



## Another darn history story

Trotters ruled in the Midway in the late-19th century.

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## Travel tales

Wander over to the Bugle's transitory travel section.

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## Farm 2 School

Program brings local produce to school lunch tables.

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Your award-winning nonprofit community resource

# Bugle

St. Anthony Park / Falcon Heights  
Lauderdale / Como Park

www.parkbugle.org  
December 2017

### Double disruption

## Como Ave. construction, Zvago housing co-op on to-do list for St. Anthony Park next summer

By Kristal Leebrick

Two major construction projects may test the patience of north St. Anthony Park residents and visitors next spring.

The city of St. Paul will continue its multi-year Como Avenue repaving project with work from Brompton Street to Commonwealth Avenue, and Zvago, a three-story 49-unit housing cooperative, will be in the throes of building at Como and Luther Place.

Tim Nichols, part of the Zvago development team, sees the two simultaneous projects as positive. "All the disruption will be happening at once," he said.

Plans for new housing at the southeast edge of the Luther Seminary campus have been in the works for two years, after Ecumen, a Lutheran-affiliated nonprofit developer, signed a land purchase agreement with the seminary.

Nearly all of the units in the housing project have been sold, Nichols said, and the development has completed a lengthy historical review process. The Minnesota Historic Preservation Office and the U.S. Department of Housing and Urban Development "have agreed to sign our long-awaited memorandum of agreement," he said. The groundbreaking date for the project will be announced in late November.

The Como Avenue repaving



Como Avenue in 1928, seven years after it was first paved. To the left is what is now Milton Square. You can see the streetcar tracks running down the street. Photo courtesy of the city of St. Paul

project will be divided into several stages to avoid construction in the area east of Buford Avenue during the St. Anthony Park Arts Festival June 2 and the Fourth in the Park parade July 4. The project staging will also ensure that Doswell and Carter avenues are not closed at the same time.

Pending St. Paul City Council approval in February, the project should begin by the end of May between Brompton Street and Hendon Avenue, project engineer Barb Mundahl said.

That short section is expected to take less than a month, and then work will move to the section

between Hendon and Buford avenues, she said. Work between Buford and just past Doswell Avenue will begin after July 5, and then the work to Commonwealth Avenue will begin after Sept. 5.

The project includes adding new concrete curbs and gutters, new pavement, concrete driveway aprons, utility upgrades, new sidewalks, Americans with Disabilities Act-compliant pedestrian ramps and new lantern-style street lighting with LED lights; re-sodding boulevards; removing all ash trees, dead trees and stumps; planting new trees on the boulevards; and removing the old street-car tracks under the surface of

the road.

The repaving project began last summer on Como between Raymond Avenue and Commonwealth. The street was first paved in 1921 and was last paved in 1960. The sidewalks along the street were installed in 1969.

Phase 2 of the project is scheduled to be finished by Oct. 31, 2018. Phase 3 will be from Eustis Street to Emerald Street and the city limits in 2020.

You can find out more at [www.stpaul.gov/departments/public-works/road-construction/como-avenue-paving-project](http://www.stpaul.gov/departments/public-works/road-construction/como-avenue-paving-project).

## R.I.P., Muffuletta

After 40 years as a landmark in St. Anthony Park and a reputation as a cozy restaurant for fine dining for people from all over the Twin Cities, Muffuletta closed on Nov. 11.

The fledgling idea of major restaurateurs-to-be Pete Mihajlov and Phil Roberts, Muffuletta continued to thrive in Milton Square on Como Avenue long after the "idea men" had become the face of Parasole Restaurant Holdings, opening other fine-dining establishments around the Twin Cities.

Some St. Anthony Park residents had concerns after Muffuletta opened in 1977 because it offered wine (!) and beer (!), a first in the area. Over four decades, all was forgiven and area diners came to enjoy Muffuletta's food and ambience.

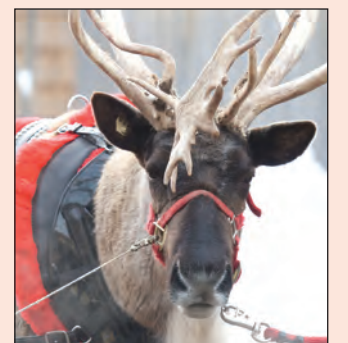
Death came quietly, really—a Halloween Day announcement and a quiet final day of service less than two weeks later.—Mary Mergenthal, Bugle obituaries editor



Introduced in 1977, the beer cheese soup was on the Muffuletta menu up to the end. Photo by Kristal Leebrick

## December Fun Guide

The Bugle's annual holiday shopping and event guide starts on page 11.



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

### More businesses are needed in Dale area, two studies say

Dale Street needs a destination or anchor business to improve its retail environment, according to a market analysis performed for the District 10 Como Community Council and the District 6 Planning Council. The good news for Como residents is that the kinds of businesses that the studies say could work line up with the kinds of businesses Como residents say they want on Dale or elsewhere in the neighborhood. These include a moderately sized, full-service grocery; small restaurants and coffee shops with a local focus; and a taproom.

The two studies examine the "retail trade area" for Dale between Maryland Avenue and Topping Street and the demographic, income, traffic, employment and population trends for all of Como. These include challenges such as the "leakage" of retail dollars out of St. Paul into the shopping areas near Lexington and Larpentour avenues and elsewhere in Roseville.

The two studies were performed by the consulting firm Perkins + Will. The firm's Jay Demma will talk about the studies during the District 10 Como Community Council meeting on Tuesday, Nov. 21. The meeting will begin at 7 p.m. at the Historic Streetcar Station, which is at the northeast corner of Lexington and Horton Avenue.

The studies are part of an effort by the Como Community Council to build a foundation for additional business investment and amenities in the neighborhood.

### More on Como, Front and Dale

The St. Paul Public Works and Planning and Economic Development departments will hold a community meeting Thursday, Dec. 14, 6-8 p.m., to discuss proposed improvements to the Como, Front and Dale intersection. The infrastructure and landscaping improvements are part of the city's Commercial Vitality Zone investment, first announced in 2016.

In addition, Jay Demma from the consulting firm of Perkins + Will will outline the market analysis his firm did of the Dale Street corridor and how that ties to potential development near the intersection.

The meeting will be held at the city Public Works, 891 Dale St.

**Tired of saying 'nobody told me'?** If you haven't heard the latest about German Immersion School

expansion plans, renovation of the Schiffman Fountain in Como Park or replacement trees on neighborhood boulevards, it probably means you haven't been reading District 10's weekly newsletter. Get on the mailing list at [www.district10comopark.org](http://www.district10comopark.org). Click the "sign up" link on the right side of District 10 home page.

### Upcoming District 10 meetings

All District 10 committee and council meetings begin at 7 p.m. at the Historic 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. Here are the upcoming meetings:

- *Environment Committee:* Wednesday, Nov. 29
- *Neighborhood Relations and Safety Committee:* Tuesday, Dec. 5
- *Land Use Committee:* Wednesday, Dec. 6
- *Como Community Council monthly meeting:* Tuesday, Dec. 19

### 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. Larpentour Ave. Contact information: 651-792-7600 or visit the website at [falconheights.org](http://falconheights.org).



Mark Miazga



Melanie Leehy

**Leehy, Miazga win council election** Falcon Heights will see two new faces on the Falcon Heights City Council in January. Melanie Leehy and Mark Miazga were the top vote-getters in the Nov. 7 election.

Seven candidates, including incumbent Tony Fischer, ran for two open seats on the council.

Leehy won 27.88 percent of the vote with 723 votes, and Miazga won 27.19 percent with 705 votes. Paula Mielke received 23.4 percent with 607 votes. Here is the vote breakdown with the other candidates: Fischer, 229 votes; Tom Brace, 136 votes; Mike Wade, 125 votes; Ronald Dixon 58 votes; and write-ins, 10 votes.

### City commissions need volunteers

The city of Falcon Heights has openings on its four city commissions that serve the Falcon Heights City Council in an advisory capacity. The commissions are Planning, Parks and Recreation, Environment and Community Engagement. Each commission is made up of up to seven commissioners, a council liaison and a staff liaison.

Commissioners are volunteer residents, local business owners and business designees appointed by the mayor and approved by the City Council. Commissioners serve a three-year term and are eligible for two terms.

Interested? You can apply online or submit an application to Falcon Heights City Hall. For more information, go to the city website, [www.falconheights.org](http://www.falconheights.org). Click on "City Government" and then "City Commissions." Or call 651-792-7600 or email [mail@falconheights.org](mailto:mail@falconheights.org).

### Shovel your sidewalk

Did you know that sidewalks in Falcon Heights must be cleared of snow within 24 hours after the end of a snowstorm? Snow must be cleared and passable. Under City Code Section 22-47 snow and ice not removed from a public sidewalk 24 hours after a storm has ended will be cited as a public nuisance.

### Lauderdale

The Lauderdale City Council meets the second and fourth Tuesday of the month at 7:30 p.m. at Lauderdale City Hall, 1891 Walnut St. Contact information: 651-792-7650 or visit the website at [lauderdalemn.org](http://lauderdalemn.org).

### Help build community

If community-building events in Lauderdale are important to you,

consider joining the Community Involvement Committee. Contact Jim Bownik at City Hall 651-792-7656 for more information.

### 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](http://www.sapcc.org).

### New board members at SAPCC

SAPCC welcomes new and renewed board members. North delegates include Michael Russelle, Pat Thompson and John Mark Lucas. Lucas is filling a vacant seat. South delegates are John Connell and Karen Nelson. Organization delegates include Sherm Eagles, Scott Simmons and Ray Bryan. They join sitting board members Charlie Christopherson and Melissa Williams.

Thank you to outgoing board members Max Herzberg, Betsy Hjelseth and Ian Luby, who have provided wonderful leadership to SAPCC. Please reach out to SAPCC if you are interested in serving on our board or a committee.

### Business survey is online now

SAPCC's business survey is now open for all organizations in St. Anthony Park to help guide changes over the next 10 years. Whether you are a small retailer or restaurant; home business or entrepreneur; industrial site, service provider or nonprofit organization; SAPCC wants your perspective on building a strong community together. Take the survey at [tinyurl.com/SAPBiz](http://tinyurl.com/SAPBiz).

