In 1966, Como Avenue in St. Anthony Park was a hive of commercial activity. There was Mrs. Stroud's Bakery, Villa Sportswear, Buzz McCann's auto repair shop, Guerin Pharmacy and, oh, yes, a small gift shop that had taken over the spot previously occupied by the Park Apparel Shoppe.

Fifty years later, not one of those other businesses remains, but the little gift shop has become the Bibelot—a four-store chain that is a monument to the good taste, pioneering merchandising methods and business savvy of its owner, Ronana Freese.

The Bibelot will celebrate its 50th birthday this month with an open house for staff and neighbors on Saturday, Sept. 10, from 1 to 3 p.m., followed by the store’s traditional fall sale, starting on Friday, Sept. 16.

For Freese, who continues to play an active part in the business, it’s a time of pride and reflection on a half-century of accomplishment. She was a 34-year-old single mother of three, looking for a way to support her family, when she got the idea of opening a shop that would sell the kind of beautiful objects she had previously encountered only in museum gift shops of the era.

“I had no retail experience, but I’d done a lot of shopping,” she says. “I loved museum-reproduction jewelry.”

When she applied for a $10,000 business loan to bring her vision to life, “the bank thought I was crazy,” she says. She got the money only because her father agreed to co-sign the note.

Freese took the name of her new store from the French word for a “small precious object,” and she says that was a mistake. “If I were to do it again, I’d choose something less obscure. Lots of people still say ‘Bible-Lot,’ and they think it’s a religious goods store.”

The early years were both hectic and rewarding. Freese’s children attended nearby St. Anthony Park Elementary School. They were frequent after-school visitors to the store, as was the family sheepdog, Ilya. Named for a character from the 1960s TV show The Man From Uncle, Ilya was unconstrained by the existence of a leash law in those distant times. Many former customers remember his unexpected—but always welcome—appearances.

Freese recalls the store’s first after-Christmas sale, an event that has since become a time-hallowed tradition.

“To our amazement, our customers were lining up outside, with the line even extending around the corner. She emphasizes that the Bibelot of the early days “benefited from much help from family and from neighborhood friends,” as well as a spirit of happy improvisation.

“Our first real employee was a student at the St. Paul campus,” she says. “She saw us setting up and said, ‘Do you need me?’”

Over the years, both Freese’s employees and her customers have proved loyal and long-lasting. Many of her employees have worked more than 30 years at the shop. Jolene Boelndt, current manager of the Como Avenue store, began working at the Bibelot in 1993. But before that, she was a customer going back to the mid-70s.

“I still see a lot of original customers,” Boelndt says. “[They’re] former students at the U or the seminary or people who grew up in the neighborhood. Some of them are coming back with their daughters.”

LED street lighting is coming—in phases

It’s no question of if streetlights in Park Bugleland are going to be converted to LEDs, but when, and it mostly has to do with which entity owns them.

The City of Falcon Heights owns the lights within its boundaries on Larpenteur Avenue and those who have already been converted to LED. Xcel Energy owns the rest of the street lights in Falcon Heights and will be changing them over in 2017. For Lauderdale, where Xcel also owns the lights, the conversion will take place by the end of the current year.

For the Como and St. Anthony Park neighborhoods in St. Paul, things get a little more complicated. The LED technology is appealing to public officials generally, because such fixtures consume much less energy and last longer than the ones they replace.

But when lights in the Lexington/Hamline neighborhood of St. Paul were changed to LED, some residents complained that the new lighting was too harsh.

In addition, this past June the American Medical Association warned that high-intensity LED lighting creates more pronounced nighttime glare than conventional lighting, raising concerns about driving safety. The association also advised that such streetlights suppress the production of melatonin, a hormone related to healthy sleep patterns.

The City of St. Paul is studying the possible use of lower intensity LEDS for its lantern-style boulevard lighting, says John McNamara, lead electrician for the City of St. Paul Traffic Operations. At any rate, for the time being it would be too costly to convert all of the city-owned boulevard streetlights to LED.

It’s a different story, however, for the pole-mounted lights that illuminate roadways across St. Paul. Those fixtures will be replaced by LEDs within the next two to three years.

“We will be doing these based on circuit configurations and not really an area-by-area plan,” McNamara said. “We have a fair amount of planning work ahead of us, in order to transition in a way that allows us to take full advantage of Xcel rebates and electricity savings.

“The is the case with the 60boulvard lights, we are also analyzing additional information that has been brought to our attention with regard to color temperatures of the roadways lighting. That may influence how we move forward,” McNamara added.

”The coordinator of Xcel Energy’s LED program says the utility is aware of the criticism of the lighting.

“LED street lights are very directive,” said Ed Bieging, “designed to only shine on the road. In some, not all, situations, a home may be located close to a newly installed LED street light, causing some light trespass. In that case, Xcel will adjust the street light to minimize the light trespass.”
The Falcon Heights City Council met the second and fourth Wednesday of each month at 7 p.m. at Falcon Heights City Hall, 2877 W. Larpenteur Ave. Call 651-792-7000 or go to www.falcon-heights.gov.

Falcon Heights-Laureldale 5K
The eighth annual Falcon Heights-Laureldale Family 5K Fun Run/Walk will be held Saturday, Sept. 17, at Community Park, 2050 Roselawn Ave. Falcon Heights Registration will begin at 7 a.m. and the race will begin at 8 a.m. Cost is $15 per individual and $40 for a group of up to four if you register before Sept. 6. After Sept. 6, cost is $25 per individual and $50 for a group of up to four.

Registration before Sept. 6 will include a Fun Run shirt. Prizes will be given for top male and female finishers in adult and youth (under 18) categories. Food and beverages will be provided following the race. Sign up at falconheights.org.

It’s garage sale time
The Falcon Heights City-Wide Garage Sale, will be held Saturday, Sept. 17, from 9 a.m. to 3 p.m. A map of the sales will be available at https://tinyurl.com/h47egdc the morning of the sale.

Laureldale
The Laureldale City Council meet on the second and fourth Tuesday of each month at 7:30 p.m. in Laureldale City Hall, 1891 Walnut St. Contact www.lauderdale.me with 651-792-7630.

Farmers Market is third Thursday
The next Laureldale Farmers Market will be held on Thursday, Sept. 15, from 4 to 7 p.m., at Community Park, 1885 Fulham St.

The last market will be held on the third Thursday of October. If you have garden surplus to sell, there is no charge to be a vendor. Call Susie at LauderdaleFarmersMarket@gmail.com or 651-329-8401 for an application. The market is looking for musicians to share their talent for an hour or so at each market.

St. Anthony Park
The District 12 Community Council meets on the second Thursday of each month at 7 p.m. at jnessung Community Learning Center, 2455 University Ave. To find when council committee meet, call 651-441-5992. The council offices are located at 2955 University Ave., Suite 300 E.

Coffee with Callin

If you want to discuss neighborhood events, join Callin Rogers, District 12, outreach and operations coordinator, for Coffee with Callin, Friday, Aug. 26, 7:30 to 9:30 a.m., at WORKHORSE Coffee, 2599 W. University Ave.

Send Callin an RSVP or any questions you want her to look into beforehand at callin@csap.org.

SAP garage sale is Sept. 17
The St. Anthony Park neighborhood garage sale will be held Saturday, Sept. 17, 9 a.m. to 5 p.m. Register your sale by filling out the form, which you can find on the St. Anthony Park Community Council website, www.sapgarage sale.com.

Submit the form with your $15 to St. Anthony Park Community Council, 2395 W University Ave., Suite 300 E, St. Paul, MN 55114, by Tuesday, Sept. 5. More info includes listing your address on maps that will be distributed at Hampden Park Co-op, Tim and Tony’s Speedy Market and Craiglist; a garage sale sign that will be delivered and picked up at your address; and ads in the Park Bugle, Pioneer Press, Star Tribune and on Craiglist.

Call Rich Nelson at 651-641-1172 for more information. Volunteers are needed.

You all ever wanted to know about elections in Ramsey County

Elections in Ramsey County. Prior to his work with Ramsey County, Mansky was manager of Gov. Jesse Ventura’s gubernatorial campaign and served as state election director in the Minnesota secretary of state’s office for many years. The meeting will be at 7 p.m. at the Ramsey County Library, Riverdale, 2180 N. Hamline Ave. It will be recorded for call 651-640-1000 a.m. on Wednesday, Sept. 7, at Resurrection Lutheran Church, 1100 Country Road D, Roseville.

Both events are free and open to the public.
Lydia Place brings unconventional worship to Green Line community

By Judy Woodward

Want to hear an old stalwart from the Green Hymnal, something like "A Mighty Fortress Is Our God" or "Day by Day"? But this time it's to be played at an up-tempo blues bar by a combo of Lutheran clerics. Oh, and they'll perform it in an Irish pub, and the guys propping up the bar are invited to join in on the chorus.

That's the scene on the first Monday of the month when Pastor Scott Simmons and his band, the Flechsopt of Egypt, perform Hymnapalooza for the crowd at the Dubliner Irish pub on University Avenue. The musicians pass out hymnals, which they call "user manuals," and lead anywhere from 60 to 100 bar patrons in song. It's a safe bet that for most of the crowd it's been a long time (if ever) since they last raised their voices to praise the Lord in four-part harmony, but that's the point.

