pages, there

have been numerous sightings in St. Anthony Park, Falcon Heights, Lauderdale and Como Park. If you haven't yet seen one slinking down an alley, crossing an open field near the St. Paul campus of the University of Minnesota or crossing frozen Lake Como, perhaps you soon will.

Or maybe not. Coyotes are normally shy, solitary creatures. They do not travel in packs and avoid humans when possible, Lunaris says. They are also sometimes easily confused with certain breeds of dogs.

Are they a menace to humans? Lunaris says that other wild animals, like raccoons, create much more havoc, because they are so "well-adapted" to invading human living spaces. Even wild turkeys present more of a threat.

"Young male turkeys can be quite aggressive," Lunaris says. "They've been known to attack mail trucks."

As for coyotes, Lunaris says that in a year-and-a-half on the job, she has never dealt with an actual confirmed report of a coyote attack. "We haven't had any reported attacks on humans by coyotes," she notes. "We've heard rumors of coyote attacks on pets but have had no confirmed reports."

That doesn't mean you should leave your pet Chihuahua unattended in the back yard. "There's a whole host of horrible things that can happen to small dogs," Lunaris says. "If we find blood and no dog, people assume it's a [victim of a] coyote, but mostly [the culprit] is another dog."

Coyotes, like other wild animals, are drifting into urban areas where they haven't been seen in decades. The reason, says Lunaris, lies in our human habits. "Environmentally, we're much cleaner than we used to be," she explains. "We've restored habitats, and that's a good thing. But the more green spaces we have, the more animals we attract."

There's another reason that wild animals like the coyote have discovered the joys of urban living. As suburbs encroach on wildlife habitats, animals discover what Lunaris calls "their No. 1 food source"—the trash we leave behind.

Viewed rationally, what coyote wouldn't prefer an urban lifestyle? "[In the city] cars are their only natural predators, and if we provide them food, we're providing ways for them to survive," Lunaris says.

The take away: Secure your garbage and don't feed your pets outside. Lunaris stresses there have been no reported cases of rabies among coyotes in the metro area but notes that any potential interaction between wild and pet populations underscores the importance of keeping pet vaccinations up to date.

Coyotes are most active at night and during the early morning hours.



A University Grove resident took a photo of this coyote in her yard in January.

If you see a coyote in a large space like a park, says Lunaris, "leave it alone." If you encounter one in an enclosed space like an alley, then the recommended approach is "hazing."

"Clap your hands and make noise to scare them away," she says. If the coyote returns, try to "clash pots and pans." Anything to convince the coyote that humans are fierce and not to be tangled with.

Which, of course, from the viewpoint of a typical 30-pound coyote, we are.

## Hardware store from 1

go through an environmental site assessment before the purchase is made. If the project goes forward, the Como Avenue hardware store would be Frattalone's smallest store.

Rupert said USPS would like to keep a branch office in the neighborhood.

"Our desire is to stay in our present location, and we will work with the new owner to maintain a presence there," he said. "With the downsizing of the amount of mail the post office receives, it doesn't need [the square footage] it once did."

"It's possible that the post office could be co-located in another retail space. It's good for a business to have a post office," he said.

If the postal service can't make an agreement with the new owner of the building, "we will work to find an alternate location," Rupert said. "We will be looking for somebody to provide a lease to us."

The Postal Service began leasing the building in 1970. For the previous 40 years, the Como branch post office had operated around the corner at 2238 Carter Ave., today the site of Micawber's Books.



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# Your cabin-fever battle plan—for adults, kids and the little dog, too

By Alex Lodner

This time of the year, we all start experiencing a bit of cabin fever. Even though this winter has not been nearly as bitter and defeating as last year, spending too much time indoors can make anyone a bit edgy.

Cabin fever can leave even the hardiest of Minnesotans feeling claustrophobic, lethargic and irritable. Combat the winter blues with a few fun activities around town. Some even involve beer.

**Urban Growler Table-for-Tuesday**  
St. Anthony Park's brewery and taproom, Urban Growler, 2325 Endicott St., offers a great deal to liven up dreary Tuesday nights. You and a winter-weary friend can enjoy an appetizer, two entrees, two pints of the brewery's handcrafted beer or a flight to share, and a sinful De-Lovely Porter brownie for dessert, all for \$30.

Urban Growler is not for hipsters only, although there are usually plenty of bearded faces in the crowd. On a recent visit, we were surprised to see many families enjoying an evening out together. Let the kids share a Table-for-Tuesday deal, too—and bonus, more beer for Mom.

Find out more at [urbangrowlerbrewing.com](http://urbangrowlerbrewing.com)

## Beer and wine classes at Underground Music Café

Want to know more about your favorite libations? Delve into the history and unique traits of a variety of wines and beers with group classes at Underground Music Café, 1579 N. Hamline Ave. Practice the best-tasting techniques, identify wines from around the world or learn about the ever-growing beer styles available, all while noshing on a variety of appetizers and socializing with fellow revelers.

Classes cost \$30 per person. Check upcoming class schedules at [undergroundmusiccafe.com](http://undergroundmusiccafe.com).

## Open soccer at Joy of the People

Located in the former South St.

Anthony Rec Center, 890 Cromwell Ave., near University Avenue and Highway 280, Joy of the People Soccer Center (JOTP) is a nonprofit organization whose mission is to strengthen community and children's health through soccer. The center offers several sessions of open free play throughout the week.

Kids can join a pick-up game or practice their skills in a supervised setting. Free play hours vary but include most weekday afternoons 3:30 to 5 p.m., as well as some weekend hours.

For specific winter hours and to learn about JOTP's organized programs, go to [joyofthepeople.org](http://joyofthepeople.org).

## Open gym times at rec centers

Attached to Chelsea Heights Elementary School, Northwest Como Rec Center, 1515 N. Hamline Ave., is a popular Como hangout year-round. Between Jan. 4 and March 22, the rec center hosts Family Open Gym on Sunday afternoons. A variety of activities, including floor hockey and volleyball, are scheduled for school-aged kids and their families from 3 to 4 p.m. The gym is open for all ages for free play from 4 to 5 p.m.

The gym at Langford Park Rec Center, 30 Langford Park, is available for open play on Fridays from 4 to 7 p.m. and Saturdays and Sundays from noon to 4 p.m. Children over the age of 9 are welcome to play without a parent. Langford Rec Center staff is onsite during those times.

North Dale Rec Center, 1414 N. St. Albans St., offers several open-play options. Monday through Thursday from 9 a.m. to noon, children 5 and younger and their caregivers can romp around the gym on tumbling mats, tiny slides, wheeled bikes and scooters. Children must be supervised by an adult at all times. There may be a nominal fee.

Additional programs such as Rec Check and programs geared toward teens are also available at several rec centers throughout St. Paul.

Check the St. Paul Parks and Recreation website for more details at [mnpaul.civicplus.com/index.aspx?NID=1286](http://mnpaul.civicplus.com/index.aspx?NID=1286).

## Puppy playtime at Canine Coach

Long winters are hard on our four-legged family members, too. While you and your pup count the days until it can frolic to its heart's content at the nearest off-leash park, the Canine Coach, 1044 Front St., offers indoor playtimes for dogs and their humans.

The Canine Coach has two levels, so larger dogs can be separated from the itty-bitty ones, and 4,000 square feet of romping room. Puppy parents attend with their dogs and are responsible for them at all times, although helpful supervisors are always in attendance to make sure everyone is on their best behavior.

Playtimes cost \$10 per one-hour session or \$40 for five sessions.

Learn more at [thek9coach.com/playtimes.php](http://thek9coach.com/playtimes.php).

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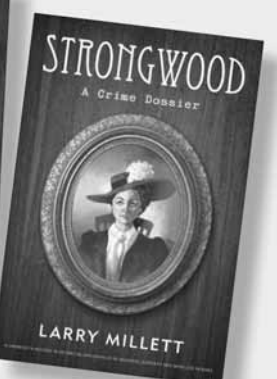
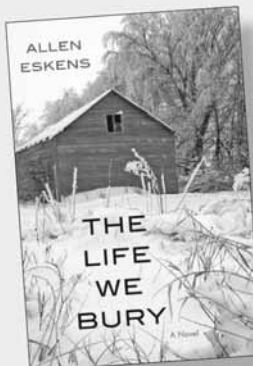
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Award winners will be announced at the 27th Annual Minnesota Book Awards Gala, presented by 3M Library Systems, on Saturday, April 18, at the historic Saint Paul Union Depot. The opening reception begins at 7 p.m., followed by the awards ceremony at 8 p.m. Tickets are \$50 and are available at [www.thefriends.org](http://www.thefriends.org) or by calling 651-222-3242.

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# New associate pastor at St. Anthony Park Lutheran

By Michelle Christianson

Jill Rode has been called to St. Anthony Park Lutheran Church to serve as its new associate pastor.

Rode was born in South Korea and was adopted by Pastor Alfred Rode and his wife, Carolyn, of Cosmos, Minn. She grew up in Tucson, Ariz., where her father accepted a call. She earned a degree in elementary education at the University of Arizona, where she was

active in campus ministry, and then spent a year in Thailand teaching English. After returning to the United States, Rode missed Thailand's "wonderful people and beautiful countryside" so much she went back there to teach. Three years later, she left Thailand to attend Arizona State University, where she received a master's degree in education. Then she wondered what to do next.

Rode had always felt the pull to



Jill Rode

ministry, she said, and decided to attend Luther Seminary in St. Anthony Park for a year, just to give it a try. She found that she loved preaching, leading worship and teaching, so she stayed on and graduated in 2014. St. Anthony Park Lutheran Church is her first call.

Rode said she looks forward to working with youth and curriculum, connecting with all generations—especially older adults—and reaching out to the greater community, including the surrounding college and seminary communities. She loves the St. Anthony Park community, she said, and enjoys music and singing and is eager to get to know people.

Rode's wife, Gretchen, is a graduate of Vassar College and Pacific Lutheran Seminary and currently works as the program coordinator for the Houses of Hospitality. (Run by the Presbyterian Church, these two buildings house AmeriCorps volunteers. Gretchen plans community nights for the residents and is their "landlord.") She also is seeking her first call to be a pastor.

