Sports roundup
Get the wrap-up on Como and Murray fall sports.

Page 22

Bugle
St. Anthony Park / Falcon Heights
Lauderdale / Como Park

www.parkbugle.org
December 2016

Your award-winning nonprofit community resource

Get the wrap-up on
Como and Murray
fall sports.

Page 22

Something's cooking
Readers share favorite recipes.

Pages 6 & 7

All aboard
A trolley once ferried students between the U’s two campuses.

Page 10

These kids rock
The Murray Rock Band gives young musicians the freedom to shake it up.

Andy Rockwood, far left, and Jeremy Barta (not pictured) lead the Murray Rock Band twice a week after school.

Photo by Mike Krivit

Recycling carts are coming to St. Paul homes

By Roger Bergerson
St. Paul is saying “goodbye blue bins, hello recycling carts.” No more soggy bags, no more cans and newspapers blowing down the street on windy days.

That’s the “how” of the changes coming to the city’s recycling program, along with what, when and where.

Wheelie carts already are in use in Falcon Heights and Lauderdale. Starting Jan. 16, St. Paul homeowners and apartment dwellers will be able to recycle more types of materials, many will be doing it on a new day, and their recycling pickup may move from curbside to the alley.

“We anticipate that the changes we’re making will result in 35 percent more material being collected and 15 percent more participation in the program,” said Kris Hageman, environmental coordinator for the City of St. Paul.

In the Bugleland portion of St. Paul, the carts will be distributed from late November into January. Residents are to receive a “carts are coming” mailing and a brochure delivered with each cart will provide program details, Hageman said. The cost of the carts will be reflected in a small addition to the recycling fee on the annual property tax.

Households can keep their blue bins and put them to other uses. The city will also be designating drop-off sites to recycle the bins.

As for the new materials being accepted, these include paper towel and toilet paper rolls, cardboard food containers and refrigerated food boxes. For a comprehensive list of what will be accepted and what will not, go to stpaul.gov/recycle.

Pick-up day for the Como, Hamline-Midway and North End neighborhoods will move to Friday.

Recycling to 3

Show your support
It’s that time of year. Please give to the Bugle fund drive and support your neighborhood newspaper.

Learn more about the costs of publishing the Bugle on page 4.
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. Here’s how to connect: 651-644-3889, district10comopark.org or District 10 Community Council on Facebook.

One more election to go
The District 10 Como Community Council is seeking candidates to fill two board vacancies: one in Sub-District 2 and one at-large seat. The special elections to fill the vacancies take place on Tuesday, Nov. 15, at 7 p.m., before the monthly board meeting, at the Como Park Streetcar Station. All eligible District 10 community members can vote. The at-large seat is open to anyone who lives in District 10, which is the portion of St. Paul bounded roughly by Snelling Avenue on the west, Larpenteur Avenue on the north, Dale Street on the east and the railroad tracks between Pierce Butler and Energy Park Drive and Front Avenue on the south.

For Sub-District 2, you must live in the area between Hamline Avenue on the west, Larpenteur Avenue on the north, Victoria Street on the east and the BNSF tracks north of Front on the south. The elected candidates will serve the remainder of the vacant terms, which expire in April 2017. Any District 10 resident at least 18 years of age is eligible to run, so are representatives from businesses or institutions in the neighborhood. To submit your name or to find out more, contact the District 10 office at 651-644-3889 or district10@district10comopark.org. Write-in nominations also will be accepted from the floor the night of the special elections.

You’re invited to sit in
The District 10 board and standing committees meet monthly at the Historic Streetcar Station, and community members are always welcome to attend. Here is the board and committees schedule:

- Como Community Council Board meeting: Third Tuesday, 7 p.m.
- Safety: First Tuesday, 7 p.m.
- Neighborhood Relations and Land Use: Meets the Monday before the first Wednesday at 7 p.m.
- Environment: Last Wednesday, 7 p.m.

The Falcon Heights City Council meets the second and fourth Wednesdays of each month at 7 p.m. in Falcon Heights City Hall, 2077 W. Larpenteur Ave. Contact information: 651-792-7600 or falconheights.org.

Lions Christmas tree sale begins
Nov. 25 group marks 30 years
The Falcon Heights-Lauderdale Lions Club is celebrating its 30th year of selling Christmas trees to raise money for community organizations.

The club will sell trees evenings and weekends starting Friday, Nov. 25, at Falcon Heights Community Park, 2050 W. Roselawn Ave., at the corner of Cleveland and Roselawn avenues. Hours are 5-8 p.m. Monday-Friday and 10 a.m.-6 p.m. Saturdays and Sundays.

The community-based service organization serves Falcon Heights and Lauderdale. The 40-member group meets the second and fourth Mondays at 6:30 p.m. at Falcon Heights Community Park. You can visit a meeting or check out the Lions’ website, fhllions.org.

The Falcon Heights-Lauderdale Lions Club has contributed more than $800,000 to local, state and international communities in the last 20 years. Local projects include buying dictionaries and thesauruses for local schools, funding school and park projects, providing scholarships to area high school students, supporting food shelves, funding senior programs, buying large-print books and low-vision tools for Roseville Library, and providing tents for community celebrations.

The group also supports youth summer camps and outreach and exchange programs; research for sight, hearing, diabetes and infant screening; and service dogs to those with sight or hearing disabilities.

The Lions hold a semi-annual bicycle drive to collect used bicycles for Cycles for Change, an organization that helps people obtain used bicycles, free bicycle repairs and safe cycling training.

All funds raised at the Christmas tree sale are donated to these programs.

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. LauderdaleCityFiles to 16

Stairway to kindness
Need a few kind words after an emotional election year? Climb the stairs on the south side of Como Park. "Facebook.com/KPAYouMatter" is written on it, and that may provide a clue. The words should still be there, unless it rained after the Bugle went to print on Nov. 11. We aren’t sure who did this, but the top step has "facebook.com/KPAYouMatter" written on it, and that may provide a clue.
Recycling carts coming to St. Paul

Eureka Recycling sees growth spurt

By Roger Bergerson

Eureka Recycling got a boost this summer when the City of St. Paul, its original client, extended the firm’s contract through 2021.

“We have held the contract with St. Paul for 15 years, so we are excited to continue working with the city and residents to recycle as part of our zero waste mission,” said Lynn Hoffman.

Hoffman and Kate Davenport recently were named Eureka co-presidents, a collaborative leadership approach that the nonprofit has used since it started as a spin-off from St. Paul’s Neighborhood Energy Consortium in 2001.

After starting with St. Paul, Eureka gradually expanded its service area to other communities, which now include Lauderdale and Roseville. Falcon Heights uses Tennis Sanitation as its recycler.

In most cases, Eureka both collects and processes materials, although its new contract with the City of Minneapolis is for processing only.

Eureka’s headquarters and processing facility are in northeast Minneapolis. More than 95 percent of what arrives there is recycled into new materials.

“We have over 80 employees now and will be adding staff to handle the volume increase at our facility,” Hoffman said. “All of our employees are paid a living wage with health insurance and retirement plans, not just for the sake of doing right but because we believe it’s the right thing to do.”

Hoffman said that the firm’s new contract will mean increased efficiency.

“We’ve expanded our marketing efforts so that we can reach more of the city,” Hoffman said. “We’re launching a new website and expanding our social media presence.”

“We have over 80 employees now and will be adding staff to handle the volume increase at our facility,” Hoffman said. “All of our employees are paid a living wage with benefits, which is very rare in this industry.”

Eureka will be replacing most of its trucks and all of those serving St. Paul will be new, Hoffman said, adding that the trucks will be equipped to automatically dump the new recycling carts.

“It’s going to be a lot easier on our drivers, who had to lift and physically dump the blue bins,” she noted.

Implicit bias and social justice topic of Falcon Heights panel discussion

A panel discussion and community conversation on implicit bias and social justice will be held Thursday, Nov. 17, at 7 p.m. at Falcon Heights United Church of Christ, 1795 Holton St.

The discussion will focus on where and how the term “implicit bias” originated, how it is different from explicit racism, and how to become aware of and strive to change feelings that may result from implicit bias.

This conversation will help inform the work of the Falcon Heights Citizen’s Task Force on Inclusion and Policing.

Dr. Nadarajan (Raj) Sethuraju, an assistant professor in the School of Law Enforcement and Criminal Justice at Metropolitan State University, will be the discussion facilitator. Sethuraju has designed training to reduce implicit bias in the judicial system. Panel members will include Dr. Nancy A. Hitzeg, a professor of sociology and co-director of the Critical Studies of Race/Ethnicity Program at St. Catherine University. Hitzeg writes about and presents on the school-to-prison pipeline; Dr. Ryan Jerome LeCount, an assistant professor in the Department of Sociology at Hamline University whose primary area of research and teaching focuses on racial attitudes; and Dr. Daniel Williams, an assistant professor of sociology at St. Catherine University whose main interest is in the interrelationship of race, ethnicity and nation.

The event is organized by Falcon Heights We Can Do Better and other concerned citizens.

We support the Bugle and here’s why

“I love picking up the Bugle from my doorstep every month. Not only is it my go-to for neighborhood news and events, but I’ve learned so much from Rog Bergerson’s neighborhood history stories and Clay Christensen’s Birdman columns. This is great, interesting information that I can’t get anywhere else. I hope you’ll join me in financially supporting this important neighborhood resource.”

Ted Blank

Como Park

“My husband, Charlie Nauen, and I first started reading and supporting the Bugle more than 30 years ago as young lawyers and brand new residents of St. Anthony Park. We relied on the Bugle’s news—including business, educational, athletic and musical—in raising our two daughters. Now empty-nesters, we continue to support the Bugle’s high-quality reporting, and hope that no matter what your stage in life, you will support it too.”

P.J. Polahl

St. Anthony Park

The Bugle’s annual fund drive begins in November. We hope you’ll contribute to help this 42-year-old nonprofit community resource stay strong. Can’t wait until next month? Go to www.parkbugle.org and click on the GiveMN button on the right.
The election is over. Now what?  

It’s not about left or right, Republican or Democrat, right or wrong. It’s about coming together to create the best solution for the greater good. Democracies are founded on the notion that there is one right way and that all efforts should be made to get to that way, regardless of ethics and without comparison for the other human beings who happen to have opposing viewpoints to your own. Sharing our opinions doesn’t mean we disrespect or negatively judge those whose opinions are different to ours. We must stand up to this notion by modeling courage and inclusive dialogue.

Democracies are founded on the very fact that we value having different opinions and that the best solutions come from an open debate and discussion between viewpoints to co-create the best solutions for the masses.

Democracy assumes that people sharing their opinions do so in the interest of the greatest good—not just for themselves or for a small minority.

If we believe that everyone is doing the best with what they have and that everyone has some value in this world, then we need to find another way forward for the community.

The U.S. government is a democracy founded on the principles of checks and balances through opposing parties with differing interests. Research on creative process and leadership shows us that is benefit in inviting different opinions and having spirited (respectful) debates and discussions to collaborate on a future path and that this process yields the best solutions with the highest likelihood of succeeding due to input from a wide variety of stakeholders.

Start setting the example by sharing your opinions with others, by asking others about their opinions and by listening with curiosity and exploring new ground. Be open-minded and supportive of others. Be a part of shaping a new reality for our national community. Embrace democracy. Model democracy. Be the change!

