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That was the theme of the 2017 patriotic essay contest.

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An innovative dental device and a fall retreat are in the news.

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Your award-winning nonprofit community resource

# Park Bugle

St. Anthony Park / Falcon Heights  
Lauderdale / Como Park

www.parkbugle.org  
August 2017

## Sowing seeds in all the hard places

Wildflower Project aims to turn scrappy pieces of land into pollinator-friendly gardens

By Ned Leebrick-Stryker

Matt Wildenauer was tired of seeing plots of unused industrial space full of weeds and neglect and decided to make a change. Two summers ago, he created the Wildflower Project, a nonprofit based in St. Paul that has seeded a number of pollinator-friendly gardens in underutilized and vacant spaces around the Twin Cities, including several in St. Anthony Park.

“Our mission is to build pollinator habitats in [these] spaces by planting wildflower gardens” and bring “vibrant natural beauty back to our urban communities,” said Ean Koerner, a member of the Wildflower Project team.

Koerner and Wildenauer met in college, where the origins of the Wildflower Project can be traced. Wildenauer “saw an opportunity to

plant flowers in [forgotten areas] to beautify the neighborhood,” said Koerner. Both Minnesotans and University of Minnesota graduates, Koerner and Wildenauer have an affinity for their home state that drives them to improve the area.

“I have a lot of St. Paul in my blood,” Wildenauer said. Koerner and Wildenauer brought on a third partner, Matthew Peterson, and from there, the three began their work. Their priority: pollinators.

“One out of every three bites of food you take is thanks to a pollinator, and pollinators are struggling,” Wildenauer said. “Unfortunately, pollinators like bees and butterflies do not have the proper nutrition to continue to maintain their populations. If they don’t eat, we don’t eat.”

The organization has partnered with the St. Anthony Park



The Wildflower Project has seeded a number of underutilized tracts of land in industrial areas of the city, including a spot at Urban Growler on Endicott Street. Photo by Kristal Leebrick

Community Council and planted gardens outside of local establishments, including Sunrise Banks on University Avenue and Urban Growler Brewing Co. on

Endicott Street in south St. Anthony Park. They are looking to transform a weedy hillside on the north side of

Wildflowers to 6



## The big 7-0

Como Avenue was overflowing July 4 as the 70th annual Fourth of July parade made its way down the street to festivities at Langford Park. Read and see more on pages 8 and 9.

## Softening the roar

Police make headway in curbing area street racing

By Bill Lindeke

It’s a familiar summertime sound in the West Midway area of St. Paul: the high-pitched whine of highly tuned car engines bouncing off the concrete industrial streets and echoing for a mile in every direction. It comes from the endemic problem of illegal street racing—groups of mostly young men hitting high speeds on St. Paul streets.

The issue is particularly challenging for law enforcement because of the mobile nature of the street rods, but police have made strides at fighting street racing along the St. Paul border, according to Sgt. Christopher Byrne of the St. Paul Police Department’s traffic enforcement division.

Many people probably know about street racing from the popular “Fast and Furious” film series, which glorifies underground street-racing circuits in places like California and Japan. The typical car is a small coupe, usually customized with spoilers, air dams, turbochargers, slick tires or any number of beneath-the-hood modifications to increase torque and horsepower. Late at night, often using social media to organize, groups of racers gather on marginal, straight roads to hit triple-digit speeds

and race each other. And sometimes the results are deadly.

“We care about the issue for two reasons,” St. Paul City Council President Russ Stark said: quality-of-life and safety.

“People are disturbed by noise,” Stark said, “and second, there’s the safety issue. Someone was killed at University and Vandalia some years back by someone speeding through the intersection.”

For police, clamping down on street racing is a challenge. Often it turns into “a cat-and-mouse game” between the racers and the police, Stark said, with the police forced to catch the racers in the act. The racing often slips between the cracks, ending up on Highway 280 or industrial back streets at odd hours of the night when officers are patrolling other areas.

And as neighbors in St. Anthony Park well know, the area around University Avenue and Highway 280 is a racing hot spot.

“In the great scheme of things it’s nothing new in St. Paul,” Stark said. “Some of it got moved with the Green Line construction. A lot of folks that would hang out along University Avenue got displaced, and

Street racing to 6

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## CITY FILES

### 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](http://district10comopark.org) or District 10 Community Council on Facebook.

### ComoFest isn't over yet

ComoFest still has plenty of affordable family fun on the docket before we turn the page on July. Here's a snapshot of what's left:

**Friday, July 21:** Lyngblomsten Mid-Summer Festival, 1415 Almond Ave., 2-8 p.m., and North Dale Movie Night, 1414 St. Albans St., 9 p.m., featuring "Sing."

**Saturday, July 22:** ComoFest 5k Walk/Run for Everyone (benefiting the Como Falcon Heights Block Nurse Program), 8:30 a.m., Como Lakeside Pavilion, 1360 Lexington Parkway. Bonus: Free yoga class at noon, courtesy of Studio M Fitness, outside the pavilion.

**Friday, July 28:** Northwest Como Movie Night and Campout, 1510 Hamline Ave., 6 p.m. until Saturday morning, featuring "Finding Dory."

**Saturday, July 29:** Community Appreciation Picnic, TopLine Federal Credit Union, 976 Lexington Parkway, 11 a.m., including Como Park's "shortest marathon" at 1 p.m.

For complete details, see [www.ComoFest.org](http://www.ComoFest.org).

### Vote with your feet

St. Paul's Public Works Department is developing the city's first pedestrian plan, which will guide decisions on how and where to invest in the city's streets and sidewalks. District 10 is asking residents for their feedback on what it's like to walk in the Como neighborhood.

Take the survey at [surveymonkey.com/r/walkD10](http://surveymonkey.com/r/walkD10) (it will take less than 3 minutes to complete).

### Como survey results

Como residents want more coffee shops and sit-down restaurants in the neighborhood and wouldn't mind a corner grocer and a taproom. Those are some conclusions from a survey District 10 conducted about residents' views on neighborhood businesses.

The survey is one part of a research study that is focusing primarily on the Como-Snelling business district. The study is the first piece in a larger project District 10 is leading to build a foundation for more amenities and economic investment in the neighborhood.

You can read study highlights and view the full survey results at [www.district10comopark.org](http://www.district10comopark.org).

### District 10 has a board vacancy

The Como Community Council is seeking candidates to fill one at-large board vacancy.

The seat is open to anyone who lives or represents a business or institution 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 Route and Energy Park Drive/Front Avenue on the south.

The elected candidate will serve through April 2019. Candidates must be 18 years of age or older.

To submit your name or to find out more, contact the District 10 office at 651-644-3889 or [district10@district10comopark.org](mailto:district10@district10comopark.org). Nominations must be received by Tuesday, Aug. 8.

A special election for the seat will be held Tuesday, Aug. 15, at 7 p.m., before the monthly board meeting at the Historic Streetcar Station. Write-in nominations will be accepted from the floor election night.

### Upcoming District 10 meetings

- *Como Community Council:* Tuesday, July 18
- *Environment Committee:* Wednesday, July 26
- *Neighborhood Relations and Safety Committee:* Tuesday, Aug. 1
- *Land Use Committee:* Monday, Aug. 7

All meetings begin at 7 p.m. at the Historic Streetcar Station.

### Lauderdale

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

### Day in the Park, Farmers Market will merge on Thursday, Aug. 17

Lauderdale's Day in the Park and the August Farmers Market will be held Thursday, Aug. 17, 4-7 p.m. The two events are being merged to bring more opportunities for fun and socializing. The event will include a water slide, bounce house, games, music, puppet wagon and more. A food truck will be at the event, but feel free to bring a picnic basket and a blanket or chairs. Nearly a dozen vendors will be selling fruits, vegetables and homemade goods.

Do you have garden surplus you would like to sell? There is no charge to be a vendor. Please contact Susie at [LauderdaleFarmersMarket@gmail.com](mailto:LauderdaleFarmersMarket@gmail.com) or 651-329-8401 for an application.

- Here are the event highlights:
- 4-7 p.m.: Farmers market, food, games, water slide and bounce house
  - 4:30-5:30 p.m.: Lazy Does It Dixie Land Band
  - 5:30-6 p.m.: Speakers
  - 6-6:30 p.m.: Puppet wagon
  - 6-7 p.m.: Lazy Does It Dixie Land Band

### Falcon Heights

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

### Mark July 20 on your calendar

Falcon Heights' annual ice cream social will be held Thursday, July 20,

6-8 p.m., at Falcon Heights Community Park, 2050 Roselawn Ave. The night will include ice cream treats, musical entertainment, kid activities, an inflatable bouncy castle, games and more. Admission is free, but 25-cent tickets will be sold for games and food items. Proceeds will benefit the city's Parks and Recreation Dept.

### Parks and Recreation Commission has opening

The city of Falcon Heights is seeking applicants for one opening on the Parks and Recreation Commission. Falcon Heights residents, local business owners and business designees who have been appointed by the mayor and approved by the City Council will serve three-year terms and are eligible for two terms. Those interested can apply online at [www.falconheights.org](http://www.falconheights.org) or by submitting an application at Falcon Heights City Hall.