### Honor your neighbor

Nominations are open for the 2017 Neighborhood Honor Roll. Each year St. Paul's 17 District Councils recognize outstanding neighbors and volunteers at the annual Neighborhood Honor Roll event in January. You can recommend your neighbors and community partners for this recognition at [www.sapcc.org/2017-honor-roll](http://www.sapcc.org/2017-honor-roll).

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# The Singing Sinatra

*This one-man show finds he can brighten a few people's lives with a song.*

By Rob Passons

Bill Rasmussen never planned to be a Frank Sinatra cover artist. The 72-year-old native New Yorker didn't even know he possessed the talent until he was nearly 50 years old.

"I wasn't a singer," Rasmussen said. "I mean, doo wop on the playground when I was a kid, but that was about it."

Rasmussen was born in Brooklyn, N.Y., in 1945 and spent his formative years with Sinatra (and others of his ilk) supplying the soundtrack for his childhood. "My sister was seven years older than me, and she loved Sinatra," Rasmussen said. "She was playing those albums all the time."

In 1963 Rasmussen joined the Navy after he dropped out of high school. "I joined the Navy because the Navy gave me a home," Rasmussen said. "I was one of those kids just running the streets and hanging out in pool halls and bowling alleys."

Rasmussen met his wife, Jenny, in 1967 while the two were serving on the same aircraft carrier. "The Navy gave us a great wedding present," Rasmussen said. "They posted us in England for three years."

The pair traveled the world together for the next 18 years and visited Como Park to see Jenny's mother when they got shore leave. "Jenny grew up in Minnesota," Rasmussen said. "I'm living in the house where she lived as a little girl."

The Rasmussens both retired in 1985 and made Como Park their home.

In 1988 the Rasmussens were on a double date at Old Mexico restaurant on Lexington Avenue in Roseville with some old friends when a man got up and sang "New York, New York" to karaoke. "I'd never even heard of karaoke," Rasmussen recalled.

Jenny and their friends attempted to get Rasmussen to go up and show the audience what a real New Yorker could do with the tune, but he declined.

Three years later, he returned to Old Mexico for karaoke night, and he finally got up the nerve to take the



Bill Rasmussen

stage. "I'd had a few beers," he said. "I sang 'New York, New York' and I brought the house down. It felt great."

After the performance, Jenny said it sounded like he'd been singing Sinatra for years, and for his next birthday, she purchased karaoke lessons for him. Rasmussen sang "New York, New York" for his instructor, who suggested he add "All the Way" and "My Way" to his lineup. From 1988 to 1999, those three songs represented the extent of his karaoke repertoire. Jenny was Bill's biggest fan until she died in 1996.

Rasmussen may have continued his three-song karaoke hobby if not for a chance meeting at church. "Her name was Jeanne Rogers, and she introduced me to summer theater at the Como Park pavilion," he said.

Rasmussen landed a part in the musical that was performed in the summer of 1999, and returned the following year for another go.

"I remember somebody telling me that I just kept getting better and better, and that's all I needed to hear," Rasmussen said. "I went out and got a tux and a sound system with Sinatra background music, and the Bill Rasmussen Singing Sinatra Favorites show was born."

The creation of Rasmussen's show corresponded with the theater group's disbanding, and he took over the vacant slot. Rasmussen introduced Como Park Productions

in 2001, and for the next 14 years, he produced summer shows at the Como Lakeside Pavilion with casts of more than a dozen performers. Some of the shows were essentially a song-and-dance variety hour, while others drew upon themes like "The Love Boat," a USO show and a Hawaiian beach party. "I planned the last show I did in 2015 for 10 years," Rasmussen said. "It was the 100th birthday show for Frank Sinatra."

When the curtain came down on his final show, Rasmussen took the entire cast (and spouses) out to Old Mexico. "I bought them all dinner," he said. "It was like the Sinatra era, when they would finish a show and they'd all go out."

Through it all, Rasmussen continued his Singing Sinatra show. He and his cocker spaniel, Garth, traveled to 32 states, Canada and Mexico and put 52,000 miles on his motor home. His three-song lineup quickly grew. "Sinatra recorded 1,088 songs," Rasmussen said. "I learned 70 of them."

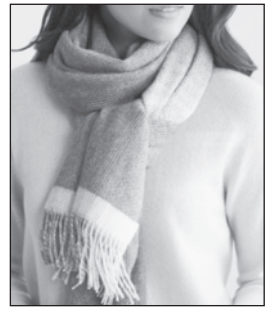
In 2015, he retired Como Park Productions. "It was taking up all my time," he said. "I had to pass on too many things I wanted to do."

With the demise of Como Park Productions, Rasmussen found he had a little more time on his hands than he desired, and he cast about for a way to fill the hours while contributing to the community.

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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.



## E D I T O R I A L

# We thank our community-spirited businesses and organizations

It is easy to take community assets for granted. This is the time of year when many of those assets—our local nonprofit organizations, the Bugle included—are asking for your support.

But there are many community assets we often overlook as we head into this season of giving and spending. Imagine what our community would be without the local businesses that make our lives easier and richer because they are here.

Yes, the Bugle does need your financial help to continue our mission of

being one of those community assets that make our lives here just a little more pleasant, but we ask that you take some time with this issue of the paper and look at every advertisement on these 24 pages. Now go out and support those businesses and services—our neighbors—that offer the things you need.

Support the Bugle's advertisers, and thank them for supporting the Bugle, because without those community-spirited businesses, organizations and individuals, this 44-year-old nonprofit newspaper would not exist.

## L E T T E R S

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

## Menthol restrictions a good move

As a mom and someone who works with cancer survivors, I am grateful to our St. Paul City Council members for restricting the sale of menthol tobacco products to adult-only tobacco shops and liquor stores.

Preference for menthol among

Minnesota students has more than doubled since 2000, according to the Minnesota Department of Health. The council's vote will stop many young people from ever starting to use tobacco and prevent many people from developing cancer and other life-threatening diseases caused

by tobacco use.

The council voted with courage to be among the first in the nation to restrict the sale of menthol tobacco, a product that is the tobacco industry's cash cow and best tool for addicting young people. I applaud their leadership to protect young people from this deadly product.

*Cathy Skinner  
St. Anthony Park*

### Free text program aims to help parents boost school readiness

I am emeritus on the board of Think Small, and I'm excited to share with my neighbors a new free program for parents and providers of young children.

Studies show that up to 90 percent of brain development occurs before age 5. As an advocate of high-quality early care and education, I know the importance of these crucial early years to success in school and life. I also understand that parent-and-child interactions are a key ingredient to early learning. Because of this, I wanted to let my neighbors know about a free text-messaging program for Minnesota parents that aims to boost a child's learning, as well as increase parent engagement.

Think Small ParentPowered Texts provides families with fun facts and easy tips to help build a child's school-readiness skills. The text messages are designed for parents of newborns through age 5 and are based on a child's birthdate, ensuring all messages are developmentally appropriate. Parents who participate will receive text messages offering suggestions on ways to promote their child's social-emotional learning, literacy, health and math skills.

Research shows that when parents use this program, their children are better prepared for kindergarten. Built on studies out of Stanford University, researchers found the ParentPowered text approach increased family involvement at home and school, ultimately leading to child-learning

gains (York and Loeb, 2014).

Think Small ParentPowered Texts are available in English, Spanish and Somali. Parents can sign up for the text messages by visiting ThinkSmall.org/Texts. I encourage all Minnesota parents with young children to give this a try.

MinnPost's recent article can give you more information: [www.minnpost.com/education/2017/10/texted-tips-help-parents-turn-routine-tasks-pre-k-learning-opportunities](http://www.minnpost.com/education/2017/10/texted-tips-help-parents-turn-routine-tasks-pre-k-learning-opportunities).

*Mary Ann Barrows Wark  
Falcon Heights*

### Nationwide disclosure law needed for homes with flood risks

This fall, as we watched the devastation of Hurricanes Harvey, Irma and Maria, we are again reminded of the havoc that flooding can wreak on our own communities and the cost to taxpayers around the country.

Unfortunately, while some states require flood-risk disclosure for new homebuyers and renters, many families in our state are left in the dark. That means that they don't know if they live in a floodplain, if they should buy flood insurance, or if their homes have previously been damaged by floods.

The fact that some of our neighbors are unaware of their flood risk and could unknowingly be in harm's way during the next flood is immoral and needs to be addressed by Congress.

Bipartisan solutions exist on Capitol Hill. We just need Congress to enact them. In December, as the National Flood Insurance Program is reauthorized, I hope our elected leaders can work together to create a nationwide disclosure law so everyone buying or renting a new house is given the flood-risk information they need to make safe decisions.

*Matt Steimureck  
Minneapolis*

## 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:

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

**February issue:** The deadline is Wednesday, Jan. 17, and it will be published Tuesday, Jan. 30.

**March issue:** The deadline is Wednesday, Feb. 14, and it will be published Tuesday, Feb. 27

### Got a story idea?

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

### Missing your Bugle?

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

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

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

COMMENTARY

# Two books suggest modest ideas for improved regulation of firearms

By Christopher R. Tyndall

Mass shootings, like the Nov. 5 church shooting in Texas or the concert shooting in Las Vegas on Oct. 1, seem to occur with an almost absurd level of regularity. Prior to these events, in February 2017, members of the Minnesota House of Representatives proposed legislation—HF 1669—that would require criminal background checks for all firearm transfers. Although background checks are required for any firearms purchase from a licensed dealer, a great many transactions occur outside of the scope of the law.

Could such legislation, which is intended to fill this gap, help prevent tragedies like those mentioned above? Or does it represent another misguided effort at inhibiting the rights of gun owners? For anyone frustrated and troubled by gun

violence, confused by the nature of the gun-control debate and ultimately powerless to do anything to improve the situation, I recommend consulting two valuable books.

The first is public health researcher David Hemenway's 2004 book, "Private Guns, Public Health" (University of Michigan Press). Hemenway attempts to take the debate surrounding guns and gun violence out of the emotional and sensationalistic realm of partisan politics and move it into the relatively calmer and more objective realm of public-health research. He shows us that guns represent a public-health challenge not unlike that of automobiles when they were taking root as the principal form of mass transportation in this country. Automobile manufacturers, public

officials and even the general public operated under the belief that automobile deaths and injuries were caused exclusively by driver error. In other words, "automobiles don't kill people; people kill people."

