July, already?

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

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 last September. It is owned by David Rupert.

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

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 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."

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

Stage acknowledged 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.

He 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 be rechristened a hardware store to 6

Early start

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

By Kristal Leebrick

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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
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. For more information call 612-644-3898 or www.d10comopark.org.

Straw bale gardening topic of March Sunday Series event
Straw bale gardener Joel Karten will give a talk about the benefits of straw bale gardening, Sunday, March 22, 2-4 p.m., at the H. I. St. Charles Street Car, 1224 N. Lexington Parkway. 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 Karten and his gardening techniques at www.StrawBaleGardens.com.

A craft retreat without traveling Como Craftf, a needlework event open to the public, will be held at the H. I. St. Charles Car Station, 1224 N. Lexington Parkway 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 to 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 Craftf events.

To place a reservation or for more information, email julietholen@district10comopark.org or fiftyfaborious@yahoo.com.

Como street names will change this spring
The Falcon Heights City Council meets the second and fourth Wednesdays of each month at Falcon Heights City Hall, 2077 W. Larpenteur Avenue.

Como street names will change this spring.

Falcon Heights
The Falcon Heights City Council meets at 7 p.m. on the third Tuesday of each month at 7 p.m. at St. Anthony Recreation Center (SSA), 390 Cromwell Ave. To find council committee meetings, go to www.ssrc.org or call 651-649-5992.

A new website
District 12 has launched a new website, www.sspcc.org. The site was built in-house with the help of a collaboration bringing together volunteers and outreach coordinator Cailin Rogers. “We are expecting a few technical difficulties over the coming weeks, but we are excited and proud to have a better resource for the community,” she said.

University and Vandala may see new construction in 2016
Minneapolis affordable housing developer Aecon has purchased the properties at 2147 and 2161 University Ave., at the northeast corner of University and Vandala Street. Aecon plans to construct a mixed-use building at the site that will include first-floor commercial space and apartments above.

Gina Ciganik, Aecon’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 Aecon’s mission is to build sustainable affordable housing. The firm is planning an open house to introduce the project, “Falcon Heights ReNew,” Ciganik said. Aecon’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.

Land use
5. Take an active role in updating the district’s 10-year plan.
6. Formalize processes around variance and design reviews and collaboration with commercial and residential developers.
7. Become more formal about how the committee connects with the City of St. Paul and how it conducts outreach in the neighborhood.
8. Strengthen connections with neighboring groups, including: Southeast Como Improvement Association, Prospect Park and Hiawatha Land Use Committee.

Transportation:
1. Continue planning and outreach for Friendly Streets process: finalize the Raymond Avenue reconstruction phase III and submit input to the city; work with Denoyer Park and other neighborhoods on the Grand Round Avenue corridor; development at Pelham Boulevard; offer support and planning to Territorial Road project; offer support and planning on safe routes to school on Como Avenue with a plan of full reconstruction of Como in 2017.
2. Support the development of the 10-year plan.
3. Improve public perception of the committee and increase transparency of processes, increase outreach efforts to the community and host a transportation open house.

Creative Enterprise Zone
The Creative Enterprise Zone (CEZ) began an 18-month task force aimed to preserve and protect the creative and industrial area surrounding the Raymond and University area of St. Paul. The CEZ seeks an independent organization representing the area bounded by Interstate 94 to the south, the Grand Round to the north, the high levee around Harriet Island Regional Park to the east, and Interstate 94 to the west.

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 events, economic development and events.

The obligations and time commitment would be minimal. If you are interested in getting involved, contact amy@creativeenterprisezone.org.

Help curate ‘Smallest Museum’
WORKhorse COFFEE BAR is inviting area artists, historians and community members to help 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

ADU informational meeting set for March
An informational meeting on accessory dwelling units (ADU) will be held Monday, March 16, at 7 p.m. at St. Anthony Park Lutheran Church, 2233 Como Ave.

By Roger Bergersen
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 when the St. Paul City Council.

As part of Aeon’s mission is to build sustainable affordable housing. The firm is planning an open house to introduce the project, “Falcon Heights ReNew,” Ciganik said. Aecon’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.

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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 railroad 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 railroad 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 lays out the facts relating to the increased shipments from the Bakken fields in North Dakota and the Bakken fields in South Dakota 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 goes getting. 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

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 H Ihle 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.jacobson@gmail.com.