"It brings us in contact with people who often don't know anything about hymns," says Simmons. As for the anthems themselves, "We grass 'em up," declares Simmons, who points out that the band's repertoire also extends to Southern Baptist and Evangelical favorites like "Will the Circle Be Unbroken" and occasionally includes his own compositions.

Hymnapalooza may be the most attention-catching activity of the Lutheran ministry known as Lydia Place, but it's right in line with the group's central mission.

"First and foremost, Lydia Place is about providing a safe environment for relationships and collaboration. We want to listen, accompany, sit and see where we are called to build this neighborhood," Simmons said.

Lydia Place got its start a couple of years ago when a group of people associated with Luther Seminary in St. Anthony Park began exploring the possibilities for establishing a ministry in the burgeoning area surrounding the Green Line on University Avenue. Simmons, who graduated from the seminary in 2012, was appointed the first pastor of Lydia Place.

And his colleagues knew right from the start, however, that they weren't going to establish a conventional congregation.

"We didn't want to start a storefront church," he says, "but they thought the self-employed graphic designer was everyone's version of a former caregiver who was in a bad way. So they talked to caregivers and now living in Hudson, Wis.

"But we're not doing anything to support caregivers once the caregiving ends. There's a real need that people are just starting to think about." Roseville A/D members found no ongoing programs for former caregivers that they might learn from, and almost no research into the topic. So they talked to caregivers and began to build a picture of what might help.

As part of the Caregiver Re-Entry Initiative at a kickoff event on Thursday, Sept. 29, at Roseville City Hall from 1 to 3 p.m. Keynote speaker will be Connie Goldman, herself a former caregiver and former National Public Radio reporter and producer, who has written several books about caregiving.

"You know, finally we're doing a lot more to support people who are providing family care now," said Goldman, formerly from California and now living in Hudson, Wis.

"But we're not doing anything to support caregivers once the caregiving ends. There's a real need that people are just starting to think about." Roseville A/D members found no ongoing programs for former caregivers that they might learn from, and almost no research into the topic. So they talked to caregivers and began to build a picture of what might help.

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What the world needs now . . .

Maybe you saw this on Facebook. Maybe you didn’t. But we’ve lifted the following message, which has been floating around on social media for the past few weeks. It seems to say the right words for right now.

We can’t credit the source. It’s gone viral and been reposted countless times. To the person who wrote it, thanks. And to our readers, here’s your morning mantra to get you through to November.

Unti America figures this all out, I’m going to continue holding doors for strangers; letting people cut in front of me in traffic; saying, “yes, ma’am,” “yes, sir”; saying, “good morning”; being patient with a waiter; and smiling at strangers—as often as I am provided the opportunity. Because I will not stand idly by and let children live in a world where unconditional love is invisible.

Show kindness to someone who may not necessarily deserve it.

Find your own way to swing the pendulum in the direction of love, because today, sadly, hate is winning.

Positivity has to start somewhere and love overpowers hate.

Golden oldies

Thanks to the Bugle staff for your interest in our Murray High School Class of 1943 73rd reunion celebration.

Attending our event was classmate Bill Stevenson, retired JM engineer, and recent subject of an ABC News item regarding his determination and skill to design, for people in need, a system and device that can provide them with clean drinking water.

The article referred to the St. Anthony Park neighborhood. When it came time to find costumes, a call to the St. Anthony Park neighborhood listserve even brought forth graduation caps and gowns for the actors to use.

The article referred to the St. Anthony Park native as a “Golden Oldie,” whatever that means.

It took a village

Shakespeare in St. Anthony Park is over for this year. Thanks to all of you, it was a great success.

The teens in the workshop worked intensely for 11 days and then presented “The Two Gentlemen of Verona” three times.

The park Bugle supporters

We are so grateful to our supporters, who helped us surpass our goal of raising $36,000 for our fiscal year of 2015-16. The following contributors made donations between June 1 and Aug. 12. Our 2016-17 fund drive will begin in October, but we are happy to accept your tax-deductible contributions at any time.

If you would like to contribute, you can do it online at www.parkbugle.org. Click the green DONATE NOW button on the right side of the page. Or send a check to Park Bugle, P.O. Box 8126, St. Paul, MN 55108.

Thank you!

Erik Haugo
John Pellicino
Shirley Ungar

LETTERS

Welcome to the Bugle editorial pages, the place where we exchange ideas and opinions. The views reflected in the commentaries and letters printed here each month are the opinions of the individual writers, not the Bugle staff or board of directors. We encourage community participation in this page, but we do retain the right to edit letters and commentaries for clarity and brevity. Letters should be kept to 400 words or fewer and commentaries should be 800 words or fewer. Send your commentaries or letters to editor@parkbugle.org

Lisa Sackreiter

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Thank you!

Erik Haugo
John Pellicino
Shirley Ungar
Advice on how to get your home energy projects started

By Tim Wulling

Wishing to start reducing your energy consumption and expenses?

Start with a call to the Neighborhood Energy Connection’s Energy Advisor Service, (651-328-6224) or check the NENC website, thenec.org.

The Energy Advisor can help you sign up for the Home Energy Squad or an energy audit. The advice also can help with rebates and financing the bigger projects by connecting you with sources of low-interest loans.

For small changes that generate big savings, have the Home Energy Squad (651-328-6220) install weather-stripping, a programmable thermostat, efficient light bulbs and a low-flow showerhead. They charge a $70 trip fee but nothing for materials or labor. Xcel Energy subsidizes this program in St. Paul. The fee can be waived for customers who qualify for Energy Assistance.

For larger changes, advertisements abound for new windows, air conditioning, furnace replacement and more. But which of these are sensible? People often think first of windows, even though insulation and air sealing make much bigger dents in energy use for less cost.

Don’t guess. Get off to a good start with professional advice about what’s best for your particular house. A Home Energy Audit does that. (Xcel customers can call 800-895-4999). The auditor checks the insulation in your attic and other places and checks the age and condition of your furnace and water heater.

The $60, hour-long energy audit includes a blower door test. A big fan placed in your front door blows air out of the house. With windows closed and the fan blowing, you can feel outside air coming in around pipes, around the attic hatch, through the electrical outlets, from the seams of the rim joint, and so on. Typically, windows do not make up the majority of the leaks.

If the blower-door test happens during cold weather, the leaky spots show up on photographs taken with an infrared camera. For the $40 additional cost, infrared photos provide a vivid record that you can show an insulation contractor to help guide their work.

Another hurdle to reducing energy cost is the Home Energy Squad and a Home Energy Audit are likely to be within reach for many, but what about insulation? A new furnace? They are in a whole different price range.

Families with limited incomes have special opportunities through the Energy Advisor Service. Larger projects can be done without charge through a program of the Energy CENTS Coalition (651-774-9010). This might include getting a new furnace or boiler, home insulation, or a new water heater, for example, for free! If you are struggling to pay utility bills, you might also qualify for help with monthly payments.

When you near the finish line, learn your home’s Energy Fitness Score by calling the Energy Fit Homes program (652-335-5874). A good score comes from efficient lighting, programmable thermostat, storm windows, fully insulated attic and walls, and high-efficiency heating system. When it’s time to sell your house, be sure your realtor tout your Energy Fit Homes certificate.

Join the race to reduce your energy consumption and energy bills.

Tim Wulling is a member of Transition Town—All St. Anthony Park.

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From the Bugle archives:

Keillor felt woebegone about radio early in career

Retire after 42 years as host of “A Prairie Home Companion”?

Garrison Keillor definitely didn’t see that coming.

Or, he just might have been having a bad day.

When the Park Bugle interviewed him in June 1976, Keillor, a St. Anthony Park resident at the time, told the newspaper that he saw the future of radio as “very bleak” and his own prospects limited.

“I think I have reached my future,” Keillor said. “I am doing exactly what I want to do now, but I don’t see myself being able to do it for a very long time.”

Fortunately for the legion of fans who tuned in to “A Prairie Home Companion” for the next four decades, Keillor was selling himself short.

The Park Bugle interviewer observed that radio had clearly lost ground to television and movies and asked Keillor if he thought his old-time flavor show might help revive it.

“Nope,” Keillor replied.

“I don’t think there are that many people that are interested in this type of radio and I don’t think the large corporations that might underwrite this type of show are interested enough to spend money,” Keillor said.

“They may feel, perhaps, that this is not serious enough to be taken seriously. I personally think that humor is both serious and important. It has dignity, it is not standing in front of a crowd just flapping your arms.

“We will be here next week and through the summer, but after that it’s hard to tell,” he added bleakly.

Keillor’s final appearance on “A Prairie Home Companion” was broadcast July 2.—Roger Bergman

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Garrison Keillor was featured in the June 1976 issue of the Park Bugle. Forty years later, his stint at “A Prairie Home Companion” ended. We aren’t sure who took this photo as there was no credit or caption in that 1976 issue of the Bugle.
Forecast Public Art’s fall project expands definition of ‘public art’

By Anne Holzman

A series of workshops planned by Forecast Public Art this fall will challenge artists and their supporters to broaden their repertoires of ways to bring art to the public square.