At a congregational town meeting in January, senior pastor Glenn Berg-Moberg said the church chose the person best qualified for the position. Rode's degrees and work in education, and her openness to

other cultures, experience with campus ministry and enthusiasm for working with all age groups make her a good fit for the congregation, he said.

Berg-Moberg and many in the congregation see Rode's call as a welcome sign of inclusivity.

"This call marks a milestone in our life together," he said. "We had strong support for this move in a new direction. We have heard from many enthusiastic members who have waited and hoped for a sign of inclusion for same-sex individuals. We have received congratulations on making our life together more inclusive. Many people prayed many prayers for this call process. Some have prayed not just for months but for years that our congregation would usher in this new possibility. I am very happy to begin this new chapter in the life of our church."

Rode began working the third week in February and was ordained on Feb. 21.

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## St. Anthony Park UCC launches capital campaign for centennial

One hundred years ago, on Feb. 7, 1915, St. Anthony Park United Church of Christ was dedicated at the corner of Chelmsford Street and Commonwealth Avenue in St. Paul. Though the congregation had formed in 1886, it spent its first 29 years in three temporary locations before building the church in St. Anthony Park.

As the church celebrates the beginning of its second century of worship, education, service and music, a \$350,000 capital fundraising drive—the Second Century Drive—will be launched on

Sunday, March 8, to renew the historic building.

There are three goals to the capital campaign: enhancing the chancel's versatility, acoustics, and aesthetics; reducing the building's carbon footprint while increasing its energy efficiency; and upgrading the dining room and kitchen on the lower level.

Many sacred services—including weddings, funerals, baptisms, confirmations, Christmas pageants, children's times, Thanksgiving booths, commissionings, ordinations and

musical events—have taken place on the red carpet leading down the center aisle of the nave and up the steps to the chancel.

That worn carpet will be replaced as part of the capital campaign, and in order to provide more flexibility and better acoustics for worship and other events, a wood floor, folding choir loft doors and a mechanical platform for raising, lowering and moving the grand piano and altar table will be installed.

The church's Green Action Ministry Team has been meeting for two years to explore options for making the church building environmentally sound. To meet some of this need, a new boiler, new windows and insulation will be installed over the next three years.

At least four capital campaigns and corresponding renovations (including the installation of a new organ in 1966) occurred during the first century. Each of these projects brought the church up to date with the needs of the time. The congregation voted at its recent annual meeting to honor the legacy of the forefathers and foremothers to maintain the historic edifice and update it to meet current needs.

This historic church is the worship home of many residents of St. Anthony Park and the wider community of St. Paul, Minneapolis and suburbs. It is also the home of the St. Anthony Park Co-op Nursery School, Boy Scout Troop 17 (also 100 years old) and the Schubert Club's Music in the Park Series.

The congregation invites community members and friends to contribute to the restoration. Contact the church office, 651-646-7173, for more information.

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The Birdman  
of Lauderdale

by Clay Christensen

# Great horned owls are usually heard at dusk

It was 3 o'clock in the morning and I heard a soft "Who, who, who." I gently touched my wife's leg, waking her, and whispered, "There's an owl outside."

"Where?" she asked.

"Just listen," I said.

And, sure enough, there came another three soft hoots.

Jean bounded out of bed and headed for the window.

"She'll never see anything," I said to myself.

"There it is! I see it!" she stage-whispered.

And there it was, a silhouette in the huge maple across the alley.

As we watched, it spread its wings and took flight into the night. It was a great horned owl.

I don't know why we figured we had to whisper, but it was exciting!

I've been leading owl walks for many years, and before we head out on the trail, I describe several owl calls so if we do hear one, folks will recognize the owl making the sound. Many of us have learned the barred owl call as "Who cooks for you?" That's kind of the tempo of its vocalization.

For the great horned owl call, I've been using the Danish phrase, "Tak skal du have," pronounced Tak ska du ha. Then I add two whoos at the end. In Danish, it means "Thanks!" directed to a specific person. Again, it's about the right rhythm for the owl's call.

But recently I've come to realize that everything before the "Ha" and the whoos is rarely heard in the wild. You can hear it on a tape recording of the call, but it tends to get lost in the woods. So now I listen for the "Who, who, who" and consider that definitive. Perhaps I'll change the phrase to "Thanks for the food,



A great horned owl and its owlet. Photo by Lawrence Syverud

who, who." It's easier for others to learn than the Danish. (And how did the great horned owls learn Danish in the first place?)

National Audubon sponsors its Christmas Bird Count annually between mid-December and the first week of January. I've been taking part in the St. Paul Audubon count for a number of years. Our team of four went out early on a Saturday morning in December to begin counting all the birds we see or hear in our assigned area, which included parts of Roseville, Arden Hills and Shoreview.

We start about an hour before sunrise with the hope of finding some owls. We don't find them every

year, but we try to hit the places where we've seen or heard them in past years. We pulled up at our first site, Cottontail Park on County Road C2 in Roseville. As we got out of the car and shut the doors, we immediately heard the "who, who, who" of a great horned owl. I thought, "Man, that was quick!" But Tom Schnadt, new to our team this year, said he's seen the same thing happen with wild turkeys. When the car door whumps shut, you hear a "gobble-gobble."

We tried a couple of other spots without success and wound up just at first light at Island Lake in Shoreview. Once again, as we shut the car doors, we heard a great

horned owl off in the distance. Wow! All these years I've been carrying a recorder with owl calls on it, when all I needed was the recording of a car door shutting. In both cases, hearing the owl was adequate to count it on the Christmas Bird Count. We didn't try to track them down.

There have been reports of one or more great horned owls in Lauderdale. A recent one came from Lynn Abrahamsen, who lives on the east side of Lauderdale, near what's known as Breck Woods. She hears the calls just at dusk and has been hearing them over several years. She's also been able to see them occasionally, both perched as a silhouette in the tree and also gliding soundlessly through the woods.

"They're really big," she says. The owls are probably nesting in the area, since this report came in January, prime nesting season for

great horned owls.

I often get owl reports in the course of my daily life. Our dental hygienist, Janice, reports on owls she sees and hears at Roseville's Central Park. She says sometimes, when she's walking there alone, she tries giving a hoot or two (but only when no one else is around). And she's had a response occasionally.

Lauderdale Mayor Jeff Dains has had a great horned owl in his yard, checking for rabbit, vole or mouse action under the bird feeders. I'd call that the night shift.

Great horned owl territory is about two square miles. I've read that you're never more than five miles from a great horned owl in North America.

So start listening for those three low "whoos" right around dusk. They're out there.

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**Our new address is:**  
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## Learn about golden eagles in Minnesota

Mark Martell, director of bird conservation with Audubon Minnesota, will present "Golden Eagles in Minnesota" at the St. Paul Audubon Society meeting, Thursday, March 12, at 7 p.m., at Fairview Community Center, 1910 W. County Road B, Roseville.

Martell has been with Audubon Minnesota for the last 12 years. Before that, he was a research fellow at the University of Minnesota Raptor Center. He has worked on raptors in North and Central America for more than 30 years and has been studying golden eagles since 2009.

The event is free and open to the public. A social time with refreshments begins at 6:45 p.m. For more information, call Linda Goodspeed at 651-647-1452.

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*St. Anthony Park Area Seniors' Senior Cinema Series is Back!*

**"The Hundred-Foot Journey" 2-4 p.m.**  
**Thursday, March 12th, at SAP Library**

The Kadam family leaves India for France where they open a restaurant directly across the road from Madame Mallory's Michelin-starred eatery. Starring Helen Mirren, Om Puri, and Manish Dayal.  
PG

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# Summer Camp Guide

## ACADEMICS

### Camp Invention

Students take apart appliances, design a magnet-powered city and explore the intersection of science, art and math during the four- to five-day sessions. Locations include Mounds Park Academy and St. Anthony Park Elementary School.

**Who:** Entering grades 1-6

**When:** June 22-July 31

**Cost:** \$215-\$255

**Contact:** 800-968-4332 or

[campinvention@invent.org](mailto:campinvention@invent.org)

**Website:** [www.campinvention.org](http://www.campinvention.org)

### School Chess Association

Four-day sessions include all levels of chess instruction. Other activities include swimming, soccer, fishing and tennis. Half- or all-day options. St. Louis Park Recreation Center, 3700 Monterey Drive.

**Who:** Grades K-12

**When:** June 22-Aug. 13

**Cost:** \$250-\$255

**Contact:** 763-593-1168

**Website:** [www.schoolchess.org](http://www.schoolchess.org)

## ANIMALS

### Animal Humane Society:

#### Unleashed

Full-day weeklong sessions, including educational activities, animal interaction, "guest" visits, field trips and community-service projects. Locations vary.

**Who:** Grades 3-10

**When:** June 8-Aug. 14

**Cost:** \$300

**Contact:** 763-489-2220

**Website:** [animalhumanesociety.org](http://animalhumanesociety.org)

### Bunker Park Horse Day Camp

Learn grooming, tacking and riding in half-day to five-day sessions. Located in Andover.

**Who:** Ages 5-12+

**When:** June 4-Aug. 28

**Cost:** \$80-\$525

**Contact:** 763-757-9445

**Website:** [bunkerparkstable.com](http://bunkerparkstable.com)

## ARTS

### Adventures in Cardboard

Build castles and costumes, role-play and more. Three locations, including Arden Hills.

**Who:** Ages 7-14

**When:** June 8-Aug. 14

**Cost:** \$299 a week

**Contact:** 612-370-4960

**Website:**

<http://julianmcfaul.com/summer-workshops-2014/>

### Articulture Art Day Camp

Explore various art disciplines and diverse media, ranging from claymation to theater to food as art. Full- and half-day options. Located at 2613 E. Franklin Ave., Minneapolis.

**Who:** Pre-K-grade 6

**When:** June 8-Aug. 28

**Cost:** \$135-\$260

**Contact:** 612-729-5151 or

[info@articulture.org](mailto:info@articulture.org)

**Website:** [www.articulture.org](http://www.articulture.org)

### Artstart Art and Creativity Camp for Teens

Camps are geared toward youth who want to explore their imaginations through a variety of art media and gain new skills in making art.

Located at 1459 St. Clair Ave., St. Paul.