### St. Anthony Park

The District 12 Community Council meets 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 2395 University Ave., Suite 300 E. Contact information: 651-649-5992 or [www.sapcc.org](http://www.sapcc.org).

### Take the SAPCC survey

Do you live, work, play or attend school in St. Anthony Park? If so, the St. Anthony Park Community Council (SAPCC) wants your input.

The St. Anthony Park neighborhood is planning for the next decade, and SAPCC wants help on topics ranging from transportation to housing and environment. You can fill out a survey online at [www.sapcc.org](http://www.sapcc.org).

The survey will help form the next 10-year plan for the neighborhood to strive for an inclusive, safe, welcoming, accessible and supportive community for all.

Along with the survey, there will be additional engagement opportunities to provide feedback as these plans develop through this fall and finalize in the spring. Thoughts or questions? Email [info@sapcc.org](mailto:info@sapcc.org).

### Upcoming District 12 meetings

Here is the monthly schedule of District 12 meetings:

The Land Use Committee meets the first Thursday of the month, 7-9 p.m., at Jennings Community School, 2455 W. University Ave.

The District 12 Board of Directors meets the second Thursday of the month, 7-9 p.m., at Jennings.

The Transportation Committee meets the first Monday of the month, 6:30-8 p.m., at the District 12 office, 2395 W. University Ave., Suite 300E.

The Environment Committee meets the fourth Wednesday of the month, 7-9 p.m., at the District 12 office.

The Equity Committee meets the first Friday of the month, 8-9:30 a.m., at the District 12 office.

*'A time of sorrow and joy'*

## Pilgrimage to Scotland honors man's wife and daughter

By Gayla Marty

The Isle of Iona appears across the water, a patch of green interrupting the blue of sea and sky. It's small, a rocky outcropping off the west coast of Scotland, no more than a mile east to west, 4 miles north to south. From the ferry port a mile away, Iona's gray stone medieval abbey and graveyard are clearly visible north of a tiny whitewashed village hugging the isle's shore.

Crossing the strait, modern-day pilgrims join multitudes over the centuries who have made this journey, including kings of Scotland, Ireland and Norway en route to their final rest.

In May, David Bienhoff, of St. Anthony Park, and his daughter Estelle Batal, of St. Paul, traveled to Iona, Scotland, a significant place to their family. It was a pilgrimage in honor of Dave's late wife, Eleanor (1929-2015), and youngest daughter, Jan (1963-2011). And it was a journey made with a lot of care and consideration as Dave Bienhoff now travels in a wheelchair.

### Inspiration and solace

The little isle was the site of a monastic community founded in 563 by St. Columba. Eleanor (Elli) learned about Iona after the couple's grandson, Calum, was born in 1980. Calum's mother is a Scot, and his name is a form of Columba. Elli later studied the Gaelic language on the

nearby Isle of Skye, and she and Dave traveled to Iona for a day in 1998.

Elli found inspiration and solace on Iona that never left her, from the restored abbey—now the heart of the thriving ecumenical Iona Community—to the ruins of a nunnery active from about 1200 to the late 1500s. She shared her experience with many, including her pastor, the Rev. Doug Donley at University Baptist Church (UBC) in Minneapolis' Dinkytown neighborhood, who went on to attend a retreat at Iona in 2011. At the Bienhoffs' request, the pastor carried a portion of their daughter Jan's ashes to Iona. After Elli died in 2015, daughter-in-law Alisoun and son Paul carried some of her ashes to Iona as well.

A lifelong traveler, Dave longed to revisit Iona himself. This past spring, Estelle worked with him to make that dream possible. Kim Cerise, a caretaker from Home Care Solutions, and UBC friend and author of this article, Gayla Marty, accompanied him to Iona.

### A 'thin place'

Iona is part of the Hebrides' distinct geology, some of Earth's oldest rock at the surface: Precambrian Lewisian gneiss untouched by glaciers that transformed the landscape just across the narrow strait. No wonder travelers of old recognized Iona's special character and considered it



Dave Bienhoff and daughter Estelle Batal in Scotland. Photo by Gayla Marty

sacred. For centuries it has been called a "thin place," where only a veil seems to separate the physical and spiritual worlds.

Dave's group stayed overnight at the St. Columba Hotel, where they enjoyed local food and spectacular views adjacent to the beautiful old cemetery. Oran's Graveyard is the reputed resting place of such

luminaries as Duncan and Macbeth. It is impossible, however, to verify the bones or even stones of the nearly 50 kings, because they have been moved and rearranged so many times over the centuries.

A high point of Dave's journey was attending Sunday worship at the Iona abbey on May 7. The Rev. Ian Bradley of St. Mary's College,

University of St. Andrews, Scotland, preached, and Jen Morell, ordained in the Anglican church, presided over communion, which would have pleased Elli enormously. Afterward, in the cloister garden, the worshippers enjoyed tea and conversation with fellow travelers

*Pilgrimage to 16*

## Raymond Avenue underpass boosts safety for bicyclists

By Bill Lindeke

For years, the Raymond Avenue railroad bridge has been a bicycling nightmare. The underpass is a rare link connecting the northern and southern parts of the St. Anthony Park neighborhood, and for bicyclists or pedestrians, getting over the busy barrier of the BNSF Railway tracks has required traversing the dank dark sidewalks, dripping with water and full of potholes.

But after a seemingly endless construction period, the new bike/walk connection is finally open—and the design is an innovative new hybrid bike trail and sidewalk that could suggest the future of bicycle planning in St. Paul.

In 2013, the St. Anthony Park Community Council held gatherings on Manvel Street in South St. Anthony and at Alden Park in north St. Anthony Park to talk about the redesign of that part of Raymond Avenue, according to Barb Thompson, who co-chairs the Transportation Committee for the community council. "We had photos, Post-it notes and food. And we got people talking to each other."

The resulting design is finally in place. The new sidewalk connection

is part of the third and final phase of the Raymond Avenue reconstruction, which began in 2013.

For bicyclists, the design is something new for St. Paul. Unlike most bike lanes, which are separated from the sidewalk by a curb, the Raymond underpass link includes a ramp that brings bicyclists up into the sidewalk underneath the bridge. The design ensures that cyclists are

protected from the drivers who might not see people riding bicyclists in the low-light conditions under the bridge.

"The neighborhood spoke up, and a lot of credit goes to the Public Works engineers, who came back with plans that we liked," Thompson said.

*Bill Lindeke is an urban geographer and writer living in St. Paul.*



After three long years, the Raymond Avenue traffic-calming project has been completed and the new bike lanes under the railroad trestle are ready to ride. Photo by Bill Lindeke

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## Next deadline: Aug. 9. Bugle will hit the streets Aug. 22.

The Park Bugle is a monthly nonprofit community newspaper serving St. Anthony Park, Lauderdale, Falcon Heights and Como Park. The Bugle reports and analyzes community news and promotes the exchange of ideas and opinions in these communities. The Bugle strives to promote freedom of expression, enhance the quality of life in the readership communities and encourage community participation.

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The Park Bugle is published by Park Press, Inc., a 501(c)3 nonprofit organization guided by an elected board of directors.

Currently serving on the board are Ted Blank, Betsy Currie, Elizabeth Danielson, Michael Griffin, Gabrielle Lawrence, Beth Maddock Magistad, Joey McGarvey, Beth Mercer-Taylor, Bob Milligan, Merry Rendahl, Steve Plagens, Matt Vierling and Kathy Wellington.



## EDITORIAL

# Hats off to the Bugle's retiring board members

It's worth reminding our readers that the Park Bugle is a nonprofit newspaper published by Park Press Inc., a board of volunteers from the communities we serve. Board members generally commit to three-year terms and serve on various committees that oversee the operations of the paper.

Three longtime members are stepping down. Each of them served two three-year terms on the board. Grant Abbott, John Landree and Glen Skovholt were celebrated at the board's annual meeting in July and honored with official Bugle newspaper hats.

Skovholt just finished two terms with the Bugle but actually has served a total of 18 years over the last 40 years. His dad, Joseph Skovholt, was one of the founding members of Park Press. The Bugle began publishing in 1974 and became a nonprofit newspaper a year later, when Andrew Boss, Gerald McKay and Joseph Skovholt signed the articles of incorporation that brought Park Press Inc. into being. We will miss Glen's institutional knowledge.

Speaking of institutional knowledge, Park Press welcomes back Steve Plagens, a longtime resident of St. Anthony Park who served on the Bugle's board in the past. Plagens has extensive experience in advertising and sales (and his daughter, Genevieve Plagens, served as an advertising representative for the Bugle for several years).

We also welcome new board members Joey McGarvey and Beth Maddock Magistad.

McGarvey is originally from Northern California. She moved to St. Anthony Park from New York City, where she was an editor at Random House for eight years. She is now an editor at Milkweed Publishing in Minneapolis. She says she found the Bugle to be a valuable resource as a newcomer to the community.



Retiring board members were honored with newspaper hats, from left: Grant Abbott, John Landree and Glen Skovolt.

Maddock Magistad teaches a variety of undergraduate courses at the University of Minnesota, including Aging Families Family Policy, Parent-Child Relationships and Family Resource Management in the Department of Family Social Science in the College of Education and Human Development. She lives in St. Anthony Park.

