Sowing seeds in all the hard places

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

By Ned Leebick-Stryker

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

“Our mission is to build pollinator habitats in [these] spaces by planting wildflower gardens and bringing vibrant natural beauty back to our urban communities,” said Ean Koerner, a member of the Wildflower Project team. Koerner and Wildenauer met in college, where the origins of the Wildflower Project can be traced. Wildenauer “saw an opportunity to plant flowers in [forgotten areas] to beautify the neighborhood,” said Koerner. Both Minnesota and University of Minnesota graduates, Koerner and Wildenauer have an affinity for their home state that drives them to improve the area.

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

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

The organization has partnered with the St. Anthony Park Community Council and planted gardens outside of local establishments, including Sunrise Banks on University Avenue and Urban Growler Brewing Co. on Endicott Street in south St. Anthony Park. They are looking to transform a weedy hillside on the north side of St. Anthony Park / Falcon Heights / Lauderdale / Como Park.

Softening the roar

Police make headway in curbing area street racing

By Bill Lindsey

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

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

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

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

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

“In the great scheme of things it’s nothing new in St. Paul,” Stark said. “Some of it got moved with the Green Line construction. A lot of folks that would hang out along University Avenue got displaced, and police made headway in curbing area street racing. As a result of the Green Line construction, the racers moved to other areas.”

The big 7-0

Como Avenue was overflowing July 4 as the 70th annual Fourth of July parade made its way down the street to festivities at Langford Park. Read and see more on pages 8 and 9.
Great location within walking distance of Alden Square, Langford Park, U. of M St Paul campus, and St Anthony nice open floor plan with eat in kitchen. nmeeden@cbburnet.com Mobile: 612-790-5053 Nancy Meeden 651-222-8701

**COMO PARK**

The Como 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, Hennepin Ave. 8:30 a.m. Como Lakeside Pavilion, 1360 Lexington Parkway. Bonus: Free yoga class at noon, courtesy of Studio M Fitness, outside the pavilion.

Friday, July 28: Northwest Como Movie Night and Campout, 1310 Hamline Ave., 6 p.m. until Saturday morning, featuring “Finding Dory.”

Saturday, July 29: Community Appreciation Picnic, TopLine Federal Credit Union, 976 Lexington Parkway, 11 a.m., including Como Parks’ “loveliest marathon” at 1 p.m.

For complete details, see www.ComoFest.org.

**ComoFest isn’t over yet** ComoFest still has plenty of affordable opportunities to represent a business or group before we turn the page on July. Here’s a snapshot of what’s left:

Friday July 21: Voglombrato’s Mid-Summer Festival, 1415 Almond Ave., 2-8 p.m., and North Dale Movie Night, 1414 St. Albans St., 9 p.m., featuring “Sing.”

Saturday, July 22: ComoFest 5k Walk/Run for Everyone (benefiting the Como Falcon Heights Block Nurse Program), 8:30 a.m.

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

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

**Como survey results** Como residents want more coffee shops and sit-down restaurants in the neighborhood and wouldn’t mind a corner grocer and a taproom. Some are saying that one of the main concerns of a survey District 10 conducted about residents’ views on neighborhood businesses.

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

You can read study highlights and view the full survey results at PurplePeopleD10.com.

**District 10 has a board vacancy** The Como Community Council is seeking candidates to fill one at-large board vacancy.

The seat is open to anyone who lives or represents a business or institution in District 10, which is the portion of St. Paul bounded roughly by Snelling Avenue on the west, Larpenteur Avenue on the north, Dale Street on the east and the railroad tracks between Pierce Butler Route and Energy Park Drive/Front Avenue on the south.

The elected candidate will serve through April 2019. Candidates must be 18 years of age or older. To submit your name or to find out more, contact the District 10 office at 651-644-3889 or district10@district10comopark.org. Nominations must be received by Tuesday, Aug. 8.

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

**Upcoming District 10 meetings**

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

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

**Lauderdale**

The Lauderdale City Council meets on the second and fourth Tuesday of each month at 7:30 p.m. in Lauderdale City Hall, 1891 Walnut St. Contact information: 651-792-7050 or wcc.lauderdale.mn.us.

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

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

Here are the event highlights:

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

**Falcons Heights**

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

Mark July 20 on your calendar Falcons Heights’ annual ice cream social will be held Thursday, July 20, 6-8 p.m., at Falcon Heights Community Park, 2030 Roselawn Ave. The night will include ice cream treats, musical entertainment, kid games, and more. Admission is free, but 25-cent tickets will be sold for games and food items. Proceeds will benefit the city’s Parks and Recreation Dept.