**Who:** Ages 13-15

**When:** July 6-10 & July 13-17

**Cost:** \$145-\$270

**Contact:** 651-698-2787

**Website:** [artstart.org/signatures](http://artstart.org/signatures)

### IFP Film & Photography Camps

Weeklong camps that include photography, screenwriting, filmmaking and more. Located at 2446 University Ave. W., St. Paul.

**Who:** Ages 11-17

**When:** June 9-Aug. 14

**Cost:** \$225

**Contact:** 651-644-1912

**Website:** [www.ifpmn.org](http://www.ifpmn.org)

### Northern Clay: Summer Clay

Half-day and full-day camps in a variety of themes (from teapots and dog bowls to spaceships and garden gnomes) with plenty of room for exploration and decoration. Located at 2424 E. Franklin Ave., Minneapolis.

**Who:** Ages 6 and older

**When:** June 15-Aug. 21

**Cost:** \$170-\$305 (discounts for members)

**Contact:** 612-339-8007

**Website:** [northernclaycenter.org](http://northernclaycenter.org)

### Summer Art Class Camps with Courtney Oleen

One-week classes June 15-19, June 29-July 3, July 6-10, July 13-17 and July 20-24.

**Who:** Ages 6-12

**When:** June-July

**Where:** Various St. Paul Park and Recreation centers

**Website:** Register online with St.

Paul Parks and Recreation, [www.stpaul.gov/index.aspx?nid=243](http://www.stpaul.gov/index.aspx?nid=243)

### Sewing Lounge

Learn to stitch fearlessly, beginning with the basics and progressing to understanding patterns, choosing fabrics and mastering seamstress skills. Located at 987 Selby Ave., St. Paul.

**Who:** Ages 8-14

**When:** June 15-Aug. 17

**Cost:** \$250 (+\$50-\$70 for supplies)

**Contact:** 651-645-7645

**Website:** [www.sewinglounge.com](http://www.sewinglounge.com)

### Textile Center Camps: Sewing, Knitting, Felting, Dyes & More

Twenty-five-plus hands-on weeklong summer camps to choose from. Textile Center, 3000 S.E. University Ave., Minneapolis.

**Who:** Ages 6-16

**When:** July 6-Aug. 28

**Cost:** \$165 (\$145 members)

**Contact:** 612-436-0464

**Website:** [www.textilecentermn.org](http://www.textilecentermn.org)

### Simply Jane Art Camps

Half- or full-day weekly camps, including mosaic, mask-making, clay, art wearables and drawings. Located at 5411 Nicollet Ave. S., Minneapolis.

**Who:** Ages 4-18

**When:** June-August

**Cost:** Starting at \$120/scholarships available

**Contact:** 612-354-3961.

**Website:** [simplyjanestudio.com](http://simplyjanestudio.com)

## HISTORY

### Gibbs Museum of Pioneer and Dakota Life

Gibbs has created the perfect mix of camps. Family-friendly pricing, fun for kids ages 3-13. Choose Pioneer PeeWees for ages 3-5, \$19, or one of our \$99 three-day camps for ages 6-10, including Pioneer Kid, Gibbs Girl or Say It In Dakota. Digging History, our newest \$99 three-day camp, is for ages 11-13. Gibbs is located at 2097 W. Larpenteur Ave., Falcon Heights.

**Who:** Ages 3-13

**When:** June 16-Aug. 27

**Contact:** 651-646-8629

**Website:** [www.rchs.com](http://www.rchs.com)

## MUSIC

### Greater Twin Cities Youth Symphonies String Orchestra

Players with two to four years of experience will master music fundamentals. Includes social activities.

**Who:** Ages 8-18

**When:** July 14-18

**Cost:** \$320 plus \$20 registration fee (scholarships and early-bird pricing available)

**Contact:** 612-371-5656 or

[mail@gtcys.org](mailto:mail@gtcys.org)

**Website:** [www.gtcys.org](http://www.gtcys.org)

## OUTDOOR

### Camp Voyageur

Wilderness camping, hiking, and land and water sports, including archery, basketball and more. Two-, four-, six- and eight-week overnight

**COMO PARK LANGUAGE AND ARTS PRESCHOOL AND CHILDCARE CENTER**

**2015 SUMMER CAMP PROGRAMS**

Session 1 - May 26th-June 5th (No School May 26th) (LET'S GARDEN!)\*\* \*\*CAMP 1 IS FULL

Session 2 - June 8th-June 19th (LET'S GET BUGGY!)

Session 3 - June 22nd-July 2nd (No School July 3rd) (LET'S GO CAMPING!)

Session 4 - July 6th-July 17th (SPLISH, SPLASH)

Session 5 - July 20th-July 31st (FUN AND FITNESS)

Session 6 - August 3rd-August 14th (DOWN ON THE FARM)

Session 7 - August 17th-August 21st (1 week only) (SCIENCE EXPERIMENTS)

**FEES FOR TWO WEEK CAMPS (2-6)**  
3 days: \$330.00 / 4 days: \$396.00 / 5 days: \$440.00

**FEE FOR ONE WEEK CAMP (7)**  
3 days: \$165.00 / 4 days: \$198.00 / 5 days: \$220.00

[cplapcc@gmail.com](mailto:cplapcc@gmail.com) / [www.comoparklanguageandarts.com](http://www.comoparklanguageandarts.com)  
1503 Hamline Ave. N. / St. Paul, MN 55108 / 651-646-0310

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Do You Want to Be a Writer?

July 27-31 (Ages 9-11)

\*\*\*\*  \*\*\*\*

Create Magic With Your Words

August 3-7 (Ages 12-14)

With instructor Peter Blau

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[www.loft.org](http://www.loft.org) / 612.379.8999





camps in the Boundary Waters Canoe Area Wilderness.  
**Who:** Boys 9-18  
**When:** Starting June 14  
**Cost:** \$1,900-\$7,200  
**Contact:** 800-950-7291  
**Website:** www.campvoyageur.com

## SPECIALTY

### Autism Society of Minnesota Summer Camps

Day camps and residential camps specifically for children with autism. Day camps are at Lake Butwin in Eagan; residential camps are held at Camp Knutson, Crosslake, and Courage North, Lake George.  
**Who:** Ages 6-25  
**When:** June-August  
**Cost:** \$700-\$1,690 (scholarships available)  
**Contact:** 651-647-1083, ext. 16  
**Website:** www.ausm.org

### Facing Cancer Together Summer Kids Kamp

The Angel Foundation hosts three days of outdoor games, art, fun and camaraderie for kids who have a parent with cancer. The camp closes with a family celebration and dinner. A drop-in parent group meets each morning to talk about parenting through cancer. Held at Eden Wood Center in Eden Prairie.  
**Who:** Ages 5-18  
**When:** June 12-14  
**Cost:** Free  
**Contact:** 612-627-9000, ext. 503, or jhaines@mnangel.org  
**Website:** www.mnangel.org

## SPORTS

### Joy of the People Soccer Camps

Weeklong camps with skills practice and free play on different surfaces, indoors and out. Splash court and inflatable fields. Lunch and snack provided. All skill levels welcome; 890 Cromwell Ave., St. Paul.  
**Who:** Ages 5-15

**When:** June 8-Aug. 28  
**Cost:** \$99-\$599  
**Contact:** admin@joyofthepeople.org  
**Website:** www.joyofthepeople.org

### Minnesota Sword Club

Beginners will learn basic concepts of fencing; veterans will partake in intensive training sessions, emphasizing technique and strategy. Equipment provided. Chicago Avenue & 48th Street, Minneapolis.  
**Who:** Ages 8-16  
**When:** June 22-Aug. 14  
**Cost:** \$139 (\$119 for members)  
**Contact:** 612-825-9935  
**Website:** mnsword.com/summer-camps.html

## WRITING

**Young Writers' Program at the Loft**  
 Summer at the Loft means an all-new slate of more than 50 creative writing classes and camps ready to launch—or relaunch—your literary aspirations. Yeah, we know you've been hitting the books all year and working incredibly hard. So, how about taking time this summer to have some fun and explore your yearning for self-expression?

**Who:** Ages 6-17  
**When:** June-August  
**Cost:** Varies according to class. Discounts are offered for members and low-income families.  
**Contact:** 612-379-8999  
**Website:** www.loft.org (download a PDF of summer classes)

### Do YOU Want to be a Writer?

In this class, you will be given the tools to shake your creativity loose and let that writer out to play. If you write, you are a writer. If you want to be a better writer, you should write more, and that's exactly what this class will be about.  
**Who:** Ages 9-11  
**When:** July 27-31  
**Cost:** \$131.25; members, \$118.13; low-income, \$91.88

### Words Can Create Magic

Writers create magic with words and spin stories from their imaginations. Beginning in your journal, you will find your writing voice and watch your words bloom into stories and poems.  
**Who:** Ages 12-14  
**When:** Aug. 3-7  
**Cost:** \$131.25; members, \$118.13; low-income, \$91.88

## Miscellaneous

### Kinderberry Hill's Summer Climbers Program

Our simply sensational summer program includes fabulous field trips plus on-site fun, including ceramics, bounce castles and animal visitors. Children will also participate in skill-building sports clinics, grow a big, bountiful garden, make community connections and more. Optional academic tutoring is available. Kinderberry Hill offers a safe, spacious, state-of-the-art environment. Enroll for the entire

summer or for just a few select weeks. Full-time, part-time and flexible schedules.

**Who:** First-fifth grade  
**When:** June-August  
**Cost:** Inquire for prices  
**Contact:** 651-481-8069  
**Website:** www.kinderberryhill.com

### Como Park Language & Arts Preschool and Childcare Center

From "Let's Garden" to "Let's Get Buggy" to "Splish Splash" to "Down on the Farm," Como Park Language Arts & Preschool offers one- and two-week programs for little ones to pre-kindergarteners.  
**Who:** 33 month-5 years  
**When:** May 26-Aug. 21  
**Cost:** Refer to website  
**Contact:** 651-646-0310 or cplapcc@gmail.com  
**Website:** comoparklanguageandarts.com

**St. Rose of Lima Catholic School**  
 From the classroom to Power Play care, our kids learn faith, respect, discipline and balance it with fun. Full-day and summer-care options available.  
**Who:** Pre-K through grade 8  
**When:** June-August  
**Contact:** 651-646-3832



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July 20-24

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June 22-25, July 6-9, July 13-16, July 20-23, July 27-30, August 3-6, August 10-13

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# MARCH Events

Venue information is listed at the end of the calendar. Send your events to [calendar@parkbugle.org](mailto:calendar@parkbugle.org) by Wednesday, March 11, to be included in the April issue.

