



A suburban dream

That's how lots in south Como were described in 1885.

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Business news

A new yoga studio, a new toy store and a couple of great places to work

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One great class

Murray's Class of 1965 gives back.

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*Your
award-winning
nonprofit
community
resource*

Senior housing update

Sept. 24 forum will show preliminary plans for the Luther Seminary senior development

By Kristal Leebrick

Preliminary site plans and renderings of the proposed senior housing complex to be built on the Luther Seminary campus will be presented at a community forum on Thursday, Sept. 24, at Olson Campus Center, 1490 Fulham St., in Room 148.

The forum, which is being hosted by nonprofit developer Ecumen and the District 12 Land Use Committee, will be held from 3:30 to 5 p.m. and 6:30 to 8 p.m. There is no formal program planned. Interested individuals are encouraged to attend at their convenience. Members of Ecumen's development team will be on hand to field questions, receive feedback and discuss the project's work to date, as well as next steps.

It was announced in August that Luther Seminary had entered into a nonbinding agreement with Ecumen to build a senior housing complex on the lower campus of the seminary's 37-acre property. Sites at both the corner of Como Avenue and Luther Place and the corner of Como and Eustis Street are under consideration for the development, according to Matt McNeill, Ecumen's director of business development. The project could include a 50- to 60-unit owner-occupied senior housing co-op, a 121-unit apartment building that would include some assisted-living components and 20 percent affordable rates, and a 112-unit memory-care facility. No dates for the start of the project were available at press time.

Luther Seminary has been exploring redesign and redevelopment on the campus to meet the institution's future needs, said Michael Morrow, the seminary's vice president of finance and development, who attended the August Land Use Committee meeting with representatives from Ecumen to explain the project.

In 2012, the seminary reported a \$4 million budget deficit. Since then, Luther has cut staff, sold the Sandgren and Burntvedt apartment buildings on Eustis Street, and has recently rented space to Augsburg

Park Bugle

St. Anthony Park / Falcon Heights
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Back-to-school bike rodeo

First-grader Ayla Bornshtein takes her turn on the skills track at the St. Anthony Park Elementary School Bike Rodeo Sept. 18. The school received a \$2,500 Safe Routes to School grant from the Minnesota Department of Transportation to create a program that will help families who live within two miles of the school learn how to bike and walk safely to and from school. Along with the bike rodeo, the money will go toward bike and scooter racks, safety curriculum and new supplies for the school patrols. Bike rodeo participants traversed a course that included hazard avoidance, handling, starting and stopping, straight-line riding, turning and yielding. There was also a bike helmet-fitting station and a how-to bike-repair station. And despite the rain, the event (organized by Dan Clark, the school's technology coordinator) was well attended. *Photo by Kristal Leebrick*

College to house Augsburg's physician's assistant program. That will bring up to 60 students to the Luther campus each semester.

The campus needs to be refigured to meet the size of the current student body, Morrow said.

The 600-student school has become less of a residential campus than in the past.

Ecumen, a 150-year-old nonprofit with roots in the Lutheran Church, once concentrated its work on nursing homes in rural

Minnesota. In the last decade, the nonprofit has expanded its focus to senior housing outside of nursing homes in urban walkable communities. One of Ecumen's most

Luther to 6

Ward 4 development district may bring more liquor licenses to area

By Kristal Leebrick

Current and potential restaurant owners along the Green Line in St. Paul may see changes in the city's liquor ordinance if a proposed Ward 4 Green Line Commercial Development District comes to fruition.

Ward 4 City Councilmember Russ Stark's office is exploring the establishment of a new commercial district that would remove restaurants from the ward's liquor patrol limit and allow more licenses to be sold in the district.

Liquor licenses are sold to both off-sale establishments and restaurants that have a full liquor menu, and each ward has a specific number of liquor licenses. The

citywide cap on liquor licenses is currently 215. Ward 4, which has a cap of 16, has no available liquor licenses. The only way to obtain one is if an establishment with a liquor license goes out of business. This is a deterrent for restaurateurs who may be eyeing the light-rail corridor to establish a new business, according to Dan Niziolek, deputy director of the city's Department of Safety and Inspections (DSI).

St. Paul's City Charter and the Legislative Code do not limit the number of "wine-and-beer-only" licenses that can be issued to restaurants.

Niziolek and Stark's legislative aid, Samantha Henningson, gave a presentation on the commercial development district at the Sept. 1

District 12 Land Use Committee meeting. Stark's office visited district councils through September to get feedback on the proposal.

"We would like to get something to the council sometime in October," Henningson said.

If established, the district would stretch from Lexington Parkway to the Minneapolis border and include Raymond Avenue and the area to the east of Raymond between I-94 and Pierce Butler Route in south St. Anthony Park (see the map on page 6 for the entire proposed district). The section stretching from Lexington to Snelling Avenue is part of Ward 1.

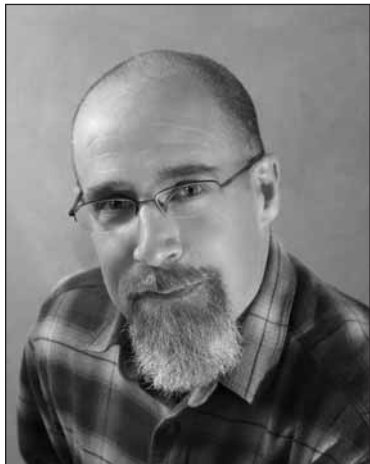
The new district may also

Liquor licenses to 6

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.



Michael Kuchta

Meet District 10's new director

Michael Kuchta has been hired as the new District 10 executive director. Kuchta currently works as communications coordinator for American Federation of State, County and Municipal Employees (AFSCME) labor union's Minnesota Council 5. He will begin his work with District 10 on Oct. 5.

Chairman Ryan Flynn said there were many highly qualified candidates, but Kuchta “stood out as a lifelong community advocate who has served in a variety of roles and has the skills necessary to excel in his new position.”

Kuchta has significant nonprofit experience, from working with smaller, more focused organizations, to working with larger nonprofits with a \$2 million budget, Flynn said in an email he sent out announcing the Kuchta's hiring.

“He has a long history of working with, coordinating and aiding volunteers and planning the logistics for conferences, community initiatives and community campaigns. He has extensive experience with communication in both print and electronic publications,” Flynn said.

“We are very excited to have Michael join us at District 10. His extensive experience working on behalf of different communities and his obvious dedication to public service make him a great hire for District 10.”

Neighborhood cleanup is Saturday

The annual neighborhood cleanup will be held at the Minnesota State Fairgrounds on Saturday, Sept. 26, 8 a.m.-1 p.m.

St. Paul residents can bring both reusable items and junk for disposal to the cleanup for a fee. Cars will be charged \$10 per load; pickups and vans will be charged \$15-20.

There are separate fees for electronics and appliances, as well as fees for dropping off furniture, mattresses and box springs.

The cleanup will be held at the northeast corner of the fairgrounds just off Larpenleur Avenue and west

of Snelling Avenue. The District 10 Como Community Council is organizing the cleanup. For more information, call 651-644-3889 or go to www.district10comopark.org.

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. Larpenleur Ave. Contact 651-792-7600 or www.falconheights.org.

Chili cook-off is Oct. 3

The Falcon Heights Fire Department will host an open house and chili cook-off on Saturday, Oct. 3, 11 a.m.-2 p.m. at the fire department, 2077 Larpenleur Ave. The event will include demonstrations, fire truck tours, kids' activities, a bounce house, fire-safety tips, fire-extinguisher training, popcorn and refreshments.

Cost is \$5 for adults and \$3 for children. To enter in the chili cook-off, visit www.falconheights.org or call 651-792-7600.

Recycle your electronics Oct. 17

The cities of Lauderdale, Falcon Heights and St. Anthony Village will host an electronics recycling collection with TechDump on Saturday, Oct. 17, 9 a.m.-1 p.m., at two locations: Falcon Heights City Hall, 2077 Larpenleur Ave., and St. Anthony Village City Hall, 3301 Silver Lake Road, St. Anthony.

Items that can be recycled include game consoles; cellphones and PDAs; cords, cables, and computer mice; flat panel monitors and TVs; switches, routers, hubs, CPUs, memory and disk drives; laptop and desktop computers; satellite, cable and TiVo receivers; peripheral cards; and hardware. There will be a charge for TVs and monitors and large printers or copiers. Fees must be paid with cash or a check.

Do not bring refrigerators or freezers, washers and dryers, space heaters, water heaters, dishwashers, microwaves or humidifiers. Questions? Go to techdump.org/tri-city or call 763-432-3117.

Lauderdale

The Lauderdale City Council meets on the second and fourth Tuesday of each month at 7:30 p.m. in Lauderdale City Hall, 1891 Walnut St. Contact www.ci.lauderdale.mn.us or 651-792-7650.

Visit Lauderdale's farmers market

The last Lauderdale farmers market will be held at Community Park, 1885 Fulham St., Thursday, Oct. 15, 4-7 p.m.

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. Contact information: www.sapcc.org or call 651-649-5992.

Neighborhood cleanup is Saturday

The annual neighborhood cleanup will be held at the Minnesota State Fairgrounds on Saturday, Sept. 26, 8 a.m.-1 p.m. See the information under “Como Park” to find out more about the cleanup.

District 12 is looking for volunteers to help. Call 651-649-5992 to find out more.

District 12 election dates set, candidates needed for several seats

The St. Anthony Park District 12 board election will be held Nov. 4-7. Residents will be able to vote on line or at specified polling places. The polling sites and other details were not available at press time but will be publicized in October at the district website, sapcc.org, and in the November Bugle.

Election results will be announced at the Nov. 12 board meeting.

There are two seats open for residents who live in the north side of the neighborhood and three seats open for residents who live on the south side. There are also business delegate seats open. Those are appointed positions open for anyone who works in the neighborhood—at a business, nonprofit or other organization.

Interested? Contact Suyapa Miranda, District 12 executive

director, with any questions (suyapa@sapcc.org). Candidate profiles will be published before the election.

If you don't want to join the board but are interested in getting involved in another way, email the District 12 staff (info@sapcc.org), stop in at the office in the South St. Anthony Recreation Center, or call 651-649-5992 to talk about other opportunities.

‘Micro-unit’ housing complex proposed behind Carleton lofts

Representatives from UrbanWorks Architecture and Arcadia Management, owners of the Lyric at Carleton Place and the Carleton Place Lofts on University Avenue, presented preliminary plans to build a “micro-unit” apartment complex behind the Carleton Place Lofts at the Sept. 3 Land Use Committee meeting.

The project would be built on the property behind the Lofts between Charles Avenue and Territorial Road. The four-level building would feature 75 350- to 400-square-foot units that would rent in the \$800 range. The building would feature underground parking.

Neil Reardon of UrbanWorks told the committee that the project is in the “very early stages” but could begin construction in spring 2016.—

Kristal Leebrick

FarmHouse Fraternity outlines new building project on Cleveland

The University of Minnesota FarmHouse Fraternity is planning to construct a new three-story home to replace the 1960s-era building at 1505 Cleveland Ave., across from the St. Paul Campus.

FarmHouse representatives attended the Sept. 3 Land Use Committee meeting to outline their plans.

The new 18,700-square-foot building will provide living space for 44 fraternity members, a housemother suite and an elevator to help with accessibility. The current building is 9,600 square feet. The new building would also address problems the current building has had with the water tower at Dudley and Cleveland avenues, which drains water onto the property during the City of St. Paul's periodic water tower recharging process.

The project would allow for 10 parking spaces (three spaces more than the current parking) off the alley and parking for bicycles.

The fraternity will be asking for variances from the City of St. Paul on the front yard setback on Cleveland Avenue (the proposed covered porch

City Files to 12

Task force to present draft proposal on accessory dwelling units Oct. 5

By Kristal Leebrick

A District 12 task force that has been exploring neighborhood zoning changes that would allow additional dwelling units (ADUs) to be built on single-family lots in St. Anthony Park will present a draft recommendation on the issue at a public meeting at St. Anthony Park Lutheran Church, 2323 Como Ave., on Monday, Oct. 5, 7-8:30 p.m.

The draft recommends that internal and attached ADUs be allowed with restrictions but that detached ADUs not be allowed.

ADUs are separate living quarters added to the back of a house, over a garage or built as freestanding structures.

The eight-member ADU Task Force was formed a year ago by the District 12 Land Use Committee with the charge to recommend whether or not ADUs are appropriate for the neighborhood after the Land Use Efficiency Group—an interest group that is a part of Transition Town ASAP—proposed the zoning changes to the committee as a way to help provide living space for aging parents, caregivers or seniors looking to downsize but stay on their property.

That proposal came after the City of St. Paul began looking at a residential zoning change that would allow ADUs along the Central Corridor, which would affect the

southern portion of St. Anthony Park. Some community members felt that potential change should apply to the north part of the neighborhood, as well.