The Equity Community Committee meets at 6:30 p.m. on the first Friday of the month, 8-9:30 a.m., at the District 10 office.

**Parks and Recreation Commission has opening**

The city of Falcon Heights is seeking applicants for one opening on the planning commission. Falcon Heights residents, local business owners and business designees who have been appointed by the mayor and approved by the City Council will serve three-year terms and are eligible for two terms. Those interested are encouraged to apply online at falconheights.org or by submitting an application at Falcon Heights City Hall.

**St. Anthony Park**

The District 12 Community Council meets on the second Thursday of each month at 7 p.m. at Jennings Community Learning Center, 2455 University Ave. The council offices are located at 2395 University Ave., Suite 500 E. Contact information: 651-649-5992 or sapcc.org.

Take the SAPCC survey

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

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

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

Along with the survey, there will be additional engagement opportunities to provide feedback as the plans develop through the fall and into the spring. Thoughts or questions? Email info@sapcc.org.

**Upcoming District 12 meetings**

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

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

The Transportation Committee meets the first Monday of the month, 6:30-8 p.m., at the District 12 office, 2395 W. University Ave., Suite 500 E.

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

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

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Pilgrimage to Scotland honors man’s wife and daughter

By G ayla M arty

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

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

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

Inspiration and solace

The little isle was the site of a monastic community founded in 563 by St. Columba. Eleanor (Elli) studied the Gaelic language on the Isle of Iona. She was the daughter of a florist and was born in 1929. Elli’s mother is a Scot, and his grandson, Colum, was born in 1980. Colum’s mother is a Scot, and his name is a form of Columba. Elli later studied the Gaelic language on the nearby Isle of Skye, and she and Dave traveled to Iona for a day in 1998. Elli found inspiration and solace on Iona that never left her, from the restored abbey—now the heart of the thriving ecumenical Iona Community—to the ruins of a nunnery active from about 1200 to the late 1500s. She shared her experience with many, including her pastor, the Rev. Doug Donley at University Baptist Church (UBC) in Minneapolis’ Dinkytown neighborhood, who went on to attend a retreat at Iona in 2011. At the Bienhoffs’ request, the pastor carried a portion of their daughter Jan’s ashes to Iona. After Elli died in 2015, daughter-in-law Alison and son Paul carried some of her ashes to Iona as well.

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

A ‘thin place’

Iona is part of the Hebrides’ distinct geology, some of Earth’s oldest rock at the surface. Precambrian gneiss untouched by glaciers that transformed the landscape just across the narrow strait. No wonder travelers of old recognized Iona’s special character and considered it a ‘thin place,’ where only a veil seems to separate the physical and spiritual worlds.

Dave’s group stayed overnight at the St. Columba Hotel, where they enjoyed local food and spectacular views adjacent to the beautiful old cemetery. Oran’s Graveyard is the reputed resting place of such luminaries as Duncan and Macbeth. It is impossible, however, to verify the bones or even stones of the nearly 50 kings, because they have been moved and rearranged so many times over the centuries.

A high point of Dave’s journey was attending Sunday worship at the Iona abbey on May 7. The Rev. Ian Bradley of St. Mary’s College, University of St. Andrews, Scotland, preached, and Jen Morell, ordained in the Anglican church, presided over communion, which would have pleased Elli enormously. Afterwards, in the cloister garden, the worshippers enjoyed tea and conversation with fellow travelers.

Raymond Avenue underpass boosts safety for bicyclists

By Bill Lindeke

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

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

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

The resulting design is finally in place. The new sidewalk connection is part of the third and final phase of the Raymond Avenue reconstruction, which began in 2013.

For bicyclists, the design is something new for St. Paul. Unlike most bike lanes, which are separated from the sidewalk by a curb, the Raymond underpass link includes a ramp that brings bicyclists up into the sidewalk underneath the bridge. The design ensures that cyclists are protected from the drivers who might not see people riding bicyclists in the low-light conditions under the bridge.

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

Bill Lindeke is an urban geographer and writer living in St. Paul.
It’s worth reminding our readers that the Park Bugle is a nonprofit newspaper published by Park Press Inc., a board of volunteers from the communities we serve. Board members generally commit to three-year terms and serve on various committees that oversee the operations of the paper. Three long-time members are stepping down. Each of them served two three-year terms on the board. Grant Abbott, John Landree and Glen Skovholt were celebrated at the board’s annual meeting in July and honored with official Bugle newspaper hats.