This paper owes its longevity to the dozens of volunteers who have governed the operations of the Bugle since its inception.

Thank you, Grant, John and Glen for your years of service, and welcome to our new board members.

## Buy a cup of coffee for the Bugle in August

In August, Sunrise Banks' charitable coffee bar, Park Perks, will give all profits from sales at its Como Avenue coffee bar to the Park Bugle. The Bugle is a nonprofit community newspaper that is provided free to residents in St. Anthony Park, Como Park, Falcon Heights and Lauderdale.

Each month, Sunrise Banks at 2300 Como Ave. designates an area nonprofit to benefit from its coffee sales.

Thanks to Sunrise for the support and we hope you'll help us with a cup of Joe.

And don't forget that Sunrise Banks' Como Avenue branch will celebrate 100 years in the community on Thursday, Aug. 3, 3 to 7 p.m. There will be live music, fun kid activities and food. And the bank promises the celebration will go on rain or shine.

The money raised at Park Perks in August will help the Bugle continue its work as a valuable community resource.

## Deadlines, publishing dates and where to find a Bugle

### Want to submit something to the Bugle?

Here are the deadlines and publication dates for the next three months:

**September issue:** The deadline is Wednesday, Aug. 9, and it will hit the streets Tuesday, Aug. 22.

**October issue:** The deadline is Wednesday, Sept. 6, and it will hit the streets Tuesday, Sept. 19.

**November issue:** The deadline is Wednesday, Oct. 18, and it will hit the streets Tuesday, Oct. 31.

### Got a story idea?

Give us a holler: editor@parkbugle.org or 651-646-5369. We take traditional mail, too: Park Bugle, P.O. Box 8126, St. Paul, MN 55108.

### Missing your Bugle?

If your house was missed during our delivery week, we apologize. Here are some spots where you can pick up a Bugle:

- District 10 Como Community Council office, 1224 N. Lexington Parkway
- Dogwood Coffee Bar, 825 Carleton St.
- Finnish Bistro, 2264 Como Ave.
- Hampden Park Co-op, 928 Raymond Ave.
- Falcon Heights City Hall, 2077 Larpenteur Ave.
- Lauderdale City Hall, 1891 Walnut St.
- Little Wine Shoppe, 2236 Carter Ave.
- Roseville Library, 2180 Hamline Ave.
- Schneider Drug, 3400 University Ave., Minneapolis
- Speedy Market, 2310 Como Ave.
- St. Anthony Park Library, 2245 Como Ave.
- Urban Growler, 2325 Endicott St.
- Workhorse Coffee Bar, 2399 University Ave.

Or go to [www.parkbugle.org/delivery/](http://www.parkbugle.org/delivery/) for a more complete list of places that carry the Bugle. You can also read the Bugle online at [www.parkbugle.org](http://www.parkbugle.org).

## LETTERS

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

### Falcon Heights man announces candidacy for City Council

My name is Ronald Dixon, and I am running for Falcon Heights City Council. Over the next several months, I hope to earn your support.

I first developed an interest in politics during high school, where I participated in the debate and speech programs. During college, I managed a high school speech and debate team of my own, interned in the Minnesota Legislature and Gov. Dayton's office, wrote for the school newspaper and further developed my political identity. I currently serve as a revenue examiner for the Minnesota Department of Revenue, where I help fellow taxpayers with their income, property and withholding tax returns. I am also a proud AFSCME member, and I recently became a union steward to help my co-workers better understand their employee rights.

I am running on a platform that calls for police accountability, community action, fiscal discipline and progressive solutions. As a councilmember, I hope to bring issues to the table that will help make Falcon Heights an even better place to live. Moreover, as a millennial, I hope to encourage young people to engage in local campaigns and, ultimately, make their voices heard by heading to the polls. Finally, in the wake of the Philando Castile shooting, my goal is to implement reforms that improve our policing practices and mend the relationship between law enforcement and the rest of the community.

Feel free to reach out at 763-242-0816 or [Dixon4FalconHeights@gmail.com](mailto:Dixon4FalconHeights@gmail.com) to have a conversation with me about your concerns for Falcon Heights.

Ronald Dixon  
Falcon Heights

# COMMENTARY

## A word on accents

By Adam Granger

Somewhere along about 30 miles south of Des Moines on I-35, the speaking accent of the locals changes from essentially Northern to essentially Southern.

I know this because I've driven between the Twin Cities and Oklahoma for 43 years and I've stopped at every sign of civilization—and non-civilization—between Bevington and Decatur City. Those towns roughly define the latitudes of a slice through Mid-America from western Ohio to mid-Nebraska, generally considered the most accent-free in the United States, the territory that spawned Johnny Carson and David Letterman.

I'm delighted that, against all odds, we still have accents in our electronic blather-saturated world. They are alive and well, and they don't seem to be going anywhere anytime soon. In popular culture, however, some of them have acquired mantles that are unkind and inaccurate and nigh impossible to shrug off. Let's look at a couple.

Southern accents sound stupid. Don't blame me for writing this; I don't make the rules. And, heck, I speak fluent Southern myself, so I'm loath even to mention it. Notwithstanding, the fact is that wherever and whenever slowness, ignorance or stupidity are to be portrayed, out comes the drawl and, bingo, instant village idiot.

Growing up four blocks from the University of Oklahoma, I knew plenty of people whose accents were Cletus the Slack-jawed Yokel but whose words were Pliny the Elder. But I watched television and I went to the movies, and I fell for the grand imposture of accent bias at an early age. It is some salvation that oftentimes, in the end, a Southern-accented character turned out to be, if not educated, at least wise, like Sheriff Andy Taylor in "The Andy Griffith Show," and we would say,

"Well, what do you know? Turns out that hick's pretty smart after all!"

So, we've got stupidity, coarseness and ignorance covered by the Southern accent. How to communicate sophistication and intelligence? Why, the beloved British accent, of course. It speaks to us on our phones, in our elevators, on our cars' GPS and pretty much everywhere else we need to be communicated with and, man, does it sound smart! We've become thoroughly hooked on it, and we trust it. Be honest, now: Would you let a GPS with a Southern drawl guide you to Ikea? And our Anglophilia doesn't stop there. Remember when there was a contest to name the new horserace track in Shakopee? We were supposed to submit names that reflected our Minnesota culture. And the winner? Canterbury Downs, of course. We just couldn't resist.

From the myriad accents in England, popular culture has, for its convenience and ours, distilled three easily recognizable ones: The aforementioned elevator patois is what I'll call the London accent.

Then, there is what might be termed the High British accent, which conveys snootiness or regency, or both, and is usually spoken by someone who has no time for the likes of you or me.

And finally, the Cockney is the accent used to denote the lower-class and supposedly uneducated (but blimey if the bloke doesn't often turn out to be the brightest one of all, just like Sheriff Andy). Cockneyism often sports refreshingly unbridled candor and the laughter that goes with it, as with the rag pickers selling old man

Scrooge's cloth goods in "A Christmas Carol." Note that these folks, in our cultural bubble, are usually having far more fun with far less than the High British and London speakers.

These British variants made their way into the larynxes of stage actors early on because, well, they were British actors performing British works. It makes sense still today for Shakespeare to be performed with various British accents. The extension, however, of this custom to classical Roman and Greek literature and drama challenges objectivity.

I assume that British actors were the first English speakers to perform these works, and I guess it's only natural that this would perpetuate itself and, ultimately, make the leap into motion pictures. It's hard to imagine Pontius Pilate without a High British accent (and, of course, the Roman soldiers driving Jesus to the mount have to have Cockney accents). This is so ingrained that, like our elevators, any variance from that norm sounds like a comedy bit.

And so, Prosit—and apologies—to exploited accents everywhere, and I'll close by airing one of my pet peeves. In the movies, accents are exaggerated to the point of irritating absurdity. The makers of the film "Fargo," for example, must have felt that we, the audience, needed to be smacked in the face with larded-on Scando-American accents until we finally said, "Oh, I get it. That's how people talk in the Upper Midwest."

And, heck, maybe we do. What do I know? Like I said, I don't make the rules.

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### Wildflowers from 1

the park at Joy of the People (JOTP) on Cromwell Avenue that Koerner said "could be the city's premiere permaculture garden." A fundraising event for the garden is being planned for the fall. "We call it our 'Genesis' garden, as it was the first garden that inspired us to legitimize our project," he said.

In addition to consulting with master gardeners, environmental lawyers, research scientists and land development professionals, the organization is mainly made up of volunteers.

"We aim to foster education and awareness through partnerships and volunteerism," Koerner said. "We want [our gardens] to be self-sustaining in five years, hopefully less." Before that happens, the Wildflower Project welcomes assistance. Want to help?

Koerner suggests the following:

- Have some unused land? Donate it for a garden.

### Street racing from 1

some of that racing has stayed there in the industrial area in the Midway. [And so] we've been working with the police department to do some extra enforcement."

Over the last few years, police have seen reduced activity thanks to new prevention efforts and inter-agency coordination. St. Paul has been working with other agencies like the Minnesota State Patrol and suburban departments to concentrate on hot spots: Highway 280 and portions of Interstates 35-E and 94. One key is to work together to pinpoint exactly where street



Matt Wildenauer and Ean Koerner of the Wildflower Project. Photo by Kristal Leebrick

- Donate money for the Wildflower Project to purchase seed and plants.

