



Calling the shots

Photo mag moves to St. Anthony Park.

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My, we've changed

Check out our Food and Drink Guide and see how our tastes have evolved over 40 years.

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Good spirits

Micro-distillery sets up shop in South St. Anthony.

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Park Bugle

St. Anthony Park / Falcon Heights
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October 2017

A joyful job

Como Park grad says working as an athletic trainer with Harlem Globetrotters 'is just as fun as it sounds'

By Kristal Leebrick

Emily Kidd was in the right place at the right time when the Harlem Globetrotters called the University of Minnesota in 2015 looking for an athletic trainer to work a game when their tour came to Minneapolis.

A graduate student in the U's applied kinesiology program at the time, Kidd was in her office when the call came.

"I was by myself and the phone rang, and it was somebody from the Globetrotters," Kidd said. "I thought it was really weird because I didn't work in the main athletic training facility. I worked at the pool with the swimmers, but somehow they got my number and I answered the phone.

The legendary exhibition basketball team was coming to town the next week and needed an athletic trainer. They asked if she knew someone, she said, "and I said, 'I'll do it.'"

And she did. "And I had a blast," she said.

Kidd kept in touch with the organization by sending emails every few months and asking about long-term positions. "It was always



For Emily Kidd, working as an athletic trainer for the Harlem Globetrotters combines everything she loves: sports, comedy and traveling. Photo by Kristal Leebrick

nothing, nothing, nothing, and then earlier this year, I sent another email and said, 'I'd worked a game [in Minneapolis], I had a great time, and I think I'd be a good fit. Do you have anything available?' I got an answer within an hour."

She was hired to join the final two months of a tour last spring. In November, she'll join the team at its training camp near Atlanta, Ga., and

then head out on a six-month U.S. tour in December.

Working as an athletic trainer for the iconic 90-year-old exposition team is "just about as fun as it sounds," Kidd said. "It combines everything that I like: sports, comedy and traveling."

Kidd, 28, grew up in St. Anthony Park and played soccer through high school at Como Park

Senior High and in college at the University of Wisconsin-Eau Claire. She also played basketball at Langford Park as a kid.

"I was average at best," she said, "but I do know the game. I can appreciate the things [the Globetrotters] are doing." That includes playing a game almost every day—sometimes two in one day.

Her work is "to keep them healthy the whole time they are out on tour," she said. "They are playing roughly a game every day for six months. There is a lot of over-use stuff that I have to help them manage: muscle strains, tendonitis, and you do get some acute injuries, because in spite of what people think, they are actually playing."

The Globetrotters began as a competitive team in 1927, but now are known for their on-court antics and highly skilled tricks during exposition games with their regular opponent, the Washington Generals. The Generals are owned by the same company that owns the Globetrotters, Herschend Family Entertainment.

Emily Kidd to 8

Pollinator 'sky rise' is all the buzz in Como Park

A new high-rise just went up in Como Park and tenants are—excuse the pun—just buzzing to get in.

Part sculpture, part science experiment, the pollinator "sky rise" will provide permanent housing for wild bee species and other pollinators, including butterflies. The structure is a collaboration between Public Art St. Paul and the University of Minnesota's Bee Lab, which will use it to study of how wild bees use human-made bee structures.

The sky rise was installed in early September along the bike and walking paths at Lake Como, near the intersection of West Como Boulevard, Nagasaki Road and Horton Avenue.

The first of several planned, the sky rise is part of Public Art's Bee Real Bee Everywhere initiative, which aims to highlight the loss of natural habitat for bees and other pollinators. Lead artists on the project are Christine Baeumler, associate professor of interdisciplinary art and social practice at the U; Amanda Lovelee, city artist for Public Art St. Paul; and Julie Benda, a Minneapolis artist whose background includes forest

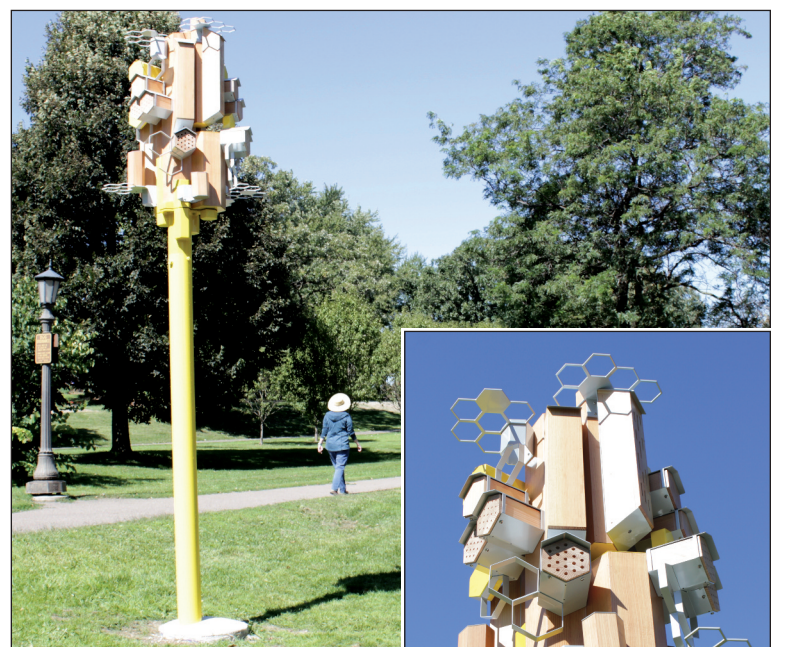
ecology, ethno-botany and agriculture along or near the Great Lakes.

Bee Lab researcher Colleen Satyshur and Baeumler were awarded a \$245,000 Minnesota Futures Grant from the U to work together to test the design, use and effectiveness of this bee house.

The Como sky rise is about 4 feet high and 3 feet in diameter. It's metal framework and multi-paneled wooden forms were engineered to attract and house different species of bees and butterflies. It sits atop a 9-foot pole near a bench on the lake's walkway. A second sky rise is planned for installation at Lake Phalen later this fall, and there are plans to install one on the U's St. Paul campus in Falcon Heights.

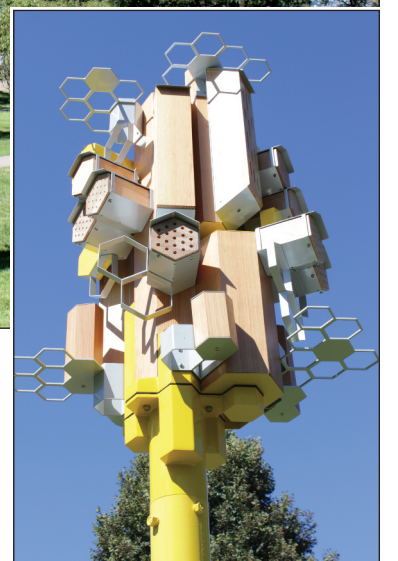
A celebration of the Como sky rise was held Sept. 13 and included a visit from the Office of Urban Pollen Exchange, a bike cart with fun materials that education assistants have been taking to festivals, farmers markets, libraries and other gathering places to engage people about the importance of helping to sustain the bee and pollinator populations.

The Sept. 13 event was part of Public Art St. Paul's year-long 30th-



A new high-rise went up on Lake Como in September.

anniversary celebration. The nonprofit organization works with the city of St. Paul to research and plan public projects and developments and commission, produce and tend to public art.—Kristal Leebrick



A close-up view of the pollinator "sky rise." Photos by Kristal Leebrick

C I T Y F I L E S

Como Park

The District 10 Como Community Council meets at 7 p.m. on the third Tuesday of each month at the Historic Streetcar Station, 1224 N. Lexington Parkway. Here's how to connect: 651-644-3889, district10comopark.org or District 10 Community Council on Facebook.

Get rid of your junk in October

St. Paul's annual Reduce & Recycle Citywide Drop-Off Event at the Minnesota State Fairgrounds will be held Saturday, Oct. 7, from 8 a.m. to 1 p.m. Here is some basic information:

Volunteer: Residents who volunteer to staff the event will receive a voucher allowing them to dispose of one load free; District 10 will feed volunteers; and volunteers will know that they've helped a lot of people in a short amount of time. Volunteers must register in advance; because of safety and other concerns, walk-in volunteers will not be accepted on the day of the event.

Shifts will be 3 1/2 hours. There is an early-morning shift and a not-so-early-morning shift. To volunteer, fill out the form at www.district10comopark.org/volunteer_form.html or contact the Como Community Council office at 651-644-3889.

Disposal: Residents can dispose of appliances, electronics, furniture, tires, demolition debris, scrap metal and other household refuse they

cannot put in the trash. There's a set fee per item or per load. For full details on what items are acceptable, and what those items cost, go to the city's All-In web page, www.stpaul.gov/recycle.

Seniors: If you are 65 or older and can't make it to the fairgrounds, you can arrange a "senior pick-up." Cost to discard your unwanted is the same as residents who transport their own junk, but District 10 will try to pick up your discards for free.

Contact the Como Community Council office at 651-644-3889 for more information.

Special board election is Sept. 19

The Como Community Council will hold a special election on Tuesday, Sept. 19, to fill a board vacancy from Sub-District 4 (Energy Park and South Como). The election will take place at 7 p.m., before the monthly board meeting at the Como Park Streetcar Station.

Candidates: You can find information about candidates on the District 10 website, www.district10comopark.org. Write-in nominations will be accepted from the floor the night of the election.

Voting: Any Sub-District 4 resident at least 18 years of age is eligible to vote; so are representatives from businesses or institutions based in the sub-district. The boundaries are Dale Street on the east, Snelling Avenue on the west, and the two sets of BNSF railroad tracks on the north and south.

Renters, what's on your mind?

Do you rent in Como? District 10's Neighborhood Relations and Safety Committee wants to know what you think about living in our neighborhood. To start the conversation, take our survey: What do you like? What would you improve? What's a priority for you? Tell us your opinions—and feel free to share the survey with other people who share a wall, ceiling or floor with you. Find the survey at www.surveymonkey.com/r/RentInComo.

Learn about credit scores

District 10 will host a free financial workshop focused on how individuals can improve their credit score. The workshop is being organized and presented by TopLine Federal Credit Union and LSS Financial Counseling.

The workshop will cover topics such as the rules and myths of credit scoring, how to spot errors on credit reports and exercising rights under the Fair Credit Reporting Act.

The workshop will take place on Wednesday, Oct. 18, from 6 to 7:30 p.m. at the Historic Streetcar Station, which is on the northeast corner of Lexington Parkway and Horton Avenue.

The workshop is free, but you must register in advance at www.district10comopark.org/workshop_registration.html or by calling TopLine at 763-391-9494.

Meet board members on Sundays

The Historic Streetcar Station is open every Sunday in September from noon-4 p.m. Stop in to learn about the history of Como Park, pick up replacement organics recycling bags, pick up an organics recycling starter kit (including a plastic kitchen bin), or just share comments and suggestions with the District 10 board member on staff that day.

The Streetcar Station is at the northeast corner of Lexington Parkway and Horton Avenue. Beginning in October, the Streetcar Station will be open only on the first Sunday of the month.

Upcoming District 10 meetings

- Como Community Council: Tuesday, Sept. 19
- Environment Committee: Wednesday, Sept. 27
- Neighborhood Relations and Safety Committee: Tuesday, Oct. 3
- Land Use Committee: Wednesday, Oct. 4

- Como Community Council: Tuesday, Oct. 17

All meetings begin at 7 p.m. at the Streetcar Station, which is at the northeast corner of Lexington Parkway and Horton Avenue. Community members are always welcome to attend and participate.