LettErs

Emotions Anonymous meets at Hamline Methodist each week

Do you often feel nervous, anxious, lonely or fearful? Do you suffer from mood swings? Are you suffering from depression, panic attacks or crying spells?

You can find help in a 12-Step group called Emotions Anonymous. At EA meetings, we read EA literature and share how we are coping with our emotional problems and how applying the 12 Steps of EA helps us find mental health.

The meetings are open to anyone seeking to achieve and maintain emotional balance. We are not a religious group and we welcome people of any religious affiliation or no religious affiliation. There is no cost to attend our meetings. We meet first names only, and everything we say at a meeting is confidential. We meet each Wednesday at 7 p.m. at Hamline United Methodist Church, 1534 Englewood Ave. Use the rear entrance and ring the bell to gain admittance. We meet upstairs in Room 7.

Betsy L. St. Anthony Park

Thank you

The following supporters have already given to the Park Bugle’s 2016-17 fund drive. We thank them and encourage all of our readers to consider making a tax-deductible donation to help defray the newspaper’s annual operating costs.

You can donate 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!

Ann McCormick

Gran t Abb o t & Elai ne T arone

David & Elizabeth Lee

Support our advertisers

Your contributions will help the Bugle continue to thrive

This is a great place to live, right? We have the University of Minnesota’s St. Paul campus, Como Regional Park and all of its amenities, and a vibrant residential and business corridor along University and Como avenues. We live in neighborhoods of mature trees, winding streets and interesting alleyways. We have neighbors from around the world, successful and lively local schools, unique businesses and active faith communities. Community groups work diligently on transportation, housing and environmental issues. We have coffee shops, breweries, art galleries and the Creative Enterprise Zone.

We even have our own newspaper, the Park Bugle, which keeps us informed and up to date on what matters in our community: road-construction timelines, new building construction, the latest from our schools and what the kids are up to. The paper connects the pieces of our community and provides the information we need for our daily lives.

The Bugle is a small, nonprofit operation, managed by an excellent and very part-time staff, that produces an award-winning publication every month, for all of us.

Though the Bugle is delivered free to your home and local businesses every month, it is “Our Tree.” The Bugle relies on the financial support of its neighbors to continue to serve its community. While advertising revenue covers some costs, donations from Bugle readers form an important part of the funding needed to produce, publish and deliver the paper to 14,500 homes and businesses and to help keep up the paper’s online presence.

Many neighborhoods have lost their community newspapers in recent years, so it’s more important than ever for each of us to help sustain this important resource.

It costs $13,000 to produce every issue of the Bugle. Thirty percent of that is printing and distribution costs. Five percent pays for administrative costs, and 70 percent pays the salaries and stipends of our staff, writers and photographers who create the content you love. Advertising sales cover only 70 percent of the Bugle’s operating costs. Our goal is to raise $37,000 in this year’s fund drive.

If you’ve donated to the Bugle in the past, thank you; please consider giving more this year. If you’re not given, now is the time. You will make it possible for the Bugle to keep telling our stories for another five, 10 or 35 years.

You can donate in a variety of ways. There is a return envelope inserted in this issue of the Bugle for your donation, or you can visit our website at www.parkbugle.org and click on the “Donate Now” button in the upper-right corner to give online. Or simply mail a check to Park Bugle, P.O. Box 8126, St. Paul, MN 55108.

Together, with your financial support, we’re confident that the Bugle can continue to be part of our community conversations in the years ahead.

I hope you will join us and support the Bugle with your gift.—Betsy Currie, chair, Park Press board of directors

Thank you

The following supporters have already given to the Park Bugle’s 2016-17 fund drive. We thank them and encourage all of our readers to consider making a tax-deductible donation to help defray the newspaper’s annual operating costs.

You can donate 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!

Ann McCormick

Grant Abbott & Elaine Tarone

David & Elizabeth Lee
Family letters

By Adam Granger

I am my family’s historian, which is a high-falutin’ way of saying that I’m the one willing to take in, sort, label and store the ephemera my small but prolific clan has produced. “Historian” is not an accurate word, since I have examined only a fraction of the materials I have in my possession, but the important— I’ll say it— is that I have kept them. If some future family member wants to become a true historian, well, the stuff is there for them.

My grandmother and my mother preceded me as keepers, so the collection goes back 130 years. Whether or not it survives into the next generation will be determined by my sons.

After the diaries, the most significant thing I have are letters. I come from a long line of letter writers. Not memoranda of the “we’re coming to visit you next week” or “here is my recipe for squash dip” variety, but multi-page missives, and I have literally thousands of them. They’re sorted into boxes indicating to whom they are addressed, and any one of these is a fascinating peek into my family’s inner workings.

Last month, my nephew sent me several hundred letters from the 1960s to the ’80s written to his father, my late brother, playwright Percy Granger. There are more than 100 from my mother, almost as many from my father and scores from his friends. Of particular interest to me, though, are 28 letters I sent Percy.

These were written during a difficult period of my life and are a schizophrenic swirl: funny, embarrassing, informative and— especially— depressing. I had lots of psychological problems and was grappling, in the late ’60s, with the draft and Vietnam. My brother, for several years of this period, was delugent from the draft and being hunted by the FBI (my family is fifth-generation Quaker, which, in a more enlightened state, would have qualified Percy and me for conscientious-objector status, but not so in our native Oklahoma), so a number of my letters are addressed to aliases he used. Some are addressed to his buddy, the actor James Woods, who was not yet famous, and with whom he nemed in New York while on the run.

I sent several letters about my parents, who were going through rough times. Percy had gone off to Harvard in 1963 and had missed most of the tumult involving our family, so there were descriptions of their struggles with addiction and depression. There’s a rambling, unhappy letter written the night before my draft physical (which, thank God, I failed).

In 1971, there are letters from Dogpatch, USA (an Arkansas theme park where I played music for a season), and from Nashville, and one from Room 241, Holiday Inn, Pierre, S.D.,” written while I was on the road with a sad-sack road band working out of Nashville called the Marvin MulkaNick Revue. (That letter includes our tour schedule: weeklong stands at the HoD-HoD Lounge in Miller, S.D.; the Holiday Inn in Fergus Falls; the Challenge Lounge in Marshalltown, Iowa; the Starlight Village Inn in Fort Dodge, Iowa. The endless tour, or so it seemed at the time.)

There is a letter I wrote asking Percy to try to retrieve some red-soled shoes I’d sent National Lampoon for their radio show (I didn’t get them back), and several letters outlining my plan to move to Montreal (which I’d completely forgotten about, and which never happened).

In 1974, I moved to our family cabin in northern Minnesota, where I met a retired lumberjack named Bill Boyer, whom I thought would be a good subject for a play. I sent Percy a lengthy description of Bill, including a floor plan of the 9-by-14-foot shack in which he lived, and from that letter sprang Percy’s one-act play, Solitude Forty.

There’s something about unfolding an old letter, about reading words that were written half a century earlier by another’s hand (or by one’s own hand). Our species doesn’t write letters anymore because, of course, we’ve gone digital. This isn’t a Luddite’s lamentation; it’s just the way it is.

We humans still save our stories, in fact, we’re amassing more information than ever. But we won’t be able to fold our texts, twits and emails and slip them into hand-addressed envelopes and, for some of us, that’s a loss.
What's cooking in these dark days of winter?

We love stories. We love food. We love audience participation.

We put out a call to our readers, asking for special holiday and winter recipes and the stories that make those recipes so bewitching. We’re sharing some of them here, but we’ll take more for our next issue of the Bugle.

Do you have a recipe and a story to share? Send it by Wednesday, Dec. 7, to editor@parkbugle.org or Park Bugle, P.O. Box 8216, St. Paul, MN 55108, ATTN: Recipes.

A warm welcome
By Barbara Swadburg
St. Anthony Park

Mrs. Gerrtrude Herman lived for many years in St. Anthony Park on the southwest corner of Raymond and Carter avenues.

She was famous for calling on new neighborhood residents to welcome them to St. Anthony Park. Mrs. Herman would give her dressing as gifts but would never share her prized recipe. She left her calling card and usually brought them a half-pint of the famous homemade Roquefort Cheese Salad Dressing.

She moved to be with her daughter in another state more than 25 years ago at about age 85. It was only as she prepared to move to a care facility that Mrs. Herman parted with her much-loved recipe.

It’s still a much-requested salad dressing by those who love blue cheese. It is a classic, and here it is:

Cheese into small chunks. Blend the cheese with the mayonnaise, grated onion and sour cream. When completely blended, stir in lemon juice.

Note: You may add up to 1/4 cup of sour cream and 1/2 teaspoon salt to taste.

A new mom, a new skill, a cherished friend
By Becky Kapell
Como Park

My friend Jennifer brought me a pot of this soup after I gave birth to my son in November 1991. I found it to be hearty and nourishing and asked her to teach me how to make it.

Cooking was a bit of a mystery to me, but Jennifer was one of those people who had grown-up skills that no one else our age had at the time. She taught me to sew curtains, how to care for a baby and, most important, the basics for making any soup.

When my daughter was a baby, she was allergic to many, many foods, but she ate this soup voraciously with no allergic reaction. Twenty-five years later, it is still a family favorite, and Jennifer is still a cherished friend.

Lentil Soup

Sauté 1 medium onion, 2 cloves minced garlic and about 3 carrots (diced) in a large pot.
Add 1 kielbasa sausage cut into 1/2-inch chunks and sauté until slightly browned.

Add
8 cups water
2 cubes beef bouillon
1 bag lentils
3 oz. tomato paste
Thyme, marjoram, bay leaf and oregano to taste

Bring to a boil then reduce heat and simmer for an hour or two.

Blue House Soup
By Karen Lilley
St. Anthony Park

The Blue House is a home for orphaned and vulnerable girls that was started in 2004 by the late Beatrice Garubanda, a Ugandan-American living in St. Paul. AIDS and other diseases had devastated Garubanda’s rural homestead.

Now at the Blue House, girls have safe housing, nutritious food, health care and support for education.

This soup is similar to a soup served at the Blue House, but the recipe is adjusted for American tastes. The main ingredients—cabbage, sweet potatoes, tomatoes and chicken—are raised on the Blue House grounds and are essential to the girls’ diet. Their chicken is fresh, the broth comes from the chicken, not a can, and bones and skin simmer with the meat and vegetables.

The soup will be served at the Blue House Boutique lunch on Saturday, Dec. 3, at St. Matthew’s Episcopal Church, 2336 Carter Ave.
The girls at the Blue House aren’t accustomed to spices, so we’ve made this soup more flavorful for boutique shoppers. The Blue House Boutique raises about a quarter of the orphanage’s operating funds annually. All gifts are handmade and donated. Shop on Saturday, Dec. 3, 9 a.m.-3 p.m., and Sunday, Dec. 4, 9 a.m.-1 p.m. Lunch—and this soup—will be served Saturday only, 11 a.m.-1:30 p.m.