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*Ned Leebrick-Stryker is a student in the University of Minnesota School of Journalism and Mass Communication.*

racing is most likely to occur.

"We are taking a more deterrent roll in that we are closing off certain parking lots, posting officers at certain locations and watering down streets they race on," Byrne said. "Officers assigned to the detail, and there are more of them now, have zero tolerance on both moving and equipment violations."

Beyond enforcement, the real secret to fighting street racing is deterrence and prevention. St. Paul police have set up stings and spray water on certain roads that are attractive to racers. (The water makes it more difficult for tires to grip the surface of the street, which makes

racing much less appealing.)

Progress is slow, but Byrne said they are seeing change. "We have cut back on the number of details; we are just not seeing the numbers of cars we have in the past," Byrne said.

Progress in one part of the city can mean racing has been diverted to other neighborhoods, as it's pushed from hot spot to hot spot. But for now, the street-racing problem has been reduced in St. Anthony Park, Highway 280 and in the West Midway, Byrne said, and for neighbors of the old concrete potential drag strips, that's good news.

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# How do public libraries contribute to equality?

Each year the St. Anthony Park Library Association sponsors a patriotic essay contest for fifth-graders at St. Anthony Park Elementary School to coincide with the neighborhood's annual Fourth of July parade and festivities.

The three winners of the annual contest are invited to read their essays at the opening ceremonies of the July 4 celebration in Langford Park.

This year's topic was "How do public libraries contribute to equality?" The winners and their essays are printed below.

## Libraries: The great equalizers

By Riya Jehangir Stebleton  
First place

Did you know that there are more than 119,487 libraries in the United States? All of these libraries provide a sense of community. For example, at my neighborhood library on days that schools are closed, they organize a Lego day and anyone is welcome to play. Libraries also provide access to free books, study space, computers and internet. These resources are available for all to use.

First, libraries are for everyone. It does not matter if you are a man or woman, a girl or a boy, rich or poor. Your race and ethnicity does not matter, either; all are welcome. Libraries also form a common meeting place. People get to know each other and meet new people in their community. Some libraries have fundraisers and other fun activities. For example, my library offers a summer reading kickoff for children, as well as parent-and-child classes where families get to know each other.

Second, many families across the world and in the United States cannot afford to buy books. Libraries are a great opportunity for people to borrow books for free, read newspapers and magazines and use books to do research. At most libraries, library cards are free, too.

You can learn a lot from reading books—reading changes how you think and opens up new worlds and ideas. When you read a book, you learn about different people and their perspectives. Books also allow readers to have empathy and understanding for the lives of diverse people across the world, which helps build equality.

Last, many people do not have access to computers or internet services. They may also need a place to study or work. Libraries provide great spaces to do just that! Most libraries provide workspace and computers. At my library, I see many older students studying and sometimes my parents get work done at the library, too.

So, you see, there are many ways that libraries contribute to equality. Libraries are places where people form community, they have access to free books and resources, plus, everyone is welcome. I think libraries are wonderful places and they help many people around the world.

## Equality at a new level

By Megan Kassebaum  
Second place

Libraries ensure equality in many ways. Libraries serve all ethnic groups, as well as users with different physical abilities and people from different socio-economic groups. The knowledge through books and other resources at the library gives anyone a better chance to advance. I will use our St. Anthony Park library to show how public libraries can support equality.

First, at the St. Anthony Park Public Library, books are in many different languages. Immigrants can learn English, and English speakers can learn a new language. The library is so much more than just books: There's an English conversation circle, intro to computers and children's storytelling programs.

Libraries are non-segregated, but it wasn't always like that. In the movie

"Hidden Figures," one of the black NASA specialists tries to borrow a book on computer coding but the librarian tells her that that book was for whites only. In the end, she took the book and taught her coworkers how to code. This is an example of how a book can open up opportunities.

Libraries help different physical ability equality because they have ramps and elevators for people who use wheelchairs or who have trouble walking. Also, libraries are often located very close to a bus stop, so people who ride the bus can easily access the books. Blind library members can listen to audio books instead of reading; they also can feel the braille the library puts on the bathroom labels and the braille books.

A third way libraries promote equality is that libraries are open to all socio-economic groups. They keep the cost for the library cards very cheap and the cards last a long time. Instead of buying multiple books, you just pay once to have unlimited access to any kind of book. Libraries are a great place to get help, study in a quiet environment, and if you get stuck, you can research what you need for almost completely free. Most public libraries have computers with internet that are open to all. People can study or access information on these public computers any time the library is open. People can learn skills they need, like using computers.

Libraries add to equality because they serve all ethnic groups, users with different physical abilities, and different socio economic groups. You can learn English at the library, there are ramps for people who use a wheelchair, and it costs very little to get a library card. Libraries are more



First-place essay winner Riya Jehangir Stebleton rides in the July 4 parade. Photo by Kristal Leebrick

than just books; they are equality at a new level.

## How public libraries contribute to equality

By Scout Kruszka  
Third place

Public libraries greatly contribute to equality for many reasons. One of them is that when you walk into a public library, your age, gender, race, religion, and disabilities don't matter. You all just want to borrow a book or a movie, use the resources or simply relax.

A public library always feels like—and is—a safe place for everyone.

Part of that is because of the librarians. All the librarians I've ever met are welcoming, kind and smart. Public libraries without librarians like the ones we have would be less fair, equal and safe. So not only do public libraries contribute to equality, but so

do the librarians who are a part of them.

Also, public libraries have a lot of programs. The programs range from homework help and tutoring clubs for students to resume and job-search workshops for adults. There are also programs such as fitness classes for seniors and bilingual story time.

My point is that public libraries have a program or event for practically everyone, which is another way they contribute to equality.

Public libraries also encourage and contribute to equality in many other ways, such as how they have been working hard to promote equality, as well as creating more equal and diverse libraries (which they've been very successful at). And although I've only told you about a few of the reasons why public libraries contribute to equality, there are still many more to learn about.

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The color guard prepares for the opening ceremonies: Como Park Senior High School ROTC students are, from left, Anderson Xiong, Toby Sax, Malee Vang and Va Lee. *Photos by Kristal Leebrick*



At right: Mr. Fourth of July, Josh Becerra, a member of the 4th in the Park Committee, in the parade.



Above: Rick Beeson and Jon Schumacher with the 2017 Saint Anthony Park Community Foundation Spirit of the Park Award.



Right: A young patriot.



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Emily Page appreciates the parade participants.

# St. Anthony Park celebrates seven decades of hosting Independence Day party

The 70th annual Fourth in the Park celebration included the annual parade down Como Avenue and picnic and fun at Langford Park. The morning began with 2- and 4-mile races through the St. Anthony Park neighborhood.

The parade began at 11 a.m. and snaked its way to the park where the St. Anthony Park Community Band played lively tunes (even a few Christmas songs) and speakers included St. Paul Public Schools board member Jon Brodrick, state Rep. Alice Hausman and state Sen. John

Marty. Jon Schumacher, executive director of the Saint Anthony Park Community Foundation presented Rick Beeson with the foundation's Spirit of the Park Award. Beeson is executive vice president for corporate development and government relations at Sunrise Banks, following 20 years as president and chief executive officer of Sunrise-owned Park Midway Bank.

Here are some scenes from the July 4 event, along with race results and the winners of the horseshoe, tennis and volley ball tournaments.—*Kristal Leebrick*



Sunrise Banks Vice President Rick Beeson got a surprise attack of Silly String after he received the Spirit of the Park Award.



Above: Bagpipers make their way down Como Avenue.



Above: Nothing says Fourth of July parade like a lawn mower brigade.

Left: Three Furries joined the parade.

## Fourth of July tourney and race results

Just what you've all been waiting for: the results of the annual 4th in the Park horseshoe, tennis and volleyball tournaments and the 2- and 4-mile races.

### Horseshoes

Team Muffin Hammer, Tom Knoblauch and Mike McKay

### Volleyball

(Advanced and regular teams were combined this year due to low enrollment)

Team Bumping Ugliers, Alex Moddrell, Ashleigh Ross, Kristen Moddrell, Laura Plahl, Phil Bergstrom and Rahul George

### Tennis

Team Isom, Davis and Marge Isom

### 2-mile race

#### Women

Sawyer Bolliner Danielson, 10, city unknown: 14:14

Jill O'Hara, 42, West St. Paul: 15:03

Kaia Goldenman, 14, city unknown: 15:27

Saylor Lundborg, 13, city unknown: 15:36

Dana Fried, 16, St. Paul: 15:43

#### Men

Alistair Pattison, 15, St. Paul: 11:40

Matt Harries, 13, Plymouth: 12:21

Sami Banat, 15, St. Paul: 14:24

Nat Hemstad, 43, St. Paul: 14:44

Isaac Seashone, 15, 14:44

### 4-mile race

#### Women

Emma Weber, 22, St. Paul: 25:18

Elizabeth Van Loon, 13, St. Paul: 25:52

Robyn Holmes, 20, Roseville: 25:58

Florence Uwajenezza, 18, St. Paul: 26:33

Lauren Carlson, 25, city unknown: 28:16

#### Men

Micah Mather, 19, St. Paul: 20:44

Innocent Murwanashyaka, 20, St. Paul: 20:52

Kyle Mehrhof, 20, St. Paul: 22:27

Richard Peterson, 21, St. Paul: 22:28

Craig Cardinal, 34, city unknown: 22:33

Park Perks raised **\$516** for the **4th in the Park celebration** in June.