### 3 TUESDAY

Baby/toddler lapsit storytime (ages birth to 2 years) every Tuesday in March except March 31, St.

Anthony Park Library, two sessions, 10:30-11 a.m. and 11:30 a.m.-noon.

St. Anthony Park Garden Club program, "Peppers," presented by Dr. Karl Foord, Extension educator and professor, Department of Horticulture, University of Minnesota, St. Matthew's Episcopal Church Fellowship Hall, 7:30-8:30 p.m.

Business meeting, 6:30 p.m.; social time, 7 p.m.

### 4 WEDNESDAY

English Conversation Circles, every Wednesday in March, St. Anthony Park Library, 4-5:30 p.m.

St. Anthony Park Book Club, "Little Heathens: Hard Times and High Spirits on an Iowa Farm during the Great Depression," by Mildred Armstrong Kalish, St. Anthony Park Library, 6:30-8 p.m.

### 5 THURSDAY

Preschool Mandarin Chinese storytime, with stories, rhymes and songs in Mandarin Chinese, St. Anthony Park Library, 10:30 a.m.

### 6 FRIDAY

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

Ecumenical Community Observance of World Day of Prayer prepared by women of the Bahamas, St. Anthony Park Lutheran Church, 1:30 p.m.

### 9 MONDAY

Bishop Bill Torvund will speak on ancient healing traditions of Egypt, Kabbalists, Gnostics, Atlantis and the Vedics, Spirit United Church, 7 p.m. Sponsored by Ancient Mysteries/Ancient Wisdom, the Minneapolis branch of the international Theosophical Society, \$10 suggested donation.

### 12 THURSDAY

St. Anthony Park Senior Cinema Series: "The 100-Foot Journey," St. Anthony Park Library, 2-4 p.m.

### 16 MONDAY

Accessory dwelling units (ADU) information night, St. Anthony Park Lutheran Church, 7 p.m. The District 12 ADU Task Force will share information about ADUs and gather comments from the community.

### 19 THURSDAY

Preschool Mandarin Chinese storytime, with stories, rhymes and songs in Mandarin Chinese, St. Anthony Park Library, 10:30 a.m.

### 23 MONDAY

Ancient Mysteries/Ancient Wisdom, a local branch of the international Theosophical Society, will show the documentary "Advanced Ice Age Civilizations and Atlantis," Spirit United Church, 7 p.m.; \$5 suggested donation.

### 27 FRIDAY

Co-ed drum circle, Women's Drum Center, 6:30 p.m. All levels of experience are welcome and encouraged to attend. Cost is \$10 at the door. Drums provided.

### 29 SUNDAY

Sunday Afternoon Book Club, "The Burgess Boys" by Elizabeth Strout, Micawber's Books, 2:30 p.m.

### SENIOR EXERCISE

**St. Anthony Park Area Seniors:**

**Tuesdays and Fridays,** St. Anthony Park Library, 2:30-3:30 p.m.

**Wednesdays,** St. Anthony Park United Methodist Church, 10:30-11:30 a.m.

**Mondays and Thursdays,** Lauderdale City Hall, 2-3 p.m.

**Como Park/Falcon Heights Block Nurse Program:**

**Tuesdays and Thursdays,** Falcon Heights Town Square Senior Apartments, 9:30-10:30 a.m. and

Arbor Pointe Senior Apartment, 11 a.m.-noon

### FREE SENIOR BLOOD-PRESSURE CLINICS

**St. Anthony Park Area Seniors:**

**Wednesdays,** St. Anthony Park United Methodist Church, 11:30 a.m.-noon

**Como Park/Falcon Heights Block Nurse Program:**

**Third Thursdays,** Arbor Pointe Senior Apartments, 10-11 a.m.

**Fourth Thursdays,** Falcon Heights Town Square Senior Apartments, 11 a.m.-noon

### VENUE INFORMATION

Arbor Pointe Senior Apartments, 635 W. Maryland Ave.

Falcon Heights City Hall, 2077 Larpenteur Ave., 651-644-5050

Falcon Heights Town Square Senior Apartments, W. 1530 Larpenteur Ave.

Lauderdale City Hall, 1891 Walnut St., 651-631-0300

Spirit United Interfaith Church, 3204 S.E. Como Ave., Minneapolis, 651-235-6645, [www.theosophical.org](http://www.theosophical.org)

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

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

St. Anthony Park United Methodist Church, 2200 Hillside Ave., 651-603-8946

St. Matthew's Episcopal Church, 2136 Carter Ave., 651-645-3058

Women's Drum Center, 2242 University Ave. W., [www.womensdrumcenter.org](http://www.womensdrumcenter.org)

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## Family concert series kicks off Feb. 27

The 25th season of the Schubert Club's Music in the Park Series Family Concerts will feature some of Minnesota's most celebrated performing artists in programs of folk, ethnic and classical music, from traditional Irish and Scottish tunes, to the sounds of authentic folk instruments from Latin America, to string quartets by Mozart and Beethoven.

Concerts are created for children of all ages and their families and are about 45 minutes long with two performances each night at 6 and 7:15 p.m.

The concerts are held at St. Matthew's Episcopal Church, 2136 Carter Ave., St. Paul.

String quartet Artaria will kick off the 2015 the season with "Making Friends through Music" on Friday, Feb. 27. Their performance will also feature a teen quartet from the Artaria Chamber Music School.

On Friday, March 13, Ross Sutter, Laura MacKenzie and Danielle Enblom will perform "Northern Gael—Music and Dance from Ireland and Scotland." The audience will have a chance to sing along, play instruments and learn dance steps.

Leo and Kathy Lara will finish the season with "Folk Music from Latin America" on Friday, April 10. The interactive concert will introduce authentic folk instruments, and children of all ages will get to sing a Cuban lullaby and simulate the sounds of the rainforest.

A season ticket package is \$15. Single tickets are \$7 for adults or children. (Concerts are free for babes-in-arms.) To buy tickets or find out more about the concerts, go to [schubert.org/musicinthepark](http://schubert.org/musicinthepark) or call 651-292-3268.

## St. Paul extends library hours

The St. Paul Public Library will extend hours at seven of its locations—including St. Anthony Park, Hamline Midway and Merriam Park—effective March 1.

The City of St. Paul's 2015 budget included a new allocation of \$400,000 to add evening hours at seven library branches and Sunday hours at Merriam Park Library.

Library hours will be extended to 8 p.m. on Tuesdays and Thursdays at Hamline Midway, Merriam Park, St. Anthony Park, Dayton's Bluff, Rice Street, Hayden Heights and Riverview. In addition, Merriam Park will be open 1-5 p.m. on Sundays.





## Neighbors

## Twin Cities Aikido Center moving to Hampden Park Co-op building

Twin Cities Aikido Center (TCAC) is moving from its longtime location at 2390 University Ave. to the space above Hampden Park Co-op, 2382 Hampden Ave.

The center will begin operations at the new location in early April.

Founded in 1976 by a group of University of Minnesota graduates, the 501(c)(3) nonprofit organization, opened on University Avenue in what had been a truck showroom. TCAC has grown to be the largest Aikido group in the region, offering at least two adult classes per day, seven days a week, as well as two youth classes per week.

The pending renovation and the proposed sale of the University Avenue building, which the TCAC shared with Gremlin Theatre and armored-car company Loomis, forced the center to search for a new home.

The move will begin in late March and is expected to take three to four days to complete. Prospective students are encouraged to stop in at the University Avenue location to learn about Aikido. You can find out more at the TCAC website, tcaikido.com, or “Like” the group on Facebook.

### A call for artists

The Art Ministry at St. Matthew’s Episcopal Church, 2136 Carter Ave., will celebrate its 17th annual nonjuried Community Art Show March 7-May 1 at the church’s Undercroft Gallery. The church invites all artists to participate (that includes recreational artists to those who show often).

Participants should bring artwork and a \$5 registration fee to the church on Saturday, Feb. 28, between 10 a.m. and 1 p.m., or bring the artwork in during the week before the show opens. Contact Janet Murphy, jmurrow@aol.com or 651-357-0295, for more information.

All two-dimensional art must be ready to hang. Sculpture, pottery, collage and other freestanding pieces are welcome; some stands will be available.

A public reception will be held at the gallery Sunday, April 19, 6-8:30 p.m. The reception will be held in conjunction with the Music in the Park concert, which will be held at 4 p.m. that day at the St. Anthony Park United Church of Christ, next door to St. Matthew’s.

### Hamline presents “Dancing at Lughnasa”

Hamline University Theatre, 1536 Hewitt Ave., will present “Dancing at Lughnasa,” a contemporary play by Brian Friel, at Hamline’s Anne Simley Theatre. Show times are 7:30 p.m. Friday and Saturday, Feb. 27 and 28, and Thursday-Saturday, March 5-7. Tickets range from \$2 to \$8. Call 651-523-2905 or email tickets@hamline.edu for more information.

### Garden club will explore peppers at March 3 meeting

University of Minnesota Extension professor Karl Foord will talk about peppers at the St. Anthony Park Garden Club meeting at St. Matthew’s Episcopal Church Fellowship Hall, 2136 Carter Ave., Tuesday, March 3, at 7:30 p.m. (social time will begin at 7 p.m.). All are welcome.

Peppers continue to contribute taste and character to our diets, as they have for the last 7,000 years.

They are easy to grow and a popular selection in today’s vegetable gardens.

Foord has worked in Extension for the past 20 years. His current research focuses on the role of native bees as pollinators in the production of fruit crops, including apples, blueberries, strawberries and raspberries.

### Parkway Garden Club to host landscaping workshop

Parkway Garden Club will host a free community presentation, “Landscaping for Beauty, Wildlife and a Healthy Community,” Wednesday, March 4, at 6:30 p.m. at Villa Park Recreation Center, 2055 Cohansey Blvd., Roseville.