The five-part series, “Making It Public,” is in its third year, with a focus on the Lowertown area of St. Paul. Instructors Kristin Wiegmann and Jen Krava will guide 20 artists, who were selected from applicants earlier this summer, to adapt their studio practices in ways that suit the needs of cities or private entities looking to offer public art in various media.

“We try to get people from all different parts of the public art field’ to advise the students,” Wiegmann said.

She said a central question of the workshops will be, ‘How does your studio practice change when you think about the public space as your gallery?’

The series will culminate with awards of grants for a few of the artists to carry out the projects they have developed. Past grants have gone to a metalworker who opened a bronze pour to the public view, then hid the resulting medallions for passerby to find; to a textile artist working in traditional Japanese doily-making; and to an artist displaying lanterns during a festival in Meers Park.

Forecast Public Art has its headquarters in the industrial area off Raymond Avenue on Myrtle Street. The organization’s mission is “going beyond murals and sculpture and embracing all kinds of creativity that happens in public space,” Wiegmann said. They also publish the national journal Public Art Review and an e-newsletter.

The organization wants to promote “as broad a definition as possible” of the term “public art,” Wiegmann said, and adding that the term “is constantly being redefined by artists.”

In addition to working directly with artists, Wiegmann and her colleagues travel through Minnesota and surrounding states, meeting with cities and companies that want to facilitate public art in their communities.

“Well show up and maybe I do a three-hour workshop one year, and then the next year I back to help them do a three-year plan,” Wiegmann said.

“When thinking about making art,” she said, “it’s good to be all on the same page about what the possibilities are.”

Anne Holzman is a freelance writer who lives in Bloomingtom.
History: One darn thing after another
Roger Bergerson chronicles our remarkable past

Plodders, trotters, he sold ’em all

Horsepower, in its original form, helped build the economy of the Upper Midwest in the late 19th century, and St. Paul was home to one of the largest horse-trading markets in the nation.

Dealers chose to locate near the intersection of Prior and University avenues in the Midway district because it was adjacent to the yards of the Minnesota Transfer Railway. This was a cooperative venture by nine railroads to coordinate the movement of freight through the Twin Cities.

And the biggest wheeler-dealer of them all was Moses (“Mose”) Zimmerman, who along with his partner, John D. Barrett, made a fortune selling horses and mules when lumbering and railroad building were at their peak.

For that matter, nearly everybody relied on horses at the time: fire departments, dray operators, farmers, construction companies, affluent people needing everyday transportation. The St. Paul Street Railway alone needed 800 horses to pull its cars, replacing the animals on the average of every two years.

Zimmerman and his salesmen crisscrossed the Western states to acquire horses, as well as pasture land where herds could be assembled for shipment to St. Paul. In fact, so adroit did the partners become at land transactions that they set up a companion firm to handle real estate. At one time, the company owned 30,000 acres in Wisconsin alone and more than 100 farms in Montana.

Even as cars, trucks and tractors became more popular, the onset of World War I in 1914 caused a sharp upswing in business for Barrett & Zimmerman and its peers. Agents from the British and French governments came to St. Paul to purchase horses and mules for shipment to the European battlefields. Later, when America entered the fray, the U.S. government did the same.

“At the height of the World War, we sold $1 million worth of horses and mules a month,” Zimmerman recalled in a 1922 newspaper interview. Given that the St. Paul Fire Department was paying $300 apiece for horses in that era, the dealer was clearly talking about transactions totaling thousands of animals.

And what about the current state of the horse business? “All shot to pieces by the gas engine,” Zimmerman replied.

A spectacular fire in 1922 didn’t help. On the Fourth of July that year, boys with firecrackers were tormenting goats in the Barrett & Zimmerman pens on University Avenue. In the process, they set off a blaze that was fanned by a brisk wind.

An estimated 5,000 people watched as 10 St. Paul engine companies and two from Minneapolis battled the fire, which quickly consumed the stables, sheds and headquarters of the horse traders, as well as an adjacent lumberyard and a commercial/residential building. Police and bystanders were able to save 70 horses, but other animals, including some of the hapless goats, were lost.

It appears that the stables were partially rebuilt, because the Barrett & Zimmerman horse-trading business continued at the site, although on a reduced scale. Real estate became the firm’s primary focus. Zimmerman was a big booster of the 1923 boxing match between champion Jack Dempsey and St. Paul’s own Tommy Gibbons in Shelby, Mont. His company owned a lot of land there and he felt the fight would create interest in the area.

He wasn’t about to give up on horses, though. “The horse-trading business is picking up again,” Zimmerman told a newspaper in 1929. “There has been a bigger demand for good horses in the past year than since the war. Transfer companies are going back to the horse for short haul jobs and the small farmer can buy a horse cheaper than he can raise it.”

It was probably wishful thinking, but the statement showed where Zimmerman’s heart was. “Yes, I drive a car,” he conceded, “but I like horses.”

Yesterday’s News
Roger Bergerson shares headlines he has collected from old newspapers over the years simply because “they’re funny, bizarre, brutal, etc.”

Crookston man has mind-reading dog
Girl clown doesn’t like her job—finds elephants smelly
Pared wife’s corns, but lost her love

OPTIONS for you & your family
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Short-term transitional care following surgery or illness.

Learn more at www.lyngblomsten.org/healthcare.
On a Monday morning in July, I went with several of my birding friends to see what birds we could see and hear in Lake Elmo Park Reserve. Our little group averages about six members. Each week a different person is the ‘decider,’ and on this day it was Juke. He had chosen the site, a start time of 7:30 a.m., and the route: a 3.8-mile hike around Eagle Point Lake. And he gave the following advice: “Bring water, sun protection, bug protection and mood protection.”

I took Juke’s final admonition about mood protection to heart. I don’t think he specifically targeted me, but in past outings at Lake Elmo Park, I’ve gotten grouchy about the long hike. I’ve complained about it being a Bataan death march. We’ve had flooded trails, brushy detours and hosts of mosquitoes. I’ve been a classic whiner!

So I decided this time I was going to adjust my attitude and try to enjoy the morning without complaining.

Lake Elmo Park Reserve is in Washington County, a mile north of I-94 on Kears Avenue. The trail around Eagle Point Lake is mostly dirt and mooved grass, with an occasional pile of horse manure just to make sure you’re not always looking up. The trail leads through wooded areas, prairies and along ponds. There are several side trails to get you down to the lake.

As usual on birdwatching trips, we heard more birds than we saw. Although a green heron flew over and gave a squawk to make sure we heard and saw it. We heard a pilated woodpecker whacking away on a tree in the distance.

And we heard many eastern wood psewews. This is a small gray flycatcher that sings its name: “Pee-oo-see,” followed by a descending “Pee-o-o.” What a sweet call, a sweet bird.

One pleasure of the morning was a chance to compare the calls of a couple of different wrens: the sedg wren and the marsh wren. Both species occur in the park. The sedg wren sounds like an old-fashioned treadle sewing machine. The marsh wren’s song starts with a couple of sharp notes, gurgles for a bit and ends with a rattle. The two wrens look very much alike. They’re both very secretive and often sing from a hidden spot. A general rule of thumb is that if you see or hear one of these birds in a meadow, it’s a sedg wren. If you hear near a wetland, it’s probably a marsh wren.

The vireo family of birds is another group more often heard than seen. The red-eyed vireo seems to be the most common around here. Its song is a question-and-answer style that goes on and on, a rising phrase followed by a descending one. “Here I am, over here.” And it usually sits stock still while singing.

Another vireo we heard was the yellow-throated vireo. In song sounds like “Three-eight,” rather hoarse and raspy.

And the third vireo in the morning’s vireo trilogy was the warbling vireo. This one sings very long phrases. To me it sounds like it’s saying, “If I see you, I will seize you, I will squeeze you till you squirt.” How do they come up with these mnemonics? It helps me remember the song, though. But the bird of the morning for me, and I think for the others as well, was the male golden-winged vireo that Val found foraging in some trees along the trail. It stepped out onto a dead branch and sat in full sunlight, giving us great looks. It has a golden crown, a dramatic black mask and throat and a wide golden wing patch. This is a bird I don’t get to see every year and when I do, it’s usually in the spring as they’re migrating north.

The golden-winged vireo’s summer range in Minnesota starts north of the Twin Cities and extends up toward the northwest part of the state. So this male was probably already heading back south by mid-July. They winter from Guatemala to Colombia.

Finding this bird highlights one of the things I like most about birding; the serendipity. You never know what you’re going to see. I sure didn’t expect to see a golden-winged vireo that day. I had been on my best behavior all morning and never made a peep about the rugged trail and its many challenges. So I’m going to conclude that seeing the golden-winged vireo was a karmic reward for my attitude adjustment. But maybe it wasn’t. Maybe it was just a serendipitous event. Who knows? In any case, I had a better time that morning because I had set my mind to having a better time. Call that karma, Zen, or mind over matter, it worked for me and I’m going to try it more often.

Schubert Club announces this year’s Music in the Park Series

The Schubert Club’s Music in the Park Series will bring six concerts to St. Anthony Park United Church of Christ in its 2016-17 series. The church as been home to the series since 1979.