The task force met 10 times and held one community meeting in March.

The draft recommendation acknowledges a range of opinion among St. Anthony Park residents

and task force members. “Some accept that there may be good reason to allow them; whereas, others are concerned about their possible negative impact on green space and overall character of [St. Anthony] Park,” the draft says.

“Some task force members are also skeptical about whether any or

District 12 task force to 12

Raymond Ave. project to last through mid-Nov.

The Energy Park Drive intersection on Raymond Avenue is expected to be closed through mid-November, which is the projected time frame for the completion of the project.

Eastbound Energy Park Drive is shut down between Everett Court and 250 feet to the west of Raymond Avenue through the project end. Westbound Energy Park Drive will remain open throughout construction.

There is access to the businesses in the construction zone.

The Metro Transit 87 bus began a new detour on Sept. 14, when the intersection closed. The bus runs down Como Avenue to the University of Minnesota Transitway near the Minnesota State Fairgrounds (east of the fire station). It takes the Transitway to Energy Park Drive and then to Highway 280. It exits at Territorial Road and follows the detour east to Hampden Avenue, then re-enters the usual route next to Hampden Park Co-op on Raymond.

There are no stops on Raymond Avenue north of the railroad trestle and south of Como, and that includes the stop at Como and Raymond/Cleveland, next to Salon Ling.

Riders can board or exit at any of the stops on Como between Raymond and the fire station, near the Transitway entrance.

You can get continual updates on the project at the city's project website, www.stpaul.gov/index.aspx?NID=5566.

Como/Front/Dale intersection slated for 'user-friendly' upgrade

By Roger Bergerson

The planning process has barely begun, but it appears the area around the busy intersection at Como and Front avenues and Dale Street will receive some economic stimulus and possibly a modest facelift starting next year.

The area is one of two—the West Seventh and Arcade street-intersection centers the other—designated to receive \$337,500 each in development funds under the new Commercial Vitality Zone Program recently initiated by the City of St. Paul.

Using sales tax revenue created by the .5-cent local sales tax, the program will promote citywide vitality, growth and equity, according to its sponsors.

The Como/Front/Dale intersection “is a great example of a serious economic engine tucked into a neighborhood—such a variety of shops and so many jobs in a two-block radius,” said Amy Brendmoen, Fifth Ward city council member. She joined First Ward representative Dai Thao in seeking the designation for the area.

“We are both excited to work with community members to create a vibrant, user-friendly community node where the North End and

Como come together,” she said.

The Commercial Vitality Zone program is an outgrowth of Mayor Chris Coleman’s 8-80 Vitality Fund, approved by the city council to provide money for projects such as street reconstruction, bicycle infrastructure and green space development along the Green Line.

Representatives of the city’s Planning and Economic Development Department will be meeting with community groups in the Como/Dale/Front area to determine how the funding will be invested. The intersection lies on the border between the District 6 Planning Council on the east and the District 10 Como Community Council on the west.

“It is great that funds are moving into neighborhood corridors,” said Kerry Antrim, executive director for District 6. She noted that the area already had been identified by the district as a prime candidate for redevelopment.

In fact, a major set of improvements for the intersection were recommended in a study prepared by the Metropolitan Design Center of the University of Minnesota in 2011. Although those recommendations were not pursued at the time, the study helped build

the case for including the intersection in the Commercial Vitality Zone Program.

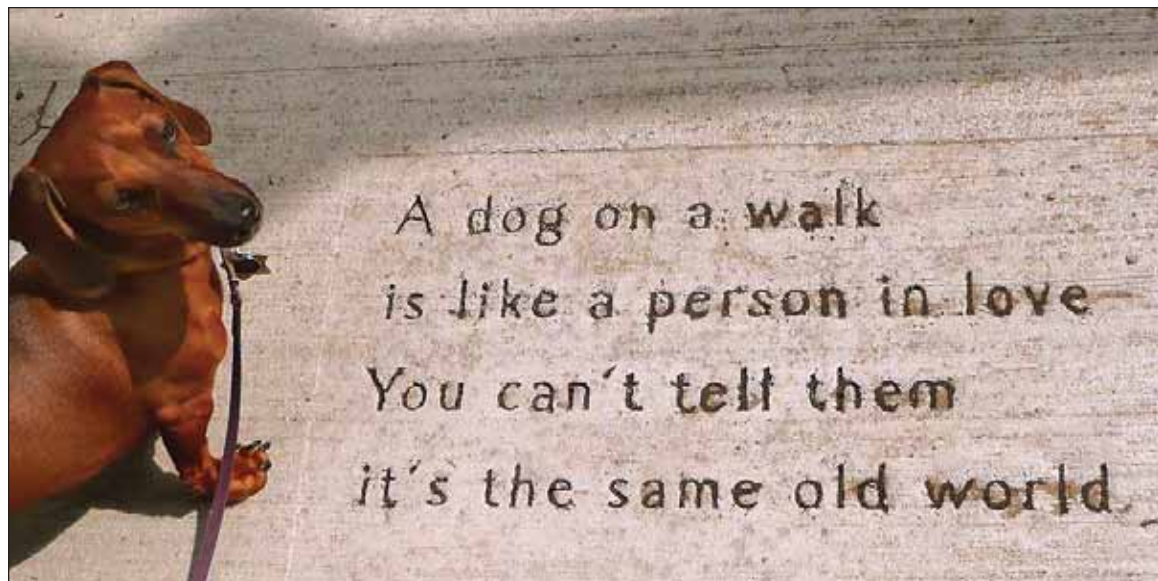
So what can one expect to accomplish for \$300,000-plus around a six-legged intersection most agree is difficult to negotiate no matter what the mode of transportation?

(The University of Minnesota study noted that there is such a large amount of pavement in the intersection that the St. Paul Cathedral would fit comfortably there.)

“We hope to see an engineering plan, maybe some active real estate recruiting, perhaps some temporary applications to experiment with intersection improvement, small business incentives and ideally a larger plan of action that will spur private investment in the area, too,” said Brendmoen.

At least one parcel of land is a candidate for redevelopment, the former site of Schroeder’s Bar and Grill on Front Avenue, whose owner decided not to rebuild after a devastating fire early this year.

Roger Bergerson writes about community news and history regularly in the Park Bugle. He is a resident of Como Park.



St. Paul residents are invited to submit poems to the annual St. Paul Sidewalk Poetry Contest. Above, a winning poem from a previous year.

St. Paul’s Sidewalk Poetry Contest deadline is Oct. 16

The St. Paul Sidewalk Poetry Contest is taking submissions through Friday, Oct. 16.

Winning poems will be stamped in city sidewalks and their writers will receive \$100 each. The entry fee is \$3.

The contest guidelines are listed below:

- You must be a St. Paul resident to enter. All residents—young or old, professional writers or amateur—are eligible. Past winners are not eligible. Past honorable mention recipients are eligible to enter again.
- Submit up to two poems. Text and subject matter must be appropriate for the general public.

Poems must be in English.

- Poems cannot exceed 10 lines, 44 characters per line, including spaces, and an overall total of 250 characters, including spaces.

• Poems must be original work by the entrant and can be previously published or unpublished.

• All entries are reviewed by a panel in a blind selection process.

• Up to five selected poets will receive a \$100 prize and installation of their poems in city sidewalks. Poets’ names will be credited on the project website, not in the sidewalk. Selected poems may receive editing suggestions from the panel.

- The deadline for submissions

is Friday, Oct. 16, at midnight.

- Winners will be announced on Nov. 17 at Readings by Writers at the University Club on Summit Avenue and on Nov. 18 at www.stpaul.gov/poetry.

• Entries are accepted online only at www.stpaul.gov/poetry. A \$3 entry fee is required at the end of this submission process.

• If submitting on behalf of a school group, please review the online submission form well in advance for additional instructions. Entry fees are waived for school groups.

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**Oct. 7. The paper
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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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COMMENTARY

The Park Bugle welcomes letters and commentaries from our readers. Send your submissions to editor@parkbugle.org or to Editor, Park Bugle, P.O. Box 8126, St. Paul, MN 55108. The deadline for the next issue is Wednesday, Oct. 7.

Five tours of the state fair and here's his story

By Barry Buckley

Thank you, St. Anthony Park. My problem is simple. I can walk to the fair. I don't have to get on the Lorenz bus with a bum air conditioner. This year I completed five visits to the Minnesota State Fair and can show receipts for \$300 in cheese curds. There must be a Fairaholics support group, but until then I'll be crossing through the fancy \$30 million dollar entrance again and again next year.

It started with my wife and I attending the Fine Arts preview the Tuesday before opening day. Entering the gate, police were checking trunks of vehicles. I think they were checking for chicken smugglers because chickens weren't invited this year. Some sort of Chicken Pox. We went to the show with another couple, friends of my wife who pretend to like me. I hung out at the free wine and veggie dip bar tilting my head sideways at a couple of pieces that looked upside down.

Do this, and people think you have an eye for art. A few wines later I'm scared we bought a painting. I wouldn't know what. I hope it's dogs playing poker.

Later, and missing my wallet, we moved onto a tour of the Bailey House. The oldest building on the fairgrounds, it houses fair history with renderings of beautiful buildings that have been knocked down and replaced with Pronto Pups. My wife's friends then snuck an unattended ride down the big yellow slide on dinner napkins. I know this. I saw it. On Snapchat.

Day One, the farm animals. You can tour barns galore and spend an entire day just on pigs. I know



nothing about pig judging, but I like watching the kids steer them, using sticks or car antennas. Odd that some of these oinkers end up on sticks and dipped in chocolate.

The trick to navigating the fair crowd is timing. It depends on the tide, moon, air temperature and wind speed. The heavier days, when I'm elbow to elbow with a gazillion visitors, I opt for the scooter and borrow a compression boot from a friend. I hit the scooter rental depot, pass a driver's test wearing the cataract shield, and I pick out a candy apple red ride with little chrome wheels. A scooter and an air horn will part a city of rhinestone jeans like Moses and the Red Sea.

This fair thinks of everything by providing cool water scooter misters.

They're crowded with smart-nosed kids washing cotton candy or pickle juice off their faces, so I bark out a 30-mph command: "Move outa my way, Dilbert. I got barn dust on my ride!"

With that aggressive driving, am I hungry? You betcha, Minnesota. That's why I carry a grill spatula and the orange Homer bucket. Full charge and burning rubber, I can scrape a zillion Sweet Martha patties off the pavement in six minutes.

Sorry Mr. Z., love your show, but the best fair food is not the Gizmo. My vote is the Cluck and Moo served at the Blue Barn. It's Thanksgiving Dinner in a bowl just like my Nana's Thanksgiving minus deflated football.

Retirement advice at the fair?

The man bench in the seed house. I can mow or split wood all day, but five minutes in a room with 300 gladiolus stems or yet another sunflower seed Elvis portrait, Uff da! I'm toast. On the man bench I found a guy from Fridley enjoying retirement. We chatted, and I asked him how long he had been at the fair. He told me the volunteers repainted the bench around him over St. Patty's Day.

I hit the DNR Poaching Wall of Shame and was disappointed that the dentist circus lion shooter wasn't posted. All dentists aren't bad. My next-door neighbor is a dentist, and he's a nice man. I steal electricity from his garage. He and his lovely wife water our window boxes while we're out of town, and she uses their water. He's a patient man. He would never shoot a lion. I think he wants to shoot me.

The best way to see the fair is from above. Not from the space eggs painted like cows. They're more fun floating down the St. Anthony falls. The real ride is the chair lifts where arms and legs are dangling.

Last year I took a ride with my then 9-year-old stepdaughter. As we approached a rooftop she asked, "Barry, why are all those bras and underwear up there?" With a quick, Grinch-like response to Cindy Lou Who, I said, "Sweetheart . . . ummm . . . that's a result of some horribly, tragic accident and . . . ummmm . . . by the way, our safety bar is missing a cotter pin."

Barry Buckley still resides in St. Anthony Park, is temporarily banned from Speedy Market and maintains a permanent parking slot at the Little Wine Store.

LETTERS

Open letter to Anna Gambucci

Dear Anna: Thanks for bringing up for scrutiny the special advantages due to being white in America. Just your talking about this is moving toward its end. We need words; we need to assume the best of intentions of everybody who engages in the conversation; we need to understand that it can get messy. Our comfort may be at stake, but that's certainly preferable to the status quo. The rewards can be brilliant. This is progress!

White, it could be easy for you and me to pass over this, after all, we know we're mostly kind, good and well intentioned. We don't mean any harm, aren't at fault. I often feel frustration that I was handed this struggle without asking for it, without tools and without knowing how to fight it or with whom. I do know that there's inequality in society that's undeserved and hurtful—dangerous, brutal, mortal—and it's

been around unabated since this country was formed. The sense of separation that this brings breaks my heart, brings urgency to the work.