Biologist Erica Tenbroek will discuss natural gardening that promotes a healthy ecosystem and will attract birds, butterflies and beneficial insects. Learn how to identify the problem plants in the area and native plants that have high wildlife value. Also, get tips on which plants are avoided by deer and other critters.

Tenbroek has volunteered in native planting at parks and for wildlife rehabilitation for more than 30 years. She is a member of the Woman’s Woodland Network and a volunteer for Ramsey County Cooperative Weed Management Area Invasive Weed Patrol.

For more information, call 651-353-4284.

### Bible study class at Emmaus Lutheran Church

The Rev. Dr. Tom Trapp will lead “Living with God Class: Study through the Bible,” a 10-week class that will begin Thursday, March 5. The class will be held at two times, 1-3 p.m. and 6:30-8:30 p.m., at Emmaus Lutheran Church, 1074 Idaho Ave. W. Call 651-489-9426 for more information.

### Rummage sale at Holy Childhood

The Church of the Holy Childhood, 1435 Midway Pkwy., will hold a rummage sale on Thursday, March 12, 9 a.m.-7 p.m.; Friday, March 13, 9 a.m.-5 p.m.; and Saturday, March 14, 9 a.m.-noon. Housewares, clothing, CDs, books, puzzles, some

furniture and many other treasures will be for sale.

### Como Park seeks volunteers

Volunteers are needed to work in the Ordway and Charlotte Partridge Ordway Japanese gardens at Como Regional Park. Volunteers are trained on the key elements and tradition of Japanese gardens and then share the information with visitors.

Those interested will be required to attend training sessions on Saturday, April 11, and Saturday, April 18, 8:30 a.m.-2:30 p.m. Registration can be completed online at [www.comozooconservatory.org](http://www.comozooconservatory.org). For more information, contact Como Volunteer Services at 651-487-8252.

### Anxiety support group meets at Goodwill-Easter Seals

An Open Door Anxiety and Panic support group for people with anxiety disorders meets at Goodwill-Easter Seals, 553 Fairview Ave. N., Room 123, the second and fourth Thursdays of the month, 6:30-8 p.m. The free support group is sponsored by the National Alliance on Mental Illness (NAMI). For more information call 651-645-2948.

### Class addresses children’s challenging behavior

Raising a child or adolescent with challenging behaviors can be difficult. Learn when and how to seek help, develop parenting strategies, the ins and outs of special education and other educational supports, and about community and county resources available to parents and their children.

This free, one-day workshop is for parents and caregivers of school-age children and is approved for two hours of training for foster care families. Presented by the National Alliance on Mental Illness (NAMI) of Minnesota, the “Children’s Challenging Behaviors” class will be held at Gloria Dei Lutheran Church, 700 S. Snelling Ave., on Tuesday, March 17, 8:30 a.m.-3 p.m. To register, call NAMI Minnesota at 651-645-2948.

### Call for entries: short films by or about people with disabilities

Independent Filmmaker Project Minnesota (IFP MN), Partnership Resources Inc. (PRI) and Twin Cities Public Television (tptMN) are partnering to create a new shorts program for the 2015 Reel Abilities Film Festival Minneapolis-St. Paul called Short Films by MN Filmmakers of All Abilities.

The festival, which will be held June 11-14 at multiple venues, is looking for films by or about people with disabilities that creatively and compellingly explore, discuss and celebrate the diversity of our shared human experience.

All filmmakers are encouraged to find out more and apply online at [www.ifpmn.org](http://www.ifpmn.org). There is no application fee. Filmmakers may

submit up to three short works of 20 minutes or less in length. The deadline for submission is Friday, May 15.

Selected films will be included in the new shorts program at the festival. In addition, a limited number of entries that are five minutes or less in running time will be compiled into a one-hour documentary produced by tptMN, will premiere at the festival and then be broadcast on the tptMN channel in late July.

### Forgiveness workshop at Spirit United Church

Author and spiritual counselor Mary Hayes Grieco will lead a four-hour workshop on the art and practice of forgiveness Saturday, March 28, 2-6 p.m. at Spirit United Church, 3204 Como Ave. S.E., Minneapolis.

Grieco is the author of several books, including “Unconditional Forgiveness,” and is the director of the Midwest Institute for Forgiveness

Training. She will discuss forgiveness as an ancient teaching and the five most common understandings about forgiveness with a new definition for forgiveness. She also will explore how forgiveness can heal emotional body pain and clear personal subtle energy system of blockages.

Grieco will sign books and audios that will be available at the workshop.

Celtic harpist Bettie Seitzer will provide live music. There will be free refreshments and parking in a lot east of the church, located three blocks west of Hwy. 280 on Como Avenue.

Cost is \$35 for adults and \$55 for couples and families. Cost is \$30 for students, seniors and Theosophical Society members. Reservations may be made by mail to Minneapolis Theosophical Society, 1034 Dayton Ave., St. Paul, MN 55104 by Thursday, March 26. Call 651-235-6645 for more information.



Annelia Anderson *Photo by Medora Kea*

## Teen songwriter to perform at three shows

Seventeen-year-old singer-songwriter Annelia Anderson will perform her original music at three shows in the next eight weeks.

Anderson will be at Dunn Bros. Coffee, 1569 Grand Ave., on Thursday, Feb. 26, and Saturday, March 28, 7:30-9:30 p.m., and at the Underground Music Café, 1579 N. Hamline Ave., on Wednesday, April 22, 7-9 p.m.

Anderson, the daughter of Sarah and Dack Anderson of St. Anthony Park, began writing music in seventh grade. She says her music is hard to describe but uses the words “rock,” “indie” and “pop” to describe the songs on her three-song EP—“Blue Boy”—which came out in September.

She plays piano and sings on the EP, which was produced by Justin Anderson and Twilight Sentinel Productions. The album also features Rory Rich on guitar and Dan Petersen on bass.

Anderson began taking piano lessons as a kindergartner, but she quit in third grade to take violin lessons at Schmitt Music in Roseville, where she studied under Ryan Young, who now plays with Duluth-based bluegrass/folk-rock band Trampled By Turtles. She went back to piano after a two-year break.

A junior at St. Paul Central High School, Anderson spends two hours a day at school in a music-production class. That class has inspired her to think about continuing her music-production studies in college, “but I don’t want that to be my main focus,” she said.

You can find out more about Anderson at her website, [anneliaanderson.wix.com/annelia](http://anneliaanderson.wix.com/annelia). You can also find her music on the websites Bandcamp or SoundCloud, [anneliaanderson.bandcamp.com](http://anneliaanderson.bandcamp.com) and [soundcloud.com/anneliaanderson](http://soundcloud.com/anneliaanderson). —*Kristal Leebrick*



## 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@gmail.com or call 651-644-1650.*

**Carol Cross**

Carol Mae Strane Cross, 94, passed peacefully on Feb. 12. Carol was a longtime resident of St. Anthony Park.

She had been a kindergarten teacher, special education teacher (Roseville), foster mother to 30 infants (Children's Home Society), lifelong member of Central Presbyterian Church and summer resident of Madeline Island.

She graduated from St. Paul Central High School Class in 1938 and then attended Macalester College and the University of Minnesota, where she graduated in 1942.

Carol was preceded in death by her husband, Robert ("Cub"), and infant son John.

She is survived by children, Nancy Paxson (David) of Richfield; Marilyn Shepard (James) of Carlsbad, Calif.; and Paul Cross (Barbara) of Shorewood, Minn.; grandchildren; and a great grandson.

A memorial service was held Feb. 17 at Central Presbyterian Church, St. Paul.

**Edward Eubanks**

Edward Geronimo Eubanks, 64, of St. Anthony Park, passed away peacefully Feb. 9.

He was preceded in death by his parents, two brothers and three sisters.

Beloved father, brother, uncle and friend, he is survived by his children, Edward and Emma; longtime friend, former wife Valerie Cervenka; sisters and brothers, Geraldine Plato, Ted, Matt, Rose Campbell (Philip), Forrestine, Arvella Dillard (Kaycell) and Frankie Jackson (Ike); and many nieces and nephews.

Ed was born on Sept. 19, 1950, in St. Louis, Mo. He attended the University of Minnesota and was a member of Kappa Alpha Psi. He will be remembered as a humorist and satirist and as a man generous to a fault.

A Celebration of Life service was held on Feb. 21 at Ed's place of residence at 825 Seal St.

**Ann Husby Hanson**

Ann Husby Hanson, 74, was born on Easter Sunday, March 24, 1940. She died at home on Jan. 20.

Ann was preceded in death by her husband, Bill. She is survived by her daughters, Kari and Kristin; grandson, Andrew; sister, Jean Milton; brother, Paul (Bethany) Husby; stepchildren, Staci (Tony) and Scott; and AFS sister, Loly and family. Her memorial service was held Jan. 27 at Como Park Lutheran Church.

**Donna Johnson**

Donna R. (née Keller) Johnson, 93, of Roseville, died peacefully on Feb. 4.

Donna was born in Pipestone, Minn., graduated from Macalester College with a degree in chemistry, and was employed at Miller Hospital as a medical technologist.

She was preceded in death by her husband, Robert Lee (Bob) Johnson, and brother, Karl (Carol) Keller. She is survived by her children, Kristie (Gilbert) Cross, Todd (Sharon) Johnson and Laurie Johnson; four grandchildren; and four great-grandchildren.

A memorial service was held Feb. 10 at Falcon Heights United Church of Christ.

**Mary Kwong**

Mary Kwong died peacefully on Dec. 31 at age 95.

Born and raised in Guadalupe, Calif., she attended Santa Maria High School. She worked for a year after graduation and then attended Sacramento City College. She eventually transferred to the University of California, Berkeley, where she was the first American-born Chinese to earn a bachelor's degree in Asian history as part of the Class of 1942.

She married Joseph N.S. Kwong in December 1942 and had to postpone their honeymoon due to Joseph's wartime job as one of the earliest Chinese chemical engineers at 3M in St. Paul. After returning to California for a few years, Mary and her family moved back to St. Paul to stay in 1951.

Mary worked in the St. Paul offices of Electric Machinery Co. for several years until leaving to raise her three sons.

Mary enjoyed an active membership at the St. Anthony Park United Church of Christ. She was an enthusiastic participant in the Women's Fellowship, Lucy Comings Circle, church groups and as a Sunday school teacher. She also volunteered throughout the community and was active in her neighborhood's "Sunday Night Group," which hosted parties and events for adults.