The Kalichstein-Laredo-Robinson Trio will launch the series with a concert on Sunday, Sept. 25. Pianist Joel Kalichstein, violinist Jaime Laredo and cellist Sharon Robinson have been performing together for 40 years, making the trio one of the longest-lived ensembles with all of its original members. “The KLR players are superstars of the chamber music world,” according to the Washington Post. A favorite ensemble of the Music in the Park Series audience, listeners will learn why the Post has declared the trio “the greatest piano trio on the face of the Earth.”

The Pacifica String Quartet with cellist Johannes Moser will perform on Sunday, Nov. 6. Known for their virtuosity, exuberance and often-daring repertoire choices, the Pacifica Quartet consistently plays with “clarity, perfect togetherness and the finest of tuning,” according to the London Times. With numerous awards that include the Avery Fisher Career Grant in 2006, Musical America’s “Ensemble of the Year” in 2009, and the 2009 Grammy Award for Best Chamber Music Performance, the quartet is internationally recognized as one of the foremost interpreters of string quartet cycles. The quartet and Moser will play Schubert’s beloved String Quartet and a new quintet by Pulitzer Prize-winning composer Julia Wolfe, a co-commission of the Schubert Club and three partnering presenters.

The Danish String Quartet will perform Sunday, Feb. 12. Combining a passion for Scandinavian composers—whom they frequently incorporate into adventurous contemporary programs—with highly skilled and profound performances of the classical masterpieces they so adore, the Danish String Quartet continue to solidify their sterling reputation as “one of the best quartets before the public today” (Washington Post)—all without pillaging cities or razing the English coastline.

Harpist Yolanda Kondonassis and guitarist Jason Vieaux will perform on Sunday, March 5. Hailed as a “brilliant and expressive player” (Dallas Morning News), Kondonassis is celebrated as one of the world’s premier solo harpists. Since her debut at age 18 with the New York Philharmonic and Zubin Mehta, she has performed across the globe as a concerto soloist and in recital, bringing her unique brand of musicianship and warm artistry to an ever-increasing audience. A published author, speaker, professor of harp and environmental activist, she weaves her many passions into a vibrant, multi-faceted career. Joining her for this Music in the Park Series concert is Vieaux, who in the words of NPR, is “perhaps the most precise and soulful classical guitarist of his generation.” The New York Times lauds his playing as “virtuosic, flamboyant, dazzling and, sometimes ineffably lyrical.”

Violinist Alina Ibragimova and pianist Cedric Tiberghien will perform Sunday, March 26. Russian-born Alina Ibragimova seemingly defies the laws of physics, playing with an “immediacy and honesty” that collapses “any sense of distance between performer and listener” (The Guardian). Ibragimova has a long-standing partnership with pianist Cédric Tiberghien, whose flourishing international career spans five continents where he has performed at some of the world’s most prestigious halls. The Daedalus String Quartet will play with cellist Wilhelmina Smith and actress Linda Kelsey on Sunday, April 23. Kelsey, Smith and the quartet will explore music and literary texts associated with Beethoven’s Kreutzer Sonata. You can read more about the 2016-17 Music in the Park Series at schubert.org.

A Music in the Park Series six-concert subscription is $144. Student subscriptions are $66 (with valid I.D. and an .edu email address). Single tickets for each performance start at $29. You can buy tickets at Schubert.org.

Sept. 25 concert will be dedicated to Prof. Herb Wright

Music in the Park’s opening concert with the Kalichstein-Laredo-Robinson Trio on Sunday, Sept. 25, will be dedicated to the memory of Herb Wright (1917-2015), distinguished scientist, Regents Professor of Geology at the University of Minnesota, self-described “addict” of classical music, longtime resident of St. Anthony Park and friend of Music in the Park Series.

Wright’s more than 65-year career traversed his interests in geology, ecology, botany and archaeology. He advised more than 70 graduate students, edited 12 books and published nearly 200 journal papers. He became one of the world’s most distinguished Quaternary scientists with major contributions to the understanding of the landscape history and environmental changes over the past 100,000 years.

Wright was a gentle person who loved classical music. Born in 1917 in Malden, Mass., he sang, as a young man, in two church choirs “because one of them provided a little monetary support, and the other had a basketball team,” he once said. Later, studying at Harvard University, he joined the Harvard Glee Club, along with the legendary Leonard Bernstein. A regular attendee at Minnesota Orchestra and the St. Paul Chamber Orchestra concerts, Wright particularly enjoyed the concerts presented by Music in the Park Series. Mozart, Beethoven, Tchaikovsky, Schubert and Brahms were among his favorite composers.

On Sept. 13, Wright would have celebrated his 99th birthday. With this concert, Music in the Park and Wright’s fellow music lovers will remember him and his love for classical music.

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Photography show will trace one man’s lifetime journeys

By Anne Holzman

A photography show at 1666 Coffman this fall will offer a virtual ramble over mountains as seen through the lenses of long-time St. Anthony Park resident and University of Minnesota professor Bob Megard.

Nearly 60 photos have been selected from an estimated “five to six thousand,” Megard said while flipping through images on a large computer screen in his home several weeks before the show.

At that time, a few of the works still hung on the walls of the home Bob shares with his wife, former St. Paul City Council member Bobbi Megard. A pair of Mexican folk dancers presided over the entryway, evoking fond memories of the Megards’ many trips to the Oaxaca region.

A dining room wall featured a trio of Mexican elders engaged in deep conversation.

“I like the composition because everybody’s listening to an old guy,” Bob remarked with a chuckle.

Other than annual entries in recent community shows at St. Matthew’s Episcopal Church, Megard has never had a public gallery show. The trio of elders boasted a ribbon from last year’s show, which gave him some encouragement, he said.

Megard’s interest in photography dates back to his college years at St. Olaf College in Northfield, when he worked in the campus news bureau as a photographer and darkroom technician. He spent summers at Glacier National Park, working at the Many Glacier Hotel. That’s where he met Bobbi, who worked and hiked with him there while they both earned money for college.

Bob graduated from St. Olaf in 1956, earned his master’s in biology from the University of New Mexico and completed doctorate studies in zoology at Indiana University in 1962.

Bobbi started at the University of Minnesota, transferred to the University of Oregon, then joined Bob at Indiana and earned a master’s degree. They moved to Minnesota when Bob joined the U faculty shortly after graduating from Indiana.

“We went to Glacier Park last summer to celebrate the 100th anniversary of Many Glacier,” Bob said, noting that the National Park Service is approaching its own centenary. He said some of his Glacier pictures, a few of which will be in the 1666 Coffman show, can be compared with Park Service photos from other years, contributing to the natural history of the park.

After many years living in St. Anthony Park, the Megards are handing off their Hyde Street home to their daughter and moving to the new apartment building at Como and Dowell avenues when it is completed.

Bob Megard will display his photos at 1666 Coffman in September. Photo by Mike Krivit
completed this fall.
The photo show will occupy two rooms at 1666 Coffman, Bob Megard said. One room will be devoted to pictures from Oaxaca, with the other room tracing the couple’s travels to Iran and China as well as locations closer to home.

Many of the photos were shot on film, long before digital cameras became available, although Megard has happily gone digital in recent years. He said he has spent many hours scanning and editing those older photos, using Adobe Photoshop Lightroom software. He demonstrated at his computer, running a mouse over a graph to shift light and color in one dramatic landscape from southern China. “It’s great fun!” he exclaimed.
The photos from Iran date to an archaeological expedition in 1963, when the Megards spent a summer working with University of Minnesota ecology professor the late Herb Wright, who was collaborating with anthropologists at the University of Chicago on an early climate study at Lake Zeribar. (See the story on Music in the Park’s dedication to Herb Wright on page 9.)

“He had a project finding out what the climate was like during the time of domestication of plants and animals,” Megard explained. Megard’s role was to examine core samples drilled from beneath the site. “I looked at the stratigraphy of microscopic animals going back about 30,000 years,” Megard said, adding that some of the Lake Zeribar core samples ended up in collections of the University of Minnesota.

While he was there, he shot pictures of mountains. In fact, Megard seems to favor mountains as subjects for his art. In addition to Glacier and Zeribar, mountains dominate photos taken more recently in China and serve as a continuous backdrop to the portraits from Oaxaca, as well.

His wife noted a progression through the years, though: “He has gone from being a landscape photographer to taking pictures of people,” Bobbi said. “There’s been a gradual change in which he thinks people are worth taking pictures of,” she added, drawing another chuckle from Bob.

Few animals appear in Megard’s photos, but there are some birds. Bobbi explained that after her grueling but successful campaign for city council, she promised Bob they would take a vacation to the venue of his choice, and he picked Baja California, where birds perching on cacti attracted his eye.

Megard’s show will include landscapes taken in Grand Marias during “Shoot, Print, and Frame” workshops led by Laurie Hernandez. He credited Hernandez with helping make the final selections for the 1666 Coffman show, as well.

His son-in-law Jeffrey Tranberry, a graduate of Minneapolis College of Art and Design now working for Adobe in Arden Hills, has also helped him prepare the show, Megard said. “He really has stimulated my interest in digital photography,” Megard said. The show will run from Sept. 16 to Nov. 30 in the 1666 Coffman building, on Larpenteur Avenue one block west of Cleveland Avenue. For more information, call 651-645-4453.