I do try to enrich my understanding and broaden my choice of actions—to be an ally to those who are targeted in any way, really. #BlackLivesMatter is a resource here.

True story: In the early 1990s I invited, through the Amity Program, a young man from La Cote d'Ivoire, West Africa, to assist in my St. Paul Central High School French classroom. Several St. Anthony Park families hosted him and he's become a friend. My husband, Len, gave him use of a car and not long afterward he was driving it south on Highway 100 when a police car slid in behind him in traffic and changed lanes as he did.

After this happened a couple of times our guy exited and pulled over to the curb, and so did the

policeman. He got out of the cruiser and came up to our friend, asking, "Why did you stop?(!)" "I thought we might just as well get this over with," was my friend's answer. A check of license, registration and insurance (all in order), and the peace officer told him he was free to go. There was no mention of any violation or suspicious activity.

One thing that struck me about this incident was our friend's measured response. The fact that he had been brought up in Africa, where the police are the same color as the citizens, likely contributed to his confidence in how this would turn out: He wasn't afraid, merely deeply annoyed.

I've also considered the many ways that his confidence was unwarranted—the situation delicate—the incident subject to escalation: Len's documents could have been out of date; the policeman might have had a hair trigger. I am

still grateful for the way it felt personal to me. On hearing it, I myself felt fear, anger, vulnerability, relief. There's a lived knowledge in me now, a better understanding of the fragility of black people's lives. I have more words.

Let's keep going on this. Let's try to understand how gentrification hurts, how subtle and subliminal cues (dress, tone of voice, background noise) include or estrange other people. Let's stand up, show up, get informed. Let's continue to work to reach real comfort with differences of all kinds, especially the ones that carry a huge social price—real solidarity in the face of oppression. Let's invite the neighborhood—oh, right, you already have! Thanks very much.

*Mimi Jennings,
for Mimi and Len
St. Anthony Park*

COMMENTARY

He’s the man with the stage fright

By Adam Granger

In 1962, when I was 13, I took a summer drama class at the University of Oklahoma. The curriculum orbited around the one-act play “The Sentimental Scarecrow” and culminated in a two-performance run in a little theater on campus. I was cast as the scarecrow, and half of the lines in the script were mine.

The play started with me in my ragged clothes, straw stuffed in my cuffs, standing alone on stage delivering a long monolog about how lonely I was and how I wished I had someone to talk to and, from there, proceeded through a series of encounters with passersby.

In the first performance everything went well, but the second performance augured differently. I took my place on stage, the introductory music (which I can still remember clearly) swelled and faded, the house lights came down, and the director prepared to open the curtain. In that moment of silence and darkness, I was struck by the Mother of Panic Attacks and ran off the stage.

The director asked me what was wrong and I told him I couldn’t go on. “You have to go on!” he hissed.

“The whole play depends on you!”

Any Psych 101 student could have told him that that was the last thing to say to someone in my state. Better to tell me that my cat had been run over.

I sat on a couch backstage with a cold rag on my forehead, the entire cast gathered around me, for what seemed like an hour but was probably only a few minutes, and the director made a deal with me: If I went onstage and started the show, he would stand offstage and pull the curtain shut if I signaled him to do so with a flick of my head. Deal.

I took my place, the curtain opened, and I began my monolog, which looked and sounded something like this: “I sure am lonesome out in this field by myself.” [flick] “I sure wish I had someone to talk to.” [flick flick] “I haven’t seen anyone for such a long time.” [FLICK FLICK FLICK]

Of course, the director, whose grad-student reputation rested upon the success of this production, wasn’t about to close the curtain. If I was going to torpedo his baby, I was going to have to do it in front of God and my parents and everyone else. To my credit, I made it through the

performance, but that was pretty much the end of my acting career. I did do more drama classes, because I enjoyed them, but I eschewed all roles of any substance, relegating myself to supporting roles such as “townsperson,” where my main function was to move about the stage in a pack with other actors mumbling on cue (“watermelon, watermelon”).

That same summer, I started playing guitar and discovered that being in front of people thus armed was not scary. Fifty years and 10,000 performances later, I ponder this paradox. How and why can I stand alone on the stage of the Fitzgerald Theater and sing and play with 1,400 people staring at me (and another 2 million listening on the radio) with little deviation in my blood pressure, while even the thought of speaking lines under similar circumstances elicits the panic of my scarecrow days?

Googling “stage fright” reveals no specific cure, but rather a palette of approaches and solutions, and one must find the protocol best suited to him or her. For me, there is a logic to music that transcends any prosaic order or system, and that logic is

what keeps me calm.

I couldn’t remember the one sentence I had to recite at my wedding (I left out the phrase about being faithful), but I can recall lyrics, chords and melodies to 3,000 songs and tunes. My confidence in this skill—and the assurance that no matter what happens on stage I can cover as long as I’ve got a guitar in my hands—keeps me cool under fire. Another person will feel the opposite: confident handling the spoken word, but experiencing panic if faced with keeping a bunch of musical stuff straight.

No one knows who was the first to say that art imitates life, but to that oft-quoted aphorism I’ll add that artists, too, should imitate life. So,

just as laypeople naturally search for occupations, partners and environments that give them the greatest pleasure and satisfaction, I think artists should gravitate toward those outlets of expression and creation with which they best click (including, especially, ones they are not scared of).

The comedian Red Skelton is said to have suffered such terrible stage fright that he’d throw up offstage during his live television show.

He should have bought a guitar.

Adam Granger lives in St. Anthony Park with his wife and dog, Molly, and is a regular contributor to the Park Bugle.

I know why I’m a master gardener

Ramsey County opens applications for next class of Master Gardeners

By Joe Baltrukonis
Ramsey County Master Gardener

It started in the small town of Cheshire, just north of New Haven, Conn. My grandma, as a young child, came to this country from Lithuania. She was what some would call a peasant, a person with an inborn love of the soil, plants, dirty fingernails and good food.

She grew raspberries, peach varieties we cannot grow here in Minnesota, tons of turnips and other vegetables, and sweet corn. How excited she was to try some of the newest varieties of super-sweet corn. She loved to can produce. Her strawberry jam was more of a soup than a real jam or jelly, but it was delicious. The best wine I ever tasted was when some old jar lids of jam loosened and the contents fermented.

I know where my love of gardening comes from.

Later in life, I joined the Navy and became a medical laboratory technologist and blood-bank specialist. Yet in a 20-year career, wherever I was stationed, I managed to grow a small garden. I retired to central Wisconsin and became a Master Gardener by training at the Hancock Research Station.

Sixteen years ago, I moved to the Twin Cities to work at Bailey Nurseries. Of course, we joined another great group of Master Gardeners in St. Paul. Later, I really retired, and now my wife and I do even more gardening and even more

volunteer work.

Some people are in awe when they learn that I am in this program. “Then you know everything there is to know about gardening,” they say. I just smile, laugh a little, and reply, “No, it is impossible to know everything about gardening. The only reason that I know so much about plants is that I have managed to kill many more than you have. I don’t know all the answers, but I certainly know where to find out.”

I have made many dear friends in the Master Gardener Group, and I can call any one of them to find the answer. Although Master Gardeners learn about all aspects of gardening, I observe that everyone tends to become quite an expert in one or two areas of gardening. I have a black thumb when growing houseplants and tend to kill them.

I hate lawns and can mow my lawn with a pair of scissors in less than 30 seconds. When I receive a houseplant or lawn question, I know just who to call. I can also read the many well-written articles on the University of Minnesota Extension website. I have access to a statewide network of talented Master Gardeners who will answer my every question by email.

Extension educators and University faculty gladly share their knowledge and time to answer the especially difficult question. There is always someone available to help you. University experts and knowledgeable gardeners present exciting training sessions, where we

learn even more.

When I see a volunteer work thousands of hours in a hospital, teaching ill children the joys of gardening, when I see others start a community garden in an empty lot, when I see display gardens and educational gardens throughout the state or talk to a woman about a suspicious bug on a plant she doesn’t know the name of and convince her that she need not spray the heck out of it or see “beans on the boulevard” and seed libraries springing up, when I see a child in the city eat his very own first tomato on a plant that he has grown himself (with just a tiny bit of help from a Master Gardener) and then he smiles, and when I see the thousands of hours that the Minnesota Master Gardeners donate to their communities, then I know that the world is OK and is heading in the right direction.

I love the volunteer aspect and friendship of Master Gardening and enjoy sharing my knowledge. Ramsey County is recruiting a new crop of Master Gardeners. Applications can be found at: www.co.ramsey.mn.us/mastergardener/BeAMastergardener.htm.

You can also email the program assistant for a request for application materials at auss0004@umn.edu or call 651-704-2053.

The application deadline is Thursday, Oct. 1, at 4 p.m. Hope to meet you at one of the Ramsey County Master Gardener meetings in 2016.


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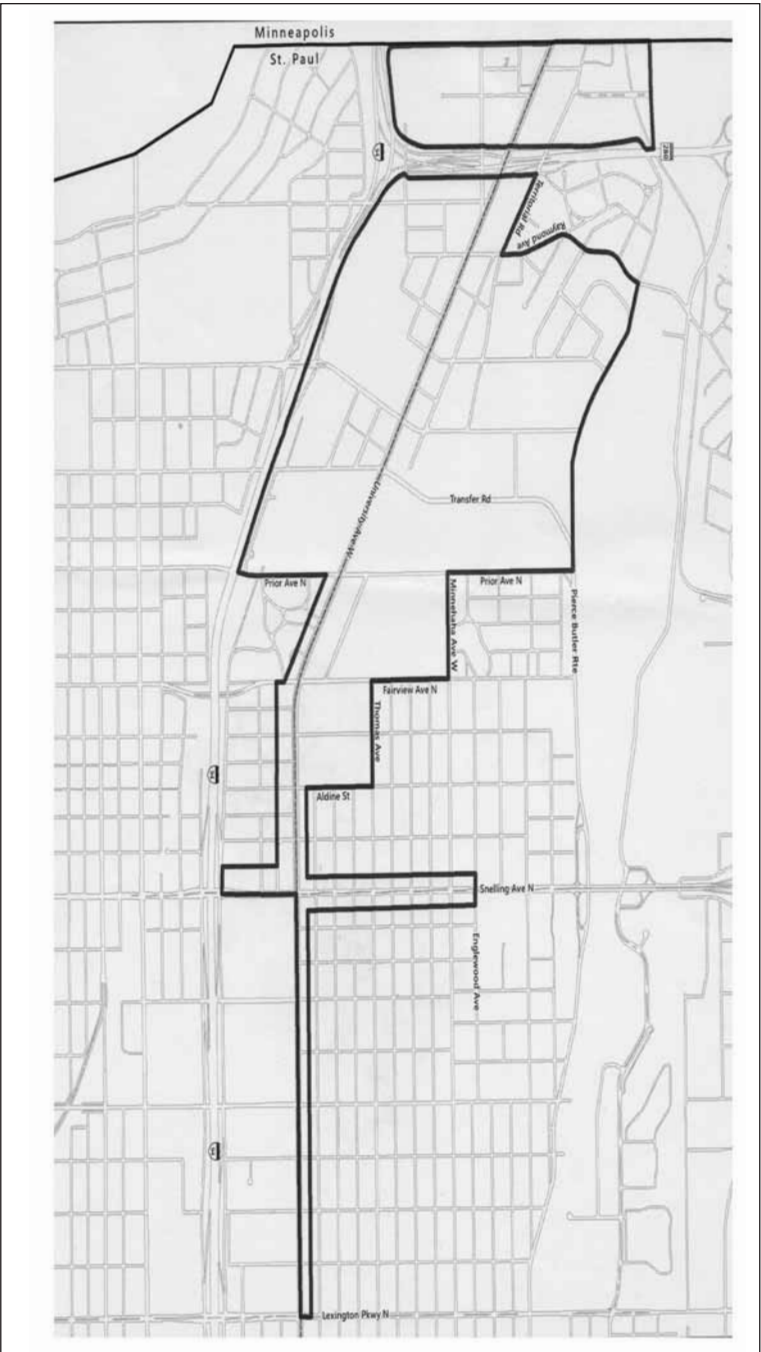
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Luther from 1

recent projects is the \$110 million Abiitan Mill City project in downtown Minneapolis, which broke ground in May. The five-story senior-living project will have 151 rental units and include options for independent living and memory care. Residents will be in walking distance to the river, to the Guthrie Theater, Gold Medal Park, the Mill

City Farmers Market, the light rail and the new Vikings stadium. It is scheduled to open in fall 2016. Representatives from Luther Seminary and Ecumen will also attend the Oct. 1 District 12 Land Use Committee meeting to give more updates on the project. The committee meets at 7 p.m. at South St. Anthony Recreation Center, 890 Cromwell Ave.