Skovholt has just finished two terms with the Bugle but actually has served a total of 18 years over the last 40 years. His dad, Joseph Skovholt, was one of the founding members of Park Press. The Bugle began publishing in 1974 and became a nonprofit newspaper a year later, when Andrew Bauc, Gerald McKay and Joseph Skovholt signed the articles of incorporation that brought Park Press Inc. into being. We will miss Glen’s institutional knowledge. Speaking of institutional knowledge, Park Press welcomes back Steve Plagens, a longtime resident of St. Anthony Park who served on the Bugle’s board in the past. Plagens has extensive experience in advertising and sales (and his daughter, Genevieve Plagens, served as an advertising representative for the Bugle for several years). We also welcome new board members Joey McGarvey and Beth Maddock Magistad. Magistad is originally from Northern California. She moved to St. Anthony Park from New City, where she was an editor at Random House for eight years. She is now an editor at Milkweed Publishing in Minneapolis. She says she found the Bugle to be a valuable resource as a newcomer to the community.

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

Each month, Sunrise Banks at 2300 Como Ave. designates an area nonprofit to benefit from its coffee sales. Thanks to Sunrise for the support and we hope you’ll help us with a cup of Joe.

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

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

In our September 19 issue, we ran a story on Sunrise Bank: ‘It’s a way we can give back to the community and support local businesses at the same time,’ Bank President and CEO Randy Wolsky said.

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

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A word on accents

By Adam Ganger

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

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

I’m delighted that, against all odds, we still have accents in our electronic blather-saturated world. Inaccurate and nigh impossible to shrug off. Let’s look at a couple.

“Call me Carson Fawkes, folks. You like my stories, and they like my accent, and I’m not going to change it because we’re the South, and the South has its own rules.”

So receive my greeting, stupidity and ignorance covered by the Southern accent. How to communicate sophistication and intelligence? Why, the beloved British accent, of course. It speaks to us on our phones, in our elevators, on cars’ GPS and pretty much everywhere else we need to be communicated with and, man, does it sound smart? We’ve become thoroughly hooked on it, and we trust it. Be honest, now: Would you let a GPS with a Southern drawl guide you to Ikea? And our Anglophilia doesn’t stop there. Remember when there was a contest to name the new horse race track in Canterbury Downs, of course. We just couldn’t resist.

From the myriad accents in England, popular culture has, for its convenience and ours, distilled three easily recognizable ones: The aforementioned elevated patio’s what I’ll call the London accent. Then, there is what might be termed the High British accent, which conveys snootiness or regency, or both, and is usually spoken by someone who has no time for the likes of you or me. And finally, the Cockney is the accent used to denote the lower-class and supposedly uneducated (but blimey if the bloke doesn’t often turn like Sheriff Andy). Cockneyism often sports refreshingly unbridled candor and the laughter that goes with it, as with the rag pickers selling old man Scrooge’s cloth goods in “A Christmas Carol.” Note that these folks, in our cultural bubble, are usually having far more fun with far less than the High British and London speakers.

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

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

And so, Prost—and apologies—to exploded accents everywhere, and I’ll close by airing my pet peeves. In the movies, accents are exaggerated to the point of irritancy stupidity. The makers of the film “Fargo,” for example, must have felt that we, the audience, needed to be shocked in the face with larded-on Scando-American accents until we finally said, “Oh, I get it. That’s how people talk in the Upper Midwest.”

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

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Wildflowers from 1

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

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

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

Koerner suggests the following:

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

Street racing from 1

some of that racing has stayed there in the industrial area in the Midway. (And so we’ve been working with the police department to do some extra enforcement.)

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

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

Beyond enforcement, the real secret to fighting street racing is deterrence and prevention. St. Paul police have set up stings and spray water on certain roads that are attractive to racers. (The water makes racing much less appealing.)

Progress is slow, but Byrne said they are seeing change. “We have cut back on the number of details; we are just not seeing the numbers of cars we have in the past,” Byrne said. Progress in one part of the city can mean racing has been diverted to other neighborhoods, as it’s pushed from hot spot to hot spot. But for now, the street-racing problem has been reduced in St. Anthony Park, Highway 280 and in the West Midway, Byrne said, and for neighbors of the old concrete potential drag strips, that’s good news.
How do public libraries contribute to equality?