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**Business News**

## Easing the pain in the dentist chair

*Local couple's medical start up aims to do just that*

By Judy Woodward

It looks like a front-pack baby carrier sprouting a cushioned chin-rest instead of an infant, but its developers think it will address a problem that afflicts as many as one in 10 dental patients. University Grove resident Eric Schiffman is a professor of dentistry at the University of Minnesota, specializing in oral-facial pain management. He and his wife, Karen Kloser, have formed a company to market a device that they call the Restful Jaw. They say it tackles a problem that your dentist rarely mentions, because—until now—there was no prevention.

Temporomandibular joint disorder, popularly known as TMJ or simply jaw pain, afflicts about 30 million Americans. It affects more women than men and it can last for years. “It can be quite severe,” says Schiffman. “It’s the second-most common chronic pain condition in this country after back pain.”

TMJ can arise from a number of causes, but one significant way to be afflicted is by keeping your mouth open too wide and too long during prolonged dental procedures. For some people, that leads to a temporary ache that subsides soon after the Novocain wears off. But for an unlucky few, TMJ can become a chronic condition, so uncomfortable that sufferers forego dental care rather than risk intensifying the pain.

Schiffman and Kloser have dubbed their device a “couch for your jaw,” because it cushions and supports the jaw during dental procedures. Schiffman says he got the idea from a patient who had been referred to him by her regular dentist. She told Schiffman that she wanted



Eric Schiffman and Karen Kloser holding the Restful Jaw. Photo by Mike Krivit

to hold her jaw with her hands to lessen pain during dental work, but she reported that “[my dentists] say that my hands get in their way.”

Schiffman understood that the patient was trying to support her jaw against the force of her dentist’s technique. He explains that, during complex dental procedures like extractions, crowns or fillings, “the dentist pushes down on the patient’s jaw. This gave me the idea of working against the push.” By modifying a cervical collar used to immobilize the neck, he was able to design a mechanical support for the jaw.

Schiffman had worked on the idea informally as part of his own clinical practice for several years, but it wasn’t until 2011 that he and his wife decided to form a company and bring the device to market. It was a momentous decision for Kloser, in particular, but the couple was in their 50s, their two children were grown, and Kloser, who has a background in marketing and public relations, was at a turning point in her career. “She either had to find a new job or do

this,” is the way her husband puts it.

Kloser acknowledges that nothing about her education or career plans ever suggested that she would one day find herself running a medical-device company and making a name for herself in a field with few women in leadership positions. “Starting a company was never on my radar screen,” she says. “This is like having your third child, but it’s way more expensive than the first two.”

Still, she did bring some invaluable knowledge to her new position. For one thing, Kloser herself suffers from TMJ. When she talks about the advantages of her product, she brings a note of heartfelt conviction to her sales pitch. “You can soup up dental offices with background music, warm towels, massages,” she says, “but the Restful Jaw is the real deal to reduce pain and fatigue.”

The startup challenges have been considerable, and the timeline involved in bringing the finished product to market was longer than they imagined. “As we took it from prototype to clinical trial to polished version, we brought in an engineering firm,” Kloser says. “It took them two years to make it pretty.”

Meanwhile Kloser and Schiffman were also recruiting investors, attending tradeshows and doing their best to establish their brand. “All of the pieces were going on at the same time,” is how Kloser explains it.

The final version of the Restful Jaw is a complex creation of polished metal, multiple straps and cushioning memory foam that must be adaptable to the complete range of patient body type and height. Teaching dental professionals how to use it is “challenging,” admits Kloser. “There’s a learning curve.”

Fortunately, dental professionals have a natural talent when it comes to mastering complicated equipment, “Dentists must think three-dimensionally,” points out Schiffman. “They usually have a good spatial sense.”

There’s also the challenge of overcoming patient reluctance. It’s one thing to ask a patient to don a dental bib, another to ask him or her to submit to the process of being strapped into the Restful Jaw. “It goes beyond what’s in your mouth,” says Kloser.

The proof of the process, of course, lies in the ultimate comfort of the patient. And patient comfort is good for business. “A pain-free patient is more likely to be a loyal patient,” says Kloser. Painless dental

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**Restful Jaw from 10**

encounters mean patients need fewer breaks and spend less time per procedure in the chair, which can make them more amenable to cosmetic and other dental interventions.

The Restful Jaw is now being used by several dental practices in the Twin Cities, including the University of Minnesota's School of Dentistry and the Twin Cities Veterans Administration clinic. Kloser and Schiffman have also successfully placed their product with several area dentists in private practice, including one very close to home.

"I'm not an early adopter," says Dr. Paul Kirkegaard, who has practiced dentistry from his offices on Como Avenue since 1985. "I'm more of a skeptic." That didn't stop him from introducing the Restful Jaw into his practice about a year ago, partly because Kloser convinced him to try it, but also, he says, "because I know her husband is a dedicated researcher."

Kirkegaard describes the device as "part of the armentarium that we can use in our practice. The general populace needs to know about this. How many people are avoiding dentistry because they don't know about it?"

In Kirkegaard's practice, it is registered dental hygienist Alycia Olson who is acknowledged to be the office expert on the Restful Jaw. She's the one who is most likely to help the patient don the device, and she says, "Patients for whom it makes a big difference ... they're very emphatic about using it. Some won't do without it."

When it comes to the Restful Jaw, Olson's most memorable patient was a woman who suffers from Ehler-Danlos Syndrome (EDS), a genetic disorder that can be marked be overly flexible joints. Before the Restful Jaw, a dental appointment could lead to weeks of excruciating pain for this patient. "She was very happy to encounter [the device],"



Dr. Paul Kirkegaard uses the Restful Jaw as he works with patient Mary Mergenthal. Photo by Mike Krivit

Olson says.

Even with glowing testimonials, Kloser and Schiffman have learned that starting a business is never a uniformly smooth process; but when the co-founders are married to each other, it can be more complicated still. Kloser and Schiffman have known each other since they went to the prom together back in high school in Dubuque, Iowa. They joke that they are lucky that they started their business after their midlife crises. Even so, they've had to establish boundaries between the business and their private life.

"We realize that we have to stop talking about business at 8 p.m. We had to go away for weekends and set a rule—no talking about business," Kloser says. Luckily, they've had a

married lifetime of practice when it comes to dividing the work.

"I'm the face of the company to the medical and dental community," Schiffman says, "but she's good at the details."

Do they have any start-up advice? "Thank God for the Internet," says Kloser. "If you don't know something, hire somebody to do it. Then dive in."

**Healing Elements to host fall yoga retreat**

Healing Elements, the wellness center at 2290 Como Ave. in St. Anthony Park, will expand to Ramsey, Minn., for a weekend in September when it offers its first yoga retreat.

The two-day Find Your Roots Food and Yoga Retreat will be held Saturday and Sunday, Sept. 16-17, at Garden Farme, an organic family farm 30 miles northwest of the Twin Cities. The event will include yoga classes, herbal workshops and walks, camping and exploration, jewelry making and food created by the Chakra Chef, Brian Sharpe. Sharpe is known for "creating colorful food that balances the chakras," said Samantha Huet, owner of Healing Elements.

Huet, Healing Elements studio manager Sara Sleeper and wellness associate Frank Licari created what Huet calls an "accessible retreat" in hopes of bringing Healing Elements and its community together outside of St. Anthony Park. "It's a beautiful land," Huet said.

Participants will be able to

participate in a variety of workshops but also spend time on their own exploring the land, bird watching or even helping Sharpe create the meals.

The event comes just before the autumn equinox and the focus of the retreat will be to give attendees tools for self-care as we head into fall and winter, Huet said.

The cost for the two-day retreat is \$300, but goes up to \$350 after Sept. 1. The fee includes four meals, camping, a welcome kit and a variety of activities.

Attendances is limited to 40. To find out more, email [info@healingelementswellness.com](mailto:info@healingelementswellness.com). —Kristal Leebrick



A sunflower at Garden Farme in Ramsey, Minn.