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Lydia Place from 3

and offering more intangible of home.

work in the growing nonprofit and that connection space, both in terms connection or a place to meet outside.

did want to address the needs of the typically young and often low-income residents who are drawn to work in the growing nonprofit and arts-oriented businesses that are drawn to the area.

In this neighborhood,” says Simmons, “there are lots of home-based, self-employed people, including writers and artists. Often they feel isolated without a connection or a place to meet outside of home.

Lydia Place wants to provide that connection space, both in terms of offering a physical meeting place and offering more intangible opportunities to share a sense of community through activities like Hymnnap. Simmons’ group ‘bounced around a while, establishing bonds with neighborhood organizations from the Urban Growler microbrewery to Seal Place High Rise. That’s all in accord with their policy of ‘radically accepting hospitality of others.’

Taking their group’s name from the Greek woman from the Book of Acts who offered a place to stay when Paul was shut out of the city, Lydia Place is dedicated to witnessing to their shelter in her household, Lydia Place, or to book its meeting space, visit their website www.lydiaplace.com or call 612-859-1134.

When she’s not writing about community news, Judy Woodward spends her time as a reference librarian at the Roseville Library.

Carer from 3

Entry Initiative, two smaller groups will begin regular meetings in October. They will be groups in which former caregivers can help each other make the shift from intensely caring for someone else and focus on their own often-neglected needs, such as reconnecting with friends and exploring old and new interests.

One group will be for former caregivers, while the other will be open to current and former caregivers.

At the Sept. 29 kickoff, former caretaker of parents and spouses will tell stories of life after caregiving. In addition, a master student will describe her research into the need for Twin Cities programs to help former caregivers.

Dealing with more than grief

When they talked with one group of former caregivers, they were pretty specific about what they didn’t want,” said Lori La Bey, a member of Roseville A/D. She started a “memory cafe” six years ago, a place where people with memory loss and their care partners can come together for coffee, conversation and normal socialization. Now La Bey has two such groups meeting at J. Arthur’s Coffee in Roseville, and the concept is popping up elsewhere around Minnesota and the country.

‘What they didn’t want was a formal program with instructors, they didn’t want a grief-support group, they didn’t want a six-week course that just ends and you’re done,” said La Bey, whose business, Alzheimer’s Speaks, seeks new ways to help people with dementia and their families.

They wanted something more informal—something like the memory cafes—where they could share their experiences, help find new ways to reengage and reenergize their lives after the care journey has ended.

‘Dealing with grief has to be part of that journey, but for many people it doesn’t need to be the focus,” said Sue Van Zanden, another member of Roseville A/D who also leads a caregiver support group at the Roseville Area Senior Center.

Find out more about Roseville A/D and its projects at cityofroseville.com/dementiainfo.

Lydia Place from 3

The group has established a worship service at Seal High-Rise, but they’re also expanding their activities in a what they call a co-worker space they’ve established through the generosity of Khita Tran, the owner of Dow Art Gallery, at University and Hampden avenues. Amid the stark white walls and colorful mobiles, professionally lit canvases and photographs of the gallery, Lydia Place is establishing a well-equipped meeting room that seats up to 40 and is open to any community group that wants to give Simmons a call. They’re asking for a for-will offering of $35 an hour when use of the room, which they plan to use to upgrade the audiovisual facilities of the space.

They call this process co-working. “There will be room for discussions of how faith moves us, but never in a prescriptive way,” Simmons says.

Lydia Place has also recently started holding Sunday evening worship services open to all at the Dow Art Gallery. On a recent steamy Sunday, Simmons cut an unusual figure as he led the small congregation in prayer in the decidedly secular setting of an art gallery. Wearing lightweight clerical garb while accompanying himself on the guitar and singing in a pleasant tenor, Simmons also delivered a sermon on the Book of Job, as the sounds of light-rail trains chugging by on the nearby Green Line occasionally rose from the street outside.

Simmons corries by his faith in the old-fashioned way. He grew up in the Lutheran church, as the son of a band director in eastern Colorado. At 57, he refers to the ministry as “my first career,” but admits he “did some other stuff on the way” to realizing his calling. After college in Missouri, he worked in advertising for many years. He experienced personal tragedy when his first wife died at 31, and he learned fortitude when he encountered a cancer diagnosis in his own life.

He was “drawn deeper into his faith over the years,” he says, partly through performing the music he has always loved, but he jokes that it was his second wife, Kelli, who was born a Roman Catholic, who brought him to the ministry.

“In 2005, my wife said, ‘Have you ever thought about doing that?’” In 2007, Simmons enrolled as a distance learner at Luther Seminary. The family, which includes the couple’s teenage daughter, relocated to Minnesota in 2008 and Kelli, a nurse, began to work at the University of Minnesota while Simmons finished his degree at Luther.

Simmons reflects that the form of his pastoral work has changed to reflect an increasingly secular world. “I was born in 1959,” he says, “and I have great institutional loyalty to the [church] that shaped me, but so many people are done with religion because its forms and expressions of faith don’t resonate with them. The challenge is to be authentic in our message.”

And that message is one of community. “We exist here for the sake of relationships,” says Simmons.

To learn more about Lydia Place, or to book its meeting space, visit their website www.lydiaplace.com or call 612-859-1134.

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Warren Wolfe is a retired writer for the Star Tribune and a member of the Roseville Alzheimer’s and Dementia Community Action Team.
Sigurd Haugan

Sigurd Thoralf Haugan, 97, a long-time resident of St. Anthony Park and faithful employee of St. Anthony Park State Bank (predecessor of Sunrise Banks) in his latter years, died peacefully on July 29, 2016, at his current home in New Brighton, surrounded by loved ones.

Sigurd was born Jan. 4, 1919, to missionary parents in China. In March 1927, the family was forced by the Chinese government to evacuate. The family traveled to the U.S. via a liner named and settled in St. Anthony Park. Sigurd had been a faithful member of St. Anthony Park Lutheran Church ever since. He grew up cutting lawns in summer, shoveling snow in winter and selling magazines door-to-door.

In the summer of 1930, he traveled to Norway. Once back home, he started school at Gunterson. He caddied at the University of Minnesota golf course, making 50 cents an hour, 75 cents if he carried a bag. A 11th-grade English teacher helped him get a job at the Hill Reference Library for almost daily. He sent her his engagement ring and went to Ohio for Christmas to give Emma May the ring, with her parents’ approval.

In 1935 he started 10th grade at Mechanics Arts High School. His 11th-grade English teacher helped him get a job at the Hill Reference Library for 35 cents an hour. The next two summers he worked on a farm near Halstead. In 1937, he worked basques at the St. Paul Hotel for 19 cents an hour and leftovers. He moved on to the Lowry Hotel as a bellboy.

The same day he reported for work at the Fairmatich Railway Ballast Conditioning Corp. in Middleton, Ohio, in 1940, he met Emma May Sanderson. He returned to the U of M in the fall of 1941 and corresponded with Emma May almost daily. He sent her his fraternity sweatshirt and claimed that if she kept it, they were engaged.

On Dec. 8, 1941, he received his draft notice. He bought an engagement ring and went to Ohio for Christmas to give Emma May the ring, with her parents’ approval. He came back to St. Paul and reported to the armory for induction. After basic training, he shipped out to the Aleutian Islands. In April 1943, he came back to the U.S. and he and Emma May married on April 23.

The next couple of years were spent at several U.S. bases completing a variety of assignments for the U.S. Army. In September 1946, Sig and Emma May purchased their first home, in San Francisco, under the G.I. Bill. Their second child was born there that December. In spring 1947, they came back to Minnesota.

That fall, Sig registered again at the U of M and finally received his BBA in December 1948. A fraternity brother had just started Twin City Radio Dispatch and offered Sig a job as bookkeeper and dispatcher.

By early 1949, Sig started Mobile Engineering Inc. He put an antenna on top of the Fairmount Water Tower for the police department and Martin County Sheriff. Soon he erected small towers—up to 100 feet—in many places. His best customers were NSP, United Power Co-op and the State of Minnesota.

He left Mobile Radio Engineering and started Northern States Tower Service. This job encompassed tower sales and services (tower erection and painting), antenna and coastal cable installation, and everything except transmitter hook-up.

Before long, the company was putting up 200-, 300-, and 400-foot towers. The area had expanded to Minnesota, Wisconsin, Michigan, North and South Dakota, Nebraska and Iowa. Sig decided to “retire.” He sold the business to his youngest son.

In November 1995, Sig answered an ad in the Park Bugle for seniors and started work at Park Bank (now Sunrise Banks). He worked there until 2011, when he decided to retire “early.”

He is survived by his sons, Sigurd Jr. (Cheryl) and Kevin (Peggy Sue); 11 grandchildren; 13 great-grandchildren; three great-great-grandchildren; and siblings, Astrid Anderson, Gus (Anne) and Roald (Jean).