MARCH 2015 • PARK BUGLE 3

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, 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 or contact the Foundation

Grant size: $5,000 maximum

Questions: Contact Jon Schumacher at 651(644)-1455 or on-line at jons@apfoundation.org

Your neighbors in St. Anthony Park

2278 Como Avenue / St. Paul

ST. ANTHONY PARK
DENTAL CARE

StateFarm

I can help you get all the discounts you deserve. Talk to me about a FREE Discount Double Check® today. Get to a better State®. Get State Farm. CALL ME TODAY.
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: more gardens to grow food and share it; establish a tilapia farm; have a community apiary that would produce St. Paul honey; create tool sharing among neighbors; by block or using the local public library as a place where people could check out small or motorized 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.

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 lenadominimj@gmail.com or write her at 2222 Hildale Ave, St. Paul MN 55108. O meet up with the Transition Town folks at the Transition Tap gatherings the first Wednesday of each month, 7 p.m., at the Urban Grower taproom, 2325 Endicott St., St. Anthony. Look for the table with the "T" card.

Canus redux

Molly: a remarkably well-behaved dog

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 will 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 it, I left my laptop open and Molly read the piece. Well, that put her nose in a snit and she still hasn't forgiven me (plus, I'm pretty sure she thinks she quite grasps, but she acts as if she doesn't). So, straightaway, a note: I was wrong; dogs are not stupid.

I also wrote of Molly's super hearing, which has become the focus of games whereby 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 all ears. T h e g o a l , 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. T h e g a m e , clearly, is to see how fast I can get in these endeavors before she catches on.

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This code, because when we say this, dogs catch on. We have to be clever. Currently, we're teaching her "go walkies with . . . ." W h i l e barking into a discovery, Dogs can recognize lots of words. Molly's vocabulary includes walkies, dinner, breakfast, alley, street, car, motorcycle (her friends), liposuction (don't ask) and, of course, squirrel. Squirrel is the name of the Squirrel Museum, and a number of squirrel-related activities. I found out our Oxford English Dictionary, covered with paw prints, open to the S's last word. 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 going traveling, Molly had better be on her best behavior. She's in the car, parked, she'll bark if Dog Dad is going traveling, Molly had better be on her best behavior. She's in the car, parked, she'll bark if Dog Dad is going traveling, Molly had better be on her best behavior. She's in the car, parked, she'll bark if Dog Dad is going traveling, Molly had better be on her best behavior. She's in the car, parked, she'll bark if Dog Dad is going traveling, Molly had better be on her best behavior. She's in the car, parked, she'll bark if Dog Dad is going traveling, Molly had better.
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 contest is open to all Bugle readers. Current Bugle employees and Park Press board members and their families are not eligible to enter.

Entries must be received by April 20. All entries must be received ends at 11:59 p.m. (Central Time) March 1 and April 20. All entries must be received by April 20.

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.

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

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

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

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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? 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.

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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-Twosday

St. Anthony Park’s brewery and taproom, Urban Growler, 2325 E. 34th St., offers a great deal to live up to 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-Two and, too—and bonus, more beer for Mom.

Find out more at urbangrowlerbrewing.com

Beer and wine classes at Underground Music Café

Want to know more about your favorite libations? Dive into the history and unique traits of a variety of wines and beers with group classes at Underground Music Café, 1579 N. Hamline Ave., is a popular Como hangout year-round. Between Jan. 4 and March 22, the rec center host 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 stpaulcivicplus.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.

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Learn more at thek9coach.com/playtimes.php.

When you need advice

www.cartenaframehshop.com  hours: weekdays 10:00 a.m. - 5:30 p.m. / saturday 10:00 a.m. - 4:00 p.m.

THE FRIENDS OF THE SAINT PAUL PUBLIC LIBRARY presents:

Minnesota Book Awards at the Library

Wednesday, March 25, 7 p.m.

Saint Anthony Park Library, 2245 Como Ave., Saint Paul

Meet and hear the 2015 Genre Fiction finalists Allen Eskens (The Life We Bury); Julie Klassen (The Secret of Pembroke Park); Chuck Logan (Fallen Angel); and Larry Millett (Strongwood: A Crime Dossier) read from their nominated works.