Mary will be missed by her sons, eight grandchildren, four great-grandchildren and a large extended family.

A memorial service will be scheduled when practical for older people to travel if they like.

**Dorothy Melander**

Dorothy A. (Hallen) Melander, 100, died peacefully on Feb. 2.

She is survived by her children, Carole Hallen (Connie McFarland), David Hallen (Joan) and Judith Anderson; daughter-in-law, Rose Hallen; stepchildren, Ron Melander (Jean), David Melander (Ann) and Linda Weber (Mike); 14 grandchildren; 33 great-grandchildren; and 16 great-great-grandchildren.

She was preceded in death by her husbands, Merrill Hallen and Arthur Melander; and a son Bruce Hallen.

Her memorial service was held Feb. 6 at Como Park Lutheran Church.

**Edward Nelson**

Edward C. "Curt" Nelson died Feb. 5. He was a World War II hero, awarded both the Bronze Star and Purple Heart. He was a longtime employee of Northwestern Bell and AT&T.

He was preceded in death by his wife, Mary Ann, and brother and

sisters.

He is survived by his children: Barbara, David, Elizabeth, Bonnie (John) Wallace, Susan (Bill) Sward, Kenneth and Edward (Maureen); eight grandchildren; and six great-grandchildren.

Mass of Christian Burial was celebrated at Maternity of Mary Catholic Church Feb. 9, with interment at Roselawn Cemetery.

**Roger Sandberg**

Roger C. Sandberg, 90, of St. Anthony Park, died Jan. 20. He lived in St. Anthony Park for more than 50 years and raised his large family there.

Roger worked for more than 30 years for 3M and was active in the restoration of the Raymond Avenue bridge and landscaping.

He is survived by his children, Linda (Phil) Blazovich, Jon Sandberg, Diane (Paul) Mielens, Robert (Michelle) Sandberg, Ann Bean and Mark (Linda) Sandberg; 14 grandchildren; six great grandchildren; life partner, Karen Beckenbach; and Karen's three children and their families.

Roger's funeral service was held Jan. 28 at Holcomb-Henry-Boom-Purcell Funeral Home, with interment at Fort Snelling National Cemetery.

**Bradley Smith**

Bradley Smith, 48, of Falcon Heights, died unexpectedly on Jan. 26. He was preceded in death by his father, Howard. He is survived by his mother, Arlet, and several close friends.

Visitation was held Feb. 6 at Roseville Memorial Chapel, with interment at Roselawn Cemetery.

**Timothy Turi**

Timothy John Turi, 65, of Bloomington, formerly of Como Park, died Jan. 26, after a two-and-a-half-year battle with cancer.

Tim is survived by his wife, Lois; daughters, Amy Marx and Katie Turi; step-sons, Craig and Brett Ostvolden; brothers, Chuck (Patti) and John (Linda); sister, Kathy (Rich Silha); and five grandchildren.

A memorial Mass was celebrated Jan. 30 at Mueller-Bies Funeral Home.

**Carol Van Deusen**

Carol Van Deusen, 90, died Feb. 3. She was a retired nurse from St. Joseph's Hospital and a longtime member of the Church of St. Cecilia in St. Anthony Park.

She was preceded in death by her husband, Loren; brother, Don Brandl; and sister, Audrey Best.

She is survived by her children, Jane Van Deusen-Morrison, Mary Kingston, Charles (Deborah) Van Deusen and David (Suzanne) Van Deusen; 10 grandchildren; and three great-grandchildren.

Her memorial service was held Feb. 7 at the Church of St. Cecilia, with interment at Fort Snelling.

**Constance Villella**

Constance V. Villella, 88, of Lauderdale, died peacefully with her family at her bedside on Jan. 27 at Lyngblomsten Care Center. Connie was born Aug. 14, 1926, in northeast Minneapolis.

Connie was preceded in death by her brother, Sandy Scavo Jr.; former husband, Harry Villella Sr.; and son-in-law, Jack Engholm.

She is survived by her sons, Harry (Merrilyn) Jr., Sandy (Barb), Gary (Janice), Larry (Cathy), Paul (Julie), John (Sue), Anthony, Peter and Patrick (Beth); daughters, Kathy (Ron) Feit, Karen Engholm, Connie (Daryle) Good-Manson, Mary, Clara Davis, Elizabeth (Jay) Schiller and Theresa (Robert) Yapel; many beloved grandchildren and great-grandchildren; and her brother, Ron (Marybeth) Scavo.

Mass of Christian Burial at Our Lady of Mt. Carmel Catholic Church Jan. 31, with interment at Sunset Memorial Cemetery.

**Frances Young**

Frances M. Young, 93, longtime resident of Como Park, died Feb. 9. She was very proud of her Irish heritage and West Side upbringing.

She was preceded in death by her husband, Lyle, and grandson Bill. She is survived by sons, David (Ann), Ron (Abby) and Greg (Roberta); four grandchildren; and four great-grandchildren.

Mass of Christian Burial was celebrated at Maternity of Mary Catholic Church Feb. 12, with interment at Roselawn Cemetery.

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**City files from 2**

Ty Barnett won a Knight Arts Challenge Grant to create a streetscape gallery in a vintage fire hose cabinet tucked into the façade of their building to the right of the coffee shop's front door. They have transformed the cabinet into a 2x3-foot micro-museum and are now looking for your help to curate it.

Twelve artist-curators will be selected from submissions. All proposals are due by March 30 and

selected applicants will be notified by May 20. Learn more at www.workhorsecoffee.com.

**Can Can Wonderland mini golf proposals due Sunday, March 1**

Proposals for the new artist-designed mini golf course on Prior Avenue are due Sunday, March 1. Can Can Wonderland will open the course later this year at the American Can Building, 755 Prior Ave. N. There

are two proposal options: one for a selected design and build proposal and one for only a design proposal where a design is submitted and Can Can Wonderland's team of artists builds it.

Engineers, architects, designers and makers of all sorts are encouraged to submit their ideas.

Find out more at [cancanwonderland.com](http://cancanwonderland.com).



# the eat beat

## How to eat like you're Irish on March 17

By Alex Lodner

St. Patrick's Day is right around the corner and with it the much-anticipated St. Patrick's Day Parade in downtown St. Paul, pints (OK, pitchers) of green beer and boisterous, jam-packed pubs. But one cannot live on Guinness alone—one must also have grub. Copious amounts of hearty, Irish grub.

The cuisine of Ireland has seen somewhat of a renaissance as of late. Irish food is comforting and rich, chockful of meat, potatoes and plenty of Kerrygold butter, and how can that be bad? While some traditional Irish dishes may be a bit intimidating for the average American palate—black pudding sounds like a clever dessert, but it's actually blood-filled sausage—most Irish dishes, such as velvety shepherd's pies or sky-high Reuben sandwiches, are sinfully delicious.

Como Park's Paddy Shack gets much of the credit for the recent revival of Irish food in our neck of the woods. Culinary royalty chef Jack Riebel has created an approachable and unique menu at Half Time Rec, 1013 Front Ave., complete with a divine champ dish (mashed potatoes with approximately an inch of melted butter floating on top) and a slew of satisfying appetizers to please any partygoer.

March 17 is traditionally the busiest day at Half Time Rec, according to Riebel, and in order to facilitate all those extra bodies and still serve delicious hot food, he is planning a cash-and-carry-only menu of mostly hand-held items that can be easily enjoyed while standing

elbow-to-elbow in the crowded bar.

"We want folks to come in, have a good time, and grab some great, fun food while they are at it," Riebel said. "We will not be offering table service that day so that there is more room for everyone to mingle and enjoy the day."

Not a big fan of crowds? The color green makes you nervous? Stop by and pick up your meal to go.

### Pouring a perfect pint

Before any actual St. Patrick's Day reveling even begins, Gabe's by the Park, 991 N. Lexington Pkwy., will host the 2015 Guinness Perfect Pint Competition on Wednesday, March 11. The honor of hosting this event was bestowed upon Gabe's because last year's Perfect Pint-pouring winner was Gabe's own bartender Jennifer Barry, who also happens to be St. Paul's St. Patrick's Association Miss Shamrock 2014. For the holiday itself, Gabe's owner, Tim Weiss, promises a few surprise menu items in addition to traditional dishes such as corned beef and cabbage, corned beef sandwiches and Irish stew. And of course, green beer will flow and good cheer will abound.

### Colossal Café

Known for its satisfying breakfast offerings, Colossal Café will add some Irish delights to its menu for the week of St. Patrick's Day, including corned beef hash for their weekend brunch.

As with anything they put on the table, these Irish specials promise to be charmingly delicious. Yes, I went there.

Try making your own Irish fare at home, with the following recipe.

### Boxty Recipe

Serves 6 to 8.

A boxty is a traditional Irish potato pancake made from a mixture of mashed and grated potatoes, resulting in a unique texture that's both crispy and tender. The boxty is rumored to have originated during the Irish famine, when families tried to make the humble potato stretch further. Serve boxty with a side of bangers for an indulgent Irish breakfast before heading out to the parade downtown.

1/2 cup raw, finely grated potato (about 1 medium baking potato)  
1 cup cooked mashed potato (about 1 medium baking potato)  
Dash salt  
1 2/3 cups all-purpose flour  
1/2 teaspoon baking powder  
1 to 1 1/4 cups milk or buttermilk  
1 large egg

Combine raw grated potatoes and mashed potatoes. Add salt and flour. Lightly beat egg and add to mixture. Add just enough milk to make a thick batter. Drop by tablespoonfuls onto a hot oiled griddle or cast iron skillet. Fry over medium heat for 3 to 4 minutes on each side.



## A savory partnership

*Le Cordon Bleu intern to help Hampden Park Co-op develop new deli menu*

Hampden Park Co-op has partnered with Le Cordon Bleu College of Culinary Arts in Mendota Heights to bring a student chef into the grocery store to help develop a new deli menu.

Caitlin Chanda started her paid internship at the co-op on Feb. 16. She will be working 30 hours a week for three months.

The internship is a first for both Hampden Park and Le Cordon Bleu. Auggie Austreng, a chef instructor at the school, said this is the first time a student has worked at a food co-op.