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

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

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

Libraries: The great equalizers
By Riya Jehangir Stebleton

First place

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

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

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

Equality at a new level
By Megan Kashebaum

Second place

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

First, at the St. Anthony Park Public Library, books are in many different languages. Immigrants can learn English, and English speakers can learn a new language. The library is so much more than just books; there’s an English conversation circle, intro to computers and children’s storytelling programs. Libraries are non-segregated, but it wasn’t always like that. In the movie “Hidden Figures,” one of the black NASA specialists tries to borrow a book on computer coding but the librarian tells her that that book was for whites only. In the end, she took the book and taught her coworkers how to code. This is an example of how a book can open up opportunities.

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

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

Most public libraries have computers with internet that are open to all. People can study or access information on these public computers any time the library is open. People can learn skills they need, like using computers.

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

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

How public libraries contribute to equality
By Scout Krouske

Third place

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

A public library always feels like—it’s a safe place for everyone.

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

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

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

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

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

Board members from Park Press, the nonprofit publisher of the Park Bugle.

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Emily Page appreciates the parade participants.
St. Anthony Park celebrates seven decades of hosting Independence Day party

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

The parade began at 11 a.m. and snaked its way to the park where the St. Anthony Park Community Band played lively tunes (even a few Christmas songs,) and speakers included St. Paul Public Schools board member Jon Brodrick, state Rep. Alice Hausman and state Sen. John Marty. Jon Schumacher, executive director of the St. Anthony Park Community Foundation presented Rick Beeson with the foundation’s Spirit of the Park Award. Beeson is executive vice president for corporate development and government relations at Sunrise Banks, following 20 years as president and chief executive officer of Sunrise-owned Park Midway Bank.

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

Fourth of July tourney and race results

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

Horseshoes
Team Muffin Hammer, Tom Kno blauch and Mike McKay

Volleyball
(Advanced and regular teams were combined this year due to low enrollment)
Team Bumping Uglies, Alex Moddrell, Ashleigh Ross, Kristen Moddrell, Laura Plahl, Phil Bergstrom and Rahul George

Tennis
Team Isom, Davis and Marge Isom

2-mile race
Women
Sawyer Bolliner Danielson, 10, city unknown: 14:14
Jill O’Hara, 42, West St. Paul: 15:03
Kaia Goldenman, 14, city unknown: 15:27
Saylor Lundborg, 13, city unknown: 15:36
Dana Fried, 16, St. Paul: 15:43

Men
Alistair Pattison, 15, St. Paul: 11:40
Matt Harries, 13, Plymouth: 12:21
Sami Barat, 15, St. Paul: 14:24
Nat Herrold, 43, St. Paul: 14:44
Isaac Seashone, 15, 14:44

4-mile race
Women
Emma Weber, 22, St. Paul: 25:18
Elizabeth Van Loon, 13, St. Paul: 25:52
Robyn Holmes, 20, Roseville: 25:58
Rachel Uwajeneza, 18, St. Paul: 26:33
Lauren Carlson, 25, city unknown: 28:16

Men
Micah Mathur, 19, St. Paul: 20:44
Innocent Mururwmbulunya, 20, St. Paul: 20:52
Kyle Mehrhof, 20, St. Paul: 22:27
Richard Peterson, 21, St. Paul: 22:28
Craig Cardinal, 34, city unknown: 22:33

Above: Bagpipers make their way down Como Avenue.
Easing the pain in the dentist chair

Local couple's medical start ups aim to do just that

By Judy Woodward

It looks like a front-pack baby carrier sprouting a cushioned chin-rest instead of an infant, but its developers think it will address a problem that afflicts as many as one in 10 dental patients. University professor of dentistry at the University of Minnesota, specializing in oral-facial pain management. He and his wife, Karen Kloser, have formed a company to market a device that they call the Restful Jaw.

Because—until now—there was no disorder, popularly known as TMJ or simply jaw pain, afflicts about 30 million Americans. It affects more women than men and it can last for years. “It can be quite severe,” says Schiffman. “It’s the second-most common chronic pain condition in this country after back pain.”

Some people, that leads to a open too wide and too long during of causes, but one significant way to lessen pain during dental work, but she reported that “[my dentists] say that my hands get in their way.” Schiffman understood that the patient was trying to support her jaw against the force of her dentist’s technique. He explains that, during complex dental procedures like extractions, crowns or fillings, “the dentist pushes down on the patient’s jaw. This gave me the idea of working against the push.” By modifying a cervical collar used to immobilize the neck, he was able to design a mechanical support for the jaw.