Free and open to the public

This event is supported by funds from the City of Saint Paul’s Cultural STAR Program.

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651-222-8701
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 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 serves as 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 “handmaid.”) 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 as part of the capital campaign. We have received congratulations on making our life together more inclusive. Many people prayed many months and years 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.

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, and corresponding renovations

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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 2001.

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 Groopez at 651-647-1432.

Great horned owls are usually heard at dusk

It was 3 o’clock in the morning and I heard a soft “Woo, whoo, whoo.” 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.

“Shell never see anything,” I said to myself.

“Thank God 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 we don’t 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 skau da hu. Then I add two whoos at the end. In Danish, it means “Thank you” directed to a specific person. Again, it’s about the right rhythm.

But recently I’ve come to realize that everything before the “H a” 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 “W ho, whoo, whoo” and consider that the right phrase to “Thanks for the food.”

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

The owls are probably nesting in the huge maple across the alley. They’re really big, she says. “They’re really big,” she says. “They’re out there. They’re out there.”

GREAT HORNED OWLS have already begun to return to Roseville and the Twin Cities area, since this report came 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 “whoo, whoo, whoo” of a great horned owl. I thought, “Man, that was quiet!” But Tom Schnadt, new to our team this year, said he’s seen the same thing happen with wild turkeys. When the hen 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 three 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 Abrahamson, who lives on the east side of Lauderdale, near what’s known as Brick Woods. She hears the calls just at dusk and has been hearing them over several years. She has also been able to see them occasionally, both perched as a silhouette in the tree and also gliding soundlessly through the woods.

“Too farly really big,” she says. The hoots 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’s 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 heard that you’re never more than five miles from a great horned owl in North America.

So start listening for those three low “whoosh” right around dusk. They’re out there.
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 this 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
Website: 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 Minteron Drive.
Who: Grades K-12
When: June 22-Aug. 13
Cost: $250-$255
Contact: 612-354-3961.
Website: www.schoolchess.org

ARTS
Adventures in Cardboard
Build castles and costumes, role-play and more. Three locations, including Anden Hills.
Who: Ages 7-14
When: June 8-Aug. 14
Cost: $299 a week
Contact: 612-370-4960
Website: http://julianmmdahl.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. 24
Cost: $135-$260
Contact: 612-729-5151 or info@articulture.org
Website: www.articulture.org

Artstart Art and Creativity Camp for Teens
Want to explore their imaginations through a variety of art media and gain new skills in making art.
Who: Age 13-15
When: June 11-17
Cost: $170-$305 (discounts for members)
Contact: 612-339-8007
Website: northernclaycenter.org

Simply Jane Art Camps
Build castles and costumes, role-play and more. Three locations, including Anden Hills.
Who: Ages 4-6
When: June 13-Aug. 21
Cost: $160 ($145 members)
Contact: 612-676-0464
Website: www.simplyjanestudio.com

Enrolling Now!
Tour anytime or visit our Pre-K-8th grade open house:
March 12, 9:00–10:30 a.m.
More options: 1/2 day Kindergarten and 5 day Pre-K
Call 651-646-3832
Saint Rose of Lima
2072 Humbolt Ave. N., Roseville, MN 55113
www.mysaintrose.net

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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. Chooz Pioneer PeeWee 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. Diggings History, our newest $99 three-day camp, is for ages 11-13. Gibbs is located at 2007 W. Larpenteur Ave., Falcon Heights.
Who: Ages 3-13
When: June 16-Aug. 37
Contact: 651-646-9629
Website: www.rchs.org

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@gtcos.org
Website: www.gtcos.org

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

Joy of the People Soccer Camps

Weeklong camps with skills practice and free play on different surfaces, indoors and out. Splish court and inflatable fields. Lunch and snack provided. All skill levels welcome; ages 5-15.

**When:** June 8-Aug. 28
**Cost:** $59-$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 S. 48th Street, M inneapolis.