Marie Pekarek

Marie Pekarek, 101, formerly of St. Anthony Park, died July 17, 2016, at Park Bulebugle 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.
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Lives Lived from 13
with her grandson Tim and his wife, Jody, by her side. Marie was born Dec. 31, 1914, in Wabasso, Minn.  
She was preceded in death by her husband, Joseph. She is survived by her daughter, Dar, and her  
grandsons, Tim (Jody) and Mike (Tammy); a great-granddaughter, Lily; and a great-grandson, Mitch.  
Marie was put to rest in a private ceremony July 20.

Merlyn Scroggins
Merlyn R. Scroggins, 89, of Roseville, died on August 3, 2016.
Merlyn was vice-president of administration for Deluxe Check Printers, where he had spent his entire career, which started in Kansas City in 1946. He was also a past chairman of the board for Summit Brewery, board member for Group Health, a member of Roseville Rotary and a lifetime member of Midway Tastemasters. He was preceded in death by his wife, Bernadine, and brother, Stanley Scroggins. He is survived by children: Michael, Mark (Julie), Leo and Gloria (Steve) Kerr; five  


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

Worship Directory


LEONARD STAUFTER  
Lee Dallas Stauffer, 87, of Falcon Heights, died peacefully at Regions Hospital on July 21, 2016, with his kids and grandchildren. Lee was remembered as a great and generous man. He was quick-witted, patient, a loving father and respected academic administrator. He will be greatly missed.

LEONARD STEVEN STAUFTER  
He served in the U.S. Marine Corps in 1946-47 and in the U.S. Naval Reserve in 1947-48. He received a master's degree in public health in 1956, and served as dean emeritus of the School of Public Health, University of Minnesota. He was preceded in death by his wife, Donna Lois. He is survived by his children, Karl (Fabiana), Lisa (Jay), Dane and Kris (Juliie), four grandchildren, and sister, Marcia. Memorial service details had not been announced by press time.

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State Fair is the silver lining at summer’s end

By Alex Lodner

The anticipation for the “12 best days of summer” is bittersweet. Our Minnesota State Fair is one of the most beloved fairs in the country, stretching over nearly two weeks of fun-filled, food-filled days in the waning days of summer. On the other hand, the fair also signals the end of this glorious season, with some kids going back to school before the fair ends.

Which foods will you make the most of this end-of-summer tradition? The fair’s website highlights all the new foods and attractions it introduces every year. Check them out at www.mnstatefair.org, but here are just a few things to eat and do starting Thursday, Aug. 25.

New foods

This is what we wait for all year, isn’t it? You can’t possibly eat everything at the fair (but no shame in trying), so here are just a handful of the exciting new options this year.

Sweet

Call It Breakfast: Start the day off right at the Dairy Goodness Bar. Grab a vanilla sundae topped with chunks of fluffy donuts, chocolate and late-flavored syrups and, of course, sprinkles.

Chocolate Agate Crunch: Opening its doors in 1897, the Hamline Church Dining Hall is the oldest food vendor at the fair and one of the last church dining halls remaining there. These old-timers keep it fresh by introducing a new, exclusive Keyes’ ice cream treat each year. This summer it’s chocolate Caramelia ice cream, topped with chocolate cookie crumbles and edible chocolate rocks inspired by the Lake Superior agate, all folded with a salted caramel swirl.

Maple bacon shaved ice: The maple bacon craze is alive and well at Minnesota Shaved Ice in the West End Market. This year’s new flavor will be topped with bacon bits and a maple syrup drizzle. Also new this year is sweetened condensed milk drizzled over your choice of shaved ice for a creamy twist reminiscent of a traditional Taiwanese treat.

JonnyPops frozen banana: JonnyPops, whose motto is “a better pop for a better world,” crafts its frozen treats with all-natural ingredients and donates a portion of proceeds and proceeds to the Hazelden Betty Ford Foundation. This year’s entry is a frozen banana with cinnamon and cream dipped in dark chocolate and served on a stick.

Strawberry Donut Delight: Get a jumpstart on the calorie intake for the day with a glazed doughnut, sliced in half and filled with strawberries and whipped cream. Find it at the Strawberry Patch, which is also known for its fresh berries—a nice break from all the friedness.

Carpe Diem: From the brilliant mind of Chef Thomas Kim, owner of Minneapolis restaurant Rabbit Hole, comes this Taiyaki (fish-shaped) buttermilk waffle cone filled with balsamic-roasted strawberry compote and topped with vanilla ice cream, graham cracker crumble and a fresh strawberry. The Carpe Diem will make a limited appearance Aug. 25-30 at the Midtown Global Market booth in International Bazaar.

Savory

Beer Beat Buddies: Ol tzoberfest in August? Why not? At Sausage Sister & Me in the Food Building, you can get an Olztobeer beer boat in a German pretzel bun topped with sauerkraut, chopped onions and a choice of zesty mustards in a serving large enough for two. Pro tip: Also try the strudela slider stuffed with molen Monterey Jack cheese.

Bang Bang Fresh Chicken Tenders: Lulu’s Public House has arguably the best seat in the house with its rooftop patio in the West End (complete with water misters when it’s blazing hot). Try Lulu’s new fresh chicken tenders served with Bang Bang sweet and tangy chili sauce.

Rustic Beef Pastry: Year after year, the French Meadow Bakey & Café stand gets things right, and we are excited to try their flaky crust filled with Moroccan-spiced beef and baby spinach, topped with creamy goat cheese.

Paneer on a Spear: Hot Indian Foods is a popular food truck found around the Twin Cities. Aug. 31-Sept. 5 it will occupy Midtown Global Market booth at the International Bazaar and serve, among other things, a stick of deep-fried, seasoned panneer cheese coated with a local craft beer batter and served with tomato-garlic chutney: Did you know there are more than 90 food items on a stick at the fair? One more can’t hurt.

Iron Range Meat and Potatoes: Giggle’s Campfire Grill, brought to you by the owner of Gabe’s in the Park, is the perfect go-to for a healthier lunch and a shady seat, along with a great line-up of craft beers. This year they’re serving baby spinach, topped with cream cheese.

Celebrate Prince at the fair on Aug. 26

The Minnesota State Fair is inviting everyone to Unite in Purple and celebrate the life of Prince on Friday, Aug. 26, from 5 p.m. to close.

Join fellow fair-goers in a purple celebration of the life of Minnesota’s beloved son. Fair visitors are encouraged to wear purple as a tribute to Prince and his tremendous impact on Minnesota musical history.

A number of fun events are planned throughout the fairgrounds celebrating His Purple Highness:

→ Prince music, tributes and cover songs at stages throughout the fairgrounds
→ A Prince Party in the Park with music and dancing led by GenerationN8W8’s DJ Dudley D, Prince’s personal DJ, at Carousel Park
→ Lavender lighting on iconic fair buildings and carnival rides
→ A one-night-only Luzeinrneum’s Laser Flitz show featuring a Prince finale
→ Unite in Purple glow bracelets for the first 5,000 guests through the gates after 5 p.m.
→ Unite in Purple buttons for the first 7,500 visitors through the gates after 5 p.m.
→ Following Charlie Wilson and Fantasia’s show at the Grandstand, the Minnesota State Fair Fireworks Spectacular will be set to Prince music and will feature a pyrotechnic Prince tribute.—Alex Lodner
SEPTEMBER EVENTS

Venue information is listed at the end of each calendar issue. Send your events to calendar@parkbugle.org by Wednesday, Sept. 14, to be included in the September issue.

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

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

Dialogues Transcending meets every Thursday of the month, U of M St. Paul Campus, Neifeldt Research Center, 9:30 Fishell Ave., 11:30 a.m.-12:30 p.m.


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

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

St. Anthony Park Area Seniors Tuesday Seniors meet, “Coping Phillips,” St. Anthony Park Library, 2-3 p.m. All welcome.

9 FRIDAY
SAPAS Book Day, City Gallos, 10 a.m.-noon.

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

10 MONDAY
Community Sing, Olson Campus Center, Luther Seminary, 7-8 p.m. Free. Co-sponsored by Osher Lifelong Learning Institute.

Wedding, Gary Winter’s Group celebrates 25 years with readings of fiction, memoir, and poetry, St. Anthony Park Library, 7 p.m.

20 TUESDAY

16 FRIDAY
SAPAS Book Day, City Gallos, 10 a.m.-noon.

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

19 MONDAY
Community Sing, Olson Campus Center, Luther Seminary, 7-8 p.m. Free. Co-sponsored by the District 12 Community Council.

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

FREE SENIOR BLOOD PRESSURE CLINICS
Coono Park/Falcon Heights Block Nurse Program: Third Thursdays, Arbor Pointe Senior Apartments, 9:30-10:30 a.m. and Arbor Pointe Senior Apartments, 11 a.m.-noon.

Saint Anthony Park Area Seniors
Thursdays, Lauderdale City Hall, 1:30 p.m.

VENUE INFORMATION
Arbor Pointe Senior Apartments, 655 W. Larpenteur Ave.
City Gallos, 1611 Pleasant St., Lauderdale
Falcon Heights Town Square Senior Apartments, 1570 W. Larpenteur Ave.
Lauderdale City Hall, 1891 Walnut St., 651-674-6000

Wellington
2238 Carter Ave., 651-645-4318

Please contact venues for details.