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

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

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

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

Schiffman had worked on the idea informally as part of his own clinical practice for several years, but it wasn’t until 2011 that he and his wife decided to form a company and bring the device to market. It was a momentous decision for Kloser, in particular, but the couple was in their 50s, their two children were grown, and Kloser, who has a background in marketing and public relations, was at a turning point in her career. “She either had to find a new job or do nothing about her education or career plans ever suggested that she would one day find herself running a medical-device company and making a name for herself in a field with few women in leadership positions. “Starting a company was never on my radar screen,” she says. “This is like having your third child, but it’s way more expensive than the first two.”

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

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

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

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

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

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

The proof of the process, of course, lies in the ultimate comfort of the patient. And patient comfort is good for business. “A pain-free patient is more likely to be a loyal patient,” says Kloser. Painless dental
encounters and improved patient care, allowing them to spend less time per procedure and perform more cosmetic and other dental interventions.

The Restful Jaw has been successfully placed with several area dentists in private practice, including one community dentist. “We’ve had great success with the device,” says Dr. Paul Kirkegaard, who has practiced dentistry from his office on Como Avenue since 1985. “I’m a skeptic,” he says. “But I know she’s right; it’s a dedicated researcher.”

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

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

When it comes to the Restful Jaw, Olson’s most memorable patient was a woman who suffers from Ehlers-Danlos Syndrome (EDS), a genetic disorder that can be marked by overly flexible joints. Before the Restful Jaw, a dental appointment could lead to weeks of excruciating pain for this patient. “She was very happy to encounter [the device],” Olson says. Even with glowing testimonials, Kloser and Schiffman have learned that starting a business is never a uniformly smooth process; but when the co-founders are married to each other, it can be more complicated still. Kloser and Schiffman have known each other since they went to the prom together back in high school in Dubuque, Iowa. They joke that they are lucky that they started their business after their midlife crises. Even so, they’ve had to establish boundaries between the business and their private life. “We realize that we have to stop talking about business at 8 p.m. We had to go away for weekends and set a rule—no talking about business,” Kloser says. Luckily, they’ve had a married lifetime of practice when it comes to dividing the work. “I’m the face of the company to the medical and dental communities,” Schiffman says, “but she’s good at the details.”

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

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

Healing Elements to host fall yoga retreat

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

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

Huet, Healing Elements studio manager Sara Sleeper and wellness associate Frank Licitari created what Huet calls an “accessible retreat” in hopes of bringing Healing Elements and its community together outside of St. Anthony Park. “It’s a beautiful land,” Huet said. Participants will be able to participate in a variety of workshops but also spend time on their own exploring the land, bird watching or even helping Sharpe create the meals. The event comes just before the autumn equinox and the focus of the retreat will be to give attendees tools for self-care as we head into fall and winter, Huet said.

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

Attendances is limited to 40. To find out more, email info@healingelementswellness.com.

—Kristal Leebrick

A sunflower at Garden Farme in Ramsey, Minn.

120 SAPAS Volunteers Honored at Special Event!

40 volunteers and other neighborhood residents attended the “Sweet Celebration” ice-cream social at 2200 Hiawatha Ave. on June 15th.

Special thanks to the following SAPA organizations for their donations to support this event: All Seasons Cleaners, Biblopt Shop / Speedy Market / Sunrise Banks Community United Methodist Church To become a volunteer, call for more information.

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We welcome most insurance plans.
Boyd Bowman

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

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

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

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

William Hermes

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

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

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

Laverne Schugel


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

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

Lorraine Wolkerstorfer

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

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

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

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651-633-7644
2200 Hillside Ave, 651-633-7644
Pastor, Fr. Timothy Cloutier

ST. MATTHEW’S EPISCOPAL CHURCH
Saturday Mass: 4:30 p.m.
Summer schedule runs through September 3.
9:15 a.m. Sunday Contemporary Worship
Coffee Hour follows
Summer Sunday Worship: 10 a.m.

ST. ANTHONY PARK CAMPUS
10 a.m. Sunday Contemporary Worship

ST. MATTHEW’S EPISCOPAL CHURCH
Sunday Evening Prayer - 7 p.m.

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Events

Vestibule information is listed at the end of the calendar. Send your events to calendar@parkbugle.org by Wednesday, Aug. 9, to be included in the September issue.

1 TUESDAY
Summer Spark: Decorated Arms presents Children’s Stories from Iraq, St. Anthony Park Library, 10:30 a.m.
Creative writing for middle-school students, St. Anthony Park Library, 12:30-2 p.m. Registration is required. Call 651-642-0411.