**Who:** Ages 6-16
**When:** June 22-Aug. 14
**Cost:** $139 ($119 for members)
**Contact:** 612-825-9935
**Website:** mnsword.com/summer-camps.html

**Miscellaneous**

Kinderberry Hill’s Summer Klimbers 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 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:** 3-5 months-3 years
**When:** M-Th 26-Aug. 21
**Contact:** 651-646-0310 or cpacps@gmail.com
**Website:** www.comoparklanguagearts.org

**Klimbers Program**

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**MARCH 2015 ■ PARK BUGLE 11**
**Family concert series kicks off Feb. 27**

The 25th season of the Schubert Club’s M usic 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, 2366 Carter Ave., St. Paul.

String quartet Antaria will kick off the 2015 season with “Making Friends through M usic” on Friday, Feb. 27. Their performance will also feature a bean quartet from the Artaria Chamber Music School.

On Friday, March 13, Ross Sutter, Laura MacKenzie and Danielle Enblom will perform “Northern Gael—Scottish Traditions” at 7 p.m. at the church.

On Friday, April 10, the park will host “Folk Music from Latin America” at 7 p.m. at the church.

A season ticket package is $15. Single tickets are $7 for adults or children. (Concerts are free for babes-in-arms.)

**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—to 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, Davenport Bluff, Rice Street, Hayden Heights and Riverview. In addition, Merriam Park will be open 1-5 p.m. on Sundays.
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 Halsey 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 show room. 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 weeks. Participants are encouraged to stop in at the University Avenue location to learn about Aikido. You can find out more at theTCAC website, trakido.com, or “Like” the group on Facebook.

A call for artists

The Art Mistry at St. Matthew's Episcopal Church, 2136 Carter Ave., will celebrate its 17th annual nonjuried Community Art Show March 7-24 at the church's Undercroft Gallery. The church invites all artists to participate (that includes recreational artists to those who show often).

Artists interested in submitting their works are asked to email their CV and a willingness to commit to the show, as well as their contact information and the finished size of each piece to John Hagele, johnhagele@gmail.com.

Select artists will be invited to submit their work by late January. After a review on Feb. 12, artists are asked to bring their artwork in during the week of Feb. 15-20, 10 a.m.-1 p.m., or bring it to the church on Saturday, Feb. 28, 11 a.m.-3 p.m. The show will open March 7 with a reception that will be held at 4 p.m., in the church's Undercroft Gallery. The show will run March 7-24. There is no application fee. Filmmakers may submit up to three shorts 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 tptM, which will premiere at the festival and then be broadcast on the M channel in late July.

Forgiveness workshop at Spirit United Church

Author and spiritual counselor Maryl A. 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 M.I.A. 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 will also explore how forgiveness can heal emotional body and clear personal subliminal energy system of blockages.

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

Celtic harpist Bettie Setzer will provide live music. There will be free refreshments and parking in a lot east of the church, located three blocks west of H w. 280 on Como Avenue. Cost is $35 for adults and $25 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.

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 debut 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 Cafe, 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 Rich on guitar and Dan Petersen on bass.

Anderson will perform at Villa Park Recreation Center, 2055 Parkway Garden Club will host landscaping workshop

Parkway Garden Club to host landscaping workshop

Parkway Garden Club is seeking participants for its upcoming free community presentation, “Landscaping for Beauty, Wildlife and a Healthy Community.” The presentation will be held March 3, 9 a.m.-2 p.m., in the Villas Park Recreation Center, 2055 Hampden Ave. Call 651-645-2948 for more information.

Local native plant expert and master gardener Bruce Tenbroek has volunteered 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.

Hamiline presents “Dancing at Lughnasa”

Hamiline University Theatre, 1536 Hewitt Ave., will present “Dancing at Lughnasa,” a contemporary play by Brian Friel, at Hamline’s Anne Tenbroek has volunteered 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.

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Carol Cross
Park. longtime resident of St. Anthony
Feb. 17 at Central Presbyterian
Marilyn Shepard (James) of
Nancy Paxson (David) of Richfield;
and then attended Macalester
resident of Madeline Island.
(厥ville), foster mother to 30
Minneapolis, 612-379-7232
www.schneiderdrugrx.com
1/4 mile west of Hwy. 280
3400 University Ave. S.E.,
3410 University Ave. S.E.
Minnepolis, 612-379-7323
3400 University Ave. S.E.
Minnepolis, 612-379-7323
M onday - Friday
8:30 a.m. - 7:00 p.m.,
Saturday
9:00 a.m. - 6:00 p.m.
1/4 mile west of hwy. 280
across from KSTP