Liquor licenses from 1

remove restaurants with full liquor licenses from St. Paul's "60 percent law," which was established in the 1990s and requires restaurants that serve alcohol to have 60 percent of sales attributed to food sales. Two years ago, the Minnesota Statute changed to eliminate the 60 percent requirement from the definition of restaurant. Minneapolis changed its statute shortly after that.

It's hard for many food establishments to make most of its sales in food, Niziolek said, as the rise in more expensive craft beers and liquor has made drinks more expensive than food.

The proposed Ward 4 Green Line Commercial Development District would extend along University Avenue to Snelling Avenue and north on Snelling a half block east and west to Englewood Avenue and one block west of Snelling to I-94. It would extend several blocks north and south, starting at Aldine Street and include former industrial sites that are being converted for mixed-use redevelopment, including the area on Prior Avenue, where Can Can Wonderland is opening an indoor mini-golf course and entertainment venue in a former can factory. The area would include south St. Anthony Park, from Transfer Road to the Minneapolis border and I-94 to Pierce Butler Route. The section stretching east from Snelling to Lexington on the map at left is in Ward 1 and would be included in the district.



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Avalon School science teacher to attend UN climate summit in Paris

By Kristal Leebrick

Lauren Leith, a science teacher at Avalon School, 700 Glendale St., St. Anthony Park, will travel to France in December to participate in the 21st Conference of the Parties (COP21) in Paris, an international summit sponsored by United Nations Framework Convention on Climate Change (UNFCCC).

Leith is one of 10 education ambassadors selected to be part of the delegation from Climate Generation: A Will Steger Legacy. The ambassadors are a group of teachers that come from a variety of subject areas, grade levels and educational settings in New York, North Carolina, Georgia, Minnesota and Colorado.

The goal of the summit, to be held Nov. 30-Dec. 11, is to have leaders from the 195 countries of the United Nations adopt a binding agreement on reducing carbon emissions to limit global warming.

Leith has been a high school physics and chemistry teacher at Avalon for eight years. She taught in Cloquet for a year and Duluth for 10 years before coming to Avalon. She just completed her master's degree in environmental education at Hamline



Avalon science teacher
Lauren Leith

University. Her master's thesis was based on teaching renewable energy in her physics class.

Leith and her students are quite familiar with Steger and his organization. She has taken classes through Steger's summer institute and she and Avalon's student environmental club have done work at Steger's homestead in Ely.

Part of her role at the Paris conference is "to share our students' views as well as our community's views," Leith said. "The majority of

my students are really concerned about [climate change]. I want them to have hope for the future, and that's part of teaching about climate literacy—giving hope that we can, as a world, make a difference and change the course."

Leith is eager to learn about the challenges nations face in making a commitment to reduce carbon emissions, she said. She's also excited to learn more about renewable energy and technology "that can lead us down the path to clean energy."

Avalon school will host a public presentation about COP21 and Leith's role as a delegate on Thursday, Oct. 22, from 7 to 8:30 p.m. Call 651-649-5495 for more information.

Climate Generation: A Will Steger Legacy was founded by polar explorer, educator and climate advocate Will Steger. The organization works with educators, youth and the general public to build climate literacy and promote approaches to addressing climate change.

To learn more about Climate Generation, go www.climategen.org. You can learn more about the UN conference at www.cop21.gouv.fr/en.

Citizens United topic of film and forum

A facilitated discussion with state Sen. John Marty will follow a showing of the 30-minute documentary "Legalize Democracy" from the organization Move to Amend on Monday, Oct. 5, at 7 p.m. at New Life Presbyterian Church, 965 W. Larpentour Ave., at the corner of Victoria Avenue.

The documentary looks at how Supreme Court decisions, such as Citizens United, are impacting the voice of citizens in elections and the legislative process.

The event is free and open to the public.



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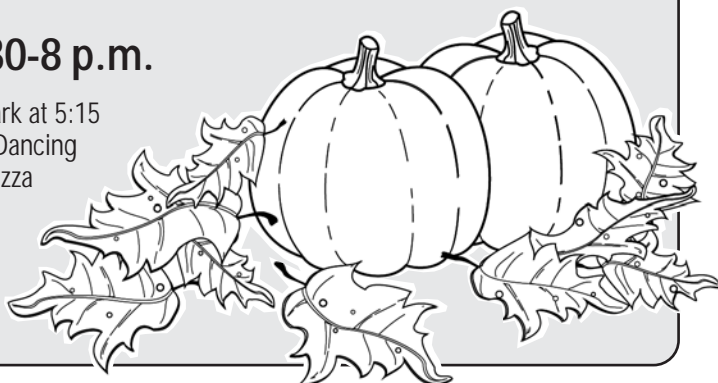
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Cost: No charge

**Monday, October 12th
Trip to Como Conservatory for
Fall Flower Show and Lunch**

Where: Meet at St. Anthony Park United Methodist Church
Call the office for reservations.

Time: Leave at 9:30 a.m., Return at 1:30 p.m.

Cost: Lunch, or you may bring your own.

**Tuesday, October 20th
Ideal Presence Dinner Show:
The Magic of Illusion Performance**

What: Lunch at noon followed by 1:30 p.m. performance

Cost: \$20. Includes ride, lunch and Dinner Show. *Call the office to make your pre-paid reservations by October 7th.*



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Movies, talks aim to help people cope with Alzheimer's

By Warren Wolfe

After drawing more than 400 people last spring to programs about Alzheimer's disease, a Roseville group has launched a fall series of expert talks and documentary movies on the topic.

The Roseville ACT on Alzheimer's project is part of a statewide effort of 34 groups to create "dementia-friendly" communities. The project works to help area people better understand dementia, build skills and gain confidence as they learn more about Alzheimer's disease and similar illnesses.

Coping with dementia is a growing issue as people live longer. About 90,000 Minnesotans have dementia, a number projected to reach 120,000 in 10 years. In Roseville, about 750 with the debilitating disease are living at home. Overall, one in nine people age 65 and older will develop dementia, rising sharply to one in

three among those 85 and older.

Four talks by local experts will be held from 1 to 2:30 p.m. on successive Thursdays at Roseville City Hall, 2660 Civic Center Drive. They are:

- **Oct. 8**, neurologist Dr. Michael Rosenbloom, director of the HealthPartners Memory Clinic in St. Paul, "Understanding Dementia & Alzheimer's Disease"

- **Oct. 15**, neuro-psychologist Dr. Sonia Mosch of the HealthPartners Memory Clinic, "Testing for Dementia: Diagnosis to Treatment and Real World Implications"

- **Oct. 22**, Deb Nygaard of Arthur's Residential Care in Roseville, "Practical Tips for Avoiding Power Struggles"

- **Oct. 29**, Catherine Engstrom of Wilder Foundation Caregiver Services, "Caregiver Stress/Burnout (Taking Care of You)"

On two Sundays in November,

documentary movies about how the arts help people with dementia will be presented at Lyngblomsten care center campus, 1415 Almond Ave., St. Paul, near the State Fairgrounds, from 1 to 4 p.m. The dates and movies are Nov. 1, "Alive Inside," a film about the power of music to tap stored memories, and Nov. 15, "I Remember Better When I Paint."

All events are free and open to the public and will include time for audience questions.

The fall program started Sept. 20 with the HBO documentary "The Alzheimer's Project: Caregivers," shown at Lyngblomsten.

Roseville ACT focuses on building awareness, education and skills so that those with dementia can continue to live as independently as possible in their communities, helped by friends, family, neighbors, businesses and city services.

Alzheimer's is the most common type of dementia, a group of diseases that interfere with memory, judgment and ability to tackle daily tasks. There is no cure, and treatments so far only can ease symptoms in about half of patients

for a time.

The Roseville ACT project is sponsored by the Roseville Alzheimer's and Dementia Community Action Team (Roseville A/D), a consortium of community volunteers, service providers and government officials organized in 2013. Among its projects, Roseville A/D this year launched a website with information and resources about Alzheimer's and dementia.

Roseville A/D received two grants totaling \$18,000 from the statewide ACT program in 2014 and 2015 to survey community members, hold a community meeting to set goals, then choose and complete programs aimed at helping people cope with dementia issues.

In addition, the group seeks volunteers to help with two area projects: P.S. I Understand, a peer-support program by Wilder Caregiver Services matching current caregivers with former caregivers, and the Gathering, a day program operated by Lyngblomsten at Centennial Methodist Church in Roseville that, with new volunteers, has been able to expand services.

The Roseville ACT project will end this year, but the Roseville A/D group is considering projects for next year, which could include efforts to help churches, businesses and families caring for people with Alzheimer's disease.

The Minnesota ACT on Alzheimer's project has won two national awards this year for engaging communities in education about dementia. Now a national program called Dementia Friendly America, based on the Minnesota project, is starting with pilot projects in Denver, Colo.; Tempe, Ariz.; Santa Clara County, Calif.; Prince George's County, Md.; Knoxville, Tenn.; and the state of West Virginia.

For more information about the Roseville A/D program, Roseville ACT or other resources, go to www.CityofRoseville.com/dementia.

Warren Wolfe is a former reporter for the Star Tribune, where he wrote about aging and health care issues for more than 20 years. He is retired and active with the Roseville Alzheimer's and Dementia Community Action Team.



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Trio con Brio Copenhagen: Soo-Jin Hong, violin; Soo-Kyung Hong, cello; and Jens Elvekjaer, piano.

Trio con Brio Copenhagen returns to Music in the Park Series in Oct.

Trio con Brio Copenhagen will make a welcome return to Music in the Park Series on Sunday, Oct. 25, at 4 p.m. at St. Anthony Park United Church of Christ, 2129 Commonwealth Ave. A preconcert discussion will begin at 3 p.m. at the church.


Founded in 1999 in Vienna by violinist Soo-Jin Hong, her sister, cellist Soo-Kyung Hong, and pianist Jens Elvekjaer, these musicians have acquired a worldwide reputation for the freshness of their approach to the

core repertoire. Trio con Brio will open their Music in the Park Series program with "Spell," a piano trio by Per Nørgård, the most prominent Danish composer after Carl Nielsen and one of the most original figures in the cultural life of Denmark.

The trio's sound benefits from the superb instruments all three play: Soo-Jin plays a violin built by Andrea Guarneri from the 17th century, Soo-Kyung plays a Grancino cello, and Jens is Denmark's first Steinway Artist. The ensemble was coached by

the Alban Berg Quartet, Frans Helmerson, Mihaela Martin and Harald Schoneweg at the Cologne University of Music. The trio members are the founders and artistic directors of the Copenhagen Chamber Music Festival, which was launched in 2011.

A limited amount of tickets are still available. Order tickets online at schubert.org/musicinthepark or call 651-292-3268.




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Warrendale was suburban dream in 1885

By Roger Bergerson

When residential lots went on sale in a “beautiful suburban village” adjacent to Lake Como in 1885, prospective buyers were assured that not just anybody would be allowed in.

Building permits in Warrendale would not be issued for homes valued at less than \$1,500, “so that all who go there to build may be confident of being surrounded with a good class of neighbors.”

One of the “railroad suburbs” that the expansion of rail service made possible, Warrendale was a 52-acre portion of the former Aldrich farm. It was bounded by Chatsworth Street and Lexington Avenue on the east and west, respectively, and West Como Boulevard and Jessamine Avenue (in that era, McKenty Street) on the north and south.

An ad described the quality of life a new homeowner might expect after an easy commute home from his downtown St. Paul office: “He may take a row on the lake before supper, or a game of croquet or lawn tennis. His children thrive in the pure country air, and have ample grounds all around them. The butcher, grocer and baker come to his door every morning for orders.

“He has city gas and water in his house and a graded school for his children and if he wishes to go to the theater he can get to the performance in half an hour and a late train brings him home afterward at a reasonable bedtime. In short, he has the most essential city comforts and

conveniences, and is at the same time surrounded by the quiet coolness and healthfulness of the country.”

Of course, there was no city water or gas or school at that point. Como Park opened in the summer of 1886 and the lake probably wasn’t too visually appealing. City officials pledged to raise the level by 4 feet and pump in city water to keep it there. (That turned out to be an expensive and ultimately futile exercise.)

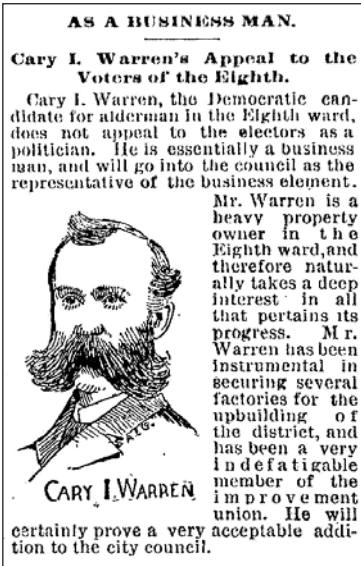
The principal developer of Warrendale, Cary Warren, named the tract after himself, of course. A recent transplant from Louisville, Ky., he built himself a splendid home at what is now 1265 W. Como Blvd., a residence that exists today.