The medical and public-health community began to see the limits of this thinking. Human error could never be entirely eliminated, but designs could be improved so that occasional error was not always fatal. Seatbelts and other safety features eventually became the norm, and traffic deaths and injuries greatly declined. Hemenway expresses confidence in his book that this same public-health approach can also help reduce gun deaths and injuries.

"Private Guns, Public Health" examines a variety of topics related to firearms as a consumer product:

*Firearms to 8*

# 'Tis a gift to successfully give

By Adam Granger

Journalistic fiat dictates that I open a piece like this by saying, "It's that time of year again," but when it comes to gifting, any time and every time is that time of year. As tempting as it is to blame this column on the holiday season, it could be published any other month and the narrative would be the same.

Although the verb "gifting" sounds like fresh coinage, I found it on page 1,141 of my Compact Oxford English Dictionary in a phrase from *The Wife Lapped in Morel's Skin*, a misogynistic early 17th-century "Taming-of-the-Shrew"-themed poem whose author wisely remained anonymous. The word was then shelved for 387 years before being revived by the writers of "Seinfeld" (in an episode in which they also talk about "regifting").

Four centuries is a long time for a word to lay fallow so, not wanting to jeopardize my estimable credibility with Bugle readers, I treated "gifting" as a new word and subjected it to my two-part Neologism Smell Test. First, is the word necessary (or does it simply duplicate an extant word) and, second, is the word too, well, silly to be usable? "Gifting" passes the test, if barely: It has a more nuanced meaning than "giving," and it's not so goofy that an adult wouldn't want to use it.

OK, let's talk gifting. We all give presents to—excuse me, gift—all types of people on all types of occasions. Within families, covenants can be struck. My better half, Renee, and I are at the age where we have everything we want, short of private Mediterranean islands, world peace and the like, so our demographic is

hard to buy for. We don't want more stuff. If we've lived this long without something, we don't need it. We're trying to downsize, and, at the risk of appearing ungrateful, that whaling harpoon and the Dr. Who phone booth seriously impede that effort.

As far as our boys, 26 and 40, are concerned, I have no idea what they want or need. Gift cards, those supposed paragons of flexibility, are chancy: "A \$500 Sizzling Steakhouse gift card? Dad, I'm vegan!" So, for big gifting, we ask our sons pointblank what they want and get it for them or just give them money and let them buy it themselves. Problem solved and everyone's happy.

Other situations are trickier. Renee likes to bring a hostess gift

*Adam Granger to 8*

# The new year brings new things at the Bugle

We are saying both goodbye and hello this month at the Bugle.

Clare Caffrey, who has worked as the advertising sales representative for the Bugle's south of Como Avenue territory, is moving on to new projects. Clare joined the Bugle in January 2014. We thank her for her hard work and wish her well in her new endeavors. (We will miss you, Clare!)

And we welcome Mary Hamel, who will take over Clare's advertising accounts and help the Bugle establish new advertising relationships in her new role as director of New Business Development.

Hamel has deep ties to the Twin Cities business community and to the St. Anthony Park neighborhood. She served as executive director of the



Welcome, Mary Hamel, the Bugle's New Business Development Director.

MetroIBA (Independent Business Alliance) for eight years; served on the Saint Anthony Park Community Foundation, where she helped develop Park B4 Dark, the summertime business and community festivity in the Como and Carter avenue business district that takes place the third Thursday of June, July and August; volunteered with the St. Anthony Park Community Council, where she helped produce a neighborhood directory; and was fundraising chair and newsletter co-editor for the St. Anthony Park School Association (SAPSA) for several years.

Want to spark a new business relationship with us? Talk to Mary: hamsnapp@yahoo.com or 651-387-0738.

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The Bugle relies on tax-deductible donations to help defray the newspaper's annual

operating costs. You can donate online at [www.parkbugle.org](http://www.parkbugle.org). Click the green DONATE NOW button on the right side of the page. Or send a check to:

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**History:** **One darn thing after another**



Roger Bergerson chronicles our remarkable past

# Once upon a time in Midway, trotters ruled at Kittsondale

Back when harness racing was one of America's top spectator sports, the goings-on at a horse-breeding farm and racetrack in the Midway was the stuff of front-page news.

This was Kittsondale in the 1880s, a sprawling operation that stretched between University Avenue and today's I-94, and from Pascal Street almost to Lexington Parkway,

began to develop his grand idea of a breeding farm, we would have here today probably the finest one of the kind in the world," a veteran horseman lamented.

Instead, after only seven years of ownership, Kittson succumbed to an apparent heart attack while on a train returning to St. Paul.

His heirs did not share his



A view of Kittsondale, probably looking westward, toward Snelling Avenue. Images courtesy of the Minnesota Historical Society



A newspaper artist's depiction of Kittsondale in 1895.

the western city limits of St. Paul at the time.

Millionaire Norman Kittson had gradually withdrawn from his business activities and plunged into horse raising, purchasing the former St. Paul Driving Park (a term used in the day for race track) in 1881. (He also acquired Erdenheim, a similar but more substantial facility, near Philadelphia.)

By the time Kittson took over, the St. Paul track was neglected and run down, but it had been a busy place in the 1870s and not just for horse racing. In seven of those years, it was the site of the Minnesota State Fair before the annual festival found a permanent home. Horace Greeley and President Rutherford B. Hayes were among the luminaries who appeared there.

Recalled one old-timer of that 1878 appearance, "President Hayes spoke to the greatest crowd I ever saw packed together on the hottest day in my memory."

Kittson renamed the track Midway Park, but Kittsondale was the name associated with property he owned in the area and that was the name that stuck. It was an elegant facility, its stables built of wood and brick, with almost 100 stalls and sleeping quarters for trainers. The clubroom with a fireplace was well-suited for deal-making and wagering by horse owners.

In a short time, Kittson acquired a stable-full of fine trotters, among them, a horse named Johnston, "King of the Turf," for whom he paid \$20,000, and Little Brown Jug, who ran the fastest heat in history to that point. There was also So-So, the dam of Oh-So, who won first place at the Chicago World's Fair.

But Kittsondale's glory days didn't last long.

"If Commodore Kittson had been 20 years younger when he

enthusiasm for horse breeding, and a month after Kittson's death, his trotting stock of 42 horses was auctioned off. The same thing happened in Pennsylvania.

The terms of his will precluded the immediate sale of the Kittsondale land and a lessee staged weekly trotter races there in the 1890s. Kittsondale was also the site of bicycling events, trap shooting, track and field, and cricket and baseball games, until at least 1910.

In 1898, the 14th Minnesota Volunteer Infantry camped there after returning home, having never gotten any farther than Georgia during the Spanish-American War.

The property began to be converted to industrial use around 1900. A refrigerator manufacturer acquired the track property in 1903.

The Twin City Motordome, a motorcycle-racing venue, opened at the west end of the former track in 1914. That same year, construction began on the Brown & Bigelow headquarters on University Avenue just east of Hamline Avenue.

The stables had been built so solidly that they were repurposed a number of times over the years before finally being torn down in 1942 to make way for a Pepsi-Cola bottling plant.

Legend has it that the Turf Club, the venerable music bar just up University, was named in memory of Kittsondale. If so, that's the only trace left.

**'Commodore' led one action-packed life**

Norman Kittson was a Canadian who ultimately became a leading citizen of St. Paul, serving a term as mayor and building a mansion on its highest hill.

His second wife was Sophia Perry, sister of Charles, a pioneer in these parts. (Park Bugle, "First Como



King of all the harness racers was Minnesota's own Dan Patch. In 1905, he set a record for the mile—1 minute, 55 1/4 seconds, that stood for 30 years.

settler didn't stay long." June 2013)

Kittson made a lot of money in fur trading at Pembina, now in North Dakota. In the 1850s it was a hamlet in the northern reaches of the Minnesota Territory. And he also profited at the other end of the Red River ox-cart trail in St. Paul, where he invested heavily in real estate and settled permanently in 1855.

In the 1860s, Kittson developed a line of steamboats and barges on the Red River as a freight link to Fort Garry, modern day Winnipeg, hence his title of "Commodore."

And Kittson reached millionaire status by joining James J. Hill in building the St. Paul, Minneapolis and Manitoba Railroad to serve Fort Garry. As his health declined, Kittson retired from business and devoted his time to raising racehorses.

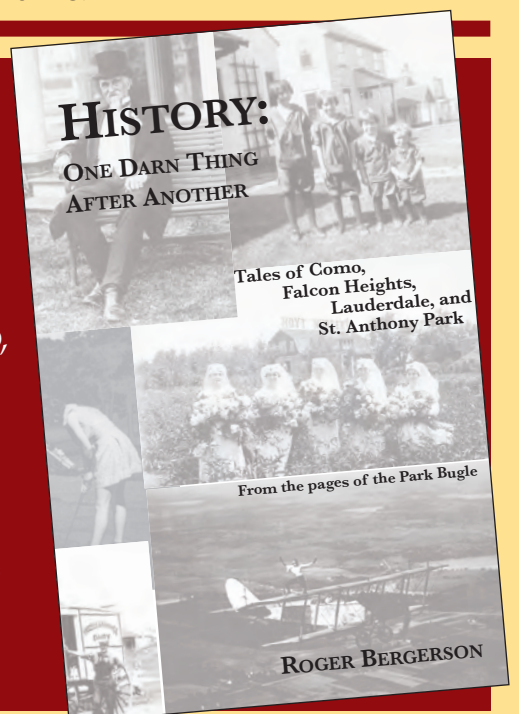
Shortly after his death in 1888, the dismantling of his equestrian enterprises began.

Kittson's mansion was also sold and by 1904 had become a seedy boarding house when it was acquired and torn down to make room for Archbishop John Ireland's new Cathedral.

**HISTORY:**  
**ONE DARN THING AFTER ANOTHER**

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## Firearms from 5

death and injury from guns, gun use for self-defense and to deter crime, gun manufacturing and sales practices. But the varieties of statistical data examined usually lead back to the same inevitable conclusion: The presence of guns is strongly associated with an increased risk of injury or death.

Some of the most startling statistics that Hemenway examines relate to injury and death due to gun accidents and suicide attempts with a gun. Hemenway reports the staggering figure that from 1965 to 2000, more than 60,000 Americans died in gun accidents. This is more than all of the Americans killed in all of our wars from the same period. And during this same period, more than 550,000 Americans committed suicide using firearms. These numbers suggest a monumental

problem, and yet the polarizing nature of the gun debate makes us reluctant to take action to improve the situation.