**120 SAPAS Volunteers Honored at Special Event!**

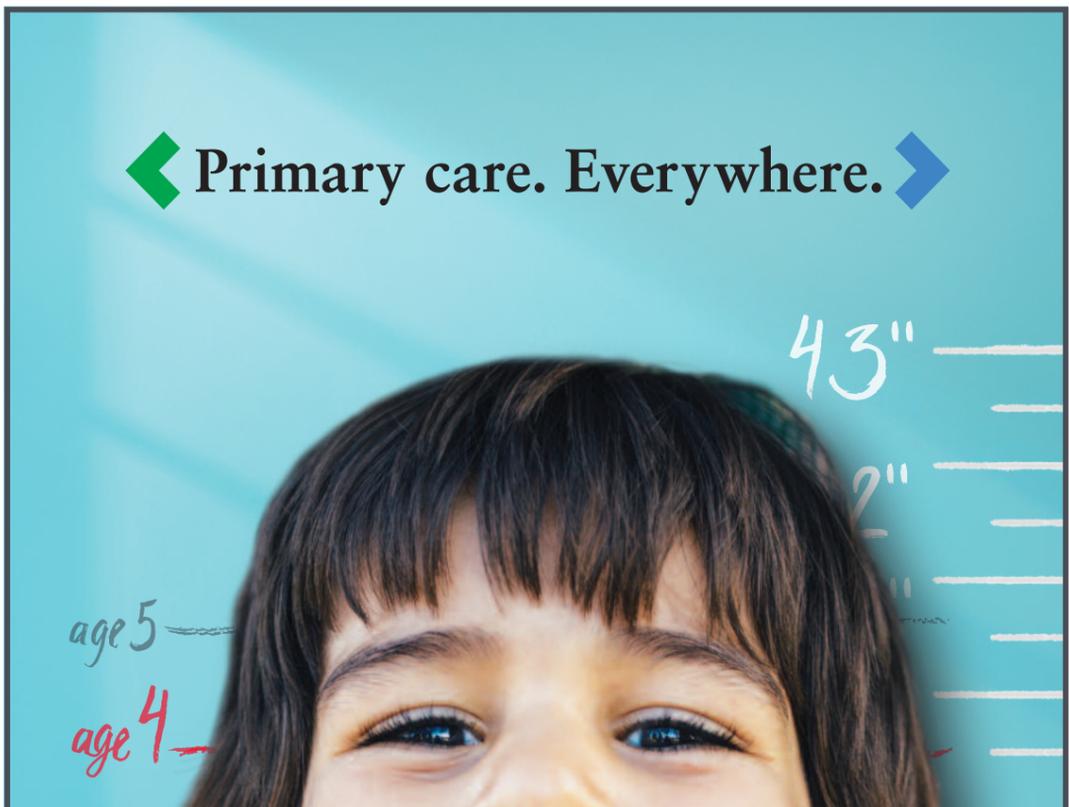
40 volunteers and other neighborhood residents attended the "Sweet Celebration" ice cream social at 2200 Hillside Ave. on June 15th.

Special thanks to the following SAP organizations for their donations to support this event: **All Seasons Cleaners**, **Bibelot Shop / Speedy Market / Sunrise Banks**, **Centennial United Methodist Church**



To become a volunteer, call for more information. ph: 651-642-9052

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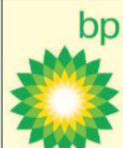


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# L I V E S L I V E D

The Park Bugle prints obituaries free of charge as a service to our communities. Send information about area deaths to Mary Mergenthal at [mary.mergenthal@gmail.com](mailto:mary.mergenthal@gmail.com) or call 651-644-1650.

**651-642-1838**  
**BARGAIN**  
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### Boyd Bowman

Boyd B. Bowman, 72, of Roseville, died July 7.

Boyd enjoyed a successful career in human resources and as CFO, most recently with Assurance Manufacturing in Coon Rapids. He was proud of being a St. Paul Winter Carnival Vulcan in 1980 and Vulcanus Rex in 1999.

He was preceded in death by his parents, Albert and Adele, and brothers, Dennis and Perry. He is survived by his wife of 47 years, Karol; daughters, Karla (Brock) Geyen and Brenda (Doug) Price; three grandchildren; sisters, Betty (Erling) Jensen and Ranece Kostron; and brother, Lanny.

Mass of Christian Burial was celebrated July 14 at Church of St. Cecilia.

### William Hermes

William P. Hermes, 86, died June 7, 2017. Bill was a florist in the family business for many years, followed by 22 years at the Minnesota State Fair as greenhouse superintendent, before retiring in 1994.

He was preceded in death by his son Steven; parents, Ewald and Agnes Hermes; and siblings EJ Hermes, Charlotte Ciresi and Margaret Langlois. He is survived by his wife of 62 years, Rita; son Mark (Elizabeth); and daughters, Susan (Paul) Quam, Mary (Bill) Parnell, Anne (Dan) Burt and Julie (Chris) Steiner; sister Audrey Babinski; 23 grandchildren; and 10 great-grandchildren.

Mass of Christian Burial was celebrated June 12 at Church of the Holy Childhood in Como Park, with interment at Calvary Cemetery.

### Laverne Schugel

Laverne M. Schugel, 86, of Falcon Heights, died June 19, 2017.

He was preceded in death by his wife, LaDonna, and parents, Anthony and Eleanor. He is survived by his children, Tim, Steve, Ann Claridge and Mike; 12 grandchildren; a great-grandson; and sisters, Ruth Palmer and Marilyn Wirtz.

Mass of Christian Burial was celebrated June 27 at St. Rose of Lima Catholic Church, Roseville, with interment at Roselawn Cemetery.

### Lorraine Wolkerstorfer

Lorraine H. Wolkerstorfer, 103, most recently living at Lyngblomsten, died June 23, 2017.

She was preceded in death by her husband, Pan, and daughter Jean. She is survived by daughter Pat Dunleavy; four grandchildren; 13 great-grandchildren; and two great-great-grandchildren.

Mass of Christian Burial was celebrated at Holy Childhood Church in Como Park June 29, with interment at Elmhurst Cemetery.

  
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**THURSDAY, FRIDAY, AND SATURDAY**  
**AUGUST 3RD THROUGH THE 12TH**  
 DOORS OPEN AT 6:15 P.M., SHOWTIME 7 P.M.

**SUNDAY, AUGUST 13TH**  
 DOORS OPEN AT 12:15 P.M., SHOWTIME 1 P.M.

**GEORGE PORTER JR TRIO - FROGLEG (ALBUM RELEASE) - JON CLEARLY W/ JADEN CARLSON BAND, SATURDAY, AUGUST 19, 2017 / 4PM**  
 Tickets on sale June 28th at noon!  
 \$25 adv / \$30 door / \$50 VIP Includes  
 - VIP Viewing  
 - After Party w/ Frogleg and very special guests  
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**Community**  **Worship Directory**

- ❖ **LYDIA PLACE COLLABORATIVE COMMUNITIES ELCA**  
 Rev. Scott Simmons, pastor, 612-859-1134, [lydiaplace.com](http://lydiaplace.com)  
 Hymntap beer and hymns, fourth Monday of each month  
 7 p.m. Dubliner Pub, 2162 W. University Ave. 55114  
 Sunday Worship: 5 p.m., Dow Art Gallery,  
 2242 W. University Ave., St. Paul
- ❖ **MOUNT OLIVE LUTHERAN CHURCH—WELS**  
 A Caring Family of Christ-Centered Believers  
[www.mount-olive-lutheran-church.org](http://www.mount-olive-lutheran-church.org)  
 Find us on Facebook  
 1460 Almond Ave., St. Paul, MN 55108  
 651-645-2575  
 Sunday Worship: 9 a.m.  
 Bible Study and Sunday School, 10:30 a.m.  
 Pastor Al Schleusener
- ❖ **PEACE LUTHERAN CHURCH—ELCA**  
 1744 Walnut St. (at Ione), Lauderdale, 651-644-5440  
[www.peacelauderdale.com](http://www.peacelauderdale.com)  
 Sunday worship: 10 a.m.  
 Reconciling in Christ Congregation  
*All are welcome. Come as you are.*
- ❖ **ST. CECILIA'S CATHOLIC CHURCH**  
 2357 Bayless Place, 651-644-4502  
 Website: [www.stceciliapm.org](http://www.stceciliapm.org)  
 Handicap-accessible  
 Saturday Mass: 4:30 p.m.  
 Sunday Masses: 8:15 a.m. and 10 a.m.
- ❖ **HOLY CHILDHOOD CATHOLIC CHURCH**  
 1435 Midway Parkway, St. Paul, 55108  
 Pastor, Fr. Timothy Cloutier  
 Weekend Masses: Sat. 5 p.m., Sun. 9:15 a.m.  
 Weekday Masses (Tues., Wed., Fri., & Sat.): 7:45 a.m.  
 Confession: Sat. 7 - 7:30 a.m. & 4 - 4:30 p.m.  
 Parish office: 651-644-7495, [mcmadigan@holychildhoodparish.org](mailto:mcmadigan@holychildhoodparish.org)
- ❖ **CATALYST COVENANT CHURCH**  
 You are more than welcome to join us at Catalyst Covenant Church.  
 We meet Sunday mornings at 10 a.m. at 1490 Fulham St.  
 For additional information on other activities and events  
 visit us at [www.catalystcovenant.org](http://www.catalystcovenant.org) or email us at [info@catalystcovenant.org](mailto:info@catalystcovenant.org)
- ❖ **ST. ANTHONY PARK UNITED CHURCH OF CHRIST**  
 2129 Commonwealth Ave. (corner of Commonwealth and Chelmsford)  
 651-646-7173, [www.sapucc.org](http://www.sapucc.org)  
 Summer schedule runs through September 3.  
 9:15 a.m. Worship  
*Christian Tradition ♦ Progressive Faith ♦ All Are Welcome*
- ❖ **ST. ANTHONY PARK LUTHERAN CHURCH**  
 2323 Como Avenue W. (651)-645-0371  
 Staffed nursery available - Handicap-accessible  
 Pastor Glenn Berg-Moberg and Pastor Jill Rode  
 Web, Facebook, Instagram & Twitter: SAPLC  
 Summer Sunday Worship: 10 a.m.  
 Coffee Hour follows  
 Wednesday Evening Prayer - 7 p.m.
- ❖ **ST. MATTHEW'S EPISCOPAL CHURCH**  
 The Rev. Blair A. Pogue, Rector 2136 Carter at Chelmsford  
 651-645-3058 [www.stmatthewsmn.org](http://www.stmatthewsmn.org)  
 Summer Schedule: One service on Sundays: 9:30 a.m.  
 All are welcome!
- ❖ **CENTENNIAL UNITED METHODIST CHURCH**  
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To add your church to the directory, contact  
 Bradley Wolfe at 952-393-6814 or  
[bradley.wolfe@parkbugle.org](mailto:bradley.wolfe@parkbugle.org)

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## Neighbors

### Photo of neighbor's hosta takes first in National Camera contest

St. Anthony Park photographer Paul Winger won first place in National Camera's Nature in Black + White contest this spring with a photo of a hosta in a neighbor's garden. The photo, shown at right, is also on display at the National Camera branch in Roseville.