For his occupation, the 1890 city directory listed “capitalist.”

The city workhouse was located directly across Lexington Avenue from Warrendale and as a city councilman, Warren decried the practice of prisoners who’d served their time “being turned loose on the residents of Warrendale and vicinity.” He wanted them taken downtown and discharged at the central police station.

In 1893, Warren established Warrendale Greenhouses at 1236 Churchill Ave., an enterprise that continued in operation there until about 1925.

But the stock market and banking collapse that became known as the Panic of 1893 probably proved to be his undoing. He moved back to Louisville in 1896 and the Warrendale Improvement Co. was placed in the hands of a receiver.



Cary Warren in his city council election bid.



The home Cary Warren built on West Como Boulevard. Photos courtesy of Minnesota Historical Society.

Some of the lots in the development were in foreclosure.

Warren’s home may have been on the market for a while, because the Commercial Cyclers Club—a bicycling craze was on—rented it for the club’s headquarters in 1898 and 1899. One July Sunday, about 50 members of the club, spouses and lady friends enjoyed an afternoon on the veranda and lawn of the clubhouse. They also had a baseball game on the workhouse grounds.

By the turn of the 20th century, the economy had improved and an enthusiastic writer in the St. Paul Globe newspaper compared Warrendale to the land adjacent to New York City’s Central Park 20 years earlier and predicted the same

type of appreciation in value.

Warrendale was on the move again, although more than half the lots were still vacant and it was several more decades before the

development filled in.

Roger Bergerson writes about local history and community news from his home in Como Park.

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Business News

Yoga studio opens on Luther Seminary campus

By Kristal Leebrick

Melanie McRae describes her new yoga studio in St. Anthony Park as a “healing and restorative practice.” A grief support and hospice counselor, McRae’s yoga training includes an emphasis in emotional health and grief. She received her training at the Yoga Center of Minneapolis and had been teaching yoga classes to friends and neighbors at her home in Minneapolis’s Longfellow neighborhood before opening Bright Heart Yoga in the large yellow house at 2235 Luther Place in late April.

Bright Heart will host an open house on Saturday, Sept. 26, from 2 to 5 p.m., to introduce the studio to the community. Attendees will be able to meet the studio’s four instructors, each of whom offer drop-in classes each week.

McRae teaches two Slow Flow Vinyasa classes each week.

Marnie Sanborn Myhre, a resident of St. Anthony Park, offers a Soma Yoga class on Wednesdays. Myhre is a physical therapist with

advanced certification in ergonomics, holistic health, energy healing, Reiki and yoga therapy. She has been practicing yoga for more than 14 years. Soma yoga combines the science of somatics, a neuromuscular retraining of the pathways to the brain, with yoga.

Drake Powe, a life coach and meditation instructor, has been teaching Kripalu yoga for 15 years. He offers a Movement and Meditation class each week.

Emily Ennis enjoys working with students of all ages and abilities and has additional training in prenatal and children’s yoga. She offers a Yin and Restorative class on Saturdays.

McRae and her husband, Scott, also run Sojourners Spiritual Direction Program for people who work in the helping professions and keep an office on the second floor of the Luther Place house.

The McRaes both hold masters of divinity degrees from Yale University and are ordained Lutheran pastors.



Melanie McCrae opened Bright Heart Yoga on the Luther Seminary campus in late spring. Photo by Kristal Leebrick

Sunrise Banks, Wellington named some of the ‘Best Places to Work’

By Roger Bergerson

Two businesses in the Park Bugle area were recently ranked among the “Best Places to Work” in 2015 by Minneapolis/St. Paul Business Journal.

Sunrise Banks and Wellington Management Inc. were among 65 Minnesota employers recognized by the publication for “creating and maintaining engaged workforces.” The companies were honored at an August awards reception in St. Paul.

Employees for the winning companies gave their employers high marks for the work environment, people practices, day-to-day operations and other factors in an anonymous survey.

The Business Journal asked Joel Johnson, Sunrise executive vice-president and director of human

resources, “How does your company create opportunities for individual development and career growth at all levels?”

He replied that the bank uses an “entrepreneurial operation system,” which “involves all employees at all levels to be part of the business.”

In turn, Steve Wellington, president of the property development and management firm, was asked how being a “Best Place to Work” affected the bottom line.

“No one does well in a workplace with no humor, no compassion and no recognition for a job well-done,” he responded. “Without a great group of happy employees, we never would have celebrated our 30th anniversary last year.”



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Abby, Riley and Duncan Adelsheim-Marshall and Millie Adelsheim hold the Mischief sign.

Mischief Toy Store to open on Como

Former Peapods owners to focus on older kids, teens and young adults

Dan Marshall and Millie Adelsheim are filling their storefront at 2290 Como Ave. with toys once again, but this time the focus is on older kids, teens and young adults.

Mischief Toy Store—which Marshall says will be “fun, adventurous and a little subversive”—is opening Thursday, Oct. 1, in the former Peapods space. Peapods, which specialized in natural baby and early childhood products, closed in June.

“Some of our favorite toys from Peapods will be part of Mischief,”

Marshall said, “but mostly we’ll be offering an entirely new mix of toys, gear, games and kits that encourage everyone to unplug and make a little mischief.”

Marshall said there’s a lack of resources for older children and teens in the Twin Cities. “We couldn’t find interesting and unique gifts for our kids and we were tired of giving them gift certificates for music or video-game downloads,” he said. “So we decided to turn our creative energies away from babies and young children and create a store that reflects who

our family is today.”

Marshall’s building at 2290 Como is still for sale, he said. Because Mischief doesn’t need the building’s 3,200 square feet, Marshall plans to relocate Mischief once the building is sold.

You can find out more at www.mischieftoy.com.

Mischief will be managed by Adelsheim and Marshall, along with their daughter Abigail Adelsheim-Marshall, a student at Hamline University. —Kristal Leebrick

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City Files from 2

may project 6 feet into the required setback), on the side yard setbacks (20 feet is required, but the southside existing setback is currently 10 feet and the proposal is to leave it at 10 feet; the Dudley Avenue side is proposed to be set back 37 feet), lot coverage (the maximum allowed coverage for the house excluding a porch is 4,328 square feet; the proposed coverage is 4,688 square feet) and on the building's height. The maximum height for a three-story home is 40 feet and the project's proposed height is 45 feet.

The project will require reviews from the city's zoning committee and planning commission before being approved by the St. Paul City Council.

The fraternity hosted a barbecue for neighbors to learn about the project on Sept. 9. To learn more about the project, go to www.minnesotafh.org/building-project.—*Kristal Leebrick*

Meet the Bike

The Transportation Group of Transition Town—All St. Anthony Park is sponsoring a final Meet the Bike event on Saturday, Oct. 3, at 1

ADU Task Force from 2

all of the reasons discussed are valid, or whether we know enough about potential concerns to mitigate possible negative impacts. Equally important is the feeling shared by most members that we should not limit reasonable use of private property for an ADU if there is no compelling reason to deny this use. In an effort to strike some middle ground, the task force's consensus is that internal and attached ADUs

should be allowed with certain restrictions, but that detached ADUs not be allowed."

The draft recommendation, which can be found at www.sapcc.org/adu-task-force-draft-recommendation, lists the following recommended criteria for the internal or attached ADUs:

- They must be owner-occupied, with clear, reasonable enforcement provisions for verifying owner occupancy.
- Only internal and attached

p.m. The group will meet at St. Anthony Park Library at Como and Carter avenues, and then ride to Como Regional Park and on to Como Park Senior High School.

The group will then circle back to Como Dockside at the Como Lakeside Pavilion for refreshments. High school students, parents of students, and anyone interested in visiting Como Park by bike are encouraged to join in. Bring your bike and any accompaniments you need for the ride. Questions? Email transportation@transitionasap.org.

ADUs would be allowed; detached ADUs would not be allowed.

- Building an ADU over a garage would not be allowed.
- One ADU would be allowed per lot as an accessory to a single-family home. Owners of duplexes would not be allowed to add an ADU.
- Occupancy limit would be the same as for a single-family home and would not increase with the addition of an ADU. St. Paul code defines a family as any number of people related by blood or marriage, plus two unrelated individuals.

• Enclosed stairways would be required.

• A plan review by city staff would be required. All code provisions would apply relating to setbacks, height, lot coverage and design standards.

• No additional on-street parking permits would be provided in areas where parking is restricted.

• No additional off-street parking space would be required.

• There would be a minimum and maximum size for an ADU. Typical minimums elsewhere are 300 to 400 square feet; typical maximums are 800 to 1,000 square feet. The task force has not reached consensus on the size limits.

After considering community input from the Oct. 5 meeting, the task force will decide if it wants to revise the recommendation. It would then go to the District 12 Land Use Committee, said Phil Carlson, one of the task force members. Other task force members include Karen Hovland, Glen Skovholt, Jon Seltz, Mark Thieroff, Jim Stout, Claudia Wielgorecki and Nancy Plagens.

The Land Use Committee would have to approve the recommendation before it went to the District 12 board of directors, which would need to approve it before sending it before the various city committees that would have to review it before it reached the City Council.

St. Anthony Park Area Seniors' Senior Cinema Series

"Bright Star" 2 p.m.

Thursday, October 8th, at SAP Library

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the eat beat

Underground Music Café aims to be area's 'affordable bistro'

By Alex Lodner

Dan Ratte and Tim Cheesebrow, lifelong friends and purveyors of Underground Music Café at 1579 N. Hamline Ave. in Falcon Heights, are both self-educated home cooks whose dream of bringing high-quality, accessible food to the neighborhood hub is becoming a reality.

Chef Steve Rinker, owner of Roma in Mahtomedi and one of the founders of Lift Bridge Brewery, is serving as a consultant for menu selections, strategy and direction as the team introduces new items to its already expanded menu. The new menu includes sharable plates and homemade desserts, as well as pastas, sandwiches and entrees. The Wild Mushroom Ragout, for example, is a blend of wild mushrooms in a red wine reduction served with roasted potatoes and seasonal vegetable, perfect for the cooler, crisper evenings that are right around the corner.

"We always planned to introduce a better menu, but the feedback we got when we first opened Underground Music Café was not to change too much," Cheesebrow said. "At first we added better sandwiches and pizzas. Now it's time to focus on bringing the menu up to a new level."

The duo's motto is "eat well, do good, make music." While the café features musical acts every night, supports the nonprofit organization Music Works Minnesota and hosts events for the community, it was time to concentrate on the food.

"It was time to focus on the first part of our vision," Ratte said.

"We wanted the food to be at the quality level of the music, beer and wine we had brought in," Cheesebrow said.

The menu is also accessible, with the highest item ringing in at \$18 and lunch averaging under \$10.

"My goal is to keep everything on the menu under \$20," Cheesebrow said. "We want neighbors to bring the family for dinner, hold a business meeting here, enjoy lunch with a group of friends. We want it to be a neighborhood spot where everyone feels comfortable visiting regularly."

Cheesebrow is also proud of the beer and wine selection. The wine list does not contain any selection over \$8.

"We used to have fancy glasses and higher end wines," he said. "But it wasn't really needed in the neighborhood. We listened to what the neighborhood wanted."

Underground Music Café is hiring for the fall.

"As we hire new staff, we have made it clear that the position will now include full service. There will be a learning curve; we realize it's in a transitional period," he said.



Tim Cheesebrow

"Give us feedback and know that we are going to act on it. We know there are gaps in service now, but we are getting there and we hope people stick with us and let us prove that we can be the affordable bistro the area has been lacking."

Como Park resident Alex Lodner writes about food and community regularly in the Park Bugle.

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"As a long-time advocate for neighborhoods, a lawyer, businessman, and former School Board member, I can be the change agent we need at City Hall who will help ensure that local government works for us rather than the other way around."

www.TomForSaintPaul.com

VOTE NOVEMBER 3

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OCTOBER

Events

Venue information is listed at the end of the calendar. Send your events to calendar@parkbugle.org by Wednesday, Oct. 7, to be included in the October issue.

1 THURSDAY

Caregiver Support Group, first Thursday of each month, St. Anthony Park United Church of Christ, 10-11:30 a.m.

Preschool Mandarin Chinese story time, St. Anthony Park Library, 10:30-11:30 a.m.

2 FRIDAY

Preschool story time, Fridays in October, St. Anthony Park Library, 10:30-11:30 a.m.

Chelsea Heights Elementary School invites the community to a PTO Welcome Back Bonfire, 6-8 p.m.

3 SATURDAY

Holiday boutique, Holy Childhood Church, 9 a.m.-4 p.m. Watkins, Tastefully Simple, Avon, handcrafted items, wooden toys and more.