**Blue House Sweet Potato Chicken Soup**

**Serves 8-10**

- 1 onion, sliced
- 2 cloves garlic, minced
- 2 large carrots, peeled and chopped
- 2 large sweet potatoes, peeled and chopped
- 1 squash, peeled and chopped
- 1 or 2 (15-oz) cans chicken broth
- 2 lbs. skinless, boneless chicken breasts, cut into 2 inch pieces
- 1/2 tsp. ground turmeric or curry
- 1/2 tsp. ground cumin
- 1/2 tsp. ground black pepper
- 1 tsp. dried parsley
- 1 tsp. salt
- * 1 or 2 (14.5-oz) can diced tomatoes
- * 1 or 2 (15-oz) cans chicken broth
- * Tomatoes and broth should cover the rest of ingredients. Amount can vary, depending on soup to vegetable proportions you desire.

Place onion, garlic, carrots, sweet potatoes, squash and chicken pieces in large cooking pot. In a bowl, mix together spices and sprinkle over chicken and vegetables. Mix. Pour in the diced tomatoes and chicken broth. Bring to a boil and then set to simmer, about 2 hours. Keep checking so that vegetables are firmly cooked but not mushy.

**Swedish Fruit Soup**

- 2 quarts boiling water
- 1/2 cup small pearl tapioca
- 1/8 tsp. salt
- 1 cup prunes
- 1 cup raisins
- 1 cup dried apricots
- 1 cup mixed dried fruit
- 3 cinnamon sticks
- 1 cup sugar
- 1 medium apple, peeled and sliced
- 1 lemon, sliced
- 1 1/2 cups grape juice

In a large Dutch oven, pour boiling water over tapioca and salt; mix well and let sit for 2 plus hours. Add dried fruit and cinnamon sticks. Cover and simmer for 1 hour. Add remaining ingredients and continue simmering covered for 30-45 minutes or until tapioca is clear and the fresh apple is tender. Remove the cinnamon sticks and lemon slices. Serve hot or chilled.

**Burgundy Mushrooms**

- 1 cup butter
- 1 bottle Burgundy or other red wine
- 2 T. Worcestershire sauce
- 1 tsp. black pepper
- 1 tsp. garlic powder
- 2 cups boiling water
- 3 low-sodium beef bouillon cubes or equivalent
- 3 low-sodium chicken bouillon cubes or equivalent
- 4 lbs. fresh mushrooms, cleaned and trimmed

In a large Dutch oven, combine butter, wine, Worcestershire sauce, dill seed, pepper, garlic powder, water and bouillon. Bring to boil. Add mushrooms. Reduce to simmer. Cover and cook for 5-6 hours. Remove the lid and cook an additional 4 hours. When done, the liquid should just cover mushrooms. Serve warm. This can be frozen and reheated.
going to step back here and you all are going to get some rehearsal time. We're going to do a little mini-meeting. You're going to decide how rehearsal is going to go tonight. You have to come up with an agenda. Someone needs to have a handout. We're stepping back out.

Chaos ensues. But somehow out of the back-and-forth conversations and kids talking over each other in small groups, a leader sort of emerges as Izzy begins to write down a set list. The plan is simple:

They will begin with their most solid song, the Beatles’ “Twist and Shout,” before trying some of the harder stuff like AC/DC’s “T.N.T.” and Owl City’s “Fireflies.”

In a way, rock band is the opposite of marching band. Instead of a regimented hierarchy of uniformed students following orders in unison, the rock band is a self-organizing salad where the students seem to take the lead.

“It’s very different every year,” Rockwood later tells me. “It’s so dependent on the students, on which students take leadership. Sometimes they like classic rock, sometimes it leans more poppy. We leave the creative control to them. And that’s why a lot of students come back.”

The sense of freedom rings true for Rowan, who plays keyboards. Along with Izzy, she’s one of the two returning members of the Murray Rock Band. And like Bart and Rockwood, she’s curious to find out what the band will be like this year.

“There was a lot of different kids that were in the class,” says Rowan, describing her experience last year. “We played a lot of songs. We played ‘Proud Mary,’ ‘Snow’ by the Red Hot Chili Peppers, ‘Purple Rain.’ You kind of have to figure out how to do everything by yourself, and how to converse amongst yourselves.”

It takes the kids a while to set up, plugging cords into amplifiers on the carpeted steps, taking turns with the electric tuner. And in the far corner, one-two-three,” he sharply hits the snare. The room fills with the music that they like, I’ll play with it. I don’t have a problem with it. I used to be nervous, but now I’m just used to it.”

For anyone who has played in a rock band before, middle school band practice doesn’t seem that different from the typical rock rehearsal. With the shorter attention spans, setting up and getting focused takes a lot longer. But considering the average rock ‘n’ roll musicians’ well-deserved reputation for prolonged adolescence, the Murray Rock Band might be precocious.

“Well, it’s kind of fresh and new for them,” Rockwood admits, describing the main difference between a middle school rehearsal and one for his band, Panther Ray. “They just need some direction. But really they kind of naturally learn how. After a while, it kind of runs how a normal band practice would run. You get together, chat for a little bit, then play.”

After the setup has lingered for a half hour, Chad, a boy with long straight brown hair, tries to take the lead, drum sticks poised above a cowbell.

“Guitars ready?” Chad shouts. …

... one-two-three,” he sharply hits the snare. The room fills with the music that they like, I’ll play with it. I don’t have a problem with it. I used to be nervous, but now I’m just used to it.”

For now, nobody is listening, and Barta eventually drops the hammer. “Cut the noodling,” he says, kind of barking, and slowly the instruments quiet down. A half hour later, Chad, sitting at the drum kit, gingerly starts off the song. Clapping his drumsticks together and declaring, “One... two... three...,” he sharply hits the snare. The room fills with the awful howl of the only horn chords of the 1960s classic “Twist and Shout.”

Somehow, a gaggle of 12-year-olds are playing rock ‘n’ roll.

As they go through the chords, the two instructors pace around the room. Rockwood leans over the keyboard, barking instructions to 11-year-old Teddy with the chords. The three guitarists on the stairs seem at home with the one-two-three-five progression, and Chad, the drummer, is keeping solid time.

Meanwhile, Barta and Izzy face each other at the microphone stand, reading the lyrics off an iPhone as they pass the verse—“shake it up away.”

It’s just the beginning for the Murray Rock Band. They typically play five gigs each year on their donated sound equipment. How much of the practice has in store? With rock ‘n’ roll, what happens next is up to the kids.

Bill Lindeke is an urban geographer and writer living in St. Paul.
Bee Lab opens on St. Paul campus

The University of Minnesota’s new, state-of-the-art Bee and Pollinator Research Lab celebrated its grand opening Oct. 29. After a multi-year fundraising campaign and building construction, the new facility, a part of the College of Food, Agricultural and Natural Resource Sciences (CFANS), will centralize and facilitate bee-research projects currently under way. The facility will expand the Bee Lab group’s internationally recognized research and teaching program. The lab is located on Gortner Avenue, on the north side of the St. Paul campus. The 10,000-square-foot facility includes a lab, honey-extraction equipment, offices and space for hive observation and equipment. State-funded bonds covered two-thirds of the $6 million project. The balance was funded through private gifts.

The Bee Lab research team is driven by the research of Dr. Marla Spivak, MacArthur Fellow and Distinguished McKnight Professor in Entomology, who conducts research on honeybees with support from Gary Reuter and graduate students and Dr. Dan Cariveau, who conducts research on the ecology and habitat needs of native bees.

Want to learn more? Go to cfans.umn.edu.

Marla Spivak, Distinguished McKnight Professor in the Department of Entomology, stands in front of the Bee and Pollinator Research Lab at the University of Minnesota. Photos by Patrick O’Leary, University of Minnesota

All are welcome!

2nd Half with Lyngblomsten

A Center for Enriching Lives after 50

Locations: Como Park & White Bear Lake

Healthcare, Housing, & Services for Older Adults Since 1906

www.lyngblomsten.org | (651) 645-2941

Learn more at www.lyngblomsten.org/2ndHalf

2nd Half with Lyngblomsten life enrichment centers support adults aging well in their communities, connecting them to opportunities that focus on:

• Education & the Arts
• Health, Wellness, & Spirituality
• Social & Outings
• Resources & Support
• Service Opportunities

Falcon Heights

1771 Holton Street  $365,000
4 Bedrooms On 1 Level - 3 Baths
Hearth Room, 3 Season Porch, 2 Car Garage

University Grove

1569 Northrop Street  $465,000
3 Bedrooms - 1 1/2 Baths, Newly Redone Floors & Fresh Paint, Generous Sized Bedrooms, Totally Classic!

NILLES Builders, Inc.

• Additions
• Roofing
• Concrete
• Siding

www.nillesbuilders.com

651-222-8701

651-485-9277

Timothy Fuller Architects

Design at home in the neighborhood
New Homes
Additions
Alterations
Transformations

Catherine E. Holtzclaw

MBT, CPA, CFP®

HOLTZCLAW PLANNING LLC

• Objective, personal investment advice and financial planning on an hourly basis.
• Tax preparation for individuals, trusts and estates.
• Discover the possibilities and opportunities for reaching your life goals.

CATHERINE E. HOLTZCLAW
MBT, CFP

HOLTZCLAW PLANNING LLC

• Objective, personal investment advice and financial planning on an hourly basis.
• Tax preparation for individuals, trusts and estates.
• Discover the possibilities and opportunities for reaching your life goals.

651-642-1638  www.bargainupholstery.com

Bargain Upholstery

Call for a free estimate!

651-642-1638  www.bargainupholstery.com

Sparrs

www.mnhouses.com

Peggy: 651-639-6383  peggysparr@edinarealty.com
Gary: 651-639-6304  garysparr@edinarealty.com
Peter: 651-639-6368  petesparr@edinarealty.com
Lindsey: 651-639-6432  lindseyesnaola@edinarealty.com

NILLES Builders, Inc.

• Additions
• Roofing
• Concrete
• Siding

1771 Holton Street
$365,000

Falcon Heights

4 Bedrooms On 1 Level - 3 Baths
Hearth Room, 3 Season Porch, 2 Car Garage

University Grove

1569 Northrop Street  $465,000
3 Bedrooms - 1 1/2 Baths, Newly Redone Floors & Fresh Paint, Generous Sized Bedrooms, Totally Classic!

The Sparrs

www.mnhouses.com

Peggy: 651-639-6383  peggysparr@edinarealty.com
Gary: 651-639-6304  garysparr@edinarealty.com
Peter: 651-639-6368  petesparr@edinarealty.com
Lindsey: 651-639-6432  lindseyesnaola@edinarealty.com
History: One darn thing after another
Roger Bergerson chronicles our remarkable past

Vern Weckwerth recalls his first trip on the old University of Minnesota intercampus trolley in the early 1950s as having a rural feel to it.

“I thought I was lost in the country as we zipped through the wooded area by ‘Professorville,’ just before reaching the St. Paul campus,” he says.

“Professorville” was the University Grove neighborhood and Weckwerth went on to become a professor himself. Today he is retired and lives in Falcon Heights within a stone’s throw of the one-time right-of-way, traces of which can still be seen 60 years after the trolley’s last run.

In the early 20th century, university officials were seeking a cheaper and more efficient means of delivering coal and other bulk supplies to the St. Paul campus. The shipments arrived by rail at a freight yard just west of where Larpenteur Avenue and Highway 280 now intersect. Supplies had to be unloaded, then loaded onto horse-drawn wagons and unloaded again at their final destination.