LOCALLY FOCUSED CREATIVE OPPORTUNITIES DEDICATED CUSTOMER SERVICE

Healing Elements
2290 Como Avenue, Saint Paul
Offering: Yoga Classes, Therapeutic Massage, Herbal Tea, Coffee, Weekend Workshops, Community Space & More.

STUDIO INFO OFFER: One Week Unlimited Yoga $25

All of the above $25 with every $50 TERRA purchase!

August 22 - 28th
Buy TWO get ONE 50% Off on all clothing & scarves!

healingelementswellness.com
Como Park Lutheran Church will celebrate 90 years on Sept. 18

Como Park Lutheran Church (CPLC), 1376 W. Hoyt Ave., will celebrate nine decades as a congregation on Sunday, Sept. 18, with a special worship service followed by lunch and outdoor festivities.

Founded in 1926, just three years prior to the start of the Great Depression, the congregation survived a World War II crash of 1929 and went on to install seven pastors, 11 associate pastors and nine pastoral interns. Pastor Martin Ericson has served the congregation for the past 16 years.

The longevity of this congregation is rooted in worship, prayer and fellowship that extends beyond our walls into our local and global community,” says Ericson.

“But our strongest asset is our people who give of their time, talent and generosity to serve our ministry and each other.”

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Over the past 90 years, Como Park Lutheran has confirmed 966 confirmands; married 707 couples; baptized 1,226 people; served and supported more than two dozen beneficiaries—from elementary schools to food shelves, bible camps and the Block Nurse Program; partnered with and supported congregations and community-development projects in Tanzania, Guatemala and Madagascar; and opened its doors to provide meeting space for community organizations.

Neighbors and friends are invited to celebrate the church’s 90th anniversary on Sept. 18, starting with a 9:30 a.m. worship in the sanctuary followed by lunch and outdoor festivities.

Those who attended the Sept. 18 worship service will receive a $5 voucher in their bulletins, redeemable at a food truck.

For more information, contact the Como Park Lutheran Church office at 615-666-7127.

St. Paul schools and racism to be highlighted at church forums

St. Anthony Park Lutheran Church, 2332 Como Ave., offers adult forums each Sunday at 10 a.m. All are welcome anytime.

In the fall of 2016, St. Paul Public Schools Board of Education president Jon Schumacher, a member of the church, will present a highlight of school board issues and concerns for the coming year.

On Sept. 25, Dr. Fred Gaiser, professor emeritus of Old Testament at Luther Seminary, also a congregation member, will share the first of two presentations on America’s Original Sin, the Racial Wall, We Presume and Bridge to a New America. This is the newest book by James Wallis, best-selling author and leading Christian activist.

The book is available at Macmillan’s book in Milton Square or at the church.

All are welcome for any or all adult forum sessions, or for worship before 9:30 a.m. or after (11 a.m.).

St. Anthony Park Boy Scout unit to welcome new members

It’s recruitment time for St. Anthony Park’s two Boy Scouts of America (BSA) units, Cub Scout Pack 22 and Boy Scout Troop 17.

Pack 22 serves boys in grades k-5 and is sponsored by Centennial United Methodist Church. Troop 17 serves boys in grades 6-12 and is sponsored by the St. Anthony Park United Church of Christ.

Pack 22 has been sponsored by St. Anthony Park United Methodist Church (UMC) since 1948, and now pack members are excited to work with Centennial United Methodist Church following its recent merger with St. Anthony Park UMC. Pack 22: Cub Scouts participate in an exciting year-round program that includes a fall bonfire, the Pinewood Derby; the Raingarter Regatta, summer and winter camps, community-service projects and extensive skills-development opportunities.

The program is focused on teaching Cubs to develop confidence in themselves, to accept and collaborate with their peers, to serve their communities, and to take responsibility for themselves and their actions, all while learning new skills and having fun with friends old and new.

Pack meetings are typically held on the first Monday of every month at 7 p.m. at Centennial’s St. Anthony Park Campus, 2200 Hillside Ave. Because of the Labor Day holiday, the September meeting will be held on Sept. 12 at 7 p.m.

For more information about joining the pack, contact Paul Snyder, Cubmaster, at psnyder0001@gmail.com or 651-329-8039, or David CRMitchell, committee chair, at crmitchelhd@gmail.com or 651-307-6980.

Troop 17 is currently recruiting all boys from sixth grade to age 17. No prior experience with Cub Scouts is required. Meetings are held Monday nights at 7 p.m. at St. Anthony Park United Church Chirist, 2129 Commonwealth Ave.

Troop 17 has been serving neighborhood boys for more than 100 years and has a very active outdoor program. Over the past few years Boy Scouts from the troop have backpacked in Glacier National Park, canoed the Boundary Waters Canoe Area, and biked the Iron Range and North Shore. The troop’s emphasis is on helping boys develop the confidence and leadership skills they will need to become successful adults.

For more information about Troop 17, contact Dean Schafer, Scoutmaster, at dean.schafer88@gmail.com or 651-642-9776, or Chris Jacobsen, committee chair, at christian.jacobsen@gmail.com or 612-414-6601.

A cuppa joe for the kids

You have until Wednesday, Aug. 31, to help support St. Anthony Park Co-op Preschool by purchasing a cup of coffee at Sunrise Banks’ Park Perks Bar. The proceeds from sales at the coffee bar are an area nonprofit each month.

September blood drive at St. Anthony Park church

A community blood drive hosted by St. Anthony Park Lutheran Church and the American Red Cross will be held Tuesday, Sept. 6, 2 to 7 p.m., at the church, 2325 Como Ave.

Sign up for the drive at redcrossblood.org or by calling Joy at 612-644-8833. All donors will receive a certificate for a free haircut.

Learn about hydrangeas at next SAP garden club meeting

The public is invited to the St. Anthony Park Garden Club meeting on Tuesday, Sept. 6, at St. Matthew’s Episcopal Church, 2138 Carter Ave. W., St. Anthony Park. Use the Fellowship Hall entrance off of Chelford Avenue.

Kathy Zurek, Dakota County Extension educator with the University of Minnesota, will present “Hydrangeas for the Northern Gardener.”

Refreshments and social time will begin at 7 p.m. The program will be held from 7:30 to 8:30 p.m.

Questions? Contact Sandee Kelsey at kelse005@umn.edu or 651-645-5053, or “like” the club’s Facebook page, facebook.com/SAPGardenClub. You can also find out more at stanthonyparkgardenclub.com.

Stephanus Church Men’s Club hosts annual Sauerkraut Supper

The annual Sauerkrut Supper hosted by the Men’s Club at St. Stephanus Lutheran Church, 739 Laland Ave., will be held Saturday, Oct. 29, 5 to 7 p.m. at the church. Supper will include pork loin, mashed potatoes, green beans, bakery bread and a dessert, all served family style. This traditional dinner has been served at the church for more than 50 years.

Cost is $10 for adults and $5 for children ages 5 to 12. There is no cost for children under 5. For more information, call the church at 651-228-1486.

Mental health support group meets in Roseville

A NAMI Connection peer-support group for adults recovering from mental illness meets bi-weekly in Roseville.

The group is sponsored by NAMI Minnesota (National Alliance on Mental Illness). Trained the bank, located also in recovery lead NAMI Connection groups.

The group meets on the second and fourth Wednesdays of each month, 6:30 to 8 p.m., at Centennial’s Church, 1254 W. County Road C-2. For more information, call NAMI at 651-645-2948.

NAMI parent-resource group meets in St. Paul twice a month

NAMI Minnesota (National Alliance on Mental Illness) provides support groups to help parents discover resources to meet the challenges of raising a child with mental illness, learn coping skills and develop problem-solving skills.

Parent resource groups are facilitated by a parent who has a child with a mental illness and who has been trained to lead support groups.

A parent resource group meets on the second and fourth Monday of the month, 6 to 7:30 p.m., at 550 S. Snelling Ave., Suite 103, St. Paul. For information, call 651-645-2948.

Local artist offers retreats in 2017

Artist Monica Fogg is offering a Creative Immersion Retreat for artists of all skill levels Jan. 7-14, 2017, on Isla Mujeres, Mexico, an island near Cancun. Fogg has taught workshops in watercolor, drawing, painting, color theory, design and illustration at the University of Minnesota College of Design.

Those interested in combining drawing and painting with sailing may want to sign up for Sea Scapes, which will be held in summer 2017, sailing the shores of Door County peninsula in Wisconsin. Like the Creative Immersion Retreat, Sea Scapes is designed for those of all skill levels.
Fall sports preview

High school sports are back in session. Opening practices for the fall athletic season in Minnesota officially commenced on Aug. 15, with students preparing for club teams and participating in voluntary workouts with their high school coaches during the June and July summer training window.

While the first day of school in St. Paul is after Labor Day, student athletes will have already represented their schools in several games and competitions before they walk through their classroom doors. For the Como Park Cougars, it promises to be another exciting fall. Here’s a preview:

Boys soccer—With 10 returning varsity players, coach Jorah Fields is excited about building a new competitive team. The Cougars will work toward becoming interdependent and blending their talents into consistent effort. The St. Paul City Conference is one of the strongest soccer conferences in the state. Playing against strong opponents in the city, in addition to a challenging nonconference schedule, will give the Cougars a glimpse of what they’ll need for another successful post-season run through the Section 4A play-offs.