Whenever possible, agendas are posted in advance in the "Board News" section of District 10's website.

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. Larpen-
teur Ave. Contact information: 651-792-7600 or falconheights.org.*

Calling all chili cooks

The Falcon Heights Fire Department annual Chili Cook-off and Open House will be held Saturday, Oct. 7, 11 a.m.-2 p.m. Meet your local firefighters, learn more and the department and help raise money for the Falcon Heights Firefighters Relief Association.

Cost is \$5 for adults and \$3 for children. There will be children's activities, including a bounce house, along with fire truck tours and demonstrations.

Find out more at www.falconheights.org or 651-792-7600.

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.

Last farmers market

The last Lauderdale Farmers Market of the year will be held Thursday, Sept. 21, from 4 to 7 p.m. at Lauderdale Community Park, 1885 Fulham St. Dawn Tanner, a Lauderdale musician, will perform.

Interested in being a vendor? There is no fee to participate. Contact Susie at 651-329-8401 or lauderdalefarmersmarket@gmail.com for an application.

Learn about Comprehensive Plan

The city of Lauderdale will hold a community-wide open house at City Hall on Thursday, Oct. 19, from 7 to 9 p.m., to gather input on the city's Comprehensive Plan.

St. Anthony Park

The District 12 Community Council (SAPCC) 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.

New team members at District 12

The St. Anthony Park Community Council (SAPCC) welcomes two new team members this month. Ana Begej is a GIS specialist supporting research and planning projects, and Emilee Roschen is a senior at Augsburg University with a major in urban studies and minor in sociology and public policy.

Thanks for taking the survey

SAPCC has heard your voices. Thanks to the hundreds of people who shared their ideas for the neighborhood with volunteers at events and through the online community survey. The input is guiding council committees as they draft the goals and strategies for St. Anthony Park to develop over the next 10 years.

Public meetings will be held in November throughout the neighborhood (details to come) where you will be able to hear what your neighbors have shared and read first drafts from our committees. You can stay connected, find updates and continue to share your ideas at www.sapcc.org or email info@sapcc.org.

Annual garage sale is Sept. 30

The annual St. Anthony Park Neighborhood Garage Sale will be held on Saturday, Sept. 30, from 9 a.m. to 5 p.m. To be included in the list participating sales, register online at www.sapcc.org or call Rich at 651-641-1172 for more information. Registered homes will receive a yard sign and advertisement in newspapers and distributed maps of garage sale locations.

Reduce and recycle Oct. 7

St. Paul's annual Reduce & Recycle Citywide Drop-Off Event at the Minnesota State Fairgrounds will be held Saturday, Oct. 7, from 8 a.m. to 1 p.m. Volunteers can earn a free voucher for one load. To volunteer, contact the Como Community Council at 651-644-3889 or online at www.district10comopark.org/volunteer_form.html.

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Seniors can get help with fall chores

Two area programs are offering help with fall yard cleanups to seniors.

The Como Park/Falcon Heights Living at Home Block Nurse Program is sponsoring a fall yard cleanup for seniors 65 and over who live in Como Park or Falcon Heights. Call 651-642-1127 for more information. Please call by Saturday, Sept. 30.

Saint Anthony Park Area Seniors (SAPAS) is offering St. Anthony Park-area seniors the same services. SAPAS is also seeking volunteers to help with the cleanup. Call 651-642-9052 by Sunday, Oct. 15, to request services.

The Como Park/Falcon Heights program, located at 1376 W. Hoyt Ave., is a nonprofit whose

mission is to help seniors stay in their homes longer and offers free companion and respite care and rides to and from doctor visits. Learn more at www.comobnp.org.

SAPAS, which is located at Centennial Methodist Church, 2200 Hillside Ave., offers a variety of programming for seniors. Learn more at www.sapsaseniors.org.

Fine-art photography magazine transitions to St. Anthony Park

By Kristal Leebrick

It didn't take long for Doug Beasley and Elizabeth Flinsch to decide on a theme for the upcoming issue of the quarterly photography magazine "Shots."

"Elizabeth immediately suggested 'Transitions,' " Beasley said. "It was perfect."

That's because the 31-year-old "photographer's photography magazine" is in transition, as Beasley, a well-known photographer who lives in St. Anthony Park, acquired the publication in June. Flinsch, a multi-media artist and also a St. Anthony Park resident, is the new editor.

"Shots" has been Beasley's favorite photography magazine for years, he said. "The magazine has a really unusual selection of photography that resonates with me." The work is not seen in other magazines, he said. "There are some very good photo magazines . . . with pretty work, but 'Shots' isn't pretty. It's not glamorous, and it's never what you expect. I love that."

The magazine was created in 1986 by Dan Price, who produced it on a solar-powered laptop from his tipi in Oregon. "Shots" was sold twice before the latest change. When the most recent publisher, Russell Joslin of Minneapolis, decided to move on, he asked interested buyers to submit blind bids and write a statement about their vision for the future of the magazine. Beasley's submission "won him over," Beasley said.

Beasley, who has a bachelor of fine arts degree in photography from the University of Michigan, set up shop in the Twin Cities in 1984. He worked in commercial photography for many years, but now works on fine-art commercial projects around the world and teaches photography workshops through his Vision Quest Photo Workshops.

"I was a longtime subscriber [of 'Shots'] and usually ran an ad in every issue, either for Vision Quest Photo Workshops or for my own photography if I had a new book coming out or something similar," he said. "I also strongly promoted the magazine to my classes and workshops. My students all knew how much I loved the magazine and I strongly encouraged them to subscribe, so strongly I actually had to tell them that I was not affiliated with it at all. I guess I can't say that anymore."

"Shots" is a reader-supported magazine with an international subscriber base that includes emerging and established photographers, educators, galleries, museums and collectors. Beasley, Flinsch and co-owner Deborah Saul, who is in charge of advertising sales, are hoping to "grow it," Beasley said. The magazine currently has more than 1,000 subscribers and is also sold in bookstores and education centers.

Longtime readers will notice a



Doug Beasley and Elizabeth Flinsch hold copies of "Shots" magazine, a fine-art photography magazine now being published in St. Anthony Park. Photo © Mary Virginia Swanson

few changes in the issue set to come out at the end of September: "We are going a little bigger, adding pages, adding advertising: bigger issue, better printer, better inks." "Shots" will be printed at Bolger Printing on Como Avenue in Minneapolis, just west of Highway 280. Bolger's CEO is another St. Anthony Park resident, Dik Bolger.

Beasley and Flinsch are initiating two new features in the magazine: showcases of an emerging artist and a "luminary" artist in each issue. The inaugural issue will feature two women in their 70s: Evy Huppert, a New Hampshire photographer who has taken workshops with Beasley, and Nancy Rexroth, an American photographer who pioneered the use of the Diana camera in fine-art photography. Initially marketed as an inexpensive novelty item, the Diana is a plastic-bodied box camera that uses film and is used to take soft focus, impressionistic photographs.

How the magazine solicits photos will remain the same. The theme for the next issue is announced in the current issue and anyone is invited to submit their work.

Beasley and Flinsch met through one of Beasley's workshops, Urban Zen, held in Lowertown, St. Paul. Last year, Frisch attended one of his workshops in Ireland.

"That's where we learned we

work together amazingly well," Beasley said.

As his work has moved toward judging more photography shows and curating exhibits, he says he has become more interested in promoting the work of other photographers.

"[Shots] is a natural extension of that," he said.

You can learn more about the magazine at shotsmag.com.

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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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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

A feel-good story about human connections

and how one should never underestimate the value of community newspapers

Dear Editor: My son and I met a lovely family from Minnesota visiting Colorado while we were all hiking, and we gave them a ride back to their car. When we got home, we discovered their camera had been left in our car.

There is a picture on their camera of their daughter running a race, which has led me to you! The Internet is an amazing—and terrifying—place. In your story of the Como Park High School cross-country team is a picture of the daughter, age 13. (I only know her age because I asked. But we never asked their names.) She is the third from the left, second row.

That's the start of an email the Bugle received on Aug. 20 from Cherie Glazner of Windsor, Co. As Glazner mentioned, she and her son met a Minnesota family on a hike at Gray's Peak, near Idaho Springs.

That family is Tara Lundborg and Marcus Landrum and their daughter, Sayler Landrum, who is the cross-country runner Glazner spotted on the camera that was left in her car. Lundborg and family were in Colorado celebrating her 46th birthday with a few hikes and a plan to catch the solar eclipse on Aug. 21. The story began about 5:30 a.m. the day they met

Glazner. They started their hike about 3 miles before the trailhead because there was no place to park close to it. As they hiked in the early-morning darkness, a van pulled over and offered them a ride to the trail. Turns out, Glazner was celebrating her 56th birthday with a rigorous hike.

Lundborg and family hiked for eight and half hours that day, she said. "We did two 14,000-foot peaks," and when they got back to the road to get to their car, they ran into Glazner and her son again. They accepted a ride back to their car, and that's when Lundborg's camera fell out of her backpack and onto the floor of the Glazner van.

The families never exchanged names, Glazner said, but a little sleuthing on Glazner's part had her matching a photo on the camera of the Como Park Senior High School runners with a photo on the Bugle website that went with a story written by Eric Erickson, a history teacher at the school and the Bugle's Como and Murray Middle School sports writer. Erickson put the two families in touch and the camera is now back in St. Paul.

As Glazner said in an email, "It's a pretty good feel-good story." Glad the Bugle was there to help.

LETTERS

We stand with DREAMers

The International Institute of Minnesota and Neighborhood House, two of the oldest immigrant-serving organizations in the state, have come together to condemn the Sept. 5 decision by the White House to rescind Deferred Action for Childhood Arrivals (DACA) and to urge Congress to take immediate action to protect DACA recipients

and their families.

Through our long histories serving immigrants and refugees in Minnesota, the International Institute and Neighborhood House know that deferred action has long enjoyed bipartisan support. The precedent for DACA was set by President Ronald Reagan, when he granted a blanket deferral of deportation to children of parents on

the pathway to citizenship. President George H.W. Bush expanded this deferral to include families, making approximately 40 percent of the undocumented population at the time eligible for protection.

Our country made a promise to 800,000 DREAMers who have fulfilled the requirements of DACA. These young, talented DACA recipients have demonstrated their commitment to building their careers and strengthening our communities. Today we stand with DREAMers: our neighbors, classmates, coworkers, and friends who have stood beside us through times of triumphs and tragedies we have faced as a nation.

The International Institute of Minnesota and Neighborhood House are saddened by the current administration's politicization of a humanitarian issue. The resiliency and strength of the immigrants we serve inspires our continued resolve to advocate for the security of those who contribute so much to our communities.

*Jane Graupman,
executive director, International
Institute of Minnesota,
and Nancy Brady, president,
Neighborhood House*

Falcon Heights candidates

As I have door-knocked the city these last few weeks, I have continued to learn about the issues on citizens' minds in advance of the Falcon Heights City Council election on Nov. 7.

My conversations have reinforced my belief that my leadership, research and legislative experiences over the last 20-plus years will be an excellent fit for moving the city forward on a host of issues.