If the university had its own section of track, the thinking went, a locomotive could move individual freight cars directly to campus. But why stop there? Why not extend the exclusive right-of-way beyond the spur to the freight yard and make it possible to transport people between the Twin Cities’ branches of the university as well?

“Perhaps no other one recent step in the development of the University of Minnesota has been more important than this linking of the two campus centers,” said the Board of Regents in its 1914 report to the governor.

The trolley started running that year, ending the isolation of the “farm school” and making it possible for students to attend classes on either site. The line was owned by the university and operated and maintained by the Twin City Rapid Transit Co. The cars ran every 15 minutes on the 3½-mile route, from about 7:30 a.m. to 6:30 p.m. The initial fare was 7 cents.

Riders would board near today’s St. Paul campus Student Center on Buford Avenue. The trolley traveled north on an exclusive right-of-way, curving west on the south side of the agricultural fields and through an underpass at Cleveland Avenue.

The car continued west parallel to Folwell Avenue, running sharply south along Euusis Street, until it reached Como Avenue. There it switched onto the regular streetcar tracks, proceeding westward to Southeast 15th Street and south again to the intersection with Pillsbury Drive on the Minneapolis campus.

The trolley became a fixture of university life and probably nobody had more to do with that than its beloved conductor, Ralph Waldo “Skipper” Spencer.

Thor Kommedahl, university professor emeritus and Falcon Heights resident who died a few months ago, once shared memories of Spencer from his student years in the 1940s on the university alumnı association website.

“As Skip punched our tickets, he also learned and memorized our names,” Kommedahl recalled. “It wasn’t long after the fall quarter

Trolley once connected U of M’s St. Paul, Minneapolis campuses

Toward the end of its 40-year run, the trolley starts the turn to follow Gortner Avenue south to the St. Paul campus. This photo was taken from the campus water tower. Photo courtesy of Minnesota Streetcar Museum.

Vern Weckwerth recalls his first trip on the old University of Minnesota intercampus trolley in the early 1950s as having a rural feel to it.

“I thought I was lost in the country as we zipped through the wooded area by ‘Professorville,’ just before reaching the St. Paul campus,” he says.

“Professorville” was the University Grove neighborhood and Weckwerth went on to become a professor himself. Today he is retired and lives in Falcon Heights within a stone’s throw of the one-time right-of-way, traces of which can still be seen 60 years after the trolley’s last run.

In the early 20th century, university officials were seeking a cheaper and more efficient means of delivering coal and other bulk supplies to the St. Paul campus. The shipments arrived by rail at a freight yard just west of where Larpenteur Avenue and Highway 280 now intersect. Supplies had to be unloaded, then loaded onto horse-drawn wagons and unloaded again at their final destination.

If the university had its own section of track, the thinking went, a locomotive could move individual freight cars directly to campus. But why stop there? Why not extend the exclusive right-of-way beyond the spur to the freight yard and make it possible to transport people between the Twin Cities’ branches of the university as well?

“Perhaps no other one recent step in the development of the University of Minnesota has been more important than this linking of the two campus centers,” said the Board of Regents in its 1914 report to the governor.

The trolley started running that year, ending the isolation of the “farm school” and making it possible for students to attend classes on either site. The line was owned by the university and operated and maintained by the Twin City Rapid Transit Co. The cars ran every 15 minutes on the 3½-mile route, from about 7:30 a.m. to 6:30 p.m. The initial fare was 7 cents.

Riders would board near today’s St. Paul campus Student Center on Buford Avenue. The trolley traveled north on an exclusive right-of-way, curving west on the south side of the agricultural fields and through an underpass at Cleveland Avenue.

The car continued west parallel to Folwell Avenue, running sharply south along Euusis Street, until it reached Como Avenue. There it switched onto the regular streetcar tracks, proceeding westward to Southeast 15th Street and south again to the intersection with Pillsbury Drive on the Minneapolis campus.

The trolley became a fixture of university life and probably nobody had more to do with that than its beloved conductor, Ralph Waldo “Skipper” Spencer.

Thor Kommedahl, university professor emeritus and Falcon Heights resident who died a few months ago, once shared memories of Spencer from his student years in the 1940s on the university alumnı association website.

“As Skip punched our tickets, he also learned and memorized our names,” Kommedahl recalled. “It wasn’t long after the fall quarter

Trolley once connected U of M’s St. Paul, Minneapolis campuses

Toward the end of its 40-year run, the trolley starts the turn to follow Gortner Avenue south to the St. Paul campus. This photo was taken from the campus water tower. Photo courtesy of Minnesota Streetcar Museum.

Vern Weckwerth recalls his first trip on the old University of Minnesota intercampus trolley in the early 1950s as having a rural feel to it.

“I thought I was lost in the country as we zipped through the wooded area by ‘Professorville,’ just before reaching the St. Paul campus,” he says.

“Professorville” was the University Grove neighborhood and Weckwerth went on to become a professor himself. Today he is retired and lives in Falcon Heights within a stone’s throw of the one-time right-of-way, traces of which can still be seen 60 years after the trolley’s last run.

In the early 20th century, university officials were seeking a cheaper and more efficient means of delivering coal and other bulk supplies to the St. Paul campus. The shipments arrived by rail at a freight yard just west of where Larpenteur Avenue and Highway 280 now intersect. Supplies had to be unloaded, then loaded onto horse-drawn wagons and unloaded again at their final destination.

If the university had its own section of track, the thinking went, a locomotive could move individual freight cars directly to campus. But why stop there? Why not extend the exclusive right-of-way beyond the spur to the freight yard and make it possible to transport people between the Twin Cities’ branches of the university as well?

“Perhaps no other one recent step in the development of the University of Minnesota has been more important than this linking of the two campus centers,” said the Board of Regents in its 1914 report to the governor.

The trolley started running that year, ending the isolation of the “farm school” and making it possible for students to attend classes on either site. The line was owned by the university and operated and maintained by the Twin City Rapid Transit Co. The cars ran every 15 minutes on the 3½-mile route, from about 7:30 a.m. to 6:30 p.m. The initial fare was 7 cents.

Riders would board near today’s St. Paul campus Student Center on Buford Avenue. The trolley traveled north on an exclusive right-of-way, curving west on the south side of the agricultural fields and through an underpass at Cleveland Avenue.

The car continued west parallel to Folwell Avenue, running sharply south along Euusis Street, until it reached Como Avenue. There it switched onto the regular streetcar tracks, proceeding westward to Southeast 15th Street and south again to the intersection with Pillsbury Drive on the Minneapolis campus.

The trolley became a fixture of university life and probably nobody had more to do with that than its beloved conductor, Ralph Waldo “Skipper” Spencer.

Thor Kommedahl, university professor emeritus and Falcon Heights resident who died a few months ago, once shared memories of Spencer from his student years in the 1940s on the university alumnı association website.

“As Skip punched our tickets, he also learned and memorized our names,” Kommedahl recalled. “It wasn’t long after the fall quarter

Trolley once connected U of M’s St. Paul, Minneapolis campuses

Toward the end of its 40-year run, the trolley starts the turn to follow Gortner Avenue south to the St. Paul campus. This photo was taken from the campus water tower. Photo courtesy of Minnesota Streetcar Museum.

Vern Weckwerth recalls his first trip on the old University of Minnesota intercampus trolley in the early 1950s as having a rural feel to it.

“I thought I was lost in the country as we zipped through the wooded area by ‘Professorville,’ just before reaching the St. Paul campus,” he says.

“Professorville” was the University Grove neighborhood and Weckwerth went on to become a professor himself. Today he is retired and lives in Falcon Heights within a stone’s throw of the one-time right-of-way, traces of which can still be seen 60 years after the trolley’s last run.

In the early 20th century, university officials were seeking a cheaper and more efficient means of delivering coal and other bulk supplies to the St. Paul campus. The shipments arrived by rail at a freight yard just west of where Larpenteur Avenue and Highway 280 now intersect. Supplies had to be unloaded, then loaded onto horse-drawn wagons and unloaded again at their final destination.

If the university had its own section of track, the thinking went, a locomotive could move individual freight cars directly to campus. But why stop there? Why not extend the exclusive right-of-way beyond the spur to the freight yard and make it possible to transport people between the Twin Cities’ branches of the university as well?

“Perhaps no other one recent step in the development of the University of Minnesota has been more important than this linking of the two campus centers,” said the Board of Regents in its 1914 report to the governor.

The trolley started running that year, ending the isolation of the “farm school” and making it possible for students to attend classes on either site. The line was owned by the university and operated and maintained by the Twin City Rapid Transit Co. The cars ran every 15 minutes on the 3½-mile route, from about 7:30 a.m. to 6:30 p.m. The initial fare was 7 cents.

Riders would board near today’s St. Paul campus Student Center on Buford Avenue. The trolley traveled north on an exclusive right-of-way, curving west on the south side of the agricultural fields and through an underpass at Cleveland Avenue.

The car continued west parallel to Folwell Avenue, running sharply south along Euusis Street, until it reached Como Avenue. There it switched onto the regular streetcar tracks, proceeding westward to Southeast 15th Street and south again to the intersection with Pillsbury Drive on the Minneapolis campus.

The trolley became a fixture of university life and probably nobody had more to do with that than its beloved conductor, Ralph Waldo “Skipper” Spencer.

Thor Kommedahl, university professor emeritus and Falcon Heights resident who died a few months ago, once shared memories of Spencer from his student years in the 1940s on the university alumnı association website.

“As Skip punched our tickets, he also learned and memorized our names,” Kommedahl recalled. “It wasn’t long after the fall quarter
PLAID IS THE NEW BLACK: We don’t call the day after Thanksgiving “Black Friday” around here. It’s now Plaid Friday, a campaign to encourage shoppers to put their holiday gift dollars back into the local economy by shopping at stores in their own communities. On Nov. 25, a number of local businesses and members of the MetroIBA (Independent Business Alliance) will celebrate all-things plaid.

MidModMen, 2401 W. University Ave., will serve hot cider and holiday treats and offer a special collection of vintage and modern holiday décor. They will also be collecting pet treats and new toys for Pet and Pets Together, Minnesota’s only dedicated pet food shelf.

Bibelot, 2276 Como Ave., will open its two St. Paul and two Minneapolis stores at 9 a.m. and hand out coupons for 20 percent off all plaid items in the stores. (Bibelot will also offer 20 percent off Frasier Fur products the next day, which is coined now as Small Business Saturday.)

Scarborough Fair will have hot cider and shortbread cookies on hand and give a free gift with each purchase. The store’s sale rack will offer half off the lowest price marked on each item on the rack.

The Little Wine Shoppe’s Pam Johnson isn’t promising she’ll wear plaid that day, but she does promise you’ll find what you need at this one-stop neighborhood wine shop, or as she says, your local wine cellar/seller.

To see a map of all retailers participating in Plaid Friday, go to www.buylocaltwincities.com.

SHOP HOME FOR THE HOLIDAYS, St. Anthony Park’s annual celebration in the business district along Como Avenue, will be held Saturday, Dec. 3. The day’s activities will include strolling carolers; reindeer-pulled sleigh rides and Santa photo-ops at Sunrise Bank, 2300 Como Ave., 9 a.m.-noon; cookie decorating at Tim and Tom’s Speedy Market, 2310 Como Ave., 10 a.m.-1 p.m.; a wine tasting at the Little Wine Shoppe, 2236 Carter Ave., 1-4 p.m.; and 20 percent off all ornaments in the store at Bibelot, 2276 Como Ave.