New to the program this season will be a trophy game versus cross-town rival Humboldt. The “Mayor’s Cup” is dedicated to Mayor Chris Coleman’s commitment to growing the game of soccer in St. Paul. Coleman will present “The Cup” to the winning team after the game on Sept. 16 at Como.

Football—The Minnesota State High School League changed formats last season and abandoned the traditional conference schedules. The new system places teams in competitive districts. The Como Park Cougars compiled an overall record of 3-7 in the Twin City Red Sub-District last season with victories over Concordia Academy, Columbia Heights and Brooklyn Center.

The Cougars will work to improve upon that record in 2016, beginning Friday, Sept. 9, in a game against Harding, the only other St. Paul team on its schedule. The season opener will be played at Griffin Stadium at 7 p.m. Junior quarterback Robert Adams, an All-District Honorable Mention player in 2015, is poised to lead the Como offense again this season.

Cross country—Under the leadership of coach Tim Kenney and new assistant coach Jim Rue, the boys and girls teams will train together and build upon recent success. The boys team is led by the defending St. Paul City champion, senior Florence Uwajeneza. Florence has been running all summer to be in peak form for another title. She will be a co-captain for the girls along with junior Ana Caballero.

The total number of participants in the combined cross country program is expected to be 35 this season.

In addition to the city varsity and junior varsity meets, the runners are enthusiastic about the opportunity to run in the enormously popular Roy Griak Invitational on Sept. 24 at the University of Minnesota’s Les Bolstad Golf Course.

Girls soccer—The Lady Cougars will be led by new head coach Kyle Johnson. Expect an emphasis on creative play and developing young talent. This is an exciting time for Como Park girls soccer, as numbers have increased in the last two years with more participants spending more time playing the game. Coach Johnson developed and implemented a variety of training sessions in June and July, and the impact has carried over as captains ran practices in August prior to opening day.

The St. Paul City will feature tough competition, and Section 4A is loaded with strong teams on the girls side. With that in mind, the Como girls have overall goals of working hard, having fun and getting better each game.

Volleyball—The Cougars ended 2015 as the defending champions of the St. Paul City Conference. An extremely talented senior class graduated in June after earning two city titles during their time at Como and producing two Division I college players. The returning Cougars will be working hard to keep the program at a competitive level, and they will be doing it with new head coach Jill Bachmann.

After serving in the program for several years coaching younger players on the C-team, Bachmann steps into the varsity position with positive energy and a plan to keep building skills in every player.

Girls tennis—Senior captains Mira Kammermaier and Lissy Larson will lead the Cougars on the courts. The team finished in the middle of the pack last season with a 3-3 record in the St. Paul City Conference. With experienced and dedicated leadership, complemented by younger up-and-coming players, the team has goals of holding their position in the middle of the conference and having fun playing a sport they love.

Girls swimming—The swim team placed fourth in the St. Paul City last season. This year’s team is balanced with swimmers from all grade levels and should continue to be competitive. Finishing in the middle of the conference is a realistic goal again. The young women that represent Como Park in the pool will put in miles of training laps and speed intervals through early November, which is when the section meet will be held.

Eric Erickson is a social studies teacher at Como Park High School, and a long-time coach of school and youth sports.
Send your ad to classifieds@parkbugle.org or PO Box 8126, St. Paul, MN 55108, or call Fariba Sanikhahram, 651-239-0321. Ads are $5 per line. Add a box or art for $10. Next deadline: Sept. 16.

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introduced this hearty slice of seasoned beef with a layer of cheddar cheese, topped with mashed potatoes, baked and drizzled with a wild rice gravy.

**Fair Buzz Food Truck**: The Tot Bus food truck has been a ruin of the streets of our fair city for five years. This year it has snagged a coveted spot at the fair where Tot Bus will serve tons loaded with a variety of toppings, including bacon crumbles, chilli and much more. Look for the black-and-yellow trailer on the east side of Underwood Street between Wright and Dan Patch avenues.

**New attractions**

Oh right, there are other things going on at the fair besides stuffing faces. Here are just a few attractions to look forward to.

**Recipe Card Roundup**

Each day, a limited number of collectible cards featuring six top recipes from national parks will host a day filled with interactive activity stations by parks and their partner, aiming to educate, entertain and inspire. There will be entertainment by the Lost Forty, Asian Media Access, Mark Twain and Twiwa Mafia, and participants can collect an exclusive State Fair-only stamp as part of the National Park Service passport program. The event takes place at Carousel Park on Monday, Aug. 29, 9 a.m.-6 p.m.

**Eco Experience**

The Progress Center is home to Eco Experience, a partnership of the State Fair, Minnesota Pollution Control Agency and more than 150 organizations and businesses across the state. The building has many interactive, fun ways to learn about protecting the environment, including a couple of new exhibits in 2016. Check out the 15-foot Paul Bunyan, dressed to impress in an oxford moose coat to call attention to a giant-sized waste problem. Or visit the living green wall, with more than 14 feet of living plants created by the University of Wisconsin-River Falls. The wall will highlight study findings that show foliage can positively impact college students' well-being and academic performance. Get more information at www.expericience.org.

**Fairchild and the Moo Booth**

Celebrate! Happy birthday, Fairchild. The beloved face of the fair turns 50 this year and doesn’t look a day over 30. Fairchild the Gopher is the one wearing a green pinstriped jacket, his sidekick and nephew, Fairborne, wears blue stripes. You can pose for photos with the birthday boy daily from 11 a.m. -4 p.m. at Visitors Plaza.

And a very happy 25th anniversary to the Moo Booth in the Cattle Barn. The building features cow-milking demonstrations, fascinating facts about cattle care and behavior, and a line-up of cattle breeds on display. There will be special anniversary activities daily at 11 a.m. and 7 p.m.

**New vendors**

If shopping is your real reason for visiting the fair, these new vendors might be worth a stop.

**Mundo Village**

The CHS Miracle Birth Center is now home to two flocks of hens in a new modern housing facility designed just for them. Discover how farmers use egg production systems and see a backyard chicken coop up-close. If you’re lucky, you’ll even get to see the birds laying eggs.

**Draft Horse Barrel Racing**

Known for being regal and majestic, draft horses will stretch out their stride and thunder through barrels in this competition making its debut at the State Fair on Sunday, Aug. 28, at 8 a.m. in the Warner Coliseum.

**Neighbors from 17**

levels and disciplines (drawing, watercolor, collage, other non-soil media).

For detailed information and to register, click on the workshop tab at Monica Fogg Studio’s website. www.monicafogg.com

**Fall registration is now open at St. Paul Park and Rec centers**

Basketball registration opens in September. For ages 18+, the State Fair on Sunday, Aug. 28, at 8 a.m. in the Warner Coliseum.

**Now Open**

1541 Como Ave SE • St. Paul, MN 55114

**Centennial Day at Carousel Park**

To celebrate the National Park Service Centennial, Minnesota state parks will host a day filled with interactive activity stations by parks and their partner, aiming to educate, entertain and inspire. There will be entertainment by the Lost Forty, Asian Media Access, Mark Twain and Twiwa Mafia, and participants can collect an exclusive State Fair-only stamp as part of the National Park Service passport program. The event takes place at Carousel Park on Monday, Aug. 29, 9 a.m.-6 p.m.

**Eco Experience**

The Progress Center is home to Eco Experience, a partnership of the State Fair, Minnesota Pollution Control Agency and more than 150 organizations and businesses across the state. The building has many interactive, fun ways to learn about protecting the environment, including a couple of new exhibits in 2016. Check out the 15-foot Paul Bunyan, dressed to impress in an oxford moose coat to call attention to a giant-sized waste problem. Or visit the living green wall, with more than 14 feet of living plants created by the University of Wisconsin-River Falls. The wall will highlight study findings that show foliage can positively impact college students' well-being and academic performance. Get more information at www.expericience.org.

**Fairchild and the Moo Booth**

Celebrate! Happy birthday, Fairchild. The beloved face of the fair turns 50 this year and doesn’t look a day over 30. Fairchild the Gopher is the one wearing a green pinstriped jacket, his sidekick and nephew, Fairborne, wears blue stripes. You can pose for photos with the birthday boy daily from 11 a.m. -4 p.m. at Visitors Plaza.

And a very happy 25th anniversary to the Moo Booth in the Cattle Barn. The building features cow-milking demonstrations, fascinating facts about cattle care and behavior, and a line-up of cattle breeds on display. There will be special anniversary activities daily at 11 a.m. and 7 p.m.

**New vendors**

If shopping is your real reason for visiting the fair, these new vendors might be worth a stop.

**Mundo Village**

The CHS Miracle Birth Center is now home to two flocks of hens in a new modern housing facility designed just for them. Discover how farmers use egg production systems and see a backyard chicken coop up-close. If you’re lucky, you’ll even get to see the birds laying eggs.

**Draft Horse Barrel Racing**

Known for being regal and majestic, draft horses will stretch out their stride and thunder through barrels in this competition making its debut at the State Fair on Sunday, Aug. 28, at 8 a.m. in the Warner Coliseum.

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