Consider this: In the early 1990s there were about six fatalities per year in the U.S. to children due to the faulty design of bunk beds. The Consumer Product Protection Commission recalled 630,000 beds and created new guidelines for a safer design, which manufacturers willingly embraced. In contrast, during the same period, there was an average of about 700 children per

Hemenway suggests some regulatory measures that could be implemented. None is particularly radical. Guns should have tamper-proof serial numbers. They should have safety locks so they can't be fired by children or other unauthorized users. All gun dealers should be licensed, and all gun sales should be made by licensed dealers. There is no proof that the above measures will solve the problem of accidental gun deaths and injuries, Hemenway admits. But neither does anyone have proof that they won't work. And that is why

examines the Brady Handgun Violence Prevention Act (with its background checks and required waiting period for certain gun purchases) and shows that while it has blocked gun sales in certain instances, it hasn't reduced gun violence. The authors speculate that its effectiveness is undermined by the fact that it only affects gun purchases made through a licensed dealer. Unfortunately, those gun purchases only account for a limited percentage of overall sales. The disturbing reality, as the authors tell us, is that "most

potential constitutionality of any proposed gun legislation, the authors discuss the implications of the 2008 Supreme Court decision, *District of Columbia v. Heller*, which establishes a precedent for the right to have a gun in the home for "personal protection."

Despite that decision, the authors show that in our nation, "there is a well-established historical tradition of gun regulation, which has been a prominent feature of the law since the birth of America." Although it is largely ignored by the general public—really on both sides of the question—in discussing gun rights, the Supreme Court in the *Heller* decision did indeed comment on the Second Amendment's ambiguous preamble related to a "well-regulated militia." The court interpreted this to mean that the amendment imposes "proper discipline" on gun owners. The authors of the essay conclude that, "the Second Amendment therefore contemplates a body of citizens that is subject to whatever regulations are warranted to impose proper discipline on those qualified to keep and bear arms." Therefore, legislation motivated by the needs of public safety that imposes some burdens, disciplines and limitations on gun ownership cannot be viewed intrinsically as unconstitutional.

None of the solutions proposed in either of these books is a panacea that will resolve the problem of gun violence instantly and universally. There will be loopholes. A few determined sociopaths will still find their way to weapons. But what if one of these proposals—like universal criminal background checks for all gun sales, something along the lines of HF 1669—was able to decrease violence by a few significant percentage points, with only a modest burden on gun owners? Wouldn't the lives saved be worth the effort?

*Christopher R. Tyndall lives in Como Park and works in health care.*

*"... [W]e don't have enough information to make definitive claims on either side about the possible effects of new gun legislation. The evidence we do have, though, is fairly straightforward and consistent: More guns means higher levels of death and injury."*

year between the ages of 0 and 14 killed by guns, yet this caused no public outcry whatsoever, and no laws concerning guns or gun safety changed.

But don't guns also have benefits? Haven't some gun advocates shown that an increased number of guns in society actually leads to reductions in crime? Hemenway examines the methodologies behind such claims, and more often than not, discovers flaws that greatly distort the results. For example, he discovers sample sizes that are too small for drawing statistically significant general conclusions, or he discovers specious interpretations of general data. Rural areas do indeed have higher rates of gun ownership and lower rates of crime than urban areas. But the difference in crime rates has far more to do with varying levels of opportunity for crime than it does with gun ownership.

At the end of his book,

Hemenway believes that what we need most of all is more research. The fact of the matter is we don't have enough information to make definitive claims on either side about the possible effects of new gun legislation. The evidence we do have, though, is fairly straightforward and consistent: More guns means higher levels of death and injury.

The second book that I would refer readers to addresses more specifically the potential effect and value of legislation like HF 1669. "Reducing Gun Violence in America" (Johns Hopkins University Press) is a collection of essays by multiple authors resulting from a conference that was put together at Johns Hopkins University in the wake of the Sandy Hook Elementary School shooting in December 2012. The conference itself was put together quickly, but the essays included are the result of years of research.

While Hemenway's book maps out the nature of the problem, this book attempts to evaluate possible legislative solutions. The imperfections of these solutions are freely acknowledged: Included in the volume is an essay that critically

crime guns are obtained from people who are not licensed ... through transactions that are unregulated under existing federal law."

This is what Minnesota legislators were attempting to address with their proposed legislation. The book shares specific ideas and proposals that go beyond the generic desire for "gun control." Most of the measures are not radical, and no solution comes close to proposing a full-scale ban on firearms. The writers and researchers acknowledge that most licensed gun dealers and most gun owners behave responsibly within the limits of the law. The proposals—like reinstating the ban on "assault weapons" or expanding the categories of high-risk individuals who would be denied the right to own a gun—all attempt to limit the risks presented by guns without putting unfair burdens on responsible gun owners.

And in regard to these burdens, it is well-known that in recent years, gun advocates have effectively used the Second Amendment—despite its ambiguous wording—as a protection against any legislative efforts at firearm regulation. That issue is taken up in this book. In an essay on the

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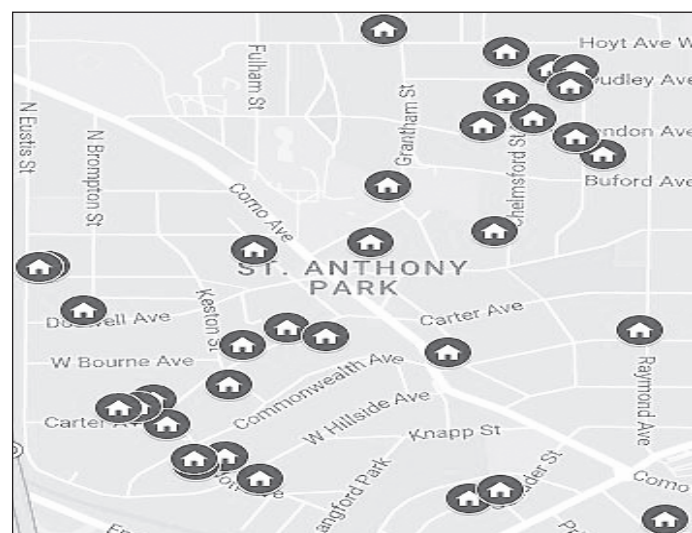




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## Adam Granger from 5

when we visit someone, say, for dinner. OK. What to bring? Wine? Surely our hosts have planned the evening's imbibing. So, flowers? One would assume the hosts have the floral agenda determined. Dessert, then? Can it really be that our hosts haven't already thought of dessert? See how complicated it is? In no time, we're reduced to things like golf bags and rosette irons. Risky territory. Stuff that we're likely to run into—unopened—when we visit thrift stores in their neighborhood. I suppose we could bring cash: "Hi, thanks for having us. What a beautiful house! Oh, and here's \$20 to help defray the cost of dinner."

I'm not making fun of my thoughtful bride here; hostess gifts just never were part of my (well-documented) flawed upbringing. Pre-Renee, I had never even heard of a hostess gift. I always figured—and still do, I guess—that leaving our

warm, comfortable home and trekking to theirs was gift enough. She says, "I don't want to come empty-handed," and I say, "Let's come holding hands. That way, we won't be empty-handed, and our hosts will know that we're getting along and that the evening won't be spent arbitrating marriage-threatening disputes."

The Kwanzaa/Hanukkah/Christmas-gifting season is a time when things can easily get out of hand. The trick is to keep a lid on things without zipping yourself into a Grinch suit. In counterbalance to our large gift policy described above, members of my family take great pleasure in trying to think of modest Christmas and birthday gifts that are inexpensive, unexpected and that will be appreciated and used. A roll of quarters for our pinball-playing older son, garage sale retro electronics for our tech-geek younger son, a

Shutterfly book of pictures of my dear departed cat for me. And our older son's girlfriend gave a donation to a bluegrass music promotional and educational foundation in my name.

Great gift ideas all, personalized, and none of them adding appreciably to the remorse of possessions we all already own ("remorse" is the collective noun for possessions).

All right, with a "Happy holidays!" to you all, I'll close with my recipe for successful gifting (replete with new mintage): If you apply common sense and maintain perspective, good gifting will result and, conversely, if you're not in a state of happy anticipation while watching someone open one of your presents, you have probably misgifted.

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



**Business News**

## Como/Carter Avenue businesses launch Discover St. Anthony Park

Discover St. Anthony Park, a newly formed business association in St. Anthony Park, has created a Facebook page to keep area residents and shoppers informed about what is happening with businesses in the Como-and-Carter-Avenue district.

“Our goal is to be a hub of information on behalf of all the businesses,” said Kat Menaged,

owner at Scarborough Fair in Milton Square.

The group is busy working on the Saturday, Dec. 2, Shop Home for the Holidays event (read more about it on page 11). You can also find updates on that event at Shop Home for the Holidays on Facebook and keep track of the other Discover St. Anthony Park events at

@DiscoverSAP.

Discover St. Anthony Park’s mission is “to maintain the vibrancy and growth of the St. Anthony Park business community by offering unified advocacy, commitment to establishing awareness and strengthening the voice of the business district.”

## Opa! Greek restaurant will open Dec. 5 at University & Raymond

The Naughty Greek will hold the grand opening of its University Avenue restaurant Tuesday, Dec. 5, from 4 to 4:30 p.m. Once Mayor Chris Coleman cuts the ribbon, Angelo Giovanis’ second Greek restaurant will be open for business.

Located at 2400 University Ave., in the C&E Flats & Lofts

building, the restaurant will seat up to 74 people and serve a variety of Greek foods, beer and wine.

Giovanis, a native of Greece, opened his first restaurant at Snelling and Selby avenues a year ago. It was so successful that he needed a new space with a larger kitchen and more storage to house the olive oil, feta

cheese, honey and olives that Giovanis will import from Greece, he said. The University Avenue restaurant will have a similar menu to the Snelling Avenue location, including the store’s signature dish: pork gyro made from scratch with layers of locally sourced meat, herbs, garlic, olive oil and citrus.

## Como Docksides closing after three years at Lakeside Pavilion

Como Docksides, the nearly three-year-old Louisiana-themed restaurant in Como Lakeside Pavilion, announced Nov. 10 that it would serve its last dinner on Wednesday, Nov. 22, but will continue with limited service through the end of the year.

The city of St. Paul is seeking a new food-service at the pavilion.