Other area merchants will have their own specials all day and the Best Holiday Sale Ever! will be held in the lower level of Milton Square 10 a.m.-5 p.m.
YES, VIRGINIA, THERE IS A SANTA (OR TWO):

You can have dinner with Mr. and Mrs. Claus on Friday, Dec. 2, at Langford Recreation Center, 30 Langford Park, 5:30-7 p.m. The cost is $5 per person or $25 for a family. Make reservations for the event at stpaul.gov/activityregistration.

Santa will be back in St. Anthony Park the next day, Dec. 3, for photo-ops at Sunrise Bank, 2300 Como Ave., 9 a.m.-noon, and to light the Christmas tree in Milton Square’s courtyard at 5 p.m. Milton Square is at the corner of Como and Carter avenues.

Santa and Christmas Carol will host a free story time at Muffuleta on Tuesday, Dec. 6, 6-7 p.m. RSVPs are required. Call Muffuleta at 651-644-9116 by Thursday, Dec. 1, to participate.

Santa and Mrs. Claus will visit Winter Wonderland at North Dale Rec Center, 1414 N. Albans St., Thursday, Dec. 8, 5:30-7:30 p.m. The free event will include holiday activities and a visit from the North Pole couple. No registration required.

LOOKING FOR HANDMADE GIFTS?
The Blue House Boutique will be open Saturday, Dec. 3, 9 a.m.-3 p.m., and Sunday, Dec. 4, 9 a.m.-1 p.m. at St. Matthew’s Episcopal Church, 2136 Carter Ave. The boutique is a major fundraiser for the Blue House, an orphanage in Uganda. Saturday’s sale features a homemade lunch (featuring the soup described on page 7), 11 a.m.-1:30 p.m., coffee and pastries. The sale will include gourmet goodies, knit accessories, jewelry and African crafts.

The Best Holiday Sale Ever! will be held two days—Saturday, Dec. 3, 10 a.m.-5 p.m., and Sunday, Dec. 4, noon-3 p.m.—in the lower level of Milton Square. Local artists will be selling jewelry, crocheted toys, greeting cards, pottery, handmade guitars and ukuleles, gourmet cookies and more.

Nettie & Friends’ 13th annual Sale of the Season opens Saturday, Dec. 3, 4-6:30 p.m. at the Egg & I Restaurant, 2550 W. University Ave. The sale is
a fundraiser put on by teachers from Maxfield School in St. Paul to benefit students at the school. The sale is open through December during restaurant hours.

**WOMEN OF SONG,** a community women's choir from the metro area, will present Hold the Light Sunday, Dec. 4, at 4 p.m. at St. Anthony Park United Church of Christ, 2129 Commonwealth Ave. The concert will feature arrangements for women's voices celebrating the themes of light and hope. The choir is directed by Michelle Gehrz and accompanied by Mary Fadden, piano. Other instrumentalists will include a string quartet, clarinet, recorder and percussion.

There will be a free-will donation to offset choir expenses. You can learn more at www.womenofsongchoir.com.

**A HEARTY HELPING OF HOLIDAY TUNES:** Looking to sing some holiday favorites with a roomful of neighbors? Head to the monthly Community Sing at the Olson Campus Center at Luther Seminary, 1490 Fulham St., St. Anthony Park, on Monday, Dec. 19. Music leader Dan Chouinard is promising a “hearty helping of holiday tunes.” The sing takes place on the third Monday of each month and is led by Chouinard and singer-songwriter Ann Reed. Gather at 6:30 p.m. for social time. The singing begins at 7 p.m. and lasts about 90 minutes. Children are welcome.

**NIGHT TRAINS:** The Twin City Model Railroad Museum’s annual display, Night Trains, opened in early November and will be open every Saturday through Feb. 25, 6-9 p.m.

The museum moved out of its longtime home in Bandana Square last
year and has reopened at 668 Transfer Road, Suite 8.

Night Trains displays dozens of model railroad layouts in a magical way: The lights are turned down, the buildings and street lights glow and the make-believe town of Matlin is buried in a blizzard. The layouts are adorned with miniature Christmas lights and decorations.

Santa will visit the museum on Saturday, Dec. 17, and bring a sack of goodies for good girls and boys. Admission is $15 per person and free for children four and younger. Discounted group rates are available for groups of four or more. Learn more at www.tcmrm.org.

LIVING NATIVITY: Bethel Lutheran Church, 670 W. Wheelock Parkway, will host its annual re-enactment of the Christmas story on Saturday, Dec. 10. The event will include actors portraying the biblical account of Jesus’ birth, a Bethlehem marketplace experience, live farm animals and more.

Doors will open first to a Bethlehem marketplace at 5:30 p.m., with 10-minute live shows from 6 to 8 p.m. The event is free and open to the public (no tickets required).

A FULL-MOON WALK: Maplewood Nature Center, 2659 E. Seventh St., Maplewood, will host a hike by the light of the moon on Tuesday, Dec. 13, 6:30-8 p.m. Participants will hear some fun facts about the moon and hear stories from Ojibwe, Dakota and other cultures. Dress for the weather and bring a mug for hot apple cider. Cost is $4 per person and must be prepaid online by Sunday, Dec. 11. To register, go to maplewoodnaturecenter.com and click on the Register Online Go button. Or call 651-249-2170 if you need help registering.
WINTER BIRD OPEN HOUSE: Learn about winter birds at Maplewood Nature Center, 2659 E. Seventh St., Maplewood, Saturday, Dec. 17, 10 a.m.-3 p.m. Participants ages 7 and older can learn to use binoculars and make and take a pinecone birdfeeder. The event is free and participants can drop in at any time.

HOLIDAY GARDEN TEA: The annual three-course holiday tea at the Marjorie McNeely Conservatory will be held on Wednesday, Dec. 7. There will be two service times: 11 a.m. and 2 p.m. Guests will dine and receive a behind-the-scenes tour of the conservatory. Tickets are $40 if purchased before Thanksgiving or $45 after Thanksgiving. Space is limited and reservations are required. Call 651-487-8250.

IT’S THAT CHRISTMAS SAUSAGE TIME AGAIN: Every year Tim Faacks at Tim & Tom’s Speedy Market, 2310 Como Ave. W., cranks out more than 2,000 pounds of the Lindquist family’s Christmas sausage. He’s been mincing meat since just after Halloween and plans to keep the stuff in stock through New Year’s Day.

The Christmas sausage comes from a secret recipe handed down to Faacks by the family of Harry Lindquist, a butcher in Minneapolis from the 1920s to the 1960s. Lindquist was the grandfather of St. Anthony Park residents Dave and Mark Hansen, who own Hansen Tree Farm.
began that Skip was welcoming each rider by name. During the trip, he often talked with students, learning of their experiences on campus.

“Skip was a checker champion at the university and once played against 12 students at a time in Coffman Union and won all 12. Skip was a legend and friend to all students,” Kommedahl said.

Heights, just south of Larpenteur. A park on Coffman Street in Falcon Heights, just south of Larpenteur. A sidewalk coming from the park ends at Coffman, but follow that heading west and parallel to the 10th hole on the university golf course.

As you proceed, you’ll see some of the old railroad ties, as well as several hundred yards of retaining wall, interrupted at one point by a staircase that passengers used as access to and from Polwulf Street. The concrete platform that the one-time trolley stop can be found there, as well.

Continuing west, the route continues downhill on an elevated roadbed through a ravine, passing a pond at one point and ending in an apartment-building parking lot at Carl Street in Laidale.

This is near the spot where the trolley nearly came to grief on a frosty winter’s day in the 1920s. As Coates B. Bull Jr. of Vero Beach, Fla., recounted to the Park Bugle in 1986, “Our motorman was noted for driving as fast as he dared. There was a long steep grade downhill on an elevated staircase that passengers used as access to the one-time trolley stop.

Eustis Street—and then a 90-degree turn to the left to head for Como.” The driver applied the brakes, but the tracks were iced and nothing happened. The passengers steadied themselves for what seemed to be the inevitable.

“Somebody’s prayer must have been heard,” recalled Bull, “for we proceeded on our way. We all breathed a sigh of relief as we proceeded on our way.”

“Skipper” Spencer punches tickets and dispenses words of wisdom. Photo courtesy of University of Minnesota Archives

U of M trolley from 10

A westbound car makes a stop prior to passing under Cleveland Avenue. Photo courtesy of University of Minnesota Archives

City Files from 2

St. Anthony Park
The District 12 Community Council met on the second Thursday of each month at 7 p.m. at Jennings Community Learning Center, 2455 University Ave. The council offices are located at 2295 University Ave., Suite 300 E.

Joy of the People updates
The Joy of the People (JOTP) soccer center at South St. Anthony Rec Center, 890 Cromwell Ave., will attend the December SAPCC Land Use Committee meeting to outline the Union Flats project, which recently received funding from the Met Council. The project will include 216 affordable-housing units.

The December meeting will be held Thursday, Dec. 1, at 7 p.m. at Jennings Community Learning Center, 2495 University Ave.

SAP development news
The 2700 Project at 2700 W. University Ave. will include largely market-rate luxury apartments with a few affordable units in the complex. The first floor of the building will likely host a joint coffee shop and bar.

The 79-unit micro-apartments project at 2326 Territorial Road has broken ground. Most of the units will be 350 to 450 square feet and rent for $800 to $1,000 per month.

Representatives from Dominium, the developers of the Hunt Electric site at 2300 Territorial Road, will attend the December SAPCC Land Use Committee meeting to outline the Union Flats project, which recently received funding from the Met Council. The project will include 216 affordable-housing units.

SAP development news

The December meeting will be held Thursday, Dec. 1, at 7 p.m. at Jennings Community Learning Center, 2495 University Ave.

SAP development news

Schneider Drug
Where people come first
www.schniederdrugrx.com

3400 University Ave. S.E., Minneapolis, 612-379-7232

Monday - Friday
8:30 a.m. - 7:00 p.m.
Saturday
9:00 a.m. - 6:00 p.m.

1/4 mile west of Hwy. 280

When you need it fast
www.cartermiddlearmedshop.com

hours: weekdays 10:00 a.m. - 9:30 p.m. / Saturday 10:00 a.m. - 9:00 p.m.

When you need it fast

by the lake

901 East Como Boulevard
St. Paul, MN 55103

COMO
Senior Apartments
Small pets welcome

Exceptional Senior Living
Heated underground parking

www.carteravenueframeshop.com

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

When you need it fast

by the lake

901 East Como Boulevard
St. Paul, MN 55103

COMO
Senior Apartments
Small pets welcome

Exceptional Senior Living
Heated underground parking
Business News

Chamber honors local leaders

Terri Banaszewski, vice president of business development at Sunrise Banks, was named Outstanding Volunteer of the Year at the St. Paul Area Chamber of Commerce eighth annual Chamber Honors Celebration Nov. 4. Banaszewski has been with Sunrise for more than 16 years.