Edward Ebanks
Edward Geromino Ebanks, 64, of
Anthony Park, passed away
peacefully Feb. 9.
was preceded in death by
his parents, two brothers and
three sisters.
Beloved father, brother, un
and friend, is survived by
his children, Edward and Emma
longtime friend, former wife Valerie
Cervenka, sisters and brothers,
Geraldine Plato, Ted, Matt, Rose
Carl Scott, and AFS-P, front and
Jackson (ike); and many nieces
and nephews.
was born on Sep. 13, 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 as a man
generous to a
touch.
Celebration of Life services
were held on Feb. 21 at ED’s place
of residence at 825 Sael St.

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

Dorothy Melander
Dorothy A. (Hallen) Melander, 100,
died peacefully on Feb. 2.
was preceded in death by her
children, Carole Hallen (Connie McFarland),
David Hallen (Joan) and Judith
Anderson; daughter-in-law, Rose
Hallen, stepchildren, Ron (Melanie)
(Hallen), David Melander (Alice)
and Linda Weber (Mike); 14
grandchildren; 33
great-grandchildren;
and 16
great-great-grandchildren.

Edward Nelson
He was a World War II hero,
awarded both the Bronze Star and
Purple Heart. He was a long-time employee
of Northwestern Bell and
on.
He was preceded in death by his
wife, Mary Ann, and brother
and sisters.

Robert 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 here.
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) Blazировки, Jon
Sandberg, Diane (Paul) Melander, Robert
(Michelle) Sandberg, Ann
and Mark (Linda) Sandberg; 14
great-grandchildren; life partner, Karen
Backenbach; and Karen’s three
children and their families.
Rog’s funeral service was held
Jan. 28 at Hobcaw-Henry-Boom-
Purcell Funeral Home, with
interment at Fort Snelling National
Cemetery.

Bradley Smith
Bradley Smith, 48, of Falcon
Hills, died unexpectedly on Jan.
He was preceded in death by his
father, Henry Smith, and was
survived by his
mother, Arlet, and several close
friends.
Visitation was held Feb. 6 at
Rossville Memorial Chapel, with
interment at Roswell Memorial
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
and Katie Turi; step-dad,
Craig and Brett Ostvold; brothers,
Chuck (Pat) and (Linda);
sister, Kathy (Rick
Shilah); and five grandchildren.
A memorial Mass was celebrated
Jan. 30 at Mueller-Bies
Memorial Chapel, with
interment at St. Anthony Park.

Mary Kwong
Mary Kwong died peacefully on
Dec. 31 at age 95.
Born and raised in Guang Duke,
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 physics as part of the
Class of 1942.

Carol Van Deusen
Carol Van Deusen, 90, died Feb.
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
Brandt; and sister, Audrey Best.
She was survived by her
children, Jane Van Deusen-Mooney,
Joseph, 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
Laureldale, died peacefully with her
family at her bedside Jan. 27 at
Lymphoblastoid Care Center.
Constance was born Aug. 14, 1926, in
northeast Minneapols.

Donna R. (née Keller) Johnson, 93,
died peacefully on Feb. 6 at
Como Park Lutheran Church.
She was preceded in death by her
husband, Bill. She is survived by her
daughters, Karri and Kristi,
grandson, Andrew; sister, Jean
Milton; brother, Paul (Bethany)
Husby, stepchildren, Staci (Tony)
and Josh (Joanne); and AFS-P, step
sisters, Lynn and family.
Her memorial service was held
Jan. 27 at Como Park Lutheran
Church.

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

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

Can Wonderland miniature golf
designs due Sunday, March
Proposers of their
ideas will be
announced at an event at Can
Wonderland’s team of artists
builds.
Engineers, architects, designers
and makers of all sorts are
encouraged to submit their ideas.
Find out more at
canwonderland.com.
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, prints (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 devil dessert, but it’s actually blood-filled sausage—most Irish dishes, such as velvety shepherd’s pie or sky-high Reuben sandwiches, are afriable 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 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 want them.

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.

Pouring a perfect pint

Before any actual St. Patrick’s Day reveling even begins, Gabels 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 Gabels because last year’s Perfect Pint-pouring winner was Gabels own bartender Jennifer Barry, who also happens to be St. Paul’s St. Patrick’s Association Mite Shammock 2014. For the holiday itself, Gabels 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.