The two-year chef program requires a 12-week internship, but that's usually at a restaurant, Austreng said.

"We are very excited about this partnership," he said. "It's sending us in a new direction. Obviously the trend in the markets is to be as close

to fork-to-table as possible and working at co-ops supports that."—Kristal Leebrick



Student chef Caitlin Chanda will spend three months with Hampden Park Co-op.

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## School News

*The Bugle welcomes news about students and schools in the area. The deadline for the April 2015 issue is Wednesday, March 11. Send your news to [editor@parkbugle.org](mailto:editor@parkbugle.org).*

### Avalon School

700 Glendale St., 651-649-5495  
[www.avalonschool.org](http://www.avalonschool.org)

### Chili Night

Avalon will host Chili Night Friday, Feb. 27, 6-8:30 p.m. at the school. The evening will include a chili dinner, a silent auction, a live auction of baskets made by each of the nine school advisories, handmade bowls and live music. If you would like to donate something to the silent auction, contact David, [david@avalonschool.org](mailto:david@avalonschool.org).

### Chelsea Heights Elementary

1557 Huron St., 651-293-8790  
[www.chelsea.spps.org](http://www.chelsea.spps.org)

### TPT Night at Chelsea

Chelsea Heights Elementary School will host a PBS KIDS on tpt Family Night on Tuesday, March 24, 6-8 p.m. at the school. The event will focus on literacy, math and STEM, with educational activities featuring TPT shows such as Super Why!, WordGirl, Curious George, Cat in the Hat, Sid the Science Kid and SciGirls. The night promises to be engaging and fun for all family members.

### Como Park Senior High

740 Rose Ave., 651-293-8800  
[www.comosr.spps.org](http://www.comosr.spps.org)

### Award winners

Senior Oladunni Alomaja placed ninth in the state during the qualifying round of the Minnesota Brain Bee, a neuroscience competition for high school students. She'll move on to compete at the University of Minnesota for the next competition. Last year, she placed third in the state.

Senior Jasmine Brown was one of 10 Minnesota students to win the \$7,000 Horatio Alger Scholarship for 2015. The scholarship is awarded to outstanding students who have demonstrated integrity and perseverance in the face of adversity.

### Freshman scientists

Twelve freshman Como scientists will participate in the Twin Cities Regional Science Fair on Feb. 27 and present research they accomplished at Wolf Ridge Environmental Education Learning Center through the E2 Program after their eighth-grade year at Murray Middle School. The E2 Program is a collaborative Murray-Como program created by Murray teacher Tim Chase. It has launched its learners into a richer understanding of the environment and into accelerated biology classes at Como.

### Debaters awarded

The Minnesota Urban Debate League (MNUDL) banquet was held Feb. 3. Como debaters were recognized for their work this season, including a first-place Spirit of the MNUDL award.

### 'First Book'

The Future Educators club wrapped up the second phase of its "First Book" fundraiser in January. Club members raised funds from community donors to purchase books for every first-grader in Dayna Thomas's classroom at Como Park Elementary School. Club members visited Thomas's classroom in January, where they read to small groups of students and gave each child their own book to take home.

### ROTC drill team

Como's Marine Corps Junior ROTC (MCJROTC) drill team took home the second-place trophy out of 12 teams competing in the Upper Midwest JROTC Challenge Feb. 6 at Cretin-Derham Hall in St. Paul.

Earlier this year, MCJROTC cadets participated in a Winter Cadet Leadership Camp at Camp Ripley in Little Falls, Minn. Cadets took classes, trained, hiked, skied and camped. Maj. John Foley and his cadets thank the Camp Ripley staff for hosting the cadets, along with the Marine Corps League North Star Detachment 943 and the Minnesota Marine Corps Coordinating Council for their financial donations, which made the camp possible.

### Cougar Idols

"The Voice of the Cougar Idol" singing competition concluded on Thursday, Jan. 22, with junior Angel Khang being crowned the champion and junior Adrienne Cunningham the runner-up. Auditions were held after school the previous week, narrowing the field of 20 talented voices down to the Final 5, which was no easy task for the faculty judges. The fun-filled event was sponsored by Tri-M, Como's Music Honor Society.

### Band news

The Como Park Winter Instrumental concert took place on Jan. 29. All of Como's instrumental groups performed, featuring music from Bach to the White Stripes and spirituals to Spain. The evening concluded with a performance of Como's Honors Jazz Band. The band also played at the Underground Music Cafe in Falcon Heights on Feb. 16.

### Falcon Heights Elementary

1393 W. Garden Ave.  
651-646-0021  
[www.isd623.org/school/falcon-heights-elementary](http://www.isd623.org/school/falcon-heights-elementary)

### Camival night

Falcon Heights Elementary School

will host a Family Fun Night from 5:30 to 8:30 p.m. Friday, March 6, at the school. Events will include family-friendly games, a cake and book walk, a pizza and snack bar, a raffle, silent auction, dance and movies. It's an inexpensive way to spend a cold Friday night indoors. All proceeds will benefit Falcon Heights Elementary School.

The school's PTA is looking for donations of books (preschool to grade 7) and small games and toys, new or used. Volunteers will pickup donations at the donor's convenience.

Contact Mary at [mnh88@hotmail.com](mailto:mnh88@hotmail.com) or 651-645-7950 if you want to donate goods.

### Murray Middle School

2200 Buford Ave., 651-293-8740  
[www.murray.spps.org](http://www.murray.spps.org)

### Murray food drive update

Murray Middle School has collected 1,716 pounds of food, which will be donated to Keystone Community Services. The Murray school community is dedicated to ensuring that needs are met in the community.

### Murray musical

Murray Middle School will perform "Into the Woods Jr." Friday-Sunday, March 13-15, in the school auditorium. The Friday and Saturday performances will be at 7 p.m. The Sunday matinee will be at 2 p.m.

### Roseville Area High School

1251 County Road B2  
651-635-1600, [www.isd623.org](http://www.isd623.org)

### 'The Music Man'

The Roseville Area High School drama program (RAHS Drama) will present a student-produced version of the timeless classic "The Music Man," March 26-29, at the school. This is the annual RAHS Drama fundraiser show, with all proceeds helping to fund student attendance at the International Thespian Festival in Nebraska.

RAHS Drama students will staff all major production roles, including director, stage manager, choreographer, vocal director and pit orchestra director.

The RAHS Drama student production team includes director Maria Gisselquist, stage manager Sela Weber, choreographer Fiona Hannan, vocal director Sam Johnson and pit orchestra director Andrew Schadd.

The musical will be performed at 7 p.m. Thursday-Saturday, March 26-28, and at 2 p.m. Sunday, March 29. A free 1 p.m. matinee for area senior citizens will be held Wednesday, March 25.

Reserved seat tickets are \$10 for adults and \$8 for students and seniors. General admission seats are \$5. Reserve tickets online at [RAHSDrama.net](http://RAHSDrama.net) or by calling the box office at 651-604-1481.

### St. Anthony Park Elementary

2180 Knapp St., 651-293-8735  
[www.stanthony.spps.org](http://www.stanthony.spps.org)

### iPads and traffic safety

St. Anthony Park Elementary School students received iPads for individualized learning in mid-February as part of a St. Paul Public

Schools district-wide rollout of the devices.

The elementary school also received a \$2,430 mini-grant from the Minnesota Department of Transportation that will be used to promote safety for students and families who walk or bike to school.



## Winter Classic champs!

Better late news than no news: The Langford 12U girls basketball team won the championship in their bracket at the Langford Park Winter Classic in January. The girls, who are coached by David Purcell, were undefeated through the weekend tournament. They played Battle Creek in the championship game. Pictured here are: Annelise Purcell, Claire Driscoll, Violet Hackbarth, Theo Burr, Hannah Hausman, Cecilla Kranz, Morgan Nichols, Brianna White and Marielle Wiersma. Team members not present are Mary Holm, Emma Ingwalson and Emma Quie.



## Sticking to her word

St. Anthony Park Elementary School principal Ann Johnson found herself in a sticky situation on Jan. 30 after she made good on a promise that if the school's students met their goal of 220,000 minutes of reading in this year's Read-a-Thon, she would be duct-taped to a wall. Students blew past that goal with 362,533 minutes and raised close to \$10,000 for the school. The theme of this year's Read-a-Thon, a fundraiser for St. Anthony Park School Association, was "Stuck on Reading." Here, fourth-grade teachers Judy Roe and Colleen Osterbauer help secure the duct-tape cocoon that kept Johnson strapped to the wall for nearly three hours. In the past, Johnson has donned a chicken suit and milked a goat in front of students when they surpassed their Read-a-Thon goals. Why? "It gives the students something to look forward to, and I want to highlight reading as something fun and delightful," she said. Photo by Christy Gaffney





Sixty-four St. Anthony Park Elementary School students get up early to attend the before-school exercise class on Thursday mornings. *Photo by Kristal Leebrick*

## Thursday morning exercise class good for students and teachers

*By Alex Lodner*

You don't have to be a scientist to know that an active kid is a happy kid, but there is a slew of scientific studies that shows kids who exercise regularly do better at school as well.

The Centers for Disease Control and Prevention guidelines recommend 60 minutes of physical activity every day for children ages 6-17. The average length of a gym class at St. Paul elementary schools is between 20 and 45 minutes, and physical education classes are rotated with other specialty classes so students don't attend gym classes very often.

Jenny Martineau, a St. Anthony Park Elementary School parent and registered nurse, didn't think that was enough. After some research, she found the BOKS Program, a Reeboks initiative that strives to instill a love of fitness in children at a young age and promotes the positive impact of physical activity on a child's mind and body.

BOKS—Building Our Kids Success—offers grants to schools interested in providing additional physical activity time to students. The sessions are free to the students and their families and are run by parent and staff volunteers.

At St. Anthony Park, school nurse Rebecca Patient, physical education teacher Karen Paulsen and music teacher Brad Ollmann are joined by parent volunteers Ray Noble, Chris Martineau, Chris Murray and Danielle Prash to lead more than 60 students in supervised play and activities every Thursday morning before school. The group meets at 7:30 a.m. and engages in running, games and special skills. The morning includes a short talk about nutrition. While BOKS suggests a curriculum, each school can adjust their program to fit their needs.