The chamber also announced its 2016 Deubener Award winners, which included local nonprofits High School for Recording Arts, 1166 University Ave., and the Neighborhood Development Center, 663 W. University Ave., both of which were finalists in the Nonprofit Service Business Award; Sunrise Banks, winner of the Family-Owned Business Award; and Wellington Management, a finalist in the Family-Owned Business Award.

F.I.T. Lab workout center moves into old Blomberg Pharmacy site

By Roger Bergerson

If you didn’t know it was there, you might not have noticed the F.I.T. Lab tucked away near the intersection of Como and Snelling avenues.

That’s not a problem anymore, because owner Tyrone Minor has moved his workout center into the storefront that formerly housed the Blomberg Pharmacy in Falcon Heights.

“We wanted to stay in the Como area, because there’s a real family atmosphere,” said Minor of the new location at 1583 N. Hamline Ave., just north of Hoyt Avenue. “And here we’ve got the room we need and tremendous street visibility.

“People have been stopping in to ask what’s going on,” he said, adding “the neighbors have been very friendly.”

Minor, a former track star and Olympic aspirant, has been a physical-education instructor for 20 years and a personal trainer for almost as long.

He explains that F.I.T. is an acronym for fitness, innovation and transformation.

“Our clients run the entire gamut in terms of age and what they’re looking for,” he says. “Some people are looking to complement the training they’re already doing, others may have been thinking about getting into shape and say, ‘Now that you’re in my backyard, I’m going to give it a shot.’ ”

The F.I.T. Lab has eight trainers on staff, one of whom is Minor’s wife, Jamie, a certified yoga instructor. The plan is to eventually offer memberships so that clients can conduct their own workouts.

The grand opening of the F.I.T. Lab will be from noon to 4 p.m. Saturday, Dec. 3. It will be an opportunity to check out the facility, meet the trainers and take advantage of special offers on classes.

For more information, go to thefitlabinc.com.

Sunrise Banks was the winner of the St. Paul Area Chamber of Commerce Family-Owned Business Award, and Sunrise vice president of business development Terri Banaszewski was named Outstanding Volunteer of the Year. Pictured here are Sunrise’s Jim Ostlund, Banaszewski, Mike Morrell, Rick Beeson, Chris Albrecht and Rich Esquivel.

Business News

F.I.T. Lab workout center moves into old Blomberg Pharmacy site

By Roger Bergerson

If you didn’t know it was there, you might not have noticed the F.I.T. Lab tucked away near the intersection of Como and Snelling avenues.

That’s not a problem anymore, because owner Tyrone Minor has moved his workout center into the storefront that formerly housed the Blomberg Pharmacy in Falcon Heights.

“We wanted to stay in the Como area, because there’s a real family atmosphere,” said Minor of the new location at 1583 N. Hamline Ave., just north of Hoyt Avenue. “And here we’ve got the room we need and tremendous street visibility.

“People have been stopping in to ask what’s going on,” he said, adding “the neighbors have been very friendly.”

Minor, a former track star and Olympic aspirant, has been a physical-education instructor for 20 years and a personal trainer for almost as long.

He explains that F.I.T. is an acronym for fitness, innovation and transformation.

“Our clients run the entire gamut in terms of age and what they’re looking for,” he says. “Some people are looking to complement the training they’re already doing, others may have been thinking about getting into shape and say, ‘Now that you’re in my backyard, I’m going to give it a shot.’ ”

The F.I.T. Lab has eight trainers on staff, one of whom is Minor’s wife, Jamie, a certified yoga instructor. The plan is to eventually offer memberships so that clients can conduct their own workouts.

The grand opening of the F.I.T. Lab will be from noon to 4 p.m. Saturday, Dec. 3. It will be an opportunity to check out the facility, meet the trainers and take advantage of special offers on classes.

For more information, go to thefitlabinc.com.

Sunrise Banks was the winner of the St. Paul Area Chamber of Commerce Family-Owned Business Award, and Sunrise vice president of business development Terri Banaszewski was named Outstanding Volunteer of the Year. Pictured here are Sunrise’s Jim Ostlund, Banaszewski, Mike Morrell, Rick Beeson, Chris Albrecht and Rich Esquivel.

Business News

Chamber honors local leaders

Terri Banaszewski, vice president of business development at Sunrise Banks, was named Outstanding Volunteer of the Year at the St. Paul Area Chamber of Commerce eighth annual Chamber Honors Celebration Nov. 4. Banaszewski has been with Sunrise for more than 16 years.

The chamber also announced its 2016 Deubener Award winners, which included local nonprofits High School for Recording Arts, 1166 University Ave., and the Neighborhood Development Center, 663 W. University Ave., both of which were finalists in the Nonprofit Service Business Award; Sunrise Banks, winner of the Family-Owned Business Award; and Wellington Management, a finalist in the Family-Owned Business Award.

F.I.T. Lab workout center moves into old Blomberg Pharmacy site

By Roger Bergerson

If you didn’t know it was there, you might not have noticed the F.I.T. Lab tucked away near the intersection of Como and Snelling avenues.

That’s not a problem anymore, because owner Tyrone Minor has moved his workout center into the storefront that formerly housed the Blomberg Pharmacy in Falcon Heights.

“We wanted to stay in the Como area, because there’s a real family atmosphere,” said Minor of the new location at 1583 N. Hamline Ave., just north of Hoyt Avenue. “And here we’ve got the room we need and tremendous street visibility.

“People have been stopping in to ask what’s going on,” he said, adding “the neighbors have been very friendly.”

Minor, a former track star and Olympic aspirant, has been a physical-education instructor for 20 years and a personal trainer for almost as long.

He explains that F.I.T. is an acronym for fitness, innovation and transformation.

“Our clients run the entire gamut in terms of age and what they’re looking for,” he says. “Some people are looking to complement the training they’re already doing, others may have been thinking about getting into shape and say, ‘Now that you’re in my backyard, I’m going to give it a shot.’ ”

The F.I.T. Lab has eight trainers on staff, one of whom is Minor’s wife, Jamie, a certified yoga instructor. The plan is to eventually offer memberships so that clients can conduct their own workouts.

The grand opening of the F.I.T. Lab will be from noon to 4 p.m. Saturday, Dec. 3. It will be an opportunity to check out the facility, meet the trainers and take advantage of special offers on classes.

For more information, go to thefitlabinc.com.

Sunrise Banks was the winner of the St. Paul Area Chamber of Commerce Family-Owned Business Award, and Sunrise vice president of business development Terri Banaszewski was named Outstanding Volunteer of the Year. Pictured here are Sunrise’s Jim Ostlund, Banaszewski, Mike Morrell, Rick Beeson, Chris Albrecht and Rich Esquivel.
DECEMBER

Events

Visit website is listed at the end of the calendar. Send your event to calendar@paulbugle.org by Wednesdays, Dec. 7, to be included in the January 2017 issue.

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

2 FRIDAY
Preschool story time, every Friday, St. Anthony Park Library, 10:30-11:30 a.m. No story time on Dec. 25 and 30.

4 SUNDAY
Blue House Boutique, St. Matthew’s Episcopal Church, 9 a.m.-1 p.m.
Best Holiday Sale Event! Lowest level Winton Square, noon-5 p.m.

5 MONDAY
Middle School Book Club. Students in grades 6-8 are invited for pizza and discussion, St. Anthony Park Library, 6:30-7:30 p.m. Book to be determined. Registration required. Call 651-642-0441.

6 TUESDAY
Baby and toddler story time, for ages 0-2, siblings are welcome, Thursdays in December, St. Anthony Park Library, 9:30-10 a.m. and 10:30-11 a.m. No story time Dec. 20 or 27.

15 THURSDAY
Silent film series: “Cops” and “The Cook,” St. Anthony Park Library, 7-8 p.m. An evening of classic Buster Keaton comedies paired with live scores written and performed by according and sax duo, Drumseed.

19 MONDAY
Commons Sing, Olson Campus Center, Luther Seminary, 6:30 p.m. gathering, 7-8:30 p.m. sing. The event is free, but a fee will be posted for our music leaders and to make the songs possible. Children welcome. Co-sponsored by the District 12 Community Council.

23 FRIDAY
Co-ed Drum Circle, Women’s Drum Circle, 6:30 p.m. $10 at the door. All levels of experience are welcome and encouraged. Drums provided.

30 FRIDAY
Legs first at the Library, for school age children, St. Anthony Park Library, 12:30-2 p.m.

SAPAS GARDEN CLUB hosts “Garden Scores,” written and performed by St. Anthony Park Book Club, St. Anthony Park Library, 6:30-8:30 p.m.

ALL STAR

WATER HEATERS

• Kitchen & Bath Remodeling
• Replace/Repair • Faucets
• Toilets • Disposals
• Water Piping
• Plumbing Repairs
• Water Heaters

ALL STAR

PLUMBING • RENOVATION • REPAIRS

Jack Stodola
Cell: 612-865-2369

No overtime charge for nights and weekends.

WELLINGTON

MANAGEMENT

Commercial Real Estate

LOCALLY FOCUSED
CREATIVE OPPORTUNITIES
DEDICATED CUSTOMER SERVICE

1625 Energy Park Drive #100 • St. Paul, MN 55108
651-292-9844
www.wellingtonmgmt.com

THE UNIVERSITY OF MINNESOTA IS LOOKING FOR AFRICAN AMERICAN CIGARETTE SMOKERS WHO ARE INTERESTED IN QUITTING SMOKING.

This study requires 12 visits.
Participants will receive up to $390.00. For more information, call 612-626-5981.

30 FRIDAY
Legs first at the Library, for school age children, St. Anthony Park Library, 12:30-2 p.m.

SAPAS GARDEN CLUB hosts “Garden Scores,” written and performed by

ALL STAR

WATER HEATERS

• Kitchen & Bath Remodeling
• Replace/Repair • Faucets
• Toilets • Disposals
• Water Piping
• Plumbing Repairs
• Water Heaters

ALL STAR

PLUMBING • RENOVATION • REPAIRS

Jack Stodola
Cell: 612-865-2369

No overtime charge for nights and weekends.

WELLINGTON

MANAGEMENT

Commercial Real Estate

LOCALLY FOCUSED
CREATIVE OPPORTUNITIES
DEDICATED CUSTOMER SERVICE

1625 Energy Park Drive #100 • St. Paul, MN 55108
651-292-9844
www.wellingtonmgmt.com

THE UNIVERSITY OF MINNESOTA IS LOOKING FOR AFRICAN AMERICAN CIGARETTE SMOKERS WHO ARE INTERESTED IN QUITTING SMOKING.

This study requires 12 visits.
Participants will receive up to $390.00. For more information, call 612-626-5981.
Happy 100th birthday

Longtime St. Anthony Park resident Dorothy Hopp celebrated her 100th birthday on Nov. 6 with her children Susan Hopp and Tom Hopp, along with other family members and close friends.

Born Dorothy Louise Gade on Nov. 6, 1916, she was raised on a cattle-feeding farm outside Seward, Neb. She was the oldest of three kids, and according to her daughter Susan, grew up hard working, active, inventive and artistic.

She met Ralph Hopp at a dance at the University of Nebraska, Lincoln, in 1938. Also farm raised, he was a perfect match and they married in 1941. Dorothy Hopp graduated with degrees in food and nutrition and interior design. Her first job was as a home supervisor for the Farm Security Administration.