“The Como Lakeside Pavilion has so much potential,” said Jon Oulman of Como Docksides in a city press release. “We had hoped a year-

round staffing model and upscale full-service restaurant concept would be successful at the facility, but unfortunately, due to seasonality of the facility and competitive labor market . . . we felt a different vendor would be a better fit for this space.”

Como Docksides was selected as a city vendor at the pavilion in 2015, after the city chose to end a contract with Black Bear Crossings on the Lake, which had been operating in the space since 2000.

Ward 5 City Councilmember

Amy Brendmoen announced on the Como Neighbors Fun Stuff Facebook page Nov. 10 that “the city is preparing a plan for transition as we speak, so there will be more news to share in the coming days and weeks.

“... [T]he team at the Docksides has literally transformed the Pavilion into a gorgeous community hub over these past three years,” Brendmoen wrote. “The facility has a new kitchen, a new dock, a new concession at the lake level, a transformed stage area not to mention the updated decor, restaurant, infrastructure and more.”

The city’s press release said that it planned to have a new vendor in place for operations in early 2018.

## Local artist’s work on display at MidModMen

MidModMen+friends, 2401 University Ave., St. Paul, is featuring new works by St. Anthony Park artist Linda Ricklefs Baudry as part of its “Future Heirloom” series.

The collection of four originals in pastel and charcoal are inspired by the artist’s ongoing relationship with nature, as well as her heightened interest in mid-century modern design and architecture.

“I make my mark, using color as emotion, creating a space that invites contemplation,” Baudry wrote in her mission statement. “Exploring the richness of color and playing with the vibrancy of life, I search beyond what the eye sees to find the inner celebration.

“The lens focus tightens and

blurs along the way, images overlapping—the old patterns shift to the unforeseen.”

Baudry recently was juried as an associate member of the Pastel Society of America and is a member of Women’s Art Resources of Minnesota (WARM). Her works have been featured in a numerous local and regional galleries and arts events, including the Dow Art Gallery in St. Paul, Kah-Nee-Tah Gallery in Lutsen, Minn., Lanesboro Arts Center in Lanesboro, Minn., and Art-A-Whirl in Minneapolis.

The pieces are available to view and purchase through Sunday, Dec. 31, at MidModMen+friends. Store hours are Thursday through Sunday from 11 a.m. to 5 p.m.

Schubert Club • Music in the Park Series

*Calmus Vocal Ensemble*

Sunday, December 3 • 4:00 PM

Saint Anthony Park UCC • Pre-concert talk at 3 PM



tickets: 651.292.3268 • schubert.org

Calmus vocal ensemble from Leipzig—soprano, countertenor, tenor, baritone and bass—offers a program of carols from around the world.

## Come home to St. Anthony Park and beyond...

*Thank you for a wonderful year of real estate sales. How can I help you in 2018?*

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- #414 @ 1181 Edgumbe Road
- 2159 Folwell Avenue
- 2148 Folwell Avenue
- 2175 Hendon Avenue
- 150 12th Avenue Northwest, New Brighton
- 1359 Spencer Road
- 1438 Charles Avenue
- 1572 Fulham
- 1572 Silver Lane Northeast, St. Anthony Village
- 1704 Pleasant Street, Unit B, Lauderdale
- Dairy Queen, 143 Snelling Avenue

**Nancy Meeden**  
Coldwell Banker Burnet  
Mobile: 612-790-5053  
nmeeden@cbburnet.com



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## One hundred flowers to mark 100 years

Mosaic artist Lisa Arnold has been conducting workshops at St. Anthony Park Library this fall as part of a community effort to create a mosaic commemorating the library's centennial. Neighbors have been working to create 100 mosaic flowers for the piece, which will be installed this winter, on a wall near the stairway of the library. A Nov. 2

gathering was a last-ditch effort to get the flowers done. Above left, Arnold works with Dina Kountoupes and Kountoupes' daughters Kiki and Georgia Ruddy. At left, Alice Duggan shows off one of her flowers. Above, a box of glass shards ready to be used in the mosaic project, and below, some of the finished flowers. *Photos by Kristal Leebrick*



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In Milton Square, 2230 Carter Ave., St. Paul, 651-645-1055

**Shop Local this Weekend**  
Cozy Ponchos- Asst'd. Designs- Sale \$19.99. (Reg. \$40.00)  
Gifts & Stocking Stuffers under \$10, \$25, & \$40.  
Free Ornament with Purchase! (While Supplies Last)  
*Thanks for supporting small business this holiday!*



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facebook.com/vibrantdecorandstyle / 651.493.7571 / 1168 Selby Ave

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

# Your December fun guide

**KICK OFF DECEMBER IN ST. ANTHONY PARK:** Discover St. Anthony Park, north St. Anthony Park's newly formed business association, will host Shop Home for the Holidays Saturday, Dec. 2, 9 a.m. to 5 p.m. The businesses in the Como Avenue district are celebrating December with special offers and fun for the whole family.

*Sunrise Banks* will host a visit from Santa and reindeer sleigh rides from 9 a.m. to noon, a 20-plus-year tradition that started with the bank's earlier incarnations as St. Anthony Park Bank and then Park Midway Bank. Children can look forward to sleigh rides, treat bags and photos with Santa.

Other neighborhood businesses are offering shopping specials, free gift-wrap, carolers and more.

*Tim and Tom's Speedy Market*, 2310 Como Ave., will offer cookie-decorating for kids from 10 a.m. to 1 p.m., along with live music and free popcorn for everyone.

*The Little Wine Shoppe*, 2236 Carter Ave., will host a wine-tasting from 1 to 4 p.m.

*The Bibelot Shop*, 2276 Como Ave., will have a 20-percent-off ornament sale and samplings of tasty treats throughout the day.

*Scarborough Fair*, 2238 Carter Ave., will give shoppers a free scarf with any purchase over \$100.

*Healing Elements*, 2290 Como Ave., will have a create-your-own-bath-salt-blend table set up (with gift-packing options available). Spend \$50 on holiday shopping there that day and receive a free gift.

*Frattallone's Ace Hardware*, 2286 Como Ave., will have doughnuts for shoppers all day.

If you buy one entrée you can get the next one half off at *Finnish Bistro*, 2264 Como Ave., all day long.

*Complexions on Carter Skincare Boutique* in Milton Square will host an open house from 10 a.m. to 3 p.m. with demonstrations, product samples and holiday treats.

If you wear an ugly sweater to the new Milton Square shop *Soleil Coffee Co.* you'll receive a 10 percent



December fun guide to 13

## SHOP HOME FOR THE HOLIDAYS SUPPORT ST ANTHONY PARK'S RETAIL COMMUNITY

◆ Friendly merchants ◆ Unique offerings ◆ Convenient parking ◆

JOIN YOUR NEIGHBORS TO KICK OFF THE SEASON SATURDAY, DECEMBER 2, 9:00—6:00

◆ SUNRISE BANK COMO AVENUE ◆ Santa and Reindeer sleigh rides, 9:00 a.m.-Noon

◆ MILTON SQUARE ◆ Courtyard Tree Lighting with Santa and Christmas Carol-5:00 p.m.

### SHOP NORTH

The Bibelot Shop  
Carter Avenue Frame Shop  
Como Raymond BP  
Como Rose Travel  
Emil Gustafson Jewelers  
Frattallone's Hardware  
Healing Elements  
**Milton Square Shops:**  
Artisan's Fair  
Complexions on Carter  
Micawber's  
Scarborough Fair Boutique  
Creative Gathering Boutique

### WINE & DINE NORTH

Bruegger's Bagels  
Colossal Cafe  
Finnish Bistro  
Karta Thai  
Knoke's Chocolates & Nuts  
Lady Elegant's Tea Room  
the little wine shoppe  
Mim's Cafe & Lori's Coffeehouse  
Pho '79  
Tim & Tom's Speedy Market

### SHOP SOUTH

Agharta Records  
Barely Bros. Records  
Classic Retro at Pete's  
MidModMen+friends  
Noll Hardware  
Shag  
Succotash Retro  
Twin Cities Reptiles

### WINE & DINE SOUTH

Bang Brewing  
Caffe Biaggio  
Chocolat Celeste  
Dogwood Coffee  
The Dubliner Pub & Cafe  
Dunn Bros Coffee  
Egg & I  
Foxy Falafel  
Keys Cafe  
Lake Monster Brewing  
Sharrett's Liquors  
The Naughty Greek  
Urban Growler Brewing  
Workhorse Coffee Bar



## Discover St. Anthony Park Dec. 2



- 1 Colossal Café
- 2 Salon in the Park
- 3 U.S. Post Office
- 4 Knoke's Chocolates & Nuts
- 5 Karta Thai restaurant
- 6 Park Service
- 7 St. Anthony Park Library
- 8 Tim & Tom's Speedy Market
- 9 Sunrise Banks
- 10 Healing Elements
- 11 Frattallone's Ace Hardware
- 12 Dentists
- 13 Emil Gustafson Jewelers
- 14 Bibelot Shop
- 15 Finnish Bistro Café
- 16 All Seasons Cleaners
- 17 Little Wine Shoppe
- 18 Scarborough Fair
- 19 Milton Square Courtyard Shops:  
 Micawber's Books  
 Lady Elegant's Tearoom  
 Soleil Coffee Co.  
 Creative Gathering Boutique  
 Turning Heads Salon  
 Complexions on Carter
- 20 Como Rose Travel
- 21 Carter Avenue Frame Shop
- 22 Serendipity Flowers

Join us for our annual Shop Home for the Holidays free-in-store wine tasting from 1 to 4, Saturday December 2nd.

2236 Carter Avenue / 651.645.5178  
 Mon.-Th 10 a.m.- 8 p.m., Fri.-Sat. 10 a.m.-9 p.m., Sun 12-5 p.m.  
[www.thelittlewineshoppe.com](http://www.thelittlewineshoppe.com)



Christmas Crafts, Cookies and Story time with Santa! Bring your camera!

December 1, 3 - 5 p.m.



Milton Square

2262 Como Avenue • St. Paul, MN 55108

more info: [www.milton-square.com](http://www.milton-square.com)

Happy Holiday from your Good Neighbor



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 Agent, 651-644-3740  
[www.jrrsf.com](http://www.jrrsf.com)

2190 Como Avenue, St. Paul

## MOVING SALE

After over 20 years in the same location Emil Gustafson Jewelers is moving!