The St. Anthony Park program began last fall and is proving to be a great success.

"My son's teacher has already noticed that he has more energy on BOKS days," Jenny Martineau said. "While the BOKS Program can be held at any time, the morning is ideal because the physical activity promotes delivery of oxygen to the

brain to help kids study. They are more energetic and have better focus all day long."

Initially, the St. Anthony Park program was limited to 50 students, but interest was high and thanks to plenty of parent and staff volunteers, 64 students are now able to attend.

"It's been especially nice to have the school nurse at the sessions because the trainers don't have to worry about which kid has asthma or other health issues, so all the kids can participate," Martineau said.

While BOKS provides the curriculum for free, the grant St. Anthony Park received has gone toward additional supplies, copying costs and rental of the Langford Park Rec Center while the school gym was occupied with gymnastics equipment for a month. According to BOKS, the grant can also go toward supplemental equipment and payment for the trainers' time if the school chose to run the program that way. The one-time grant is available only the first year, but costs for running the program greatly decrease after the first session since supplies and copies have already been purchased, making the program sustainable as long as volunteer resources are available.

"As a part of the grant, BOKS wants us to come up with a plan to keep it sustainable and we don't foresee a problem in doing this again next year," Martineau said. "We can keep it sustainable as long as we have Discovery Club's [the school district's extended daycare] permission to use the gym in mornings and as long as we have enough volunteers. The program dictates that we must have one staff volunteer, which I do not think will be a problem."

"This is the first year, but so far the program has been so well-received," she added. "We have gotten good feedback from parents saying their kids are now reading nutritional labels at home."

Carolyn Witt, the mother of a second-grader, is impressed with what the program has done for her son in such a short time. "I cannot say enough about the positive aspects of this program, and those that lead it," Witt said.

"My son is learning healthy habits at such a critical time. The

program supports the habits that I, as a parent, try so hard to instill, and it means the world that these habits are being reinforced by the teachers that he loves," she said. "Our kids are active creatures who can potentially grow into stagnant adults, but we have a chance to influence that at a critical time in their lives."

Music teacher and BOK volunteer Ollmann, agreed. "I was very impressed with the types of activities that were introduced," he said. "I particularly liked the stations, which taught exercises that effectively work core muscles yet simple enough that kids could do them at home."

"I did all the activities with the students, and as I went through my teaching day, I noticed I was more energetic and alert. I have to believe that this before-school exercise had the same impact on the many student participants."

Martineau is grateful for the support the program has received from the school and families and is confident in the program's future.

"We got really lucky with our volunteers. They are really great with the kids and keep them engaged," she said. "The kids are so well-behaved and the staff is amazing."



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## CPHS Cougar Sports

by Eric Erickson

*Eric Erickson highlights Como Park Senior High School athletics each month in the Bugle.*

# Cougars closing in on a conference crown

The Como Park Senior High School girls basketball team is on the verge of claiming its first St. Paul City Conference championship. After splitting the season series against rival Central High School, with each team winning on the other's home court, the Lady Cougars are tied for first place in the standings with a 8-1 conference record.

Their overall record of 15-8 has been achieved against high-level competition with Top 10 teams and large suburban schools. They've improved by playing those teams and netted a confidence-building win over Burnsville in the Rochester Holiday Tournament in December.

The Bugle went to press with three conference games remaining on the Cougars' schedule. Como's average margin of victory against those four teams in their first meetings was 37 points. Nothing in sports is a certainty, but the Cougars will work to repeat those results.

Glance at a Como box score online or in the paper, and a fan will notice one player consistently leads the team in scoring. In fact, junior co-captain Andrayah Adams already

leads the state by scoring more than 2,000 points in her high school career. This elite milestone has garnered much media attention for Andrayah.

Mix in college coaches from South Carolina, Arizona State, DePaul, Rutgers, Maryland and the University of Minnesota descending upon the Como gym, and the potential for distraction is high. For some teams, attention on a superstar can be a problem. For the Cougars, it's been more amusing.

Senior co-captain Zinash Gjerdrum explained that cameras and reporters hawking Andrayah is "kind of funny and fun. We were playing Harding last Friday and Channel 5 News showed up on the floor during our warm-ups. (The media attention) is a little awkward, but we're proud of her."

Head coach John Robinson, an educational assistant at Como, is in his seventh year leading the program. Robinson stresses "togetherness," and it's easy to see the results of that emphasis when team members speak about each other. Adams always uses terms of "we" and "us," while



The Como Cougars girls basketball team, front (from left): Autumn Tucker, Raiyne Adams, Bekah Hausman, Dariel McDonald, Normadine Sagbo and Wynter George; back: assistant coaches Danielle Ellison and Jermain Davis, Makayla Van Nett, Aazhra'rae Jackson, Zinash Gjerdrum, Kaitlyn Jones, Monique Baker, Andrayah Adams, Jasmine Thomas and head coach John Robinson.

Gjerdrum is quick to say success has come from every teammate doing her job. They all embrace their roles.

Monique Baker is a strong defender and physical player. Kaitlyn Jones brings fire to the team and fights for every rebound in the post. Bekah Hausman is the team's second leading rebounder, using the fundamental skill of boxing out her taller opponents.

Baker, Jones and Hausman would constitute Como's inside post presence—where the "biggs" are. Jones and Baker might be 5 foot 10 inches. Hausman is listed as 5 foot 7 inches. It is common for the Cougars

to be outsized.

How do they combat this? Robinson says they "counter with speed and athleticism." A few fearless freshmen have helped in that area. Raiyne Adams is Andrayah's sister and a defensive stopper with lots of energy. Makayla Van Nett is quick and growing into the role of a point guard. Autumn Tucker also brings spark onto the court.

The mix of veterans and newcomers first came together with their off-season work. While playing at open gyms helped develop skills, it might be the dirty work that helped build the togetherness they value.

Dirty work? Yes indeed. Someone has to clean up those horse stalls after Coliseum shows at the state fairgrounds. Como's basketball captains attest the team has shoveled "a lot of horse manure."

To understand why, consider that sweatpants, hoodies and T-shirts are not part of Como's athletic budget. To represent your school and team with Como gear, you've got to raise some funds.

The hard work of fundraising has created a unique bond among these dedicated girls. From their labor in the barns on hot summer nights, to their winning ways this winter, the Lady Cougars are creating history as a team, together as one.

*Eric Erickson teaches at Como Park High School and has coached several school and youth sports teams in St. Paul over the past 20 years. Follow him at twitter @eestp for current school sports news.*

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651-646-7173 www.sapucc.org

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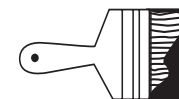
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## Como crossing from 3

recent slump in oil prices and slowing of production, the number of Bakken oil trains was projected to double by 2023. That still could happen, he cautioned, if prices rise. Pipelines could decrease train traffic, but producers favor rail, because it gives them the flexibility to go after the best price in the marketplace, wherever that might be.

The current tank car design dates to the 1950s and an improved one may receive federal approval in the months ahead, despite ongoing resistance from the oil companies. It came as news to some in the audience that it is the producers and not the railroads that own the tank cars.

The BNSF track through St.

Paul is high quality, which accounts for the amount of traffic, and it is inspected at least weekly and sometimes daily, Christianson said. The maximum speed for trains has been lowered to 40 mph.

Overall, "the railroads are the safest they've been in 50 years," Christianson said, adding that the odds of a derailment-causing crash at the Como/BNSF crossing are low. The MnDOT study stated there has been one vehicle-train collision at the crossing in the past five years, but no details of the incident were available.

There have as yet been no engineering or feasibility studies to determine whether an underpass or overpass would be most appropriate for the crossing.

A number of elected officials attended the meeting and their

reaction to the MnDOT proposal was mixed. Amy Brendmoen, who represents Ward 5 on the St. Paul City Council, liked the idea of a grade separation, not only to deal with potential safety issues but also to eliminate the extended crossing delays currently caused by long trains. She has since written a letter to St. Paul's delegation at the Legislature, urging support for the project and funding through increased property taxes for the railroads, something Gov. Mark Dayton has suggested might be an option.

Rep. John Lesch, DFL-St. Paul, who represents the area in the Minnesota House of Representatives, had reservations. "There are quite a few unknowns," he said, "including who pays, what this would look like and how that affects the neighborhood and the environmental impact. With all the other transportation demands this session, there's going to be a lot of competition."

"Twenty-five million dollars is a huge expense," Dahms said, stressing that he was speaking for himself and not the Land Use Committee. "But if it prevents a drunk driver from causing an accident or people from getting stuck on the tracks, it may be worth it."

The transportation bill introduced in the Minnesota Senate by Sen. Scott Dibble, DFL-Minneapolis, includes funding for grade separations, but a similar measure had not been introduced in the House of Representatives as of early February.

Officials said that if the grade separation proposal for the Como/BNSF crossing advances, there will be public hearings on the matter.

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651-582-3865

2585 Hamline Ave. N. Ste. E, Roseville

Same local ownership,  
proudly serving our community



Both stations open  
7 days a week



- Brakes • Tires • Exhaust
- Batteries • Suspension
- Foreign & Domestic
- Walk-in Oil Changes
- Snowplowing
- Touchless Car Wash
- Lock Out/Jump Start Service
- Service Check Points
- Diesel Fuel
- Full Service Gasoline
- Emergency Service

### Park Service Inc.

2277 Como Avenue

651-644-4775

651-644-1134

Stop in for fresh,  
hand-made food items  
including:  
pizzas, deli sandwiches,  
and meals-2-go.

**FREE medium  
coffee or  
fountain soda**

with purchase of 10  
gallons of fuel

**Como Raymond BP**

2102 Como Avenue

651-646-2466

**Always Fresh!**

Meat, Bread & Produce.  
Gourmet Coffee and  
Sandwiches Daily!

**TIM & TOM'S SPEEDY MARKET**

2310 Como at Doswell / Open daily 7 a.m. - 10 p.m. / 651-645-7360 / tntspeedy@msn.com

**PARK PERKS**

Park Perks raised \$515  
for Transforming Central  
in January.

During the month of March  
we are raising money for  
the Murray Middle School  
Community Literacy Event.

**SUNRISE BANKS**

Member FDIC 2300 Como Ave. St. Paul, MN 55108 sunrisebanks.com