My professional background includes managing tobacco, alcohol, aging, law enforcement, nutrition and other health and human services projects at the University of Minnesota and Wilder Foundation. In addition to other legislative

experience I have also done the following: current chair of Falcon Heights Environment Commission, numerous years on the St. Paul Long Range Capital Improvement Budget Committee, lobbied for the 2014 school lunch law and testified before numerous state legislative committees on its benefits to children and society, 10-plus years service as a Ramsey County head election judge, law clerk to Ramsey County judge, and liaison assistant in the late Sen. Paul Wellstone's office.

I look forward to meeting more of the community over the coming weeks, earning your trust and hopefully bringing my professional and legislative experience along with a thoughtful, reasoned approach to governing to work for you on the Falcon Heights City Council.

*Mark Miazga
Falcon Heights
City Council candidate*

As residents of Ramsey County, we are able to deliver our organic and compostable recycling products, such as food-soiled paper, food scraps and tissues, to several garbage sites throughout the county. This program has allowed us to have more of a positive impact on the environment and to be more mindful of the products that we throw away. While I am a strong proponent of the organic-waste recycling program, I believe that we should make environmental stewardship more accessible to everyone.

If elected to the Falcon Heights City Council this November, I would like to collaborate with neighboring communities to establish an organic recycling pick-up program like those in Minneapolis and St. Louis Park. Not only does the current program in Ramsey County limit those without cars from participating, but it also leads to more cars on the roads and the inconvenience of traveling out of one's way in order to dump smelly compostable products.

Letters to 6

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:

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

December issue: The deadline is Wednesday, Nov. 8, and it will hit the streets Tuesday, Nov. 21.

January issue: The deadline is Wednesday, Dec. 6, and it will hit the streets Tuesday, Dec. 19.

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 Larpenleur 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/ for a more complete list of places that carry the Bugle. You can also read the Bugle online at www.parkbugle.org.

C O M M E N T A R Y

The great half-century get-together

By Adam Granger

I'm sitting in a departure lounge in Oklahoma City's Will Rogers World Airport on my way home from my high school reunion. This was the 50th—monumental by any standard. They may hold a 55th, and a 60th, but make no mistake: the half-century get-together is the 40-pound muskie of nostalgic events.

This is the first reunion I've attended, because these types of convocations are held in the summertime, which makes sense unless, like me, you are a self-employed musician. Most of my work comes between April and September; if I pass up a festival or a concert, I lose that income in addition to outlaying the cost of going to the reunion. But heck, I couldn't pass up the 50th.

Without earlier events against which to compare, I'm guessing attendees were more relaxed about their, er, aesthetics at this one. To be sure, there were tans tanned, coifs coiffed and I'm imagining a run on the Spanx store. (I confess here to

having used Crest White Strips before my trip, but I had been planning on doing so anyway. Honest.) I'm thinking, however, that the more drastic procedures—hair plugs, tummy tucks, dental implants and the like—had already been undertaken, most likely long before this reunion. All in all, we looked pretty darned good for a bunch of 67- and 68-year-olds.

We had, of course, lost a predictable percent of the Norman High class of 1967, and here I had a shocking experience: I went to an estate sale and, as I was pawing through the stuff of someone else's life, I realized that the someone else was a classmate. She had visited me here in St. Paul recently and was scary-thin then, but I nevertheless had not anticipated her death. I found her senior yearbook, and when I went to buy it, I told the cashier that she had been a friend and the woman gave it to me. It's in my suitcase; when I get home, I'll offer it to her niece, who lives in Minneapolis.

There were three old flames in attendance, all of them looking terrific and all of them apparently leading happy and successful lives. The first looked me in the eye and asked, "Why didn't you ask me to the prom?" like she'd been waiting half a century for an answer. We both knew that I was supposed to, but the truth was that I had been too shy, and that was my response. (She went with someone else, and I sat home on prom night and played the blues on my guitar. It's hard to feel sorry for yourself when it's your own danged fault, but I managed it.)

The second told me that I broke her heart, which I already knew. She had professed a love for me when I was already seriously committed—as in married—to someone else. I told her I was sorry, and what else can one say besides that? I had already squared things up with the third on previous visits home, and we have achieved the difficult but not impossible: becoming post-relationship friends.

I re-met my 1964 rock 'n' roll

Commentary to 6

Thank you, Park Perks

In August, Sunrise Banks' charitable coffee bar, Park Perks, raised \$654 for the Park Bugle, the nonprofit community newspaper that is provided free to residents in St. Anthony Park, Como Park, Falcon Heights and Lauderdale.

Thank you, Sunrise Banks, for including the Bugle on the charitable giving list.

Each month, Sunrise Banks devotes the profits from its sales at the coffee bar at its Como Avenue branch to designated nonprofit community organizations. In October, Park Perks will be raising money for St. Anthony Park Area Seniors (SAPAS).



Lisa Grell and Terri Banaszewski at the Park Perks coffee bar in Sunrise Banks on Como Avenue. Photo by Mary Hamel

SAPAS offers support, fun and more

Head to Sunrise Banks Park Perks in October to offer your own support to this 36-year-old neighborhood institution.

By Michelle Christianson

When people see the acronym SAPAS (which stands for St. Anthony Park Area Seniors), many skip right over the word, thinking, "This doesn't have anything to do with me—I'm not old (or that old)." But take a closer look; you may find the program does indeed have something for you.

SAPAS, with two full-time employees headquartered at Centennial Methodist Church, 2200 Hillside Ave., has been in operation in since 1981, with neighbors helping neighbors in St. Anthony Park, Lauderdale and Falcon Heights west of Cleveland Avenue. Initially mostly concerned with health care, it hired and supervised a block nurse and arranged for home health aides.

Now, with most of those services being offered by health-care organizations, SAPAS has expanded to many other areas.

If you are a caregiver, SAPAS offers respite care, support groups and referrals. If you need a bit of help staying in your home, SAPAS can arrange rides, chore service, meal delivery (in the form of Meals on Wheels) and prescription pick-ups. In addition, SAPAS can help you find foot care and home health care, which includes help with personal care and light housekeeping.

There's more: SAPAS offers exercise classes, blood pressure checks, art classes, movies, a game day, computer support, lawn and garden help, assistance with paperwork and nutritional

education.

With all of these services, there probably is something that interests you. But if not, you might be interested in volunteering to help others by providing some services yourself. You could drive, help with chores, become a friendly visitor or do simple home repairs.

There is one more thing that anyone can do. During the month of October, proceeds from the Park Perks in the Sunrise Banks will go to SAPAS, so your coffee and cookies will help support this wonderful service. And that's not hard at all.

To find out more about SAPAS, go to www.sapaseniors.org or call 651-642-9052.

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Imagine What You Could Be Doing Today in St. Paul If You Weren't Afraid of Falling

How is your balance affecting your life?

by Dr. Karen Malone PT, DPT

Saint Paul MN - The risk of falling after a stroke or surgery is very real for many people. Just how fearful of falling a person is will impact what he or she chooses to do. Both strokes and surgeries can leave a person, even after initial rehab, without the balance they need to go shopping, eat out with friends or return to full time work. "What if I get bumped unexpectedly or the sidewalk is uneven?" Some people choose to sit more and avoid falling that way. Did you know that trying to "be safe" by being less active could be causing an even greater balance problem! Are you wondering, "Will I ever get back to the active life I enjoy?"

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The author, Dr. Karen Malone, is a Doctor of Physical Therapy and owner of Prize Physical Therapy, PLLC. In-Home Outpatient Physical Therapy Services are offered for your convenience in and around the St. Anthony Park area.

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Letters from 4

The aforementioned cities that have established pick-up programs allow residents to participate for free, and I believe that we should do the same. If elected, I will have discussions with neighboring communities to potentially partner with Falcon Heights to make organic

recycling more accessible to residents.

If you like this idea, or have thoughts on improving this proposed collaboration, please let me know. As we get closer to the municipal elections this November, I welcome feedback from voters and fellow community members. I can be

reached at 763-242-0816 and Dixon4FalconHeights@gmail.com.

*Ronald Dixon
Falcon Heights
City Council candidate*

Commentary from 5

bandmates. We were the Coachmen, and before you say, “Oh, I remember them!” please know that there were 10,000 bands in the United States called the Coachmen in those days. I reconnected with a few members of the official school folk group, the Seven-Uppers (for bonus points, guess how many were in the group), and with a couple of friends with whom I committed sundry pranks and usually legal mayhem.

My hometown has aged as

gracefully as its citizens have. East Main Street, which, with its snooker halls, 3.2-beer joints and other dens of iniquity, was the bailiwick of what we called “hoods” in 1967, is gentrified now—teeming with art galleries and coffee shops—and is an altogether-pleasant district. The ugly fiberglass facades put up in the early ’60s have been removed, and the buildings’ brick edifices cleaned up.

It’s hard not to wonder at how astonishingly different my life would

have been had I made other choices in those days. What if I’d married one of those flames? Or, what if, in 1974, I’d moved, as I almost did, to New York to write for “National Lampoon” instead of coming to Minnesota and working with Garrison Keillor? My life would not remotely resemble what it is now. Different everything!

So, what a wonderful thing it is to feel with such confidence, a half-century on, that I made good decisions, and harbor no misgivings. Even using the full range of my creative powers, I can’t imagine a life without my fabulous Minnesota wife and my great 40- and 26-year-old Minnesota sons. And how lucky I am to be able to say that.

Adam Granger lives in St. Anthony Park and is a regular contributor to the Park Bugle.



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The Park Bugle prints obituaries free of charge as a service to our communities.

Send information about area deaths to Mary Mergenthal at mary.mergenthal@gmail.com or call 651-644-1650.

Geraldine Lallas

Geraldine Louise Germain "Geri" Lallas, 81, died Aug. 31, 2017.

She was born March 1, 1936, in St. Paul to Walter and Hortense (Youngren) Germain. Geri graduated from Wilson High School in 1955, attended Hamline University and earned her licensed practical nurse (LPN) degree in 1958. She enjoyed working in the field of nursing.

While attending college, Geri worked at a bank where she met Paul Patrick "Pat" Lallas. They were married May 5, 1956, and soon bought a house on Lake Como. In 1965 they moved to Falcon Heights to accommodate their growing family.

Pat and Geri had six children together, Paul Jr. (Mary Jo), Michelle (Terry) Larson, Carolyn (Mick) Bilotta, Michael (Georgia), Julie (Roger) Anderson and Doug (Jenni). An addition was Pat's son, whom Geri considered one of her own, Dan (Lindsey).

Geri lived out her last 18 months at Lyngblomsten Care Center, where she enjoyed many new friendships with residents and personnel.

She enjoyed her time with family at Big Sandy Lake, loved Friday-night karaoke, listening to music and loved entertaining her friends and family.

Geri was preceded in death by her parents; brother, Ron; and former husband, Pat. She is survived by her sister, Kathy (Jack); sister-in-law Vera; seven children; 17 grandchildren; and 13 great-grandchildren.

Geri's life was honored on Sept. 9 at Lyngblomsten.

Bobbie Lawson

Bobbie D. Lawson, Sr., 57, of Como Park, died unexpectedly on September 9, 2017.

He was preceded in death by his parents, John and Fannie Louise; and brothers, John and William "Billy" Smith. He is survived by his wife, Ann; son, Bobbie, Jr.; step-daughters, Raedean, Erika and Chelsea; granddaughter, Cori; nine step-grandchildren; and siblings, Renee, LaMonte, Vivian, Denise, Curley and Joel.