Second annual chili cook-off, Falcon Heights Fire Department, 2077 Larpeur Ave., 11 a.m.-2 p.m. Call 651-792-7600 to register.

5 MONDAY

Artful Expressions, presented by COMPAS, calligrams workshop taught by Pat Owens, St. Anthony Park United Methodist Church, 10 a.m.-noon. Registration is required and is limited to 10 participants. Register by calling SAPAS, 651-642-9052.

Old-Time Maker Series: A Thousand Years of Spinning: all interested

spinners can bring their wheels and spindles and explore the world of spinning; extra spindles available for beginners to try, St. Anthony Park Library, 6:30-7:45 p.m. each Monday in October.

District 12 ADU Task Force public meeting, St. Anthony Park Lutheran Church, 7-8:30 p.m.

6 TUESDAY

Baby/toddler story time, Tuesdays in October, St. Anthony Park Library, 10:30-11 a.m. and 11:30-noon.

"Trees, Pets, People: Understanding Pollution of Urban Waters," presented by Sarah Hobbie, U of M professor of ecology, evolution and behavior, St. Anthony Park Garden Club, St. Matthew's Episcopal Church Fellowship Hall, 7 p.m. social time & refreshments, program 7:30-8:30 p.m.

7 WEDNESDAY

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

St. Anthony Park Book Club, "Everything I Never Told You" by Celeste Ng, St. Anthony Park Library, 6:30-8 p.m.

Preschool Mandarin Chinese story time, St. Anthony Park Library, 10:30-11:30 a.m.

8 THURSDAY

YMCA Camps Widjiwagan and du Nord Fall Garage Sale, Minnesota State Fairgrounds Merchandise Mart, 9 a.m.-7:30 p.m.

Learn Chinese Folk Dancing, morning exercise free and open for adults, St. Anthony Park Library, 10:30-11:30 a.m.

Internet Basics for Building Job Skills, St. Anthony Park Library, 10:30 a.m.-12:30 p.m. Call 651-642-0411 to register.

St. Anthony Park Area Seniors Cinema Series, "Bright Star," St. Anthony Park Library, 2-4 p.m.

St. Paul Audubon Society monthly meeting: Amphibians and Reptiles in Minnesota, presented by John Moriarty, Fairview Community Center, 7 p.m. Refreshments served at 6:45 p.m.

9 FRIDAY

YMCA Camps Widjiwagan and du Nord Fall Garage Sale, Minnesota State Fairgrounds Merchandise Mart, 9 a.m.-7:30 p.m.

Coffee and board games with St. Anthony Park Area Seniors, St. Anthony Park United Methodist Church, 10 a.m.-noon.

Harvest Fest, Maternity of Mary-St. Andrew School, Sirba Hall, 6-9 p.m. Appetizers, entrees, desserts, beer and wine; 21 and older. Early bird tickets are \$25; call 651-489-1459 or go to www.mmsaschool.org to order tickets.

10 SATURDAY

YMCA Camps Widjiwagan and du Nord Fall Garage Sale, Minnesota State Fairgrounds Merchandise Mart, 8 a.m.-2 p.m. Bag sale:

King of Kings Fall Fair, King of Kings Lutheran Church, 2330 N. Dale St., Roseville, 9 a.m.-2 p.m. Food, fellowship, crafts, book fair, games, cookie shop and more.

11 SUNDAY

Retirement party for Betty Lotterman, 2267 Priscilla St., 3-5 p.m. Sweet Rhubarb will provide the entertainment.

12 MONDAY

Trip to Marjorie McNeely Conservatory at Como Park for flower show and lunch with SAPAS, 9:30 a.m.-1:30 p.m. Meet at St. Anthony Park United Methodist Church. Call 651-642-9052 to reserve a spot.

Life coach and spiritual teacher Mary Beth Tracy will introduce path-working on the Kabbalah, Spirit United Church, 7-9 p.m., \$10 suggested donation. Free refreshments and parking in the lot east of the church, located three blocks from Highway 280 on Como Avenue.

15 THURSDAY

Preschool Mandarin Chinese story time, St. Anthony Park Library, 10:30-11:30 a.m.

Lauderdale Farmer's Market, Community Park, 1885 Fulham St., 4-7 p.m.

16 FRIDAY

Coffee and board games with St. Anthony Park Area Seniors, St. Anthony Park United Methodist Church, 10 a.m.-noon.

17 SATURDAY

TechDump, Falcon Heights City Hall, 2077 Larpeur Ave., 9 a.m.-1 p.m.

19 MONDAY

Community Sing, Olson Campus Center, Luther Seminary, 6:30 p.m.

20 TUESDAY

Ideal Presence dinner show: The Magic of Illusion Performance with SAPAS, begins at noon; \$20 includes ride, lunch and show. Make your prepaid reservations by Oct. 7 by calling SAPAS, 651-642-9052.

22 THURSDAY

Public presentation on Paris climate change conference with delegate Lauren Leith, Avalon School, 700 Glendale St., St. Paul, 7-8:30 p.m.

23 FRIDAY

St. Anthony Park Elementary School Fall Festival, 5:30-8 p.m.

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

24 SATURDAY

Craft fair, Bethlehem Lutheran Church, 9 a.m.-3 p.m. Crafts, bake sale, lunch and raffle.

25 SUNDAY

Sunday Afternoon Book Club, "River of Doubt" by Candice Millard, Micawber's, 2:30 p.m.

26 MONDAY

Artful Expressions, presented by COMPAS, printmaking workshop taught by Pat Owen, St. Anthony Park United Methodist Church, 10 a.m.-noon. Limited to 10 participants; register by calling SAPAS, 651-642-9052.

29 THURSDAY

Preschool Mandarin Chinese story time, St. Anthony Park Library, 10:30-11:30 a.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

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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 Maryland Ave. W.

Bethlehem Lutheran Church, 436 N. Roy St., 651-343-9317

Chelsea Heights Elementary School, 1557 Huron St., 651-293-8790

Fairview Community Center, 1910 W. County Road B, Roseville

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

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

Holy Childhood Church, 1435 Midway Parkway, 651-644-7495

King of Kings Lutheran Church, 2330 N. Dale St., Roseville, 651-484-5142

Maternity of Mary-St. Andrew School, 592 W. Arlington Ave., 651-489-1459

Micawber's Books, 2238 Carter Ave., 651-646-5506

Olson Campus Center, Luther Seminary, 1490 Fulham St.

Spirit United Church, 3204 Como Ave. SE, Minneapolis, 651-235-6645

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

St. Anthony Park United Church of Christ, 2129 Commonwealth Ave., 651-646-7173

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 W. University Ave., www.womensdrumcenter.org

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Neighbors

NAMI hosts walk to raise awareness about mental illnesses
More than 4,000 people from around the state are expected to join in NAMIWalks Minnesota, a 5K walk to raise awareness about mental illnesses at Minnehaha Park, Minneapolis, Saturday, Sept. 26, at 1 p.m.

The event will include live music, speakers, a kids tent, resource tables, a tree of hope, a t-shirt contest and more.

Find out more by calling 651-645-2948 or go to www.namihelps.org and click on the NAMIWalks logo.

Suicide-prevention workshop to be held at Rondo Library Oct. 1
The National Alliance on Mental Illness (NAMI) Minnesota will hold a free suicide-prevention workshop called safeTALK at Rondo Community Library, Thursday, Oct. 1, 1-4 p.m. Registration is required. Call 651-645-2948 to do that.

Free youth mental health first aid course offered in St. Paul
NAMI Minnesota will hold a free youth mental health first aid training course Friday, Oct. 9, 8:30 a.m. to 5:30 p.m., at CommonBond Communities, Skyline Tower, 1247 St. Anthony Ave., St. Paul.

The course is designed to teach participants the risk factors and warning signs of mental health problems in adolescents, build understanding of the importance of early intervention and teach individuals how to help a youth in crisis or who is experiencing a mental health or substance-use challenge. Participants will also learn a five-step action plan to support an adolescent developing signs and symptoms of a mental illness or emotional crisis.

Registration is required. Contact NAMI Minnesota at 651-645-2948.

Symposium to address plight of North Korean refugees
A symposium designed to educate participants about the plight of North Korean refugees and to influence public policy will be held Monday, Oct. 19, at the Humphrey School of Public Affairs, 301 19th Ave. S., Room 307, University of Minnesota in Minneapolis. The symposium hours are 8:30 a.m.-4:30 p.m. Cost is \$25 for adults and \$15 for students.

The event will explore ways to provide for safe, welcoming and expedient resettlement in the U.S. for refugees who choose to make the U.S. their new home.

The event was initiated by Hyon Kim, a Twin Cities entrepreneur whose interest in this group of refugees comes out of her personal life story. Like many other Korean Americans, Kim comes from a family that was divided when Korea was divided in two. Separated from parents and siblings in 1951, she was brought up by an aunt in South Korea and immigrated to Minnesota at age 24.

Dr. Eric Schwarz, dean of the Humphrey School of Public Affairs, will host the event. Jack Rendler, a human rights expert and the Amnesty International country specialist for North Korea, will be the keynote speaker. Congressman Keith Ellison (D-Fifth District) will also speak. Minnesota Sen. Sandy Pappas will also be in attendance.

The day will also include testimonies from former North Korean refugees now living in South Korea, including film director Sang Hoon Lee, creator of the popular South Korean TV show *Now On My Way to Meet You*, which introduces the stories of North Korean defectors to the South Korean public.

Learn more about the event at www.freedomrefugeesmn.org.

“Spooktacular” used book sale at Roseville Library Oct. 21-25
The Friends of the Ramsey County Libraries is hosting a “Spooktacular” used book sale Wednesday-Sunday, Oct. 21-25, at Roseville Library, 2180 N. Hamline Ave. Thousands of books, movies, talking books and CDs from all seven branches of Ramsey County Library, as well as private donations, will be sold. Most items sell for \$1 or less.

Sale hours are 3-6 p.m. Oct. 21 for an exclusive “Friends members only” pre-sale. A membership can be purchased for \$20 at the sale.

Public sale hours are: 6-8:30 p.m. on Oct. 21, 10 a.m.-8:30 p.m. Oct. 22, 10 a.m.-4:30 p.m. Oct. 23 and 24, and noon-4:30 p.m. Oct. 25. A \$3 bag sale will be held on the last day.

For more information go to www.rclfriends.org.

Tapped and Uncorked! features Minnesota brews, wines and food
Minnesota craft beers and Minnesota

wines, food trucks, restaurant fare, Twin Cities’ party band Power of Ten and games will be part of the mix at Roseville brew fest Tapped and Uncorked! Friday, Oct. 2, 6-10 p.m. at the Guidant John Rose Minnesota Oval, County Road C just east of Lexington Avenue.

Tapped and Uncorked! is a fundraiser organized by the Friends of Roseville Parks to raise money for Roseville’s green spaces.

Tickets are \$30 in advance and \$40 at the door. You can buy tickets purchased online at pourforparks.brownpapertickets.com or at the Parks and Recreation office at Roseville City Hall, 2660 Civic Center Drive.

St. Paul Hiking Club will host three local hikes in October
The St. Paul Hiking Club is offering three hikes in the Bugle area in October. The club offers hikes throughout the St. Paul area each month. Sunday hikes start at 2:30 p.m., go approximately 5 miles, and

last one and a half to two hours. Tuesday hikes start at 7:30 p.m., go approximately 3 miles and last about an hour.

You can learn more about the club at www.stpaulhike.org.

On Sunday, Oct. 4, the club will meet in the parking lot of Central Park in Roseville at 2:30 p.m. The park is between County Roads B2 and C on Lexington Avenue. Hike hosts are Vic and Viv Fickling, 651-777-6103.

On Tuesday, Oct. 20, hikers will meet in the parking lot near the beach house at Lake Phalen, 1400 Phalen Drive, St. Paul, and then hike around the lake. Phyllis Swenson is the host. Questions? Call her at 651-426-8591.

Sunday, Oct. 25, Hikers can meet at the Losey home, 509 Lovell Ave. N., Roseville, for a paved-trail hike with a shortcut available for those who can’t go on a full five-mile hike. You can reach the hike host, Daryl Losey, at 612-940-5097.

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Community Worship Directory



❖ LYDIA PLACE COLLABORATIVE COMMUNITIES

Rev. Scott Simmons, pastor. 612-859-1134, www.lydiaplace.com
Noontime Prayer at Hampden Park, Wednesday 12:00-12:30 p.m.,
993 Hampden Ave., St. Paul 55114
Hymntap beer and hymns, first Sunday of each month, 6 p.m.
Dubliner Pub, 2162 University Ave. W., 55114

❖ PEACE LUTHERAN CHURCH—ELCA

1744 Walnut St. (at Ione), Lauderdale, 651-644-5440
www.peacelauderdale.com
Sunday worship: 10 a.m.
Reconciling in Christ Congregation
All are welcome. Come as you are.