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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

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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.


dept

D eaters 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 Danya 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 (M C/JROTC) drill team took home the second-place trophy out of 12 teams competing in the Upper Midwest (ROTC) Challenge Feb. 6 at Creighton University in Omaha, Nebraska. Earlier this year, M C/JROTC cadets participated in a Winter Cadet Leadership Camp at Camp Ripley in Little Falls. M C’s Cadets also placed in the Upper Midwest’s North Star Detachment 943 and the Minnesota Marine Corps Coordination Council for their financial donations, which made these camps possible.

Cougar Idols “The Voice of the Cougar Idols” singing competition concluded on Thursday, Jan. 22, with junior Angel Hannan, vocal director Sam Johnson and junior Adrienne Cunningham making the camp possible.

Award winners Senior Oludurni Alomaja placed ninth in the state during the qualifying round of the Minnesota Brain Bee, a neuroscience competition for high school students. She plans to compete at the University of Minnesota for the next year.

Chelsea Heights Elementary TPT shows such as Super Why!, Reading Rainbow, Educational & Learning Center through PBS Kids on TPT Family Night will host a PBS Kids on TPT Family Night, a free family event on Thursday, March 12, 6-8 p.m. at the school. The event will focus on literacy, math and STEM, and feature TPT shows such as Super Why!, Dinosaur Train and Wild Kratts. The evening will feature music by the Connecticut Children’s Choir, TPT music director Maria Gisselquist, stage manager Sela Weber, choreographer Fiona Harmon, vocal director Sam Johnson and pit orchestra director Andrew Schaad.

Murray Middle School 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. and the Sunday matinee will be at 2 p.m.

Roseville Area High School 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. 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 Harmon, vocal director Sam Johnson and pit orchestra director Andrew Schaad.

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 donors 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

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 Puncelli, were undefeated through the weekend tournament. They played Battle Creek in the championship game. Pictured here are: Annelise Puncelli, Claire Drossel, Violet Hackathorn, Theo Burr, Hannah Hausman, Cecilia Kranz, Morgan Nichols, Brianna White and Marielle Wiens. Team members not present are Mary Holm, Emma Ingwason and Emma Quie.
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 dearth 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 Martinneau, 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 Redbirds 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 programs for 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 Paulson and music teacher Brad Ollmann are joined by parent volunteers Ray Noble, Chris Martinneau, Chris M. Uray and Danielle Prach 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 Martinneau 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 teachers don't have to worry about which kid has asthma or other health issues, so all the kids can participate," Martinneau 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," Martinneau said. "We can keep it sustainable as long as we have Discovery Clubs [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 to 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 BOKS 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."

Martinneau is grateful for the support the program has received from the school and families and is confident in the programs 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."
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, Central, with each team splitting the season series against rival

of claiming its first St. Paul City conference crown with a 8-1 winning on the other’s home court, Central High School, with each team splitting the season series against rival of claiming its first St. Paul City conference crown.

Anndrayah 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.

Mixed in college coaches from South Carolina, Arizona State, DePaul, Rutgers, Marly and the University of M. inesota descend 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 Zinaab Gjerdrum explained that her own 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 Gjerdrum is quick to say success has come from every teammate doing their job and all embracing their roles.

Baker, Jones and Haasman would constitute Como’s inside post presence—where the “bigs” are—where Jones and Baker might be 5 foot 10 inches. Haauman 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 favorites have helped in that area. Rayne 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 to the court.

The mix of veterans and newcomers first came together with their off-season work. While playing at open gym 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 Como’s basketball players practice 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 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.
Classifieds

Send your ad to classifieds@parkbugle.org or P.O. Box 8126, St. Paul, MN 55108, or call Fariba Sanikhatam, 651-239-0321. Ads are $5 per line. Add a box or art for $10. Next deadline: March 13.

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PARK PERKS

PARK BUGLE MARCH 2015

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 impacted at least weekly and sometimes daily, Christianson said. The maximum speed for trains has been lowered to 40 mph.

O verbal, “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 HMs D.O. 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. Sen. Scott Dibble, DFL-Minneapolis, includes funding for grade separations, but a similar measure had not been introduced in the Minnesota Senate 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.