His funeral service was held Sept. 14 at Mueller-Bies Funeral Home in Roseville.

Olive Jensen Theisen

Dr. Olive J. Theisen, 86, of Frisco, Texas, died Aug. 19, 2017. She was born on June 4, 1931, in Faribault, Minn., to Edward and Pearl (Holt) Jacobson.

Olive is survived by her children, Erik Jensen (Esabel) of Phoenix, Ariz.; Lisa Murray of Frisco, Texas; four grandchildren; and her brother, John Jacobson (Kathy Mitchell) of Eau Claire, Wis. Olive was preceded in death by her husband, John Theisen, and her

parents.

Her funeral was held Aug. 23 at St. Philip's Episcopal Church in Frisco, Texas.

Judith Wolnik-Doty

Judith Wolnik-Doty, 69, died in Bellingham, Wash., Sept. 2, 2017. She was born Dec. 30, 1947, in Minneapolis to Norbert and Helen Wolnik.

She was preceded in death by her parents and her brother Jeffrey. She is survived by her brother Fr. Jim Wolnik and sister, Janet (Michael) Robles.

Mass of Christian Burial was held Sept. 8 at Church of the Holy Childhood. Committal was at Gethsemane Cemetery.

Elaine Wray

Elaine McCormick Wray, 89, died July 15, 2017, six days after the death of her husband, Francis Wray. Elaine

was born Sept. 16, 1927, in Hutchinson, Minn. She graduated in 1949 from the College of St. Teresa, Winona, and received a master's degree from Bank Street School of Education in New York City. She enjoyed her years as a Catholic grade school principal in Austin and Winona, Minn.

After leaving the religious order, the Sisters of St. Francis, Elaine married the love of her life, Francis Wray.

She was preceded in death by her husband, Francis; parents; and siblings Mary Catherine Leith, Edward McCormick and Dick McCormick. She is survived by her siblings and their spouses, Jerry and Katie McCormick, John and Helen McCormick, Beth Schmit, Allie Otto, Anne and Peter Gamber, Emmet and Marge McCormick, and Greg and Sandy McCormick.

A Funeral Mass to celebrate the lives of Frank and Elaine was held July 20 at the Church of St. Cecilia

in St. Anthony Park, with interment at St. Anastasia Cemetery, Hutchinson.

J. Francis Wray

J. Francis "Frank" Wray, 92, of St. Paul died July 9, 2017. Frank was born Aug. 30, 1924, in Evanston, Ill. He joined the Christian Brothers in 1943 and graduated in 1947 from St. Mary's University, Winona. He later went on to get his master's degree at St. Mary's and then a doctorate from the University of Wisconsin.

Frank was a teacher at heart and taught at many Christian Brothers schools in the Midwest. He was the provincial of the Midwest Region for

the Christian Brothers.

In 1971, Frank married Elaine McCormick. Frank spent a number of years teaching and then chairing the Education Department at the College of St. Benedict, before assuming the role as president at Totino Grace High School, Fridley, during the 1980s.

He was preceded in death by his parents and three brothers. Frank is survived by his sister-in-law, Mary Anne Wray, and members of Elaine's family.

A Funeral Mass to celebrate the lives of Frank and Elaine was held July 20 at the Church of St. Cecilia's, with interment at St. Anastasia Cemetery, Hutchinson, Minn.

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Diana Koren



Ruthann Ives



Emily Kidd's family and a friend pose with some Globetrotters: father Bill Kidd, far left; friend Katie Myster; brother Will Kidd, Emily and mom Cari Kidd.

Emily Kidd from 1

"They are great showmen and they are so funny," Kidd said. "That's a big part of being a Harlem Globetrotter, but they never actually get enough credit for being phenomenal athletes. They can really play."

Kidd enjoys the comedic part of each show and has a few small roles to play during each game, including

helping with props and preparing the team jersey that is given away to a child in the audience during each half-time. "If I could be a bigger part of the show, I would," she said.

Kidd was working at an orthopedic urgent care clinic in Asheville, N.C., before she accepted the contract job with the Globetrotters last spring. She keeps a

contract with the clinic to work there when she's not traveling with the team, and she's hoping to stay with the Globetrotters for some off-season games.

"I'd love to be year-round, full time," she said. "It's really fun to be a part of something so iconic. They just have the greatest mission: to spread joy and be happy and be



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London ensemble opens Music in the Park Series

The Schubert Club's Music in the Park Series 2017-18 season will begin Sunday, Oct. 8, with the Schubert Ensemble of London, one of the world's leading exponents of music for piano and strings. The concert will begin at 4 p.m. at St. Anthony Park United Church of Christ, 2129 Commonwealth Ave.

The ensemble's eclectic program will feature Vaughan Williams' romantic and rarely performed Piano Quintet in C-minor; Franz Schubert's much-beloved "Trout" quintet; and "The Whole Earth Dances," a new, nature-inspired work by young British composer Cheryl Frances-Hoad.

Frances-Hoad says this about her new work: "I am lucky to have a wonderful park just 10 minutes walk from my house. I can leave home

and be back within the hour having walked around a lake and under what I imagine to be vaulted roofs made only from trees. . . . Today, when much of the Earth is being polluted, fracked and deforested, it seems particularly important to notice and respect the land, to feel a connection to it."

Two poems by Ted Hughes, "Thistles" and "Ferns," inspired her work, she says, "and added a resonance to the thistles and ferns that I see nearly every time I walk. I have tried to imbue the piece with the sense of timelessness that I feel when walking, with his poems in my head."

To buy tickets for the concert, call 651-292-3267 or go to schubert.org.

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FOOD & DRINK GUIDE

Muffuletta was a groundbreaker 40 years ago

Now, not only can we pronounce 'quiche Lorraine' correctly, we can say 'thom yum' and 'spiedini' and have a glass of wine while we eat it.

By Judy Woodward

In 1977, if you got hungry in St. Anthony Park and surrounding neighborhoods, your options were limited.

True, there was a corner grocery store called Blomberg's at Doswell and Como avenues, where Tim & Tom's Speedy Market now stands. But if you wanted to go out, you could choose between ice cream and caramel rolls at Bridgeman's or all-American fare at the Lamplighter Inn, both located at the corner of Como and Carter. Upscale coffee in those days probably meant someone had dropped eggs shells in the percolator, and the only bakery in the area was a doughnut shop on Hampden Avenue.

Ethnic cuisine? Imported gourmet items? Forget it. And, above all, by law and custom both, there was absolutely nowhere in the St. Anthony Park where you could get a glass of wine or a mug of beer.

Then along came a new restaurant called Muffuletta, and all of that changed. Opened 40 years ago in Milton Square and still owned by Phil Roberts and his partner, Pete Mihajlov, Muffuletta signaled a sea change in the way the neighborhood thought about food.

"The Midwest was a wasteland of meat and potatoes in those days," says Roberts, but he was a guy who liked to eat. On frequent business trips to New York City, he had encountered such then-exotic dishes as quiche Lorraine and fettuccine Alfredo, and he wanted to bring them home to Minnesota. The result was Muffuletta, named after a hero sandwich from New Orleans, which, like beer-cheese soup, is still on the menu. Roberts has no regrets about either of those dishes, although he does allow himself a retrospective shrug about the quiche: "For years, half the customers called it *kee-ka lah-rain*."

Nowadays there's barely a single Twin Cities neighborhood without its local café/bistro, what Roberts calls a "small, cozy 90-seat restaurant," but in 1977 the concept was daring. Even more groundbreaking was the notion that respectable folks would want to have a glass of wine with their dinner. Muffuletta's epic struggle to obtain the first beer and wine license in north St. Anthony Park is the stuff of local legend. But perhaps even more remarkable is the eatery's longevity.

In a business where the average life expectancy of new restaurant is "closer to two years" according to Roberts, Muffuletta is still going strong after four decades. In fact, it became the foundation of an empire. Roberts and Mihajlov's company, Parasole Restaurant Holdings, has become one of the area's foremost restaurant chains.

Muffuletta's secret ingredient is "the right kind of culture in the company. ... We're not yellers. We buy the best product we can buy and serve it lovingly," Roberts says.

"People feel at home here," says general manager Carolyn Davis, who has been with the restaurant for more than 18 years. "Our restaurant is part of [the neighborhood's] culture." Davis also acknowledges that Muffuletta may have had a hand in expanding their customers' gastronomic horizons. Over the years, she says, "People have learned a bit more about food."

Where Muffuletta led, others have followed. The Como Avenue commercial area of St. Anthony Park now boasts at least a half dozen food-and-drink-related businesses, including the newest entrant onto



Above, Muffuletta in its early days in the 1970s. Note that St. Anthony Park Bank was just to the left of the restaurant.



At left, a more modern view of the restaurant.

At bottom, Muffuletta chefs display dishes from days past. Photos courtesy of Parasole Restaurant Holdings

the restaurant scene, Karta Thai. Open since early August, Karta Thai's mission according to co-owner Sandy Khunsri, is to introduce the neighborhood to Thai food.

"Thai food is in Minneapolis, but not here," she says. And food is not their only first. Karta Thai is the first restaurant in the area to get a full liquor license, which Khunsri says, was "not easy to get." Neighbors had to sign a petition to allow it, and they did. "I got to say thank you to neighbors," she says.

Khunsri grew up in the restaurant business in Thailand. After immigrating to America, she opened her first restaurant in this country in Seattle in 1990. But when her husband died unexpectedly at the age of 32, the grieving Khunsri hit the road.

"I stopped in Minneapolis in summer. This town really nice, but I didn't know about snow and winter," she says. Happily for local diners, by



FOOD & DRINK GUIDE

Food trends from 9

the time the weather turned cold, Khunsri was hooked. For 13 years, she worked as a chef at the original Twin Cities Thai restaurant, Sawatdee. Then, six years ago, she went out on her own when she

opened the first Karta Thai on Central Avenue in Minneapolis.

Khunsri's partner, Terry Spotts, says the restaurant wants to be known for the authenticity of its Thai flavors like galangal and ginger, but

also for the careful sourcing of its locally grown foodstuffs. There's even a nod to Bangkok-meets-Bemidji in dishes like walleye, prepared with your choice of sweet-and-sour, curry or ginger sauce. "The walleye comes

from the Red Lake Reservation," says Spotts.

Locally sourced foods and an adventurous clientele have also been key to shaping change at the area's best-known corner grocery store,

Tim & Tom's Speedy Market. Tom Spreigl has been in the grocery business for more than 40 years. When he and co-owner Tim Faacks bought out the previous owners more than 22 years ago, Speedy Market was a milk-and-eggs convenience store tied to Schroeder's Milk Co. How things can change in just under a quarter of a century.

Where Speedy once carried a single brand of coffee beans in addition to the jars of instant and vacuum-packed cans of ground mass-market brew, it now devotes an entire wall section to boutique beans, many of them from local craft roasters. A similar variety prevails in the ice cream section and among the fresh produce.

"I won't be boxed in as a convenience store," says Spreigl. "Customers are willing to ask for what they want, and we'll worry about where to put it."

One trend that has taken off among time-starved customers is what Spreigl calls "value-added food products like pre-stuffed chicken breasts and pattied burgers." The store has expanded its chef-run deli program, and it now makes salads on site.