Winger says he frequently visits the gardens of Mietek Glowka in St. Anthony Park to create his botanical photographs. He spotted the hosta in the photograph on one of those visits. "Its shape and design literally stopped in my tracks," Winger said.

Learn more about Winger at paulwinger.zenfolio.com.



"Mietek's Hosta" by Paul Winger

### Free art activities for all ages each week at Can Can Wonderland

Can Can Wonderland, 755 N. Prior Ave., St. Paul, offers free art activities for all ages and all abilities every Friday to Sunday, 11 a.m.-3 p.m. The public is encouraged to drop in anytime during those hours. Each week has a different theme. The last two weekends in July offer the following activities:

- July 21-23: Art of Weird Collage with Sarah Stone
- July 28-30: Mosaic on a Stick with Lori Greene

Can Can also offers free art opportunities for young children: Each Thursday, from 10:30 to 11 a.m., different artists will lead an Interactive Story Time that will include arts and play.

Children and adults will play actual musical instruments with a musician, playing improvisational games with an actor or comedian, and make puppets with a visual artist.

Can Can Wonderland is open Thursdays, 10 a.m.-11 p.m.; Fridays and Saturdays, 10 a.m.-midnight; and Sundays, 10 a.m.-10 p.m.

See the calendar of events at [cancanwonderland.com/events/](http://cancanwonderland.com/events/).

### St. Paul Hiking Club July hikes

Here's a list of hikes led by members of the St. Paul Hiking Club. Sunday hikes are about 5 miles long and start at 2:30 p.m. Tuesday hikes are about 3 miles long and start at 7:30 p.m. Sunday, July 23, hikers will hike around the University of Minnesota and the Stone Arch Bridge. Meet at the Hennepin Business Center for a walk through Dinkytown, the East and West Bank campuses of the U, and along the Mississippi toward downtown Minneapolis and across the Stone Arch Bridge.

On Tuesday, July 25, hikers will meet in front of a member's condominium, 1800 Graham Ave., St. Paul, and then walk Shepard Road. Graham Avenue is off of West Seventh Street and Davern Avenue.

On Sunday, July 30, hikers will meet at the Original Malt Shop, 115 W. Larpenture Ave. and then hike residential streets and trails through Reservoir Woods Park.

For more information about the club and its hikes, go to [www.stpaulhike.org](http://www.stpaulhike.org) or contact

Charlotte Svobodny, 651-455-0052.

### Weaving workshop will explore creation of 'lustrous' linens

The Weavers Guild of Minnesota will present a workshop with Kati Meek, "Lustrous Linens," Friday-Sunday, Aug. 18-20, and an artist's talk, "For the Love of Lithuanian Weaving," Thursday, Aug. 17, at 7 p.m., at the Textile Center, 3000 S.E. University Ave., Minneapolis. Learn more at [weaversguildmn.org](http://weaversguildmn.org).

### 'Breath, Life & Potent Metaphors'

Raymond Avenue Gallery, 761 Raymond Ave., will present pottery of Richard Gruchalla and Carrin Rosetti and paintings of Riki Kölbl Nelson Aug. 18-Oct. 20. An opening reception for the show "Breath, Life & Potent Metaphors" will be held Friday, Aug. 18, 6-8 p.m.

Gallery hours are Monday-Friday, 10 a.m.-4 p.m. The gallery will also be open 10 a.m.-4 p.m. on three Saturdays during the show: Aug. 19, Sept. 16 and Oct. 14.

### Murray class of '72 reunion is Aug. 19

The Murray High School class of 1972 will hold its 45th reunion on Saturday, Aug. 19, at 5 p.m., at Urban Growler, 2325 Endicott St., St. Paul. The gathering will include music by the Hammer Band.

Class of 1972 members are also invited to attend the St. Paul Saints game Friday, Aug. 18. For more information about both activities, contact Tom Alexander, [tomalex8@gmail.com](mailto:tomalex8@gmail.com).

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Peter: 651-639-6368 [petersparr@edinarealty.com](mailto:petersparr@edinarealty.com)

Lindsey: 651-639-6432 [lindseyesnaola@edinarealty.com](mailto:lindseyesnaola@edinarealty.com)

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**AUGUST**

# EVENTS

VENUE INFORMATION IS LISTED AT THE END OF THE CALENDAR. SEND YOUR EVENTS TO [calendar@parkbugle.org](mailto:calendar@parkbugle.org) by Wednesday, Aug. 9, to be included in the September issue.

**1 TUESDAY**

SUMMER SPARK: DREAMLAND ARTS PRESENTS CHILDREN'S STORIES FROM INDIA, ST. ANTHONY PARK LIBRARY, 10:30 A.M.

CREATIVE WRITING FOR MIDDLE-SCHOOL STUDENTS, ST. ANTHONY PARK LIBRARY, 12:30-2 P.M. REGISTRATION IS REQUIRED. CALL 651-642-0411.

**2 WEDNESDAY**

MAKER CAMP: HANDS-ON, DROP-IN ACTIVITIES FOR YOUTH AGES 8-12, ST. ANTHONY PARK LIBRARY, 1-3 P.M.

ENGLISH CONVERSATION CIRCLES, WEDNESDAYS IN AUGUST, ST. ANTHONY PARK LIBRARY, 4-5:30 P.M.

ST. ANTHONY PARK BOOK CLUB, "THIRTEEN REASONS WHY" BY JAY ASHER, ST. ANTHONY PARK LIBRARY, 6:30-8 P.M.

**3 THURSDAY**

CAREGIVER SUPPORT GROUP, FIRST THURSDAY OF EACH MONTH, ST. ANTHONY PARK UNITED CHURCH OF CHRIST, 10-

11:30 A.M.

BEREAVEMENT SUPPORT GROUP, FIRST THURSDAY OF EACH MONTH, ST. ANTHONY PARK UNITED CHURCH OF CHRIST, 10-11:30 A.M.

DIALOGGERS TOASTMASTERS MEETS EVERY THURSDAY, U OF M ST. PAUL CAMPUS, NORTHERN RESEARCH STATION, 1992 FOLWELL AVE., 11:30 A.M.-12:30 P.M.

MIDDLE SCHOOL BOOK CLUB, ST. ANTHONY PARK LIBRARY, 1-2 P.M., FOR STUDENTS IN GRADES 6-8. REGISTER AND PICK UP A COPY OF THE BOOK AT THE LIBRARY INFORMATION DESK.

**4 FRIDAY**

MINI MAKER STORY TIME, FRIDAYS IN JULY, ST. ANTHONY PARK LIBRARY, 10:30-11:30 A.M.,

HANDS-ON FUN AS PARTICIPANTS EXPLORE BOOKS, SONGS, CRAFTS, SCIENCE ACTIVITIES AND MORE. FOR PRESCHOOL AND EARLY-ELEMENTARY SCHOOL CHILDREN.

WALKING IN THE LANGFORD PARK GYM FROM 1-2 P.M. EVERY FRIDAY. FREE AND OPEN TO ADULTS.

SAPAS BLOOD-PRESSURE CHECK, ST. ANTHONY PARK LIBRARY, 2-2:30 P.M.

**7 MONDAY**

SAPAS POETRY WRITING CLASS FOR OLDER

ADULTS IN COLLABORATION WITH KNOWN BY THE HEART, CENTENNIAL UNITED METHODIST CHURCH, 10 A.M.-NOON. CALL 651-642-9052 TO REGISTER.

**8 TUESDAY**

SUMMER SPARK: REPTILE AND AMPHIBIAN DISCOVERY, ST. ANTHONY PARK LIBRARY, 10:30 A.M.

**9 WEDNESDAY**

MAKER CAMP: HANDS-ON, DROP-IN ACTIVITIES FOR YOUTH AGES 8-12, ST. ANTHONY PARK LIBRARY, 1-3 P.M.

**10 THURSDAY**

ST. ANTHONY PARK AREA SENIORS CINEMA SERIES, ST. ANTHONY PARK LIBRARY, 2 P.M. ALL WELCOME. FREE.