12 TUESDAY
Makan Camp. Indoor/on outdoor activities for youth ages 8-12, St. Anthony Park Library, 10:30-11:30 a.m.
English Conversation Circles, St. Anthony Park Library, 10:30-11:30 a.m.
MiniMakers Story Time, Fridays in July, St. Anthony Park Library, 10:30-11:30 a.m.

13 TUESDAY
MiniMakers Story Time, Fridays in July, St. Anthony Park Library, 10-11 a.m.; 2-3 p.m.

3 WEDNESDAY
Folwell Ave., 11:30 a.m.-12:30 p.m. Middle School Book Club, St. Anthony Park Library, 1-2 p.m.

4 WEDNESDAY
Makan Camp. Indoor/on outdoor activities for youth ages 8-12, St. Anthony Park Library, 1-2 p.m.

4 FRIDAY
Makan Makers Story Time, Fridays in July, St. Anthony Park Library, 10:30-11:30 a.m.; 2-3 p.m.

5 FRIDAY
Makan Makers Story Time, Fridays in July, St. Anthony Park Library, 10:30-11:30 a.m.; 2-3 p.m.

6 FRIDAY
SAPAS Game Day, City Gables, 10 a.m.-noon.

7 MONDAY
SAPAS poetry writing class for older adults, in collaboration with Known by the Home, Crocusville United Methodist Church, 10 a.m.-noon. Call 651-642-9052 to register.

8 TUESDAY
Season Spark: Style and Appearance Discovery, St. Anthony Park Library, 10:30 a.m.

9 WEDNESDAY
Makan Camp. Indoor/on outdoor activities for youth ages 8-12, St. Anthony Park Library, 1-2 p.m.

10 THURSDAY
St. Anthony Park Area Seniors Cinema series, St. Anthony Park Library, 2 p.m. All welcome. Free.

11 FRIDAY
SAPAS Game Day, City Gables, 10 a.m.-noon. No charge or reservations required.
Makan Makers Story Time, Fridays in July, St. Anthony Park Library, 10:30-11:30 a.m.; 2-3 p.m.

14 MONDAY
Community Sing, Olson Campus Center, Luther Seminary, 6:30 p.m. All welcome. Free. Food and drink are available.

27 SUNDAY
Stadey Afternoon Book Club, “Twinkle Twinkle” by Rachael Ellenbogen, Micawber’s, 1:30-3 p.m. All are welcome.

SENIOR EXERCISE
St. Anthony Park Area Sessions Mondays and Thursdays, Lauderdale City Hall, 2-3 p.m.
Tuesdays and Fridays, St. Anthony Park Library, 2:30-3:30 p.m.
Wednesdays, Crocusville United Methodist Church, 10:30-11:30 a.m.

FREE SENIOR BLOOD PRESSURE CLINICS
Como Park/Falcon Heights Block Nurse Programs
Fourth Monday, Falcon Heights City Hall, 11:45-1:30 p.m.
Second Tuesday of the month, Falcon Heights Town Square Senior Apartments, 10-11 a.m.

VENUE INFORMATION
Arbor Pointe Senior Apartments, 651-657-6139
Centered United Methodist Church, 2200 Hiibbe Ave., 651-553-8546
City Gables, 1611 Pleasant St., Lauderdale
Falcon Heights City Hall, 207 W. Lauderdale Ave.
Falcon Heights Town Square Senior Apartments, 1570 W. Lauderdale Ave.
Lauderdale City Hall, 1891 Walnut St., 651-651-0700
Michaelson’s, Carole & Corwin, lower level Milton Square, 651-646-3506
Olson Campus Center, Luther Seminary, 4190 Folwell St.
635 W. Maryland Ave.
651-292-9844
www.wellingtonmgmt.com

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**Como by the Lake**

- Call Fariba 651-239-0321  
- Send your ad to classifieds@parkbugle.org or P.O. Box 8126, St. Paul, MN 55108  
- Next deadline: Aug. 21

**Classifieds**

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

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from across the United Kingdom and other nations.

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

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

Glasgow and the Isle of Mull

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

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

From the village of Craignure, they enjoyed day trips through the stunning landscape of mountains and lochs on this island known for its wildlife, including otters, seals, deer and many species of birds, including eagles and puffins. They saw sheep and red-coated Hebridean cattle with shaggy forelocks in pastures lined with hedges of golden gorse in full bloom.

Meals included lots of seafood—salmon, scallops, sea bass, mussels and langoustine. Estelle took a liking to haggis, Scotland’s singular hotdish.

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

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

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

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