Spreigl prides himself on his willingness to stock anything he thinks his customers might buy, and over the years, the store has developed a sense of humor in its merchandise displays. One year around the holidays they put together an eye-popping display of a popular Minnesota-made cranberry granola that goes by the brand name Crapola, together with an even more riveting holiday item—imported tins of British treacle-and-raisin pudding labeled with their traditional name—Spotted Dick.

Spreigl says it helps that the neighborhood "has changed. It's less prim than it used to be."

Some of those locally sourced coffee beans that Speedy Market sells come from South St. Anthony True Stone Coffee Roasters. True Stone is one of several craft roasters and micro-brewers that have sprung up in the industrial areas of South St. Anthony in the last decade. Open since 2003, True Stone produces nearly 2,800 pounds of coffee a week, which puts it just over the limit for a micro-roaster, says operations manager and coffee buyer Teresa Woodward.

How have businesses like True Stone created a demand for upscale coffee in a population that would have been shocked to have been told in 1977 that someday they might consider paying upward of \$4 for a cup of coffee? Part of it comes down to an "educational process," Woodward says. By judicious offers of free samples and scrupulous adherence to standards of an "ethically produced, sustainable, environmentally friendly" product, she says, "we create customers that



Bridgeman's (left) and later Mannings (above) once held the spot at Carter and Como Avenues, where the Finnish Bistro is now. *From the Bugle archives*

Cash & Carry Retail Store

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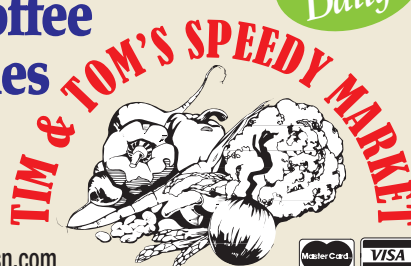
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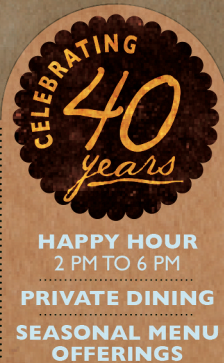
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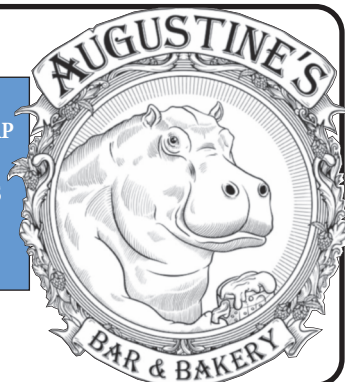
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Food trends from 10

didn't know they wanted great coffee."

She dismisses the charge of elitism. "Everybody appreciates good coffee. It all comes down to priorities. For some people good coffee is going to be worth any expense."

Muffuletta may have launched the local contemporary food scene from Como Avenue, but the trend did not stay confined to St. Anthony Park. Forty years ago the commercial space near Midway Parkway on Pascal Street in Como Park was the headquarters of the American Evangelism Association, among other businesses. In late July, after a long life as coffee shop, ice cream parlor and neighborhood grill, the space transformed itself once more: into Delicata.

Blessed with a large, fenced, open air patio on a quiet street, Delicata wants to be known for the excellence of its pizza, says general

manager, Noah Barton. "Also for our great, mostly Italian, wine list and our beer from local micro-breweries like Fulton, Lift Bridge and Fair State," he says. "Mostly, we see a great opportunity to be part of the neighborhood."

Delicata will also start serving weekend brunches Sept. 23, 10 a.m. to 2 p.m.

Forty years ago, if you were looking for food out of the ordinary in the neighborhood, Muffuletta was the only option. Now the possibilities seem to grow with each new season. So how do the pioneers feel about the competition?

"It's not good to be the only game in town," says Davis. Adds Roberts, "And it hasn't cut into business."

Judy Woodward is a reference librarian at the Roseville Library and a regular contributor to the Park Bugle.



Parasole owners Peter Mihajlov (left) with wife, Marty, and Phil Roberts (right) with wife, Joanne, on the patio at Muffuletta. Photo courtesy of Parasole Restaurant Holdings.

One bite too far

For 40 years, Muffuletta has been introducing diners to expanded gastronomic horizons and novel flavor combinations. Once it was the first restaurant in the neighborhood to offer such cutting-edge concepts as a wine list, and even now it piques its customers' palates with treats like roasted garlic butter and popcorn popped in duck fat.

But there was a time when Muffuletta got out too far ahead of Minnesota taste, and the result, according to Phil Roberts, was near disaster.

"In 1979 or '80," he recalls, 'People' magazine wrote a feature article on then uber-trendy Los Angeles restaurateur Wolfgang Puck. "Duck sausage pizza was his claim to fame," Roberts says.

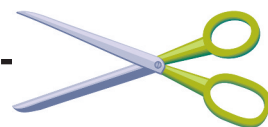
After traveling to California and meeting the Great Man Puck for dinner at his flagship restaurant, Spago, Roberts and his partner were dazzled. "We got back on the plane

and we decided to make Muffuletta into the Spago of the Midwest," he says.

The first line of business was to deck out the wait staff in pink-and-white striped uniforms with chrome bowties and suspenders "just like Wolfgang Puck." Exotic pizza and other innovations of California cuisine soon followed. The only trouble was, Minnesota diners weren't buying it.

Within a year, Muffuletta's revenues had fallen by nearly half, and Roberts decided to heed the plaintive, eloquent plea of one longtime customer, "I want my Thousand Island dressing back."

That was years ago, and things at Muffuletta have long since returned to a sensible standard of deliciousness. The cardinal rule these days? "[Make it] more interesting, but not weird," he says.—*Judy Woodward*



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**Business News**

New micro-distillery to open in South St. Anthony

By Kristal Leebrick

Whiskey fans will be delighted to learn that a new micro-distillery has set up shop in South St. Anthony.

Studio Distilling's lights are on at 2380 Wycliff St., and the copper-domed German-made still is working to produce "modern interpretations of traditional spirits."

Founder Brad Rolfs and partner Shelly Dailey say they aren't quite tour-ready. It may be at least six months before their doors open for tastings and a year before an 80-seat cocktail room opens. Now, the craft distillery is busy malting, mashing, fermenting, distilling and then aging it all in small oak barrels.

They are starting with rye whiskey, said Dailey, "but we have dreams and recipes for an imperial stout beer whiskey and one distilled with coffee and chocolate." They also have a recipe for a gluten-free whiskey made with quinoa.

The location for the new distillery was something that happened to be the "right place at the right time," Rolfs said. "We like the idea of old warehouse areas."

It's a plus to have Bang Brewing, the Urban Growler and the Green Line just blocks away, along with Surly Brewing Co. less than 2 miles away and Lake Monster Brewing also close by, Dailey said. Being in the Creative Enterprise Zone is a plus, she said. "It's such an up-and-coming area."

Opening a distillery is a long process due to both Prohibition-era federal and state laws governing the permitting process and the time it takes to age the product. Nevertheless, spurred by the growing popularity of creative cocktails in the Twin Cities, Rolfs says the market for craft distilleries "is just getting started."



Shelly Dailey and Brad Rolfs at Studio Distilling on Wycliff Street in South St. Anthony. Photo by Kristal Leebrick

We are where we were with [craft] cocktails down the road. breweries in the mid-'80s."

You can follow Studio Distilling Rolfs and Dailey are focused on on Facebook or on the website, whiskey, but they say they may www.StudioDistilling.com. entertain creating gin or vodka for

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We have to move!

Unfortunately, after 20 years at our present location, Emil Gustafson Jewelers will have to find another home. Our landlords need to update, remodel, and then use the space we currently occupy. We would like to thank them for their support for these many years and wish them the best for the future.

But, this means we have to move. As we look for a new location it only makes sense that we begin to thin out our inventory in preparation for a move and try to generate more funds to cover the cost of the move. So, beginning in October we will start by having a minimum of 10% off on all (excluding estate pieces) in-store merchandise with larger discounts on many items. We will then have larger markdowns at we get closer to the holidays.

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Neighbors

Visit Cornercopia at the U of M
Cornercopia, the University of Minnesota's student organic farm, will host an open house and field day Thursday, Sept. 21, from 4:30 to 6:30 p.m., at the farm, located at the intersection of Lindig Street and Dudley Avenue on the St. Paul campus. Visitors can learn about the organic growing practices students are involved with and talk with researchers about organic and sustainable agriculture research. Learn more at <http://bit.ly/UMN2017fieldday>.

Wild Colonial Bhoys in concert
Irish American band the Wild Colonial Bhoys will perform at the Celtic Junction Arts Center, 836 N. Prior Ave., St. Paul, Friday, Oct. 6, at 8 p.m. Admission is \$18 at the door or \$14 in advance. Buy tickets at thecelticjunction.com or call 612-874-8892.

Tannahill Weavers to perform
Scotland's famous traditional band, the Tannahill Weavers, will perform at the Celtic Junction Arts Center, 836 N. Prior Ave., St. Paul, Friday, Oct. 13, at 8 p.m. From reflective ballads to foot-stomping reels and jigs, the Tannies' tight harmonies and powerful, inventive arrangements have won them fans from beyond the folk and Celtic music scenes.

Admission is \$20 at the door and \$16 in advance. Buy tickets at thecelticjunction.com or by calling 612-874-8892.

Screening of "13th" documentary and panel discussion at Centennial
Centennial United Methodist Church St. Anthony Park Campus,

2200 W. Hillside Ave., will host a screening of the Netflix documentary "13th" and a panel discussion Saturday, Oct. 14, at the church. The film will begin at 11 a.m., and the panel discussion with Dr. Nekima Levy-Pounds, Dr. Dennis Edwards and Al Flowers will begin at 1 p.m.

The film explores the history of racial inequality in the United States, focusing on the fact that the nation's prisons are disproportionately filled with African-Americans. The event is free and all are welcome.

Frank Theatre presents 'Revolt. She said. Revolt again.'

Frank Theatre will present "Revolt. She said. Revolt again." by Alice Birch Sept. 29-Oct. 22 at the Gremlin Theatre, 550 Vandalia St., next to Lake Monster Brewing.

Beginning with the directive, "This play should not be well-behaved," "Revolt" explores the ways in which language, attitude and behaviors have acted to define and confine women's roles, sexuality, bodies and the ways women function in the world.

The play will be performed Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. from Sept. 29 to Oct. 22. Post-show panel discussions will be held Oct. 1, 8 and 15. The show is recommended for ages 16 and older. Tickets are \$25 general admission and \$22 for students or seniors (62+ with a valid ID).

Contact info@franktheatre.org or call 612-724 3760 for more information.

Performing arts classes for kids at North Dale and Langford
Homeward Bound Theatre Co. will

offer two performing arts classes at St. Paul recreation centers in October.

"Magic and More" will be held Tuesdays, Oct. 3-17, from 6 to 7:30 p.m. at the Langford Rec Center, 30 Langford Park. Children ages 8 to 12 will learn how to do basic magic tricks.

"Dabbling in Songwriting" will be held Tuesdays, Oct. 10-24, from 3 to 4:30 p.m. at North Dale Rec Center, 1414 N. St. Albans St. Students ages 14 to 18 will learn how to take those melodies that play in their heads and put them down on paper. Participants don't need to be able to play the piano or guitar to become a songwriter. No previous experience is necessary. Bring a guitar if desired, but it's not mandatory.

For more information, call Langford at 651-298-5765, North Dale Recreation Center at 651-588-2329, register in person at any rec center or register online at stpaul.gov/activityregistration.