After living in Lincoln; Pittsburgh, Pa.; Columbus, Ohio; and Nebraska again as Ralph worked on his doctorate, the University of Minnesota Libraries hired Ralph in 1953 and the family settled at 1341 Keston St. in St. Anthony Park, where they raised their three children, Caroline, Tom and Susan, and spent summers car camping throughout the United States.

The family spent 1962-63 in Ankara, Turkey, where Ralph was a Fulbright lecturer. In February 1963, the Hopp’s daughter Caroline died in an airplane crash over Ankara. She was 18 and a freshman at Robert College in Istanbul.

Dorothy Hopp was extremely active in area organizations and volunteering throughout her life, including the U of M Faculty Women’s Club, where along with serving on numerous committees, she was president in 1973-74.

The Hops sold their Keston Street home in 1985 and after a year in Colorado, they moved into 1660 Coffman on Larpenteur Avenue, where Dorothy still lives. Ralph Hopp died in 2003.
Paul Burson
Paul Mackrell Burson, 78, of Ironots, Minn., died at the St. Cloud Hospital on Oct. 12, 2016. Paul was an Eagle Scout and Scout Master of Troop 17 in St. Anthony Park and a former corrections officer at a variety of facilities and commercial buildings. He also had served as a school bus driver in two school districts.

Paul is survived by his wife, Judith, two daughters, three grandchildren and two great-grandchildren. A funeral service will be held Oct. 22 at the Immanuel Lutheran Church in Crosby.

Dr. Meed Cavert
Dr. H. Mead Cavert, 94, of St. Anthony Park, died Nov. 4, 2016. He enjoyed a long career with the University of Minnesota as professor of physiology and associate dean of the Medical School. A memorial service will be scheduled in January.

Duane Jenkins
Duane Lee Jenkins, 68, formerly of St. Anthony Park, died Oct. 17, 2016. Duane was the first person to play-test the game “Dungeons and Dragons” and was considered by the gaming community an uncredited creator of the game. He was a book lover, amateur historian and had a great gift for humor and laughter. He is survived by his wife of 58 years, Barb, and sons, Brain and Charlie.

Mass of Christian Burial was held Oct 24 at St. Cecilia Catholic Church.

Chuck Michelson
Chuck Michelson died Oct. 8, 2016, after a battle with brain cancer. He was a compassionate and generous person who touched the lives of many people during his 85 years.

Chuck is survived by his wife of 45 years, Carolyn, and sons, Brian and Steven.

William Schultz

William served as a captain in the U.S. Army during World War II. He graduated from the University of Minnesota dental school. He practiced in the Lowry Medical Arts Building in St. Paul. He was a former president of St. Paul District Society, past president of Minnesota State Dental Association and a fellow of the International Congress of Dentists.

He was preceded in death by his wife, Mildred, parents, William and Martha, and brother, Howard. He is survived by sons William Jr. and Stephen; two grandchildren; and six great-grandchildren.

No service was held.

Phyllis Straughn

She was born Feb. 25, 1915, in Charles City, Iowa, to Otha and Ruth (Towner) Main.

Phyllis was preceded in death by her husband, Robert, in 1987; her daughters, Barbara and Linda; and her brother, Hubert.

She is survived by a sister, Betty Crocker.

Helaine Vecchio
Helaine Agatha Vecchio, 87, known throughout her life as “Poppy,” died Oct. 24, 2016, at her home in Green Valley, Ariz. She was born Aug. 27, 1929.

She grew up in the St. Anthony Park neighborhood, the daughter of Elsie and Oscar Bjornstad, DDS.

She attended Murray High School, the University of Minnesota, where she received her bachelor’s and master’s degrees. She spent her career as an occupational therapist.

Helaine is survived by her children, Karen, Claudia and Ted; sister, Nancy Bjornstad, and five grandchildren.

Celebration of Life tributes were held in Green Valley on Nov. 6 and will be held at St. Anthony Park United Church of Christ on Dec. 3 at 11 a.m.
A special gift for a Harry Potter fan

Harry Potter’s world is rich with magical creatures and objects. Local author Robert Waltz traces the origins of beasts, ailments, character names, and magical elements through ancient literature, the Bible, medieval romances, fairy tales, ballads, and more.

Autographed copies are available at

Harry Potter’s Folklore World
Richard R. Polt

On Myth and Magic

Robert B. Waltz

Harry Potter’s world is rich with magical creatures and objects. Local author Robert Waltz traces the origins of beasts, ailments, character names, and magical elements through ancient literature, the Bible, medieval romances, fairy tales, ballads, and more.

Autographed copies are available at

Harry Potter’s Folklore World
Richard R. Polt

On Myth and Magic

Robert B. Waltz

Harry Potter’s world is rich with magical creatures and objects. Local author Robert Waltz traces the origins of beasts, ailments, character names, and magical elements through ancient literature, the Bible, medieval romances, fairy tales, ballads, and more.

Autographed copies are available at

Harry Potter’s Folklore World
Richard R. Polt

On Myth and Magic

Robert B. Waltz

Harry Potter’s world is rich with magical creatures and objects. Local author Robert Waltz traces the origins of beasts, ailments, character names, and magical elements through ancient literature, the Bible, medieval romances, fairy tales, ballads, and more.

Autographed copies are available at

Harry Potter’s Folklore World
Richard R. Polt

On Myth and Magic

Robert B. Waltz

Harry Potter’s world is rich with magical creatures and objects. Local author Robert Waltz traces the origins of beasts, ailments, character names, and magical elements through ancient literature, the Bible, medieval romances, fairy tales, ballads, and more.

Autographed copies are available at

Harry Potter’s Folklore World
Richard R. Polt

On Myth and Magic

Robert B. Waltz

Harry Potter’s world is rich with magical creatures and objects. Local author Robert Waltz traces the origins of beasts, ailments, character names, and magical elements through ancient literature, the Bible, medieval romances, fairy tales, ballads, and more.

Autographed copies are available at

Harry Potter’s Folklore World
Richard R. Polt

On Myth and Magic

Robert B. Waltz

Harry Potter’s world is rich with magical creatures and objects. Local author Robert Waltz traces the origins of beasts, ailments, character names, and magical elements through ancient literature, the Bible, medieval romances, fairy tales, ballads, and more.

Autographed copies are available at

Harry Potter’s Folklore World
Richard R. Polt

On Myth and Magic

Robert B. Waltz

Harry Potter’s world is rich with magical creatures and objects. Local author Robert Waltz traces the origins of beasts, ailments, character names, and magical elements through ancient literature, the Bible, medieval romances, fairy tales, ballads, and more.

Autographed copies are available at

Harry Potter’s Folklore World
Richard R. Polt

On Myth and Magic

Robert B. Waltz

Harry Potter’s world is rich with magical creatures and objects. Local author Robert Waltz traces the origins of beasts, ailments, character names, and magical elements through ancient literature, the Bible, medieval romances, fairy tales, ballads, and more.

Autographed copies are available at

Harry Potter’s Folklore World
Richard R. Polt

On Myth and Magic

Robert B. Waltz

Harry Potter’s world is rich with magical creatures and objects. Local author Robert Waltz traces the origins of beasts, ailments, character names, and magical elements through ancient literature, the Bible, medieval romances, fairy tales, ballads, and more.

Autographed copies are available at

Harry Potter’s Folklore World
Richard R. Polt

On Myth and Magic

Robert B. Waltz

Harry Potter’s world is rich with magical creatures and objects. Local author Robert Waltz traces the origins of beasts, ailments, character names, and magical elements through ancient literature, the Bible, medieval romances, fairy tales, ballads, and more.

Autographed copies are available at

Harry Potter’s Folklore World
Richard R. Polt

On Myth and Magic

Robert B. Waltz

Harry Potter’s world is rich with magical creatures and objects. Local author Robert Waltz traces the origins of beasts, ailments, character names, and magical elements through ancient literature, the Bible, medieval romances, fairy tales, ballads, and more.

Autographed copies are available at

Harry Potter’s Folklore World
Richard R. Polt

On Myth and Magic

Robert B. Waltz

Harry Potter’s world is rich with magical creatures and objects. Local author Robert Waltz traces the origins of beasts, ailments, character names, and magical elements through ancient literature, the Bible, medieval romances, fairy tales, ballads, and more.

Autographed copies are available at

Harry Potter’s Folklore World
Richard R. Polt

On Myth and Magic

Robert B. Waltz

Harry Potter’s world is rich with magical creatures and objects. Local author Robert Waltz traces the origins of beasts, ailments, character names, and magical elements through ancient literature, the Bible, medieval romances, fairy tales, ballads, and more.

Autographed copies are available at

Harry Potter’s Folklore World
Richard R. Polt

On Myth and Magic

Robert B. Waltz

Harry Potter’s world is rich with magical creatures and objects. Local author Robert Waltz traces the origins of beasts, ailments, character names, and magical elements through ancient literature, the Bible, medieval romances, fairy tales, ballads, and more.

Autographed copies are available at

Harry Potter’s Folklore World
Richard R. Polt

On Myth and Magic

Robert B. Waltz

Harry Potter’s world is rich with magical creatures and objects. Local author Robert Waltz traces the origins of beasts, ailments, character names, and magical elements through ancient literature, the Bible, medieval romances, fairy tales, ballads, and more.

Autographed copies are available at

Harry Potter’s Folklore World
Richard R. Polt

On Myth and Magic

Robert B. Waltz

Harry Potter’s world is rich with magical creatures and objects. Local author Robert Waltz traces the origins of beasts, ailments, character names, and magical elements through ancient literature, the Bible, medieval romances, fairy tales, ballads, and more.

Autographed copies are available at

Harry Potter’s Folklore World
Richard R. Polt

On Myth and Magic

Robert B. Waltz

Harry Potter’s world is rich with magical creatures and objects. Local author Robert Waltz traces the origins of beasts, ailments, character names, and magical elements through ancient literature, the Bible, medieval romances, fairy tales, ballads, and more.

Autographed copies are available at

Harry Potter’s Folklore World
Richard R. Polt

On Myth and Magic

Robert B. Waltz

Harry Potter’s world is rich with magical creatures and objects. Local author Robert Waltz traces the origins of beasts, ailments, character names, and magical elements through ancient literature, the Bible, medieval romances, fairy tales, ballads, and more.

Autographed copies are available at

Harry Potter’s Folklore World
Richard R. Polt

On Myth and Magic

Robert B. Waltz

Harry Potter’s world is rich with magical creatures and objects. Local author Robert Waltz traces the origins of beasts, ailments, character names, and magical elements through ancient literature, the Bible, medieval romances, fairy tales, ballads, and more.

Autographed copies are available at

Harry Potter’s Folklore World
Richard R. Polt

On Myth and Magic

Robert B. Waltz

Harry Potter’s world is rich with magical creatures and objects. Local author Robert Waltz traces the origins of beasts, ailments, character names, and magical elements through ancient literature, the Bible, medieval romances, fairy tales, ballads, and more.

Autographed copies are available at

Harry Potter’s Folklore World
Richard R. Polt

On Myth and Magic

Robert B. Waltz

Harry Potter’s world is rich with magical creatures and objects. Local author Robert Waltz traces the origins of beasts, ailments, character names, and magical elements through ancient literature, the Bible, medieval romances, fairy tales, ballads, and more.