**11 FRIDAY**

SAPAS GAME DAY, CITY GABLES, 10 A.M.-NOON. NO CHARGE OR REGISTRATION REQUIRED.

MINI MAKER STORY TIME, FRIDAYS IN JULY, ST. ANTHONY PARK LIBRARY, 10:30-11:30 A.M.,

HANDS-ON FUN AS PARTICIPANTS EXPLORE BOOKS, SONGS, CRAFTS, SCIENCE ACTIVITIES AND MORE. FOR PRESCHOOL AND EARLY-ELEMENTARY SCHOOLCHILDREN.

**14 MONDAY**

COMMUNITY SING, OLSON CAMPUS CENTER, LUTHER SEMINARY, 6:30 P.M. GATHERING, 7-8:30 P.M. SING. THE EVENT IS FREE, BUT A HAT WILL BE PASSED

FOR OUR MUSIC LEADERS AND TO MAKE THE SINGS POSSIBLE. CHILDREN WELCOME. CO-SPONSORED BY THE DISTRICT 12.

**15 TUESDAY**

SUMMER SPARK: JASON HUNEKE'S JUGGLING SHOW, ST. ANTHONY PARK LIBRARY, 10:30 A.M.

**16 WEDNESDAY**

MAKER CAMP: FOR YOUTH AGES 8-12, ST. ANTHONY PARK LIBRARY, 1-3 P.M.

**18 FRIDAY**

SAPAS GAME DAY, CITY GABLES, 10 A.M.-NOON. NO CHARGE OR REGISTRATION REQUIRED.

MINI MAKER STORY TIME, FRIDAYS IN JULY, ST. ANTHONY PARK LIBRARY, 10:30-11:30 A.M.,

HANDS-ON FUN AS PARTICIPANTS EXPLORE BOOKS, SONGS, CRAFTS, SCIENCE ACTIVITIES AND MORE. FOR PRESCHOOL AND EARLY-ELEMENTARY SCHOOLCHILDREN.

TABLET/SMARTPHONE DROP-IN CLINIC, ST. ANTHONY PARK LIBRARY, NOON.

**25 FRIDAY**

CO-ED DRUM CIRCLE, WOMEN'S DRUM CENTER, 6:30 P.M. \$10 AT THE DOOR. DRUMS PROVIDED. FIND OUT MORE AT [WWW.WOMENSDRUMCENTER.ORG](http://WWW.WOMENSDRUMCENTER.ORG).

**27 SUNDAY**

SUNDAY AFTERNOON BOOK CLUB, "INVISIBLE MAN" BY RALPH ELLISON,

MICAWBER'S, 1:30-3 P.M. ALL ARE WELCOME.

**SENIOR EXERCISE**

**St. Anthony Park Area Seniors Mondays and Thursdays**, LAUDERDALE CITY HALL, 2-3 P.M.  
**Tuesdays and Fridays**, ST. ANTHONY PARK LIBRARY, 2:30-3:30 P.M.  
**Wednesdays**, CENTENNIAL UNITED METHODIST CHURCH, 10:30-11:30 A.M.

**Como Park/Falcon Heights Block Nurse Program Tuesdays and Thursdays**, FALCON HEIGHTS TOWN SQUARE SENIOR APARTMENTS, 9:30-10:30 A.M. AND ARBOR POINTE SENIOR APARTMENT, 11 A.M.-NOON

**FREE SENIOR BLOOD PRESSURE CLINICS**

**Como Park/Falcon Heights Block Nurse Program:**  
**Fourth Monday**, FALCON HEIGHTS CITY HALL, 12:45-1:30 P.M.  
**Third Thursdays**, ARBOR POINTE SENIOR APARTMENTS, 10-11 A.M.  
**Fourth Thursdays**, FALCON HEIGHTS TOWN SQUARE SENIOR APARTMENTS, 11 A.M.-NOON

**SAPAS: SAINT ANTHONY PARK AREA SENIORS**

**Wednesdays**, CENTENNIAL UNITED METHODIST CHURCH, 11:30 A.M.-NOON.  
**First Friday of the month**, ST. ANTHONY PARK LIBRARY, 2-2:30 P.M.  
**Second Tuesday of the month**, SEAL HI-RISE, 3-3:30 P.M.

**VENUE INFORMATION**

- ARBOR POINTE SENIOR APARTMENTS, 635 W. MARYLAND AVE.
- CENTENNIAL UNITED METHODIST CHURCH, 2200 HILLSIDE AVE., 651-603-8946
- CITY GABLES, 1611 PLEASANT ST., LAUDERDALE
- FALCON HEIGHTS CITY HALL, 2077 W. LARPEUR AVE.
- FALCON HEIGHTS TOWN SQUARE SENIOR APARTMENTS, 1530 W. LARPEUR AVE.
- LAUDERDALE CITY HALL, 1891 WALNUT ST., 651-631-0300
- MICAWBER'S, CARTER & COMO, LOWER LEVEL MILTON SQUARE, 651-646-5506
- OLSON CAMPUS CENTER, LUTHER SEMINARY, 1490 FULHAM ST.
- SEAL HI-RISE, 825 SEAL ST., 651-298-4673
- ST. ANTHONY PARK LIBRARY, 2245 COMO AVE., 651-642-0411
- ST. ANTHONY PARK UNITED CHURCH OF CHRIST, 2129 COMMONWEALTH AVE., 651-646-7173
- WOMEN'S DRUM CENTER, 2242 W. UNIVERSITY AVE., [WWW.WOMENSDRUMCENTER.ORG](http://WWW.WOMENSDRUMCENTER.ORG)

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# Classifieds

Send your ad to classifieds@parkbugle.org or P.O.Box 8126, St. Paul, MN 55108, or call Fariba Sanikhatam, 651-239-0321. Ads are \$5 per line. Add a box or art for \$10. **Next deadline: Aug. 11.**

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**Pilgrimage from 3**

from across the United Kingdom and other nations.

Most precious of all, over three days, Dave and Estelle were able to spend several hours in the gardens of the nunnery ruins that meant so much to Elli, among flowers, birdsong and memories.

“It was a time of both sorrow and joy,” Dave said, “to be able to recall our loved ones and restore them in our memories.”

**Glasgow and the Isle of Mull**

Arriving and departing from Scotland, the group stayed overnight in Glasgow, experiencing the grand architecture of the bustling city center and industrial port. On the three-hour trip northwest from Glasgow to Oban, by train on the way and by car on return, they were treated to the beauty of famed Loch Lomond.

The rest of the days and nights, they stayed on the Isle of Mull, situated between the mainland and Iona, connected by ferry. Dave noticed a big change since his last visit in the paving of Mull’s single-track roads.

From the village of Craignure, they enjoyed day trips through the stunning landscape of mountains



Bienhoff, a piano player who frequently plays for residents at St. Anthony Park Home, delighted music lovers at a hotel in Glasgow. Photos by Gayla Marty

and lochs on this island known for its wildlife, including otters, seals, deer and many species of birds, including eagles and puffins. They saw sheep and red-coated Hebridean cattle with shaggy forelocks in pastures lined with hedges of golden gorse in full bloom. They visited the picturesque fishing village of Tobermory and the castles Duart and Glengorm. Everywhere they talked with local residents.

Meals included lots of seafood—salmon, scallops, sea bass,

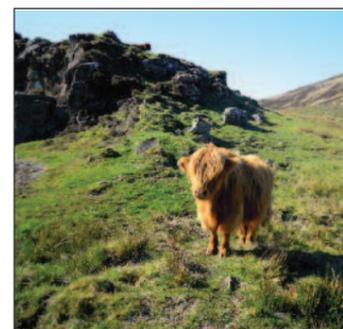
mussels and langoustine. Estelle took a liking to haggis, Scotland’s singular hotdish.

Dave is known for his thrilling piano music, and sure enough, during the trip he encountered two grand pianos and played to the delight of all within earshot. During one night’s dinner at the Isle of Mull Hotel, the diners were treated to music of the Mull and Iona Pipe Band, a joyous young group of bagpipers and drummers.

Defying Scotland’s stormy reputation, it never rained, and nearly every day of the trip was sunny. Elli and Jan had to be smiling.

You can learn more about the Isle of Iona and the Iona Community at these two websites: [www.nts.org/uk/Visit/Iona](http://www.nts.org/uk/Visit/Iona) and [www.iona.org](http://www.iona.org).

*Gayla Marty is the author of “Memory of Trees: A Daughter’s Story of a Family Farm,” published by the University of Minnesota Press.*



Hebridean cattle were spotted in pastures lined with hedges of golden gorse in full bloom.

**MINNESOTA STATE FAIR**

**MEMO**

**ATTENTION:**  
**Residents of St. Anthony Park**

Sunday, August 27, the Minnesota State Fair will hold it’s 33rd Annual 5K Milk Run. The race course begins on the fairgrounds and then winds its way through the St. Paul campus of the University of Minnesota and the St. Anthony Park neighborhood. The race begins at 7:45 a.m. and may affect traffic in your neighborhood between the hours of 7:30 a.m. and 9:00 a.m.

Please see the Milk Run map at [mnstatefair.org](http://mnstatefair.org) for the specific route. If you have any questions or concerns, please call the Milk Run hotline at (651) 288-4395.



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