Adult day care opens at Jehovah
Unity Adult Day Care Center is open at Jehovah Lutheran Church, 1566 Thomas Ave., to care for adults with a documented disability or assessed need for daytime supervision.

The startup is licensed to care for up to 49 individuals. The center will occupy existing space in the church building's education wing.

Information is available by calling Unity Adult Day Care at 651-237-5055 or go to www.unityadultdaycare.com.

Wednesday church suppers
Jehovah Lutheran Church, 1566 Thomas Ave., has resumed its

Wednesday night fellowship meals from 5:30 to 6:30 p.m. Sept. 27; Oct. 4, 11, 18 and 25; and November 1, 8 and 15. Dinners are free and open to all. A free-will offering is welcome. Information is available by calling the church at 651-644-1421.

Refugees need clothing and more
Jehovah Lutheran Church is gathering clothing, cleaning supplies, personal grooming items, bedding, dishes and small appliances for Congolese refugees arriving in the Twin Cities. Items can be left at the church Donation Center, indoors to the left of the entry at 1566 Thomas Ave. or call the church at 651-644-1421 to set up a drop-off time. Monetary donations are also accepted. Checks can be made out to CEEDS and left at the church office or mailed to the church, 1566 Thomas, St. Paul, MN 55104.

Tuesdays with a Scholar
Join scholars from area colleges and elsewhere as they share their specialized knowledge and enthusiasm on Tuesdays at Roseville Library, 2180 N. Hamline Ave. Tuesdays with a Scholar is co-sponsored by the Osher Lifelong Learning Institute of the University of Minnesota.

Nick Hayes will present "Russia and the United States: History of a Relationship" Tuesday, Sept. 26, at 12:30 p.m. Hayes is a historian and public television commentator.

Robert Warde will present "Vietnam and the Representations of War" Tuesday, Oct. 24, at 12:30 p.m. Join Warde as he considers representations of war in general, and

of the Vietnam War in particular, both in terms of collective national narratives and accounts both fictional and autobiographical by individual combatants.

The programs are free, and there is no registration required.

Great Decisions is new Friday series at Roseville Library
The Roseville Library, the Osher Lifelong Learning Center of the University of Minnesota, Global Minnesota and the Foreign Policy Association have joined forces to present Great Decisions, a new series at the Roseville Library, 2180 N. Hamline Ave., at 12:30 p.m. Fridays Sept. 22 to Nov. 10.

Participants will study some of the most critical issues facing the United States each year and then join discussions led by expert speakers. Ten copies of the "2017 Briefing Book" for this series are available for checkout at the library. The program is free and preregistration is not required.

Here is a list of the discussion dates, topics and speakers:

Sept. 22: Trade and Politics, Ross Wilson

Sept. 29: Foreign Policy and Petroleum, Jeffery Anderson

Oct. 6: Nuclear Security, Margo Squire

Oct. 13: The Future of Europe, Mary Curtin

Oct. 20: Prospects for Afghanistan and Pakistan, Gary Provost

Oct. 27: Saudi Arabia in Transition, Ellen Kennedy

Nov. 3: Latin America's Political

Neighbors to 14

Meet your friendly neighborhood Parks and Recreation staff

The people who manage the St. Paul Parks and Recreation centers in the Bugle area would love to hear from you. They want to know what kind of programming you would like to see at the centers, and they'd like to see you get involved in the centers' booster programs.

Let us introduce you to the people who manage St. Paul's Langford, Northwest Como and North Dale Rec Centers:

Darcy Rivers is the community recreation director and oversees staffing and programming at all three parks. Rivers, who has worked with the city for 40 years, has a bachelor's degree in physical education and coaching from the University of Minnesota. Rivers says that working with the community, her co-workers and having the freedom to try new programs is what she loves best about her job.

Brian Tobritzhofer is the community recreation specialist at North Dale, 1414 N. St. Albans St. He's worked with the city for eight years, attended the University of St. Thomas, and likes working with

athletics and youth. He enjoys softball, podcasting and Fantasy Sports. You can contact Tobritzhofer at 651-558-2329.

John Haldeman is the community recreation specialist at Northwest Como, 1515 N. Hamline Ave. He's worked with the city for one year, has a bachelor's degree in recreation and tourism administration from Winona State University and says, "knowing the hard work we do is so our community can have fun," is what he likes most about his job. You can contact Haldeman at 651-298-5813.

Courtney Moriarty came to Langford Park, 30 Langford Park, a year ago as the community recreation specialist. She has a bachelor's degree in sport management from Minnesota State University Bemidji and a master's in sport management from Concordia University in St. Paul. Staff development is her expertise, and she plays competitive softball. You can contact Moriarty at 651-298-5765.

Here is the contact information for each center's booster club:

Langford: St. Anthony Park Booster Club meets the third Wednesday of the month at 7 p.m. at Langford. Contact Scott Hamilton, 651-329-8609 or scotth@langfordparkhockey.com.

Northwest Como: The Northwest

Como Booster Club contact is Dillon Larsen, 651-917-8399 or dillonlarsen@hotmail.com. You can find the club on Facebook at Northwest Como Booster Club.

North Dale: The North Dale Booster Club contact is Joe Byrnes,

bluzdogg49@msn.com. Find the club on Facebook at North Dale Community Center Booster Club.

Find out about programming at any St. Paul Parks and Rec center at www.stpaul.gov/departments/parks-recreation.



From left: John Haldeman, Courtney Moriarty, Darcy Rivers and Brian Tobritzhofer. Photo by Kristal Leebrick

Neighbors from 13

Pendulum, Bruce Campbell
Nov. 10: Conflict in the South China Sea, Tom Hanson

More at Roseville Library

Roseville Library, 2180 N. Hamline Ave., is offering a number of talks throughout the fall outside of the series mentioned above. All of the programs are free and registration is not required. Here's a list of upcoming talks:

The Great London Fire of 1666: Destruction and Rebirth—Wednesday, Sept. 27, at 12:30 p.m.

It was an unimaginable calamity in its time, laying waste to the commercial heart of Britain. But out of the ashes of the fire of 1666 rose the great St. Paul's Cathedral and the contours of the city of London as we know it today. Join historian J.B. Andersen for a look at the Towering Inferno of the 17th century.

A Guided Tour through Flyover Country with John S. Adams—Tuesdays, Oct. 3, 10 and 17, at 12:30 p.m.

Join Prof. John S. Adams for a short tour of the Twin Cities from a geographic perspective. You'll learn how land forms and natural conditions, local resources and social capital helped produce the Twin Cities as we know them today. You'll also find out why we have two cities in the metro area, what the historic and modern differences are between them and what the geography of tomorrow will look like.

Fake News: a History—Wednesday, Oct. 25 at 12:30 p.m.

What explains the recent rise of fake news and wily accusations of "fake news"? Is there an antidote or alternative to the post-truth politics inspired by fake news? Join University of Minnesota scholar Harshit Rath for a different look at the news media and how we got here.



Helping hands

St. Anthony Park Lutheran Church went to work during its fall Rally Day Sept. 10, as more than 80 Sunday school students and adults of all ages worked on service projects, a part of the "God's Work, Our Hands," service theme for the Evangelical Lutheran Church in America. The results: 117 watercolor notecards were created to be given to the elderly; 886 loads-worth of laundry detergent were bagged; and 600 turkey-and-cheese sandwiches were made and distributed through the Sandwich Project. Above, Lucie Turcotte (left) helps Kathleen Morrison (facing camera) and Harriet Zbacnik fill bags with laundry detergent. *Photo by Paula Carter*

"Do It Herself" workshops at Rose Hill Alliance Church

Women 18 and older are invited to "Do It Herself" at Rose Hill Alliance Church, 2105 W. Roselawn Ave., Roseville, on Saturday, Nov. 4, from 9 a.m. to noon. Workshops will include beaded bracelets, homemade elderberry syrup for colds and flu, laminated bookmarks, or cranberry sauce and gravies. Participants will be able to select two sessions to participate in. Cost for the entire morning is \$5.

To register, email Dwenda at

gjerd001@umn.edu and include your name, phone number and session preferences. Find out more at rosehillcma.org and click on Women's Ministry.

Roseville volunteer fair is Oct. 7

Do Good Roseville is hosting a volunteer fair with more than 35 organizations. The fair is presented in partnership with Roseville Area Schools on Saturday, Oct. 7, at Fairview Community Center, 1910 W. County Road B, 9 a.m. to 1 p.m.

New or gently used winter

clothing (coats, snowpants, boots, hats and mittens) will be collected for students of Roseville Area Schools.

Author Lorna Landvik will speak at Roseville Library

Author Lorna Landvik will talk about her new book, "Once in a Blue Moon Lodge," at the Roseville Library, 2180 Hamline Ave. N., Monday, Oct. 2, at 6:30 p.m. Landvik will sign copies of her book, which will be available for sale at the program. This event is free.

Local man part of Prohibition-era musical that opens in October

Como Park resident Jay Carlson is the stage manager for a new musical called "Sam's Son," written by St. Paul artists Jeremiah and Vanessa Gamble. It's a Prohibition-era musical loosely inspired by the biblical story of Samson. "Sam's Son" will be presented at Art House North, 793 Armstrong Ave. in the West Seventh neighborhood of St. Paul.

Shows are Thursdays-Saturdays, Oct. 6-28, at 7:30 p.m. Tickets are \$22-27. A special pay-what-you-can performance will be held Monday, Oct. 16, at 7:30 p.m. For more information, call 800-838-3006 or go to bucketbrigadetheater.com.

All-you-can-eat waffles Oct. 8

The North Suburban Evening Lions Club will hold its annual All-the-Waffles-You-Can-Eat Breakfast Sunday, Oct. 8, 8 a.m.-12:30 p.m. at the Roseville Skating Center, 2661 Civic Center Drive. Sausage, coffee, milk and orange juice are included. There will also be a cake walk and raffle. The event is free for ages 5 and under and \$8 for ages 6 and over. Proceeds go to community projects. Also, old eyeglasses and hearing aids will be collected at the event.

Meet the Mayoral Candidates!



The Saint Anthony Park Community Foundation as part of its annual public meeting is hosting a mayoral candidate forum

Thursday, November 2, 7-8:30pm
Murray Middle School 2200 Buford Ave

Each candidate will have a chance to answer pre-selected questions and explain why they should be your choice for the next mayor of St. Paul

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St. Anthony Park Lutheran notes 500th anniversary of the Reformation

It's been 500 years since Martin Luther wrote the "95 Theses" in Germany. The winds of change were already blowing in the culture, politics and religion of Europe in 1517. Luther's action led to huge debates and many changes in the Catholic Church and the birth of the Protestant tradition.

Sunday-morning adult forums at St. Anthony Park Lutheran, 2323 Como Ave., will consider Reformation topics in October. Classes will meet in the parish hall (inside the door on Luther Place

across from the parking lot) 10-10:45 a.m. each Sunday.

Those present the first three Sundays will consider the chief Luther document used by the church for the last 500 years, "The Small Catechism." Copies are available free at the church office beforehand or at the forum each Sunday.

A new study guide called "By Heart" will guide the discussion of Luther's teachings. Copies of that booklet are available for \$15 in the church office weekdays or any Sunday morning. All are welcome to

the forums, whether or not they've purchased the study guide.

On Oct. 22, Dr. Kristin Anderson, co-chair of the art department at Augsburg University, will show slides on "Seeing the Reformation: Luther, Cranach, and the Reformation."