❖ SPIRIT UNITED CHURCH

3204 Como Ave. S.E., Minneapolis, 612-378-3602, www.spiritunited.com
Sundays: 10:30 a.m. Message and Music. Kids With Spirit Sunday School.
Come as you are. Handicapped accessible. All are welcome.
A leading-edge spiritual community emphasizing the Unity of Spirit—one Source in all.

❖ ST. CECILIA'S CATHOLIC CHURCH

2357 Bayless Place. 651-644-4502
Website: www.stceciliaspn.org
Handicapped accessible
Saturday Mass: 5 p.m. at the church
Sunday Masses: 8:15 a.m. and 10 a.m. at the church

❖ ST. ANTHONY PARK UNITED CHURCH OF CHRIST

2129 Commonwealth Ave. (corner of Commonwealth and Chelmsford)
651-646-7173 www.sapucc.org
9:15 a.m. Christian education for all ages; 10:30 a.m. worship
Pastor: Victoria Wilgocki
Christian tradition ♦ Progressive faith ♦ All are welcome

❖ ST. ANTHONY PARK UNITED METHODIST CHURCH

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www.sapumc.org, 2200 Hillside Ave. (at Como), 651-646-4859
Pastor: Rev. Pat Hinker
Sundays: 10 a.m. Worship celebration and Sunday School
11 a.m. Fellowship and refreshments
6:30 p.m. Free young adult dinner in parlor
Mondays: 7 p.m. Community Bible study in parlor

❖ ST. ANTHONY PARK LUTHERAN CHURCH

2323 Como Avenue W. 651-645-0371
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Pastor Glenn Berg-Moberg and Pastor Jill Rode
Web, Facebook, & Twitter: SAPLC
Sunday Worship: 8:30 & 11 a.m. with education hour for all 9:45 a.m.
Wednesday Community Dinner - 5-6:30 p.m. (free will offering)
Choir School every Wednesday (Babies through Grade 6) call for times
Youth Choir (Grade 7-12) 5:30-6:15 p.m.
Adult Choir 7:30-9 p.m.

❖ ST. MATTHEW'S EPISCOPAL CHURCH

The Rev. Blair A. Pogue 2136 Carter at Chelmsford 651-645-3058
Sundays 9:15 a.m. Faith Formation for all ages
10:30 a.m. Worship with sermon and communion
Nursery care provided 9 a.m. -11:20 a.m.
5:30 p.m. Night Prayer with reflection and communion,
Dinner at 6:30 p.m.

All are Welcome! www.stmatthewsmn.org

To add your church to the directory, contact Bradley Wolfe at 952-393-6814 or bradley.wolfe@parkbugle.org



LIVES LIVED

*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.*

Ann Brey

Ann Brey, 92, longtime St. Anthony Park resident, died Sept. 5 in Rochester, Minn.

Ann graduated from the University of Minnesota in 1946 with a degree in home economics. Throughout her career with the State of Minnesota, she worked with young people and adults with special needs, teaching living skills. She was an active member of the Church of

Corpus Christi, the St. Paul Garden Club, the St. Paul Antique Club and local book clubs.

She was preceded in death by her sister Virginia Osterbauer. She is survived by two sisters, Theresa Haddy and Justine Dubruil, and two brothers, Alois and Paul. She is also survived by three generations of nieces and nephews who will always remember Aunt Ann and the many wonderful times at Easter, July 4, Thanksgiving and Christmas, at the beautiful home she and Paul shared in St. Anthony Park.

A memorial service was held Sept. 19 at Charter House in Rochester.

her husband, John Keogh, and her mother, Joan.

Jennifer battled cancer for 18 months.

Born March 13, 1970, in Chattanooga, Tenn., she attended high school in Stoughton, Wis., and earned a bachelor's degree in psychology in 1992 from the University of Minnesota. She also earned an MBA in 2006 from the Carlson School of Management. For more 20 years she was a key member of the nationally renowned Minnesota Twins Family Study, where she served as principal psychophysiology.

Jen loved the outdoors. She enjoyed biking, especially along beautiful trails of Minnesota. She delighted in long walks with her dogs, Bentley and Maxwell, around Como Park. She took many vacations to Florida and Mexico.

Jennifer is survived by her husband; grandmother, Mary Murphy of Woodbury, N.Y.; parents, Jim and Joan Donnelly of Oregon, Wis.; and sisters, Eileen (Brad) of Roseville and Elizabeth (J.J.) of Madison, Wis. She was loved by all and will be missed enormously.

Requiem Mass was celebrated Sept. 3 at Church of Our Lady of Lourdes in Minneapolis.

The Rev. Loren Espeland

The Rev. Loren J. Espeland, 85, of St. Anthony Park, died Sept. 2. He was raised on a farm in South Dakota and attended high school in Pierpont. He began his career as a teacher in western South Dakota at the age of 17 after attending Northern State Teacher's College in Aberdeen for six weeks. While he was a teacher, he also lived in the one-room schoolhouse.

Drafted into the U.S. Army in 1953, he served in the U.S. and in Germany. Following his military service, he enrolled at Augustana College, Sioux Falls, S.D.

There he met his future wife, Shirley. He majored in art at Augustana and graduated in 1957. That same year he enrolled at Luther Theological Seminary in St. Paul.

Loren married Shirley J. Wassink on June 17, 1960, in Valders, Wis., where Loren was serving his seminary internship. He graduated from Luther in 1961. His first parish was in Bryant, S.D. Loren and Shirley moved to Redwood Falls, Minn., in 1966, where he served as pastor of Gloria Dei Lutheran for many years. Before his retirement, he also served rural parishes in Revere and Johnsonville, Minn.

His love of art, music and nature enriched the expression of Loren's spiritual life and impacted those he encountered through his preaching, pastoral care and numerous projects, organizations and activities. He was a member of the board for the Redwood Falls Concert Series and a singer in the Prairie Arts Chorale. He taught piano lessons and worked with gifted school children in the areas of art and music. He also was a discussion leader for Junior Great Books.

Since 2001 he shared his gifts at St. Anthony Park Lutheran Church by baking bread for the monthly homeless breakfast and providing calligraphy for a great number of certificates and inscriptions. He was the accompanist for the St. Anthony Park Lutheran Choir School for

many years and was known to many of the children (and their parents) simply as Grandpa Loren.

He is survived by his wife; daughter, Mari (Ken Dahlberg) of St. Anthony Park; son, Chaplain Major Leif (Ann); five grandsons, Joseph, Karsten, Paul, Lars and Mats; brother, the Rev. Orlo Espeland; and sister, Sharon Klovstad.

A memorial service was held Sept. 10 at St. Anthony Park Lutheran Church, with interment at Fort Snelling National Cemetery.

Dr. William Hilgedick

Dr. William Hilgedick, 85, died peacefully surrounded by family on Aug. 14. He had been a neighborhood physician on Como Avenue in St. Anthony Park for a number of years.

William received his undergraduate degree and M.D. from the University of Minnesota and its Medical School, where he later taught. William served as a captain in the U.S. Army medical corps in Taiwan.

After leaving his work in St. Anthony Park, he was a partner at the Columbia Park Medical Group for more than 30 years. His personal and professional passion was living his faith, caring for other people and enjoying nature. He loved his family, his most treasured gift.

He is survived by his wife of 59 years, Barbara; children, Karen (Craig) Hertsgaard, Bill (Jane) Hilgedick and Christine (Pete) Boyer; and eight grandchildren.

A memorial service was held Aug. 19 at Waverly Gardens in North Oaks, with interment at Fort Snelling National Cemetery.

Norbert Meier

Norbert R. Meier, 83, a member of Mt. Olive Lutheran Church in Como Park, died Aug. 21. He served as a pastor or missionary in Billings, Mont.; Tokyo, Japan; Fairbanks, Alaska; St. Paul; and Kumba, Cameroon; and with Friends of China and various Chinese and Cambodian groups.

He is survived by his wife, Margaret; children, Jeneane (Steve) Powers, Karen (Rick) Meyerhofer, Lori (Dave) Malnes and Butch (Marni); 12 grandchildren; and one great grandchild; brother, Don (Lois) Meier; and sister, Muriel Kovall.

His funeral service was held Aug. 25 at Mt. Olive Lutheran Church, with interment at Elmhurst Cemetery.

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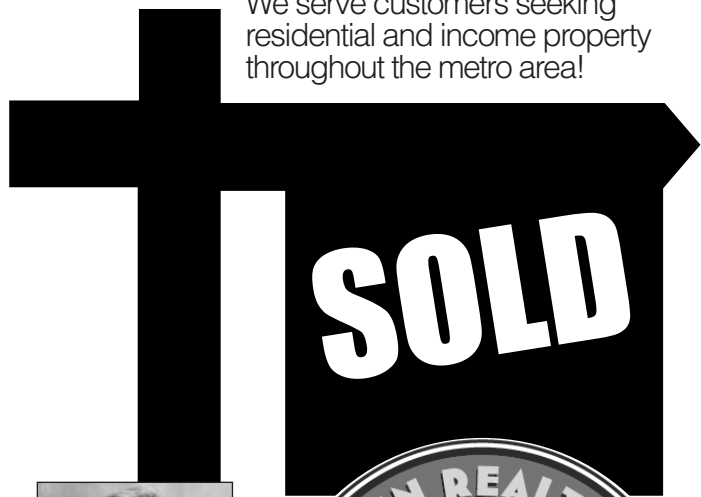
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School News

The Bugle welcomes news about students and schools in the area. The deadline for the November issue is Wednesday, Oct. 7. Send your news to editor@parkbugle.org.

Chelsea Heights Elementary

1557 Huron St., 651-293-8790
www.chelsea.spps.org

Welcome-back bonfire Oct. 2

Chelsea Heights Elementary School invites the community to a PTO Welcome Back Bonfire Friday, Oct. 2, 6-8 p.m. Gather around the roaring fire with friends and neighbors and toast to a great new school year with a cup of hot cocoa. All are welcome.

Como Park Senior High

740 Rose Ave., 651-293-8800
www.comosr.spps.org

Teacher honored for JA work

Como Park Academy of Finance teacher Kris Sommerville has been honored by Junior Achievement of the Upper Midwest as its High School Educator of the Year.

The award recognizes Junior Achievement (JA) educators who have performed outstanding service in making JA's high school programs available to students. JA programs help students make informed decisions about their future and foster skills that will be useful in the business world.

Sommerville helped incorporate JA into each grade level within Como's Academy of Finance so that students can build on lessons learned from year to year, said Liz Guimont, senior director of education and programs at Junior Achievement of the Upper Midwest.

Thomson Reuters hosts Como faculty at back-to-school kickoff

Principal Theresa Neal collaborated with former Minneapolis Mayor Sharon Sayles Belton to host the Como Park faculty at the Thomson Reuters Corporate office as a kickoff to the start of opening week for staff. Sayles Belton is the vice president of community relations and government affairs at Thomson Reuters and a longtime friend of Neal. The two leaders have engaged in developing a school and business partnership.

Thomson Reuters, a multinational mass media and legal business firm, was formerly West Publishing.

Como staff attended sessions with the company's senior management and learned about 21st-century work expectations and the desired skills of future employees, including collaboration, communication, global awareness, adaptability, cultural competencies and a growth mindset.

Financial literacy was also a key theme at the event and a component

that the employer covets, and dovetails with Como's Academy of Finance.

Como teachers and staff are looking forward to connecting students with opportunities at Thomson Reuters, including internships and employment.

Physics fun

Science teacher Donna Norberg performed at the Minnesota State Fair on Sept. 7, STEM Day. Norberg is a member of the University of Minnesota's Physics Force, an outreach troupe that promotes physics to elementary and middle-school students through its performances.

The Physics Force brought the physics fun to three shows throughout the day at the Carousel Park stage.

BEASTBot invades 3M

Como Park Robotics (aka BEASTBot) took part in "Robots Invade the Plaza" at 3M on Aug. 7. The team networked with other teams and employees from 3M, Como's largest financial sponsor during the STEM-focused summer festival. The team is recruiting new members and mentors for this upcoming season. Contact beastbot2855@gmail.com for more information.

Link Crew helps guide freshmen

Freshmen orientation was held the week before school started with Como's Link Crew, a group of juniors and seniors who help all freshmen become associated with their new school and guide them throughout the school year.

Fifty juniors and seniors spent parts of their summer in leadership training and welcomed the class of 2019 with activities to get their Como careers off to a great start.

Homecoming was full of activities

The annual Como Park Homecoming Parade took place Sept. 19 with a parade that featured Como's marching band, sports teams, academic groups, the Marine Corps Junior ROTC and more. Following the parade, parents, neighbors, friends of the community and alumni attended a picnic at the school.