**20% - 70% OFF all in-stock merchandise\***

\*Excluding Shared Treasures Estate Jewelry

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 Newly created jewelry  
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 Diamonds  
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 Garnets  
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 Jade  
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 While Stock Lasts

Discounts increase as we approach the end of the year!

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 8:30 am - 5:30 pm Monday-Friday, 9 am - 1 pm Saturday

**\$10 Off**

purchase of \$50 or more

Limit one per customer. Expires 12/31/17

See store for details



**WANT Sprinklers &**

Tim & Tom invite children to help with weakness for Christmas the store on Saturday from 10 a.m. - 1 p.m., a cookie decorating. Sprinklers provided. Previous experience preferred.



2310 Como at Doswell Open 651-645-7360 [timandtom.com](http://timandtom.com)



**December fun guide from 11**

discount. The shop will have holiday gift-wrapping available and is accepting donations to a coat drive Thursday, Nov. 30-Sunday, Dec. 3.

*Creative Gathering Boutique*, also in Milton Square, has a whole weekend of activities planned Dec. 1-3. On Friday, Dec. 1, children can have their photos taken with Santa from 11 a.m. to 3 p.m. The store will have Christmas games during that time as well as a make-and-take Christmas ornament activity. Purchases over \$75 will receive a 15 percent discount. On Saturday, Dec. 2, the boutique will have a vendor appreciation event from 11 a.m. to 4 p.m. (Meet the makers and check out their handmade items.) An ornament workshop will be held from 4 to 5 p.m. And on Sunday, Welcome to Whoville: The movie "How the Grinch Stole Christmas" will be playing in the store all day and customers can make their own Whoville ornaments. Wear an ugly Christmas sweater and receive 10 percent off your purchase.

*Thistle*, Milton Square's occasional shop, has created a commemorative Christmas ornament to mark Milton Square's 60th anniversary in St. Anthony Park. The ornaments will be available at Thistle and participating Milton Square merchants. Thistle is also offering free gift-wrap with a \$25 purchase on Dec. 2.

Costumed carolers will roam the shops and streets that day, and at 5 p.m., Santa Claus will light the Christmas tree in the courtyard at Milton Square. Find updates at Shop Home for the Holidays on Facebook.

**SHOP HOME FOR THE HOLIDAYS ARTISAN MARKET IS IN A NEW SPOT:** Look for the annual market in the former Muffuletta cafe space, where local artisans will be selling Saturday, Dec. 2, 9 a.m. to 5 p.m., and Sunday, 11 a.m. to 4 p.m. Handmade goods will include up-cycled mittens and hats; paintings; photographs; greeting cards; ornaments; snow globes; art prints; wooden toys; Minnesota printed goods; crocheted hats, trees and toys; crocheted animals; jewelry; handmade aprons, hot-pad sleeves; and more. And Santa will be on hand from 3 to 5 p.m. for storytime, crafts and the annual tree lighting in the courtyard at Milton Square at 5 p.m.

**DON'T FORGET THE BLUE HOUSE BOUTIQUE:** Stroll up the street to St. Matthew's Episcopal Church, 2136 Carter Ave., on Saturday, Dec. 2, or Sunday, Dec. 3, to the Blue House Boutique. The annual event is a fundraiser for the Blue House, an orphanage

**December fun guide to 14**

ays  
ch  
3740  
State Farm

**BLUE HOUSE BOUTIQUE**  
Saturday, December 2: 9 am to 3 pm  
Sunday, December 3: 9 am to 1 pm  
Lunch on Saturday: 11 am to 1:30 pm  
St. Matthew's Episcopal Church  
2136 Carter Ave. • St. Paul, MN 55108  
[www.Blue-House.org](http://www.Blue-House.org)  
Benefits the Blue House orphanage in Uganda, with roots in St. Anthony Park

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**WANTED: Sprinkles & frosters**  
Children of all ages with a Christmas cookies to stop by Saturday, December 2, 11 a.m. - 12:00 p.m., and try their hand at Sprinkles and frosting. Experience not required.  
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SAINT ANTHONY PARK | GRAND AVENUE | LINDEN HILLS | NORTHEAST | [BIBELOTSHOPS.COM](http://BIBELOTSHOPS.COM)

**December fun guide from 13**

in Uganda, and includes gourmet goodies, knit accessories, jewelry and African crafts will be sold.

Saturday's sale will be held from 9 a.m. to 3 p.m. and will serve a homemade lunch from 11 a.m. to 1:30 p.m., along with coffee and pastries. Sunday's sale will be held from 9 a.m. to 1 p.m.

**SILENT AUCTION AND BENEFIT CONCERT:** The 11th annual silent auction and benefit concert to support the Anaphylaxis & Food Allergy Association of Minnesota (AFAA) will be held Saturday, Dec. 2, 10 a.m.-1 p.m. at St. Anthony Park Lutheran Church, 2323 Como Ave. Bid on gifts for others or items and services for yourself while helping a volunteer-run nonprofit. Enjoy music provided by the Murray Middle School Orchestra, free craft-making for kids, allergen-friendly refreshments, coffee and apple cider. Contact [info@minnesotafoodallergy.org](mailto:info@minnesotafoodallergy.org) for more information.

**HOLIDAY FLOWER SHOW:** The Marjorie McNeely Conservatory at Como Regional Park will host its annual holiday flower show Saturday, Dec. 2, through Sunday, Jan. 7. The show will be open daily, 10 a.m. to 4 p.m. The Holiday Flower Show tradition began in 1925.

**A CUP OF HOLIDAY TEA:** The annual three-course holiday tea at the Marjorie McNeely Conservatory will be held on Wednesday, Dec. 6, 11 a.m. and 2 p.m. Guests will dine on a three-course tea service and get a behind-the-scenes tour of the conservatory. Tickets are \$40 if purchased before Thanksgiving or \$45 after Thanksgiving. Space is limited and reservations are required. Call 651-487-8250.

**SPAGHETTI WITH SANTA:** Mr. and Mrs. Claus will dine with area children and families Friday, Dec. 8, at Langford Recreation Center, 30 Langford Park, from 5:30 to 7 p.m. The cost is \$5 per person or \$25 for a family of five or more. No charge for children 2 and under. Enjoy a spaghetti dinner, decorate a cookie and have your face painted. Walk-ins are welcome. Call Langford for more information: 651-298-5765.

**WINTER WONDERLAND:** Kids under 14 can join a wonderland of winter activities at Northdale Rec Center, 1414 N. St. Albans St., St. Paul, Thursday, Dec. 14, from 5:30 to 7 p.m. The event is free and there will be a special visit from Santa. Call 651-558-2329 for more information.

**LIVING NATIVITY:** Bethel Lutheran Church, 670 W. Wheelock Parkway, will host its fifth annual re-enactment of the Christmas story on Saturday, Dec. 16. The event will include actors portraying the biblical account of Jesus' birth, a first-century Bethlehem marketplace (with vendors selling craft goods), live animals, warm beverages and treats. Doors will open for the Bethlehem marketplace at 5:30 p.m., with 10-minute live shows from 6 to 8 p.m. The event is free and open to the public (no tickets required). Free-will donations will be accepted. You can find out more at the event webpage: [bethelstpaul.com/bethels-living-nativity-2017](http://bethelstpaul.com/bethels-living-nativity-2017).

**Opening Saturday, November 18**

Closing: Sunday, December 17  
Hours: Friday, Saturday, Sunday 9 a.m. - 5 p.m.



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- Horse drawn hayrides, noon - 4:30 p.m. November 24, 25, 26, December 2 & 3
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**AREA YOUTH PERFORM “NARNIA”:** Prospect Park’s Youth Performance Co. (YPC) will present the play “Narnia” this holiday season. The play—a story about young people facing challenges and learning about courage, love and giving—is based on the C.S. Lewis book “The Lion, the Witch, and the Wardrobe.” The show will be performed at the Howard Conn Performing Arts Center, 1900 Nicollet Ave., Minneapolis, from Dec. 1 to 17. Tickets are \$7-\$15. To find out show times, call the box office at 612-623-9080 or go to [youthperformanceco.org](http://youthperformanceco.org).

**NIGHT TRAINS:** The Twin City Model Railroad Museum’s annual display, Night Trains, is open every Saturday 6-9 p.m. through Feb. 4. The museum moved out of its longtime home in Bandana Square two years ago and is now located at 668 Transfer Road, Suite 8. Night Trains displays dozens of model railroad layouts in a magical way: The lights are turned down, the buildings and street lights glow, and the make-believe town of Matlin is buried in a blizzard. The layouts are adorned with miniature Christmas lights and decorations. Santa will visit the museum on Saturday, Dec. 23.

Admission is \$15 per person and free for children four and younger. Discounted group rates are available for groups of four or more (cost for four guests is \$45, six guests is \$60, 10 guests is \$90). Learn more at [www.tcmrm.org](http://www.tcmrm.org).

**A TALE AS OLD AS TIME:** SteppingStone Theatre for Youth will open its holiday show, Disney’s “Beauty and the Beast Jr.,” Friday, Dec. 1, at SteppingStone Theatre, 55 N. Victoria St., St. Paul. Based on the Academy-Award-winning animated feature, the stage version includes all of the songs from the animated film plus a few new songs written especially for the Broadway musical. The opening night performance will be followed by a reception at the theater where patrons can meet the cast and crew and enjoy refreshments. Performances will run through Friday, Dec. 22. Ticket prices begin at \$12. You can find out performance dates and times and purchase tickets at [www.brownpapertickets.com/event/293969](http://www.brownpapertickets.com/event/293969). SteppingStone Theatre is celebrating its 30th anniversary in the 2017-2018 production season.



**Milton Square is celebrating 60 wonderful years in St. Anthony Park!**  
To commemorate this milestone we have created this Holiday ornament. They will be available during “Shop Home” at Thistle and participating Milton Square merchants.



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[www.healingelementswellness.com](http://www.healingelementswellness.com)




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Hrs: M-F 8-6:30, Sat 8-12:30  
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# DECEMBER Events

VENUE INFORMATION IS LISTED AT THE END OF THE CALENDAR. SEND YOUR EVENTS TO [calendar@parkbugle.org](mailto:calendar@parkbugle.org) by Wednesday, Dec. 6, to be included in the January issue.