On Oct. 29, Reformation Sunday, there will be two festival services with Compass Brass. Services will be at 8:30 and 11 a.m..

Questions? You can email Jill@saplc.org.

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OCTOBER EVENTS

VENUE information is listed at the end of the calendar. Send your events to calendar@parkbugle.org by Wednesday, Oct. 18, to be included in the November issue.

2 MONDAY

Middle School Book Club: Students in grades 6-8 come discuss "It Ain't So Awful, Falafel" by Firoozeh Dumas, St. Anthony Park Library, 6:30 p.m. Copies of the book may be picked up ahead of time at the library front desk.

3 TUESDAY

Baby/toddler storytime, every Tuesday, St. Anthony Park Library, 9:30 a.m. and 10:30 a.m.

SAP Garden Club will host "Earthworm Invasion," by Lee E. Frelich, director of the U of M Center for Forest Ecology, St. Matthew's Episcopal Church, 7:30-8:30 p.m. Refreshments/social time, 7 p.m. All are welcome.

4 WEDNESDAY

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

St. Anthony Park Book Club, St. Anthony Park Library, 6:30-8 p.m.

5 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.

Preschool storytime in Mandarin Chinese, St. Anthony Park Library, 10:30 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.

6 FRIDAY

Preschool storytime, every Friday, St. Anthony Park Library, 10:30 a.m.

Walking in the Langford Park gym from 1-2 p.m. every Friday. Free and open to adults.

St. Anthony Park Elementary School Fall Festival, 2180 Knapp St., 5-8

p.m. Community is welcome.

Community bonfire, Langford Park Recreation Center, 8-9 p.m.

9 MONDAY

St. Anthony Park Library closed for staff training.

10 TUESDAY

League of Women Voters will have a table set up at the St. Anthony Park Library, 6 p.m.

12 THURSDAY

SAPAS cinema series, "The Zookeeper's Wife," St. Anthony Park Library, 2 p.m. All welcome. Free.

13 FRIDAY

SAPAS Game Day, Centennial United Methodist Church St. Anthony

Park Campus, 10 a.m.-noon. No charge or registration required.

Tablet/smartphone drop-in clinic, St. Anthony Park Library, noon.

Community bonfire, N.W. Como Recreation Center, 6:30-8 p.m.

14 SATURDAY

Screening of Netflix documentary "13th," Centennial United Methodist Church, 11:30 a.m.-3 p.m. A panel discussion with Dr. Nekima Levy-Pounds, Dr. Dennis Edwards and Al Flowers will begin at 1 p.m. Free and all are welcome.

16 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 Community Council.

19 THURSDAY

Preschool storytime in Mandarin Chinese, Fireroom at Commonwealth Terrace Community Center, 1250 Fifield Ave., Falcon Heights, 10:30 a.m.

Community Art Project: Mosaic, St. Anthony Park Library, 4-7 p.m.

20 FRIDAY

SAPAS Game Day, Centennial United Methodist Church SAP Campus, 10 a.m.-noon. No charge or registration required.

Tablet/smartphone drop-in clinic, St. Anthony Park Library, noon.

Smartphone/Tablet Drop-In Clinic, St. Anthony Park Library, noon-2 p.m.

Community Art Project: Mosaic, St. Anthony Park Library, noon-2 p.m.

21 SATURDAY

Community Art Project: Mosaic, St. Anthony Park Library, 1-4 p.m.

22 SUNDAY

Sunday Afternoon Book Club, "The Nightingale" by Kristin Hannah, Micawber's, 1:30-3 p.m. All are welcome.

23 MONDAY

Community Art Project: Mosaic, St. Anthony Park Library, 4-7 p.m.

26 THURSDAY

Community Art Project: Mosaic, St. Anthony Park Library, 4-7 p.m.

27 FRIDAY

Co-ed Drum Circle, Women's Drum Center, 6:30 p.m. \$10 at the door. All levels of experience are welcomed and encouraged. Drums provided. Find out more at www.womensdrumcenter.org.

28 SATURDAY

Trunk-or-Treat, Centennial United Methodist Church SAP campus, 5 p.m. Treats, food and family fun: food trucks and a bounce house. For more information or to sign up, go to centennialumc.org.

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.

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

St. Anthony Park Area Seniors (SAPAS)

Wednesdays, Centennial United Methodist Church, 11:30 a.m.-noon.

Friday, Oct. 6, St. Anthony Park Library, 2-2:30 p.m.

Tuesday, Oct. 10, Seal Hi-Rise, 3-3:30 p.m.

VENUE INFORMATION

Arbor Pointe Senior Apartments, 635 W. Maryland Ave.

Centennial United Methodist Church SAP campus, 2200 Hillside Ave., 651-603-8946

Falcon Heights City Hall, 2077 W. Larpenteur Ave.

Falcon Heights Town Square Senior Apartments, 1530 Larpenteur Ave.

Langford Rec Center, 30 Langford Park, 651-298-5765

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

Micawber's, Carter & Como, lower level Milton Square, 651-646-5506

Northwest Como Rec Center, 1515 Hamline Ave., 651-298-5813

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

St. Matthew's Episcopal Church, 2136 Carter Ave., 651-645-3058

Women's Drum Center, 2242 W. University Ave., womensdrumcenter.org



It's Time to Think about Fall Raking!

We offer fall raking for seniors registered with our program.

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Meet the Artist!

October 12th Diana Eicher - Shoe Love

October 19th Laura Stamper - handmade jewelry

4-8 p.m., sips and nibbles will be served. For more information see our website Events page.

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To add your business to this listing, contact
 Bradley Wolfe at 952-393-6814 or bradley.wolfe@parkbugle.org.



CPHS Cougar Sports

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

As fall colors rise, so does school spirit at Como High

The high school fall sports season has already reached its halfway point in some sports. With tryouts and two-a-day practices that began Aug. 14 and section play-offs commencing during the second week of October for tennis and soccer, Como's student athletes are absorbed by the whirlwind of activity and competition that accompanies the start of the academic year.

As leaves change their colors and temperatures fall, school spirit rises. For most individuals and teams, the hard work started before August. The Minnesota State High School League (MSHSL) grants players the ability to voluntarily train with their teammates and coaches during June and July, excluding the Fourth of July week.

Given those summer months to develop fitness and technique, with team formation, tactics and bonding emerging before the State Fair, the end of September finds teams hitting their stride with the most meaningful games and events still looming on their schedule.

Here's a midseason update about each of Como's fall sports teams, news about athletic facilities and a glimpse of what has the Cougars excited as they navigate the next phase of their busy, fall sports season.

Football—The new artificial turf field inside the track at Como that had the community energized last spring is still being installed. According to the project managers, construction delays, damp conditions and street repairs have pushed back the field's originally Aug. 18 completion date to Oct. 11.

This has forced the Cougars' football team to use both the Murray Middle School field in St. Anthony Park and park space in front of

Wellstone Elementary off Rice Street for practice while continuing to play "home" games at other schools.

Despite the disappointment and inconvenience, a strong senior class led by Donnie Ventrelli, Robert Adams, Will Wooten, Lumin Johnson, Tim Simmons, JayViar Johnson and Patrick Corneia had the Cougars with an undefeated record as the Bugle went to press. Their leadership and focus on every team member improving every day is evidence of maturity in a frustrating facilities situation.

The season-opening shellacking of Harding, a 50-13 victory after racing to a 37-0 halftime lead, served notice that Como would be a tough team to beat in the Twin Cities Red Sub-District. Following that game, Adams and Lumin Johnson were featured on WFNU 94.1 FM's "High School Sports Talk."

In their interview, they discussed how much the team was looking forward to a match-up against Minneapolis North, the defending State Class A Champions, on Oct. 13 in the season finale. "It'll be good to challenge ourselves against the best and see where we stand after working all year," Johnson said.

Boys' soccer—After a summer that included community service, voluntary training and fundraising to supplement a coaching staff for a program of 80 players on four competitive teams (Varsity, JV, B-team and C-team), the Cougars kicked off their official season on the pitch competing against challenging nonconference opponents.

For the varsity team, that included Austin, a perennial state power from southern Minnesota. The biennial trip downstate originated in 2007, when the

Kingsriter family opened their farmhouse near Lanesboro to the team for a campout when their sons, Andrew and Nate, were captains for the Cougars.

The tradition has continued to bless teams with an opportunity to bond in a rural setting away from distractions, developing chemistry through outdoor activities. This year's team introduced Sepak Takraw to the farmhouse, a game similar to volleyball, with the twist of no hands being allowed to pass the woven ball over the net. The standard campfire with s'mores was also enjoyed.

Como Soccer will continue to be challenged in the rigorous St. Paul City Conference. The intensity and grind of the conference schedule have always been healthy preparation for the section playoffs, where the Cougars have thrived in the last five years.

Cross country—With a strong group of experienced runners on the boys' team led by senior captains Eli Pattison, Jared Czech, Earl Eldridge and Dominic Wolters, the Cougars are optimistic about their running season. Numbers in the program are healthy overall, as 20 boys train and participate in the same meets as the 10 girls. Leading the girls are two senior veterans, Ana Caballero and Florence Uwajeneza, who have consistently been top performers for Como. They anchor a team that has several freshmen and a lot of potential.

The Cougars are looking forward to high finishes in the conference meets and setting personal records with consistent training. That training involves Saturday-morning sessions during the season. The early-morning runs are followed by breakfasts hosted by



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Como Park football players practice at the Murray Middle School field on Brompton Avenue in St. Anthony Park in August. With middle-school soccer now in session, the Cougars are using park space in front of Wellstone Elementary just east of Rice Street as they wait for the installation of the new turf field at Como.

Como parents. Bonding over food is always a priority for Cougar Cross Country teams.

Girls' soccer—Several key players returned to the varsity team that went 9-6-2 in 2016, but the Cougars will still feature a young side that includes three sophomores and two freshmen in the starting lineup. The underclassmen will be guided by the experienced leadership of senior captains Emily Forstrom and Tu Lor Eh Paw and junior captain Gigi Gabrielli.

The soccer girls had already posted a record of 3 wins and 1 loss as the Bugle went to press. They've also had several fun events to bring all the girls in the program closer together, including a "selfie scavenger hunt" throughout Como Regional Park. The team also toured the U of M over the summer, met with academic advisers and trained with the Gophers' women's soccer team. As for the rest of the 2017 season, the Cougars are looking forward to the competition of the city conference where they will encounter friendly rivals throughout St. Paul.

Volleyball—Forty girls in Como's volleyball program are playing on three teams: Varsity, JV and C-team. The weeks of practice before school

also included labor at the Minnesota State Fair for fundraising purposes. The team received rave reviews from fair staff about their work ethic and attitude. Coach Jill Bachmann is confident those traits will carry over to the court and help the young team develop.

Volleyball captains for this season include seniors Grace Commers and Marie Heeh. The addition of an Italian foreign exchange student, junior Solé Maria Chiamonti has bolstered the depth of the varsity roster.

Girls' swimming—The swimmers at Como are part of a cooperative program with Johnson High School. The girls train together at Como and have created friendships beyond their school walls. Cooperative programs are common in St. Paul. The Highland/St. Paul Academy program has been united since the early 1990s. Humboldt and Washington are two other St. Paul City Conference teams that have merged. Como senior Adrianna Tarver is the captain for the Como/Johnson team.