Hundreds of fans cheered on Como athletic teams in their homecoming games, which included volleyball on Thursday, boys' and girls' soccer on Friday, and the football game on Saturday following the parade and picnic. A dance was held at the school Saturday evening.

Maternity of Mary-St. Andrew

592 W. Arlington Ave.
651-489-1459/ www.mmsaschool.org

Harvest Fest tickets on sale now

The public is invited to the Maternity of Mary-St. Andrew

School Harvest Fest celebration, Friday, Oct. 9, 6-9 p.m., at Sirba Hall, Maternity of Mary Church, 1414 N. Dale St.

More than 30 local vendors will serve appetizers, entrees and desserts, as well as beer and wine. Early bird tickets are \$25 each. Guests 21 years or older are welcome.

Call 651-489-1459 or go to www.mmsaschool.org to find out more or to purchase tickets.

Murray Middle School

2200 Buford Ave., 651-293-8740
www.murray.spps.org

Pilot One-on-One stays at Murray (and needs tutors)

Thanks to generous donations received this summer, Murray is able to offer the Pilot Tutoring Program to its students again this year. Now the program needs additional tutors.

If you can spare a few hours per week to work with students (and teachers) to facilitate student learning, your talents are welcome. No experience necessary.

Pick your own day and time. Monday-Friday from 11:25 a.m.-12:14 p.m., 12:18-1:07 p.m. or 1:11-2:00 p.m. Subjects include English, science, math or social studies. Training is provided.

Contact Cindy Thrasher at cindy.thrasher@spps.org or call 651-293-8740.

Murray scientist makes Broadcom semifinals this summer

Valerie Bares was named a semifinalist in the 2015 Broadcom MASTERS, a program of the Society for Science & the Public Science that offers a nationwide technology, engineering and math (STEM) competition for middle-school students. Bares, who graduated from Murray Middle School in June, submitted her eighth-grade science project, "How Do the Wood Anatomical Properties of Different Plant Species Affect their Ability to Filter Water?"

She was one of 300 semifinalists named from more than 6,000 nominees throughout the United States. In her application, Bares said Murray science teacher Tim Chase was the teacher who inspired and assisted her with their science fair project. Winners of the competition will be announced Oct. 1.

Roseville Area High School

1251 County Road B2
651-635-1600 / www.isd623.org

Theater program announced

The drama program at Roseville Area High School (RAHS) has announced its 2015-16 schedule, which includes popular musicals, a classic drama, improv shows and more.

The RAHS Drama season will open with the high-energy musical "Footloose" and the winter show will be the classic "Cyrano De Bergerac." The student-produced spring fundraiser show will be the musical comedy "Legally Blonde," and the final main stage production of the school year will be "Around the World in 80 Days."

As part of RAHS Drama's commitment to community outreach, all four main stage plays will be performed in a free 1 p.m. matinee for area senior citizens.

RAHS Drama will also present lively, unscripted shows by RAHSprov, the school's improvisational comedy troupe, throughout the school year.

Productions are staged at the Lloyd C. Nielsen Performing Arts Center at RAHS, 1240 County Road B-2, Roseville.

Details about upcoming productions and advanced sales of tickets are available at www.RAHSdrama.net and on the RAHS Drama Facebook page.

The October performance of "Footloose" will run Oct. 22-24 at 7 p.m., Oct. 25 at 2 p.m., Oct. 29-30 at 7 p.m., Oct. 31 at 4 p.m., and Nov. 1 at 2 p.m. The free senior matinee will be held Oct. 28 at 1 p.m.

St. Anthony Park Elementary

2180 Knapp St., 651-293-8735
www.stanthony.spps.org

New scooter and bike racks

Thanks to the school community for supporting St. Anthony Park students as they walk, ride and roll to school.

A huge thank you to Dave Lee, a neighbor and parent of three alums from the school, for creating an outdoor scooter rack for students to lock up their scooters while at school.

New bike racks were installed at the school also, thanks to the Safe Routes to School grant and a generous donation from Girl Scout

Troop 56139.

Academic news

St. Anthony Park teachers are training with the Minnesota Department of Natural Resources with support from the Hoo Hoo International Club to learn fun and engaging lessons that address the Minnesota academic standards through outdoor education using our school forest.

iPads return to the school this month after their summer clean up. Students will use them to create multimedia reports, math practice, music-making and research.

Science Night returns

First Grade Family Science Night will take place on Monday, Oct. 19, at 6:30 p.m. Science teachers Jim Schrankler and Karen Christenson will conduct the first of this year's popular family science nights (offered for grades 1-3 throughout the year), where everyone gets together to find out what hands-on science learning is all about.

Annual Fall Festival Oct. 23

Mark your calendar for Friday, Oct. 23, 5:30- 8 p.m., for the annual St. Anthony Park Elementary School Fall Festival.

There will be dancing, delicious food, fun activities and crafts, a Scholastic Book Fair and the hugely popular Silent Auction.

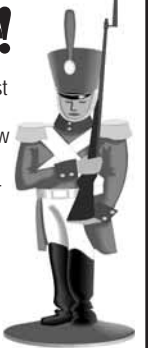
The community is invited to join the students, families and staff to celebrate back-to-school autumn traditions. Please join us for this fun evening. All proceeds support programs at the school.

Meeting schedule

Both the school's Site Council and the St. Anthony Park School Association (SAPSA) meet the second Tuesday of each month at the school. The Site Council meets at 5 p.m. and SAPSA meets at 6:30 p.m.

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Hockey registration open at Langford

Registration is now open for Langford Park Hockey. Register by Oct. 1 online at www.LangfordParkHockey.com or in person at Langford Park Recreation Center, 30 Langford Park.

Questions? Contact registration@langfordparkhockey or Scott Hamilton at 651-329-8609.



CPHS Cougar Sports by Eric Erickson

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

Como's football team 'gets it done' thanks to Coach Scull

It's 4:30 on a Tuesday afternoon. Students have left their classrooms, but teaching and learning continues on Como Park Senior High School's practice field west of the building. The varsity football team is gathered around Coach Kirby Scull. His players have made progress today and the coach's energetic encouragement lets them know it.

Scull has been teaching math and coaching football since 1992. For the past 12 seasons, Scull has been leading the Cougars, serving as head coach and running a program for 45 players in grades 9-12 with the help of his assistants.

That number is half of what it once was. In 2006 and 2007, the Como football program had a roster of around 90 players. That pinnacle of participation led to an undefeated 2007 season in the St. Paul City and a conference championship. A shared conference title was added in 2009.

While football all over the state and nation is experiencing declining participation due to a multitude of reasons, including fear of concussions and changing demographics, some city schools have seen the impact dramatically.

Count Como in that category.

Scull admits there is a challenge with lower numbers and that this year's team is especially inexperienced with just 14 players returning from

last year's roster.

So, yes, there have been some challenges, and the season began with three straight losses. And yes, Como is the only school playing football in the city that doesn't have a stadium or turf field. And yes, Como has never played a true home game. Even homecoming requires a bus ride down Lexington Avenue to Griffin Stadium next to Central High School.

Given all that, Scull continues to serve.

"The goals are always the same," says Scull, "to help young men become better players, students and people, and to make playing football at Como a great experience for each player."

Athletic director Mike Searles has a deep respect for Scull's work and determination.

"He has maintained a positive outlook," says Searles. "Coach Scull's team competes hard each day. His student athletes are dedicated and hard-working—very much a reflection of their coach."

Scull doesn't do it alone. In fact, a program motto that has been in place for years is TGID—Together Get It Done. Veteran offensive and defensive line coach Adam Kunz is part of the staff that includes official coaching positions and volunteer assistants.



Coach Kirby Scull addresses his football players at the end of practice on Sept. 3. Scull has been serving as Como's head football coach for the past 12 years.

Scull gives tremendous credit to all his colleagues, both from the present and those that have served the program in the past. But coordinating all the moving parts is the job of the head coach, and Kunz retells a story that demonstrates Scull's adeptness.

In order to create a memorable

event for the team, Scull planned a picnic at Como Park for the entire team and coaches. They grilled hot dogs, ate icy pops, played yard games and even tried mini-golf at the Putt'er There course.

"Coach made sure guys got there, shuttling back and forth. It was a great time that coach planned and executed for all of us," said Kunz.

Notice the story has nothing to do with the x's and o's of football. While ultimately the results for the record books will be played out on the field, it's that overall quality experience for each player that successful coaches like Scull look to create.

The details that go into guiding each player to be their best are difficult to convey. Many veteran coaches and teachers share the sentiment, "You can't make it up!" The issues, challenges and obstacles

are unique for each kid.

Como football is a safe haven and family for many types of kids. The sense of belonging can be a guiding force in the lives of young men. It frequently provides a pathway to college and preparation for the workforce.

Scull and his staff are proud of the success former players have achieved. Employment, military service, college football, college degrees and families are examples of accomplishments that are rewarding to both the players who grew up and the coaches who helped guide them.

Additionally, there is much to be proud of in the present. The players on the 2015 team are improving every day and play hard, with their best effort, regardless of the score or their record.

Through the years, Scull has seen wins fluctuate, participation decrease and resources go unimproved. However, there is a constant: It's the service to young men trying to improve their lives through the game of football and how it gets done at Como—together.

Eric Erickson is a social studies teacher at Como Park High School and a longtime coach of school and youth sports in St. Paul. Follow twitter @eestp for current school sports news.

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www.luthersem.edu/reffest



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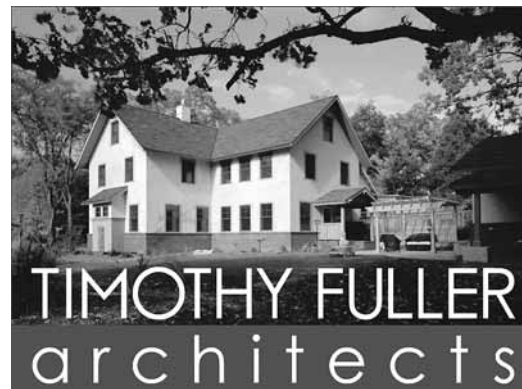
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'Good program, good school, good class'

The Murray High School class of 1965 celebrates their 50th reunion with a substantial gift to their alma mater

By Kristal Leebrick

They came from Colorado, New Jersey, Virginia, Connecticut, New Mexico, California, Arizona, North Dakota, New York, Alaska and, of course, various cities in Minnesota. Ninety of the 218 graduates of the Murray High School Class of 1965 gathered in St. Paul the second weekend in September for their 50-year reunion.

First stop: their alma mater (now Murray Middle School), where the group gave a gift of \$10,000 to go toward the partnership program Murray shares with the University of Minnesota Raptor Center. That \$10,000 was matched by another \$10,000 from the St. Anthony Park Community Foundation. The money will be used to bring the Raptor Center's programming into Murray's seventh grade life science curriculum each year for six years.

The seeds for this project were planted five years ago when a group of 1965 alums gathered at Spill the Wine in Minneapolis, said class member Mick Peterson. "It was Myrna's (Meadows) idea five years ago that we start this program," he said. "With the foundation, we made things happen."

Jon Schumacher, the

foundation's executive director, said Meadows—who works with nonprofits through Bremer Bank in International Falls, Minn.—contacted him about working with the foundation on the 50-year-reunion gift.

"The first donation was in 2010," Schumacher said. The five years gave the foundation time to build its match.

The class actually raised \$11,000, all of which was matched by the foundation. The \$20,000 will go to the raptor center program and the extra \$2,000 is going into a "teacher wish list fund," Schumacher said.

The class gathered at Murray on Sept. 11 for a short program that included a demonstration from Mike Billington of the Raptor Center. As the group milled around the entrance to the school when they first arrived, Murray Principal Stacey Theien-Collins said she made the mistake of asking attendees if they knew where the auditorium was.

"Unless you moved it, I know where it is," said one classmate.

The auditorium hasn't moved or changed much other than some fresh paint and new carpet, but much else has. The school no longer educates students in grades 7 to 12. It's a



Members of the Murray Class of 1965 and guests gathered at Murray Middle School Sept. 11 to give a \$22,000 gift to Murray, \$20,000 of which will go to the Murray program with the University of Minnesota Raptor Center. Half of that gift came from a match from the St. Anthony Park Community Foundation.

middle school for grades 6 to 8. There's no hockey team—or skating band—and the swimming pool has been filled. The pool area is now the cafeteria.

But one constant is the dedication and support the school receives from its alums, Theien-

Collins said.

"In my 25 years in education I have not seen one single example of a school supported like Murray is by adults outside of the school. Alums call a lot to ask how they can help."

The people who were pivotal in orchestrating the Raptor Center gift

were classmates Meadows, Joann Hayenga and Leslie Curtis, said Peterson, who emceed the Murray gathering and gave a good summary of the event: "Good program, good school, good class."

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