Autographed copies are available at

Harry Potter’s Folklore World
Richard R. Polt

On Myth and Magic

Robert B. Waltz

Harry Potter’s world is rich with magical creatures and objects. Local author Robert Waltz traces the origins of beasts, ailments, character names, and magical elements through ancient literature, the Bible, medieval romances, fairy tales, ballads, and more.

Autographed copies are available at

Harry Potter’s Folklore World
Richard R. Polt

On Myth and Magic

Robert B. Waltz

Harry Potter’s world is rich with magical creatures and objects. Local author Robert Waltz traces the origins of beasts, ailments, character names, and magical elements through ancient literature, the Bible, medieval romances, fairy tales, ballads, and more.

Autographed copies are available at

Harry Potter’s Folklore World
Richard R. Polt

On Myth and Magic

Robert B. Waltz

Harry Potter’s world is rich with magical creatures and objects. Local author Robert Waltz traces the origins of beasts, ailments, character names, and magical elements through ancient literature, the Bible, medieval romances, fairy tales, ballads, and more.

Autographed copies are available at

Harry Potter’s Folklore World
Richard R. Polt

On Myth and Magic

Robert B. Waltz

Harry Potter’s world is rich with magical creatures and objects. Local author Robert Waltz traces the origins of beasts, ailments, character names, and magical elements through ancient literature, the Bible, medieval romances, fairy tales, ballads, and more.

Autographed copies are available at

Harry Potter’s Folklore World
Richard R. Polt

On Myth and Magic

Robert B. Waltz

Harry Potter’s world is rich with magical creatures and objects. Local author Robert Waltz traces the origins of beasts, ailments, character names, and magical elements through ancient literature, the Bible, medieval romances, fairy tales, ballads, and more.

Autographed copies are available at

Harry Potter’s Folklore World
Richard R. Polt

On Myth and Magic

Robert B. Waltz

Harry Potter’s world is rich with magical creatures and objects. Local author Robert Waltz traces the origins of beasts, ailments, character names, and magical elements through ancient literature, the Bible, medieval romances, fairy tales, ballads, and more.

Autographed copies are available at

Harry Potter’s Folklore World
Richard R. Polt

On Myth and Magic

Robert B. Waltz

Harry Potter’s world is rich with magical creatures and objects. Local author Robert Waltz traces the origins of beasts, ailments, character names, and magical elements through ancient literature, the Bible, medieval romances, fairy tales, ballads, and more.
Here’s a summary of the Como and Murray fall sports seasons.

**Como Park Cougars**

**Boys soccer:** For the fifth consecutive season, the boys soccer team qualified for the Minnesota state tournament. The Cougars ground opponents during the regular season. Como peaked in the Section 4A tournament, shutting out their three opponents on the path to the section title before losing the state quarterfinal match to St. Thomas Academy, finishing with an overall record of 11-5-3. Senior captain Tyler Johnson earned All-State and was selected as a Mr. Soccer Finalist, an honor designated for the top five players in the state chosen by a committee of coaches. Senior midfielder Archie Gjerdrum was an All-State second team choice. Junior Lah Htoo earned All-Conference, as did Johnson and Gjerdrum. Bwe Doh was the team’s leading scorer with 11 goals and five assists.

In addition to competing, players volunteered as youth coaches last summer and also coached at Northwest Como Rec Center one Saturday during the season. The team continued to represent the Como community with class on and off the field.

**Football:** The Como Cougars football team stayed competitive throughout the season, despite a slew of injuries that forced several key players to miss critical games. This was evident with the first round playoff victory over Beck 59-17. Beck beat the Cougars in week three of the regular season.

Team leaders included juniors Robert Adams, Will Wooster, Timurias Simmons and Denny Ventrelli. Seniors Somsam Suangdara and Charlie Kray played key roles on both the offensive and defensive lines.

Senior Ali Bilby was a resilient force at linebacker. The team shared unique experiences this season, including a visit to the Minnesota Vikings training facility where they interacted with players and NFL staff.

**Cross Country:** As previously reported in the Bugle, the boys and girls teams trained together and bonded through a variety of team activities. Both teams achieved third-place finishes in the St. Paul City Conference. Senior Florence Wuuja went on to finish fourth in the state, anchoring the team aspiring for the state championship. Also contributing to the team were senior Zachary Hwu and senior Michael Long. The Cougars finished third in the city with an overall record of 9-2-3.

**Girls soccer:** With the hard work and commitment to unselfish team play produced a memorable season marked by more possession and a huge increase in goal scoring, tallying 24 more than in 2015. Freshman Shari Hto (Mu Chee) lead the team with 20 goals and 9 assists. Mu Chee was chosen All-State second team, the first All-State girls player for Como in 10 years.

Also contributing to the team were junior Emily Forstrom with 10 goals and eight assists and sophomore Gianna Gabrielli with eight goals. The defense was anchored by junior Lexie Lee, sophomore Celia Olson and sophomore goalie Cece Wulf. The Cougars finished third in the city with an overall record of 6-6-2.

**Girls tennis:** Senior captains Miram Kamschneider and Lindsey Larson brought the Cougars together with positive leadership and encouragement. The team played in the top two singles spots consistently throughout the season. Sophomore Victoria Hartwich-Cedillo became a strong singles player showing great improvement over the summer and through the season as well.

A reliable lineup emerged for the doubles teams as chemistry developed among younger players in the program. With six of the 10 starters returning, next year looks promising.

**Girls swimming:** The hard-working and dedicated Como swimmers produced a fourth-place finish in the conference. The St. Paul City conference meet was significant for the Cougars, as each swimmer produced a personal best, revealing the improving times that their work in the pool produced. Swimmers finishing in the conference’s top eight for their respective events are senior Georgia Kemijoki, junior Additana Taver and junior Amira Bolet. At press time, the swimmers were still practicing for the Section 4A meet.

**Murray Pilots**

**Volleyball:** The Pilots played excellent volleyball throughout the season and showed great resilience in the season’s final week. After an emotional loss to Highland in the final game of the season, the girls regrouped for the end of the season tournament. Working their way to the championship match of the tournament, the Pilots found themselves in a rematch vs. Highland. The volleyballers bounced back to defeat Highland and earn the tournament title.

The team’s eighth-grade leaders were Morgan Nichols, Hannah Hausman, Keyera White, Nora Thomerson, Demoya Riley, Claire Ditsick, Nrg. Pte., Stacy Yang, Tes Tiumore, Tanas Ooski, Adrian Henderson, Brianna White and Sonaya Myers.

**Girls soccer:** With an 11-0 overall record, the Murray girls soccer team won the St. Paul City Conference Championship. In addition to sweeping their city rivals, the Pilots posted convincing victories over Roseville, St. Paul Academy and Minnehaha Academy. Players were supportive of each other and unselfish on the field.

There were two games in which seven different players scored the team’s goals. Events off the field, such as serving at Feed My Starving Children, helped bond the team and develop a positive spirit. Captains selected by the team were Amelia Moseen, Abrianna Armenta, Rachel Erickson and Kendall Ross. Olivia Barnes led the team in goals. Maddy DeGattoni was the team’s steady goalkicker.

**Boys soccer:** The Pilots were challenged by the fierce competition of St. Paul school soccer and an abundance of talented players across the city’s teams. The Murray boys kept battling and improving, finishing with a strong win against Highland to end on a high note.

Extraordinary eighth-grade goalkkeeper Van Ke (Camp) kept the team close in many games with brilliant saves. Seventh-grader Damian Perryman was also strong in the back as the team’s sweeper. Numbers in the program are high, and dozens of players who gained experience this season will be back to lead the team next year.

**Park Dental Como Avenue**

With you every smile of the way.

Formerly St. Anthony Park Dental Arts. New name, same great team.

Dental care for the entire family, including:
- Preventive dentistry
- Cosmetic dentistry
- Dental implants
- Same-day crowns
- Cofitted invisible*800^1800
genuinet

Park Dental Como Avenue
2262 Como Avenue, St. Paul, MN 55108
651-666-0121 / parkdental.com

Preferred provider for most insurance companies. Call or visit your appointment online.

Sports to 24
Send your ad to classifieds@parkbugle.org or P.O.Box 8126, St. Paul, MN 55108, or call Fanita Samihlumat, 651-239-0321. Ads are $5 per line. Add a box or art for $10. Next deadline: Dec. 9.

# Classifieds

**Child Care**

- **PARK ANGELS CHILDCARE.** Infant to 11 years old, near Como & Dowell. Call Adella, 651-644-8516.

**Attorneys**

- **Nicholas P. Zies**
  Attorney at Law
  Wills & Trusts, Nonprofits
  Tax Law, Business Law
  Minneapolis/St. Paul Metro
  612-707-4804
  www.nicholaspzinos.com

**Yard Care**

- **LARRY’S SNOW REMOVAL.** Sidewalks, driveways, boulevards, Larry, 651-635-9228.

**Fall Yard Work.** Gutter cleaning, snow service. Avg. monthly cost $70 call 651-224-8593.

**Help Wanted**

- **PARK UNIVERSITY OF MINNESOTA** is looking for African American cigarette smokers who are interested in quitting smoking. This study requires 12 visits. Participants will receive up to $390.00. For more information, call 612-626-5981.

**Looking for a Part-Time Job**

- Competitive compensation? Consider a position in a State Farm agent’s office.

**Position in a State Farm agent’s office.**

- **LOOKING FOR A PART-TIME JOB**
  - **SANIKHATAM, 651-239-0321.** Ads are $5 per line. Add a box or art for $10.

**Home Services**


**Window Cleaning**

- **WATER DAMAGE REPAIR**, plaster, sheetrock, woodwork and painting. Family business in the Park 70 years. Jim Larson, 651-644-5188. jimylarsen144@gmail.com

- **30/30 HOUSE CLEANING.** Perfect house cleaning. Winner 20 yrs. exp. in the area. Family-owned & operated, 611-635-6229.

**Home Services**


- **WE SATISFY ALL YOUR PAINTING NEEDS.** Painting, staning, water damage repair, sheetrock, spray textures, texture repair, removal, wallpaper and wallpaper removal. Family business in the Park 70 years. Jim Larson, 651-644-5188. jimylarsen144@gmail.com


**Cleaning**

- **LARRY’S SNOW REMOVAL.** Sidewalks, driveways, boulevards, Larry, 651-635-9228.

**Fall Yard Work.** Gutter cleaning, snow service. Avg. monthly cost $70 call 651-224-8593.

**Home Services**


- **WE SATISFY ALL YOUR PAINTING NEEDS.** Painting, staning, water damage repair, sheetrock, spray textures, texture repair, removal, wallpaper and wallpaper removal. Family business in the Park 70 years. Jim Larson, 651-644-5188. jimylarsen144@gmail.com

Flag football: The Murray flag football team was undefeated and claimed the St. Paul City Conference championship after finishing in second place a season ago. The Pilots rolled to many comfortable victories. In close games against Capitol Hill and American Indian Magnet, the team triumphed showing they could play under pressure.

Flag Football is a popular sport at Murray and all the middle schools in the St. Paul Public Schools system.

Eric Erickson is a social studies teacher at Como Park High School and a long-time coach of school and youth sports in St. Paul.

The Murray girls soccer team achieved an 11-0 record this season and were the St. Paul City champions. Photo by Gwen Kosiak