## 1 FRIDAY

PRESCHOOL NATURESMART STORYTIME, Fridays in December, St. Anthony Park Library, 10:30 A.M. *THERE WILL BE NO STORYTIME ON Friday, Dec. 22 OR Dec. 29.*

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

## 2 SATURDAY

SHOP HOME FOR THE HOLIDAYS IN ST. ANTHONY PARK. MERCHANT SPECIALS, SANTA AND MORE (SEE PAGES 11-15 FOR MORE INFORMATION), 9 A.M.-5 P.M.

BLUE HOUSE BOUTIQUE, ST. MATTHEW'S EPISCOPAL CHURCH, 9 A.M.-3 P.M. SATURDAY LUNCHEON, 11 A.M.-1:30 P.M. HANDCRAFTED GIFTS AND TREATS.

ARTISAN HOLIDAY MARKET, IN THE FORMER MUFFULETTA SPACE IN MILTON SQUARE, 9 A.M.-5 P.M.

CHRISTMAS CRAFTS, COOKIES AND STORYTIME WITH SANTA, MUFFULETTA SPACE

IN MILTON SQUARE, 3-5 P.M.

SANTA LIGHTS THE CHRISTMAS TREE IN MILTON SQUARE'S COURTYARD, 5 P.M.

ANAPHYLAXIS & FOOD ALLERGY ASSOCIATION OF MN BENEFIT, 10 A.M.-1 P.M., ST. ANTHONY PARK LUTHERAN CHURCH.

## 3 SUNDAY

BLUE HOUSE BOUTIQUE, ST. MATTHEW'S EPISCOPAL CHURCH, 9 A.M.-1 P.M.

ARTISAN HOLIDAY MARKET, IN THE FORMER MUFFULETTA SPACE IN MILTON SQUARE, 11 A.M.-4 P.M.

## 4 MONDAY

MIDDLE SCHOOL BOOK CLUB, FOR STUDENTS IN GRADES 6 TO 8, ST. ANTHONY PARK LIBRARY, 6:30-7:30 P.M. SPACE IS LIMITED. SIGN UP AND PICK UP A COPY OF THE BOOK AT THE LIBRARY INFORMATION DESK.

## 5 TUESDAY

BABY/TODDLER STORYTIME, TUESDAYS IN DECEMBER, ST. ANTHONY PARK LIBRARY, 9:30 A.M. AND 10:30 A.M. NO STORYTIME DEC. 19 OR 26.

ST. ANTHONY PARK GARDEN CLUB: "ARIZONA DESERT IN BLOOM: A PHOTO

TOUR," PRESENTED BY ABBY MARIER, ST. MATTHEW'S EPISCOPAL CHURCH Fellowship Hall. SOCIAL TIME, 7 P.M. PROGRAM, 7:30 P.M. CONTACT SANDEE KELSEY, [kelse005@umn.edu](mailto:kelse005@umn.edu) OR 651-645-9053 WITH QUESTIONS.

## 6 WEDNESDAY

ENGLISH CONVERSATION CIRCLES, EVERY WEDNESDAY, ST. ANTHONY PARK LIBRARY, 4-5:30 P.M.

## 7 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.

## 8 FRIDAY

SAPAS GAME DAY, CENTENNIAL UNITED METHODIST CHURCH, 10 A.M.-NOON. NO CHARGE OR REGISTRATION REQUIRED.

DINNER WITH SANTA, LANGFORD REC CENTER, 5:30-7 P.M., \$5 PER PERSON, OR \$25 FOR FAMILY OF 5 OR MORE.

## 14 THURSDAY

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

WINTER WONDERLAND WITH SANTA, NORTHDALE REC CENTER, 5:30-7 P.M.

## 15 FRIDAY

SAPAS GAME DAY, CENTENNIAL UNITED METHODIST CHURCH, 10 A.M.-NOON. NO CHARGE OR REGISTRATION REQUIRED.

TABLET/SMARTPHONE DROP-IN CLINIC, ST. ANTHONY PARK LIBRARY, NOON-2 P.M. CLINIC IS FOR ALL TABLETS & SMARTPHONES.

## 18 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 TUESDAY

HAND-DRUM FOR BEGINNERS, WOMEN'S DRUM CENTER, 5:30-6:30 P.M., \$10. DRUMS PROVIDED. REGISTER AT [WWW.WOMENSDRUMCENTER.ORG](http://WWW.WOMENSDRUMCENTER.ORG).

## 21 THURSDAY

PRESCHOOL STORYTIME IN MANDARIN CHINESE, FIREROOM AT COMMONWEALTH TERRACE COMMUNITY CENTER, 1250 FIFIELD AVE., FALCON HEIGHTS, 10:30 A.M.

## 22 FRIDAY

SAPAS GAME DAY, CENTENNIAL UNITED METHODIST CHURCH, 10 A.M.-NOON. NO CHARGE OR REGISTRATION REQUIRED.

PENGUINS AT THE LIBRARY: VISIT WITH A LIVE PENGUIN FROM COMO ZOO, ST. ANTHONY PARK LIBRARY, 10:30 A.M. NO REGISTRATION REQUIRED, BUT PROGRAM IS LIMITED TO 50 ON A FIRST-COME/FIRST-SERVED BASIS.

## 24 SUNDAY-

## 26 TUESDAY

ST. ANTHONY PARK LIBRARY IS CLOSED.

## SENIOR EXERCISE

NO EXERCISE CLASS DEC. 18-29 FOR WINTER BREAK.

## 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. *CHAIR YOGA IS IN PLACE OF EXERCISE CLASS ON Dec. 1 & 15.*

**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

## SAINT ANTHONY PARK AREA SENIORS (SAPAS)

**Wednesdays,** CENTENNIAL UNITED METHODIST CHURCH, 11:30 A.M.-NOON.

**Friday, Dec. 1,** ST. ANTHONY PARK LIBRARY, 2-2:30 P.M.

**Tuesday, Dec. 12,** 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. LARPEUR AVE.

FALCON HEIGHTS TOWN SQUARE SENIOR APARTMENTS, 1530 W. LARPEUR AVE.

LANGFORD RECREATION 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

NORTHDALE REC CENTER, 1414 N. ST. ALBANS ST., ST PAUL, 651-558-2329

OLSON CAMPUS CENTER, LUTHER SEMINARY, 1490 FULHAM ST., 651-641-3456

SEAL HI-RISE, 825 SEAL ST., 651-298-4673

ST. ANTHONY PARK LIBRARY, 2245 COMO AVE., 651-642-0411

ST. ANTHONY PARK LUTHERAN CHURCH, 2323 COMO AVE., 651-645-0371

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., [WWW.WOMENSDRUMCENTER.ORG](http://WWW.WOMENSDRUMCENTER.ORG)



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## Neighbors

### Learn about Somali history

A presentation and discussion with Adan Dirie, program director of the Somali Museum of Minnesota, will be held at Sunrise Banks Corporate Headquarters, 2525 Wabash Ave., St. Paul, Wednesday, Nov. 29, 6-8 p.m.

Dirie will give a presentation, the pre-colonial, colonial and post-colonial Somali history that has forced thousands of Somalis to seek refuge and resettlement in the United States and other parts of the world. Guests will get a chance to view artifacts from the museum showcasing Somali nomadic life, traditional homemaking, fashion and more.

Attendees will also receive a basic Somali language lesson, leave with several useful phrases to use with neighbors, and learn why Somalia is known as "the land of the bards." The presentation will be followed by time for questions.

This is a free event, but please register. Contact Kelly at 651-251-9074 or krynda@mnliteracy.org. This is a free event, but we ask that you please register in advance.

### Calmus Ensemble sing 'Carols of the World' at Music in the Park

The Calmus Ensemble will present "Christmas Carols of the World" Sunday, Dec. 3, at 4 p.m., at St. Anthony Park United Church of Christ, 2129 Commonwealth Ave., as part of the Schubert Club's Music in the Park Series. A pre-concert talk with the artists will begin at 3 p.m.

One of Germany's most successful vocal groups, Calmus has been awarded prizes in numerous international competitions, including the prestigious Concert Artists Guild Competition. Music in the Park Series brings the a cappella quintet to St. Paul with a program of carols from around the world, from 16th-century Italian madrigals to traditional carols of France, Germany, Sweden and England, to popular American holiday songs.

Calmus ensemble will also visit both St. Anthony Park Elementary School and St. Anthony Park Home, Dec. 4 as part of their Music in the Park residency.

### Here is what's happening at your St. Paul Park and Rec center

Registration for winter and spring 2018 classes and activities at St. Paul Park and Recreation Centers begins Monday, Dec. 4. Here is a list of some of the upcoming activities at the Bugle-area rec centers. To register or for more information, call the rec centers or go to the center's website.

**Langford Rec Center**  
www.stpaul.gov/LangfordRec  
651-298-5765

Adult Zumba, Mondays, Jan. 22-March 19, 7:45-8:45 p.m., \$60

Badminton, Saturdays, Jan. 6-Feb. 3, 2-4 p.m., ages 10-adult, free



### A gift of greenery

A team from the University of Minnesota's Farmhouse Fraternity on Cleveland Avenue joined members of the St. Anthony Park Garden Club in filling the St. Anthony Park Library window boxes with winter greens. Evergreens were donated by the Hansen Family Tree Farm and garden club members harvested dried blooms and stems from their gardens and the library gardens to add further textural interest. Here, fraternity members Harrison Roessler installs hydrangea stems in a window box while Loren Dauer supports a box full of blooms. Photo by Pat Thompson

Open gym, Saturdays, Jan. 6-Feb. 4, 4-6 p.m., all ages, free

Pickle Ball, Sundays, Jan. 7-Feb. 4, 2-4 p.m., ages 10-adult, free

Chess Club, Wednesdays, Jan. 10-March 28, 6-7:30 p.m., ages 7-12, \$65

Ice skating lessons, varies, Jan. 6-Feb. 3, ages 3-5 & 6-9, \$35

Parent/Child Tot Time, Thursdays, Jan. 4-March 29, 9-10:30 a.m., free

Adult walking, Fridays, Jan. 5-March 30, 1-2 p.m., free

Adult gym: bowling, Fridays, ongoing, 9:30-11 a.m., free

Pilates for adults, Thursdays, Jan. 4-March 8, time varies, \$73

Tot time, Thursdays, 9-10:30 a.m.

Soo Bahk Do, Thursdays, ongoing, ages 6-adult, \$45/month

St. Paul Winter Classic, Jan. 25-28

**Northwest Como Rec Center**  
www.stpaul.gov/northwestcomoRec  
651-298-5813

Adult indoor soccer, Sundays, Jan. 7-March 25, 5-6:30 p.m., \$5/week

Senior Gamers, Tuesdays, ongoing, 1-3 p.m., free

Women's 35+ Basketball, Sundays, Jan. 7-March 25, 6:30-7:30 p.m., \$4/week

Family open gym, Sundays, Jan. 7-March 25, 3-5 p.m., free

Jazz/Ballet, Wednesdays, Jan. 17-May 9, 4-5 p.m., \$100

My Buddy & Me Dance Class, Wednesdays, Jan. 17-May 9, 6-6:30 p.m., ages 3-17, \$80

Artist Workshop, ages 5-8, Wednesdays, Jan. 10-Feb. 14, 3:15-5:15 p.m., \$60

Artist Workshop, ages 8-17, Tuesdays, Jan. 9-Feb. 13, 3:15-5:15 p.m., \$60

Ballet/Creative Movement, Wednesdays, Jan. 17-May 9, 3:15-4 p.m., ages 3-5, \$90

Hip Hop, Wednesdays, Jan. 17-May 9, ages 12-17 & 7-11, \$80

Ice skating lessons, Saturdays, Jan. 6-27, times vary, ages 3-5 & 6-9, \$35

Taekwondo, Tuesdays and Thursdays, ongoing, ages 4-17, \$50/monthly

Teen open gym, Wednesdays, Jan. 10-Feb. 28, 7-8:30 p.m., ages 12-17, free

Wacky Craft, Thursdays, Jan. 11-March 1, 3:15-4 p.m., ages 6-12, free

**North Dale Red Center**  
www.stpaul.gov/northdaleRec  
651-558-2329

Parent/Child Tot Time, Mondays, Wednesdays and Thursdays, 9 a.m.-noon, free

Music Together, infant-6 years, Mondays, Jan. 8-March 26, 6:15-7 p.m.

Ice skating lessons, Saturdays, Jan. 6-Feb. 3, 10-11 a.m., ages 5-7, \$40

Awesome Preschool Drawing, Wednesdays, Jan. 24-Feb. 28, 6-6:45 p.m., ages 3.5-5, \$60

Zumba, Wednesdays, Jan. 24-March 21, 9:30-10:30 a.m., \$60

Senior Days, Thursdays & Fridays (ongoing), free

Taekwondo, Monday, Wednesday and Friday, ongoing, ages 4-17, \$50/monthly

Earth Moon Yoga for adults, Tuesdays at 7:40 p.m. and Saturdays at 11 a.m., ongoing

Challenge Square Dancing for Adults, Mondays, 6:30 p.m.

Senior Fitness for Adults, Tuesdays and Thursdays, 9:30 a.m.

Laughter Yoga for Adults, first Thursday at noon and second Monday at 6:15 p.m.

Pilates-Core/Strength/Flexibility for adults, Mondays and Wednesdays, 7:15 p.m.

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*Two local writers share their 2017 travel stories:  
one, a working vacation, the other an exotic train ride through Eastern Europe.*

## Our summer adventure working in a national park

*By Janet Wight*

Have you ever thought about doing something different from your normal routine? Perhaps immersing yourself in an out-of-the-ordinary destination? That is exactly what my daughters and I did this past summer.

It all started over a year ago when I came up with the idea of spending the summer living and working in a national park with my daughters, Margot and Mallory. Since our family is passionate about national parks it seemed like it would be the perfect fit for us. I discussed it with my husband, Jeremy (who would be staying home and working while we were gone), and he agreed that it was a promising idea. We decided that either the Grand Canyon in Arizona or Yosemite in California would be the best places to apply. Both of these parks have large villages, so they would have a great need for seasonal employees.

We applied at Xanterra first (which operates most of the Grand Canyon South Rim properties) and by early December we had each received a job offer. We gladly accepted and immediately began to prepare for our summer adventure. We wanted to room together, so I requested one of the historic employee cabins. Since Margot and Mallory are college students, we realized that we would have tight turnarounds on both ends of the summer. We were determined to fulfill the three-month minimum job requirement, so we planned accordingly.

On May 11, we packed our Honda Civic with clothes, bedding and other necessities. We took four days to reach our destination, staying in Overland Park and Liberal, Kansas, then Albuquerque, N.M., and finally Flagstaff, Ariz., on our last night before arriving at the canyon.

When we finally arrived, our passports were reviewed and we completed drug screenings and housing forms. Then we moved into our cozy private cabin, unloaded our

suitcases and flopped down on our beds. We were relieved to discover that the cell-phone coverage in our cabin was adequate.

The next few days were spent sprucing up our cabin, purchasing provisions, and participating in food and beverage orientation. Our fellow

were also quite a few employees from the nearby Navajo Nation. Some employees worked at the canyon year-round and raised their families there. It was their home.

We all worked in restaurants. I was a host at the Bright Angel Restaurant, Margot was an attendant

interesting employees and more opportunities to make friends. Between the three of us, we knew just about everyone in the food-and-beverage department. Each person who works at the canyon lives in the village, so we would see people we knew everywhere we went, just as

buses and had only a few hours to spend at the canyon. Mornings and evenings were quiet, but each afternoon the village teemed with thousands of visitors from all over the world speaking a wide variety of languages.

On our days off we usually alternated between staying at the canyon and spending time in Flagstaff, the closest city to the canyon. Since we were living in a remote area we developed an appreciation for urban amenities (taken for granted in St. Paul) such as movies, haircuts, outings to Walgreens or Target, and high-speed Internet. We thoroughly enjoyed a weekend in Page (hiking to Horseshoe Bend and cruising on Lake Powell) and another one in historic Williams. We also visited Sedona and the meteor crater near Winslow. We took full advantage of employee perks, including free guided bus tours and travel on the Grand Canyon Railway. We also attended ranger programs, walked along the rim trail, and hung out at the library and rec center.

In mid-August it was time to head back to Minnesota. After packing the car, returning our uniforms, completing the necessary paperwork and many emotional goodbyes, we drove all the way to Phoenix. It was a long and exhausting day. Margot and Mallory flew home the following morning (since they needed to be back to school), and I embarked on the solo drive home. After being at the canyon all summer Minnesota seemed so green and lush. We were all happy to be home.

We certainly accomplished our primary goals of spending quality time together and gaining valuable work experience, especially for Margot and Mallory. And we all developed a deeper and more intimate connection to the canyon. Most important, however, we established relationships with like-minded individuals from all over the world, and from many cultures, who share our spirit of adventure and friendship.

*Janet Wight is a resident of Como Park, where she lives with her husband and daughters.*



Mallory, Janet and Margot Wight at Hermits Rest in Grand Canyon National Park.

employees—mostly college students or recent graduates—came from many countries, including Thailand, the Philippines, Columbia, Romania, Bulgaria and Poland. They were thrilled to earn minimum wage since it was a much higher rate of pay than they could expect back home. Most of the middle-aged and retired employees were from the U.S. There

in the employee cafeteria, and Mallory was a line server at the Maswik food court. The first few weeks were draining, as we adjusted slowly to our new roles and shoes. We ate lunch together in the employee cafeteria every day. We all walked to work, but I usually rode the shuttle bus home after my evening shift ended at 10 p.m.

Since my daughters and I enjoy meeting new people and learning about different cultures we were delighted to be part of this unique multicultural environment. Each week brought a new crop of

would happen in any small town. The tourists we encountered were mostly from the U.S. and Western Europe.

The canyon itself is glorious. Although I was familiar with the park since I had been there several times (and hiked to Phantom Ranch twice), I never tired of it. I often walked over to the rim during my breaks and regularly saw elk and mule deer along with their adorable young. And the Milky Way was clearly visible in the incredibly dark night sky.

Most visitors arrived on tour



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# Take a trip on the Trans-Siberian Express

By Michelle Christianson

What is more exciting than getting ready to board a train? The crowds, the high ceilings of the train station, the nostalgia for a former era and, of course, the brass band in their bright red uniforms playing a welcome march as we search for our train car.

That was our experience as we prepared to leave Moscow on the

Trans-Siberian Express in September.

Our adventure included stops in Kazan, Ekaterinburg, Novosibirsk, Krasnoyarsk, Irkutsk, Lake Baikal and Ulan-Ude in Russia, Ulan-Baatar in Mongolia, and Erlian and Beijing in China. (If many of those names don't mean much to you, you are right where I was before

embarking on this trip. Luckily, I had a guidebook that I read each night before bed.)

We began our trip with two very rainy days in Copenhagen. Because of the rain, we had to forgo our plans to bike the city and spend time at Tivoli Garden, but we saw three wonderful museums and took the Hop-on-Hop-off bus to see (briefly) some of the other sights of the city.

Adding two more time zones to the seven we had crossed, we flew to Moscow, where we joined my sister and her husband. After a welcome dinner, when we met the other 22 members of our "red" group (a subset of the 178 total passengers on the train), we took a bus tour of Moscow at night, including stops at two of the beautiful subway stations and at Red Square.

The next morning, we toured the GUM department store and the Kremlin, and after a typical Russian lunch—always cabbage and often borscht, pelmeni (dumplings), blini (pancakes), meatballs, coleslaw, bread, potatoes, pickles and, of course, vodka—we visited a huge church (where my husband and I

each got separated from the group for a short time—scary!), and finally got on the train.

Our car had nine compartments, each for two people, plus two bathrooms, a shower room and space for our two conductors, who cleaned, set up the beds and generally offered support for us, while speaking no English. The

compartments were small but efficient, and after we adjusted to the train's rocking and jerking, we were able to sleep, shower, brush our teeth and traverse the four cars to the dining car. There just had to be a bit of wide-stance bracing and, to be honest, caroming off the walls and doors.

Much of Siberia looks a lot like Minnesota. The steppes are like our flat prairies, and the birch and pine forests reminded us of home. On the other hand, I was somewhat shocked at the dilapidated and abandoned buildings left to fall down in both the countryside and in some of the cities.

But we saw beautiful churches, mosques, opera halls and wide squares. Each city seemed to have its claim to fame—the largest, oldest, best. Each day we left the train and toured a new place, usually with a new guide (three of them Olgas!).

The tour company arranged for us to see several concerts, to have dinner in a dacha and in a yurt, to try foods from various areas and to learn some Russian language from Valeri, our "red group" tour guide. We saw architecture that went from the



Above