Girls' tennis—Numbers are higher this year with 16 girls in the program. The Cougars' roster was fortified when a group of friends who had never played organized tennis before decided they would give it a try. The

choice has brought increased enthusiasm and energy to everyone and the players are supporting each other in all of their matches. A newly formed doubles team playing an exhibition match is receiving the same encouragement and morale boost from teammates as a top singles player in the varsity match does.

The team captains are seniors Shyann Salverda and Granda Sayavong. They alternate playing the top singles spots along with junior Victoria Hartwich-Cedillo. The team is looking forward to improving throughout the season and to further developing friendships through team dinners and events.

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



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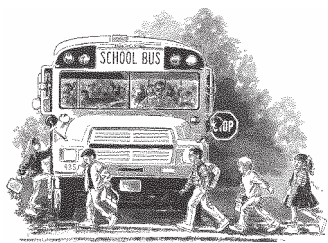
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School News

We welcome news about local schools and students in our coverage area. Send your news to editor@parkbugle.org. The next deadline is Wednesday, Oct. 18.

Chelsea Heights Elementary

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

Easy, no-work fundraisers

Chelsea Heights has a number of “no-work” fundraisers at the end of September and in October. Just head to the participating establishments, tell them you are participating in the Chelsea Heights fundraiser, and a portion of the money you spend will be donated to the school. Here is a list of upcoming fundraisers:

Thursday, Sept. 21, Davanni’s, 1905 Perimeter Road, Roseville, all day

Sunday, Sept. 24, Brews for Bucks at Urban Growler, 2325 Endicott St., St. Paul, noon-3 p.m.

Thursday, Oct. 19, Davanni’s, all day

Sunday, Oct. 29, Brews for Bucks at Urban Growler, 2325 Endicott St., St. Paul, noon-3 p.m.

Bonfire at N.W. Como Rec Center

Northwest Como Recreation Center, 1550 N. Hamline Ave., will host a welcome-back bonfire Friday, Oct. 13, 6:30-8:30 p.m.

Como Park Senior High

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

Students did well on AP exams

The national Advanced Placement (AP) exam results administered by the College Board were released over the summer and Como students earned potentially hundreds of college credits.

AP scores are categorized on a 5-point scale for each test taken in a specific subject, with colleges and universities generally awarding credit for scores of 3, 4 or 5.

In total, 333 AP exams taken by Como students earned scores of 3 or higher. A number of students were awarded for their efforts.

AP Scholar status is granted to students who receive scores of 3 or higher on three or more AP exams. Como AP Scholars include Aiyana Aeikens, Kajsa Andersson, Mark Brenner, Jared Czech, Adina Degaetano, Arturo di Girolamo, Henrie Friesen, Isaac Harker, Mahad Hussein, Jacob Kingson, Georgie Kinsman, Andrei Konieczny, Lizzy Larson, Jackson Lee, Song Lee, Alice Lightfoot, Max Narvaez, Asia Nor, Celia Olson, Duane Pawlitschek, Trenton Phillippi, Bridget Proper, Serena Raths, Rachel Ruskin, Mario Sanchez-Lopez, Phillip Snoxell, Isak

Stillwelljardin, Jack Swartz, Jade Walmann, Marie Wulff and Keleenah Yang.

The AP Scholar with Honor award is granted to students who earn an average score of 3.25 on all AP exams taken, and scores of 3 or higher on four or more of these exams. Como AP Scholars with Honor include Theo Axtell-Adams, Eli Freberg, Eva Hanson, Hannah Lender, Anthony Phelps, Thomas Quinn, Ben Schafer, Antero Sivula, Emma Wallisch, Christian Berger, Stephen Boler, Dylan Brady, Lucas Carmichael-Tanaka, Noah Frese, Eleanor Harker, Mira Kammuller, Jackson Kerr, Joe McCune-Zierath, Jackson Muehlbauer, Vincent Portuese, Gabe Reynolds, Shyann Salverda, Josie Schermerhorn, Claire Spoonheim, Minna Stillwelljardin, Divine Uchegbu and Elianna Wiersma.

National AP Scholar is a distinction granted to students in the U.S. who earn an average score of at least 4 on all AP exams taken and scores of 4 or higher on eight or more of these exams. Como’s National AP Scholars include Arlo Beckman, Elias Pattison, Hannah Rhee, Nate Stover and Dominic Wolters.

Grace Commers has earned the AP International Diploma, which is awarded to students who have scored 3 or higher on five or more AP exams in content areas incorporating world languages, world cultures, global perspectives, math and science, and are applying to schools outside of the U.S.

French students travel abroad

Como French students traveled to Belgium and France with Mademoiselle Patricia Teefy for two weeks of international discovery and cross-cultural exchange during the summer break. The trip was made possible in part by students receiving Xperitas Global Scholarships.

Some of the highlights included learning about the European Parliament in Brussels, taking a high-speed train to Paris, exploring museums such as the Louvre and Musée d’Orsay, as well as

monuments and historical landmarks. Eating Belgian waffles in Belgium was also a highlight.

Students stayed with families in the Atlantic coastal city of Nantes. There, they used their French and gained more confidence in the language as they shared daily life with their hosts.

The French students were Raiyne Adams, Dina Thoresen, Chloe Hollister-Lapointe, Willow Hollister-Lapointe, Serena Raths, Stephanie Nguyen, Jade Waldmann, LayLay Zan, Yocelin Martinez and Mario Sanchez-Lopez.

Murray Middle School

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

Tutors are needed at Murray

Murray Middle School offers a comprehensive tutoring and study skills support program called the Murray Pilot One-on-One Tutoring Program. This 11-year-old program is offered during the school day as an elective class Monday through Friday during the last three class periods of the day, from 11:08 a.m.-12:08 p.m., 12:12-1:04 p.m. and 1:08-2 p.m.

Seventh- and eighth-graders involved in the program are primarily at-risk students who benefit from obtaining daily support from a tutor and mentor.

Tutors work with students on developing study skills and work on core subjects, including English, science, math and social studies. The goal is to have 75 tutors each week who are either members of the community or are students from the local colleges and universities.

People enjoy working at Murray because it is an urban middle school with a diverse population, and they have an opportunity to work with the same student each day. This lends itself to developing positive relationships with the Murray students. The program coordinator, Cindy Thrasher, is in the classroom during the entire time so that both the Murray student and tutor have

support in place at the school.

Tutor volunteers are asked to participate in a 90-minute training and orientation session. A training session can be scheduled most days at 8 a.m. or 2:30 p.m. upon request.

Contact Cindy Thrasher to sign up for a training session or to learn more about the program, 651-293-8740 or cindy.thrasher@spps.org.

St. Anthony Park Elementary

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

Fall Festival is Oct. 6

The annual St. Anthony Park Elementary School Fall Festival will be held Friday, Oct. 6. Read about the festival in the article below.

MEA is Oct. 19-20

The Minnesota Educator Academy (MEA) conference will be held Thursday and Friday, Oct. 19-20, and that means there will be no school on those dates.

Thank you for the warm welcome

We have had a successful startup and all are adjusting to our temporary building. My door is always open, and I look forward to working with families and all members of the community to help St. Anthony Park Elementary continue to thrive.

Construction at the school has been on schedule and we thank the community for their patience with all the inconveniences.—Karen Duke, principal, St. Anthony Park Elementary School

Reading Corps tutor needed

St. Anthony Park Elementary School is hiring a full-time Reading Corps tutor to work with students in grades K-3. This is an AmeriCorps position where tutors receive modest compensation and are eligible for healthcare benefits and childcare subsidies.

Questions? Contact Becky Kallhoff, 651-744-2458 or Rebecca.Kallhoff@spps.org.

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St. Anthony Park school’s Fall Festival will have bounce house, DJ and more

Construction at St. Anthony Park Elementary School has pushed some changes to the annual Fall Festival and Silent Auction, which is organized by the school’s parent-teacher organization, St. Anthony Park School Association (SAPSA).

SAPSA and Langford Rec Center are collaborating to host the festival, which will be held at the school, 2180 Knapp St., Friday, Oct. 6, from 5 to 8 p.m. Langford will host a community bonfire at the rec center from 8 to 9 p.m., following

the festival.

The festival—SAPSA’s largest fundraiser of the year—is being held two weeks earlier than in past years. This year’s event will again host a Pumpkin Run and will also offer a DJ, climbing wall, bounce house, crafts, a bake sale and food trucks. S’mores will be available to purchase during the bonfire.

One big change this year is that the silent auction will now be available both online and in-person during the festival. Participants will

be able to preview and bid on items days in advance. The website, www.32auctions.com/SAPSASilentAuction2017, will go live on Oct. X.

Auction items include gift certificates to area businesses and restaurants and tickets to the Guthrie Theater, Minnesota Orchestra and the Minnesota Vikings. If you would like to donate an item to the Silent Auction, please contact Julie Salter at jsaltertrainer@gmail.com.

The festival is open to the community.

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: Oct. 20.**



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SIGN UP NOW FOR THE ST. ANTHONY PARK neighborhood garage sale Saturday, Sept. 30, 9-5. Fill out a registration form at www.sapcc.org/wp-content/uploads/2017/08/Garage-Sale-Flyer-2017.pdf, then send it with \$15 to St. Anthony Park Community Council, 2395 W. University Ave., Suite 300E, St. Paul, MN 55114, by Tuesday, Sept. 26. Questions? Call Rich Nelson, 651-641-1172.



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RAMSEY COUNTY

Lighting up the classroom

St. Anthony Park Elementary School remodel is bringing natural light into every classroom.

By Kristal Leebrick

These second-grade teachers at St. Anthony Park Elementary School are smiling because: windows.

Second grade has moved into new classrooms at the southeast corner of the building, which is undergoing a \$12.4 million remodel that began last spring. Many classrooms in the building, which was first built in 1953 with an addition built in 1974, were placed in the center of the building and had no windows. The remodel, which is scheduled to be completed by August 2018, will include a new cafeteria and main entry, more restrooms, more natural light and an expanded second floor with increased

classroom space.

"We are now crowded into about two-thirds of our space, while the construction proceeds around the heart of the building," said principal Karen Duke. The heart she's referring to is a new two-story library.

"We are making do with much less space and some improvised spaces. We have temporary classrooms built in the gym for a couple of months. Late in the fall, four more new classrooms will open up in the space formerly occupied by first grade. In the spring we will see another group of classrooms and, we hope, our library."

Over the summer, Duke said the school's cafeteria was packed with the contents of 16 classrooms plus

the library and its books.

"You couldn't take a step into the room, and it was piled up to about 15 feet," she said. "After movers moved everything to its place, teachers worked tirelessly to move back in, set up, and make the classrooms look comfortable and welcoming for our students."

After school lets out next June, the remodel of the school office area, the building of an addition on the multi-purpose room (which will also have windows) and remodel of the classrooms on the west and south side of the building will begin.

The construction project comes at the same time Como Avenue is under construction.

"It will be a little crazy for the



A bright view of St. Anthony Park Elementary School second-grade teacher Jeff Budin's new classroom: from left, student teachers Aspen Lair and Laura Jankowski and grade 2 teachers Ruth Krider, Mao Lee and Budin. Photo by Kristal Leebrick

next two months with Como closed," Duke said.

"I'd like to thank everyone for their patience and flexibility with the inconveniences, especially

related to parking and traffic around the school. After seeing the results of the work this summer, I know the finished building is going to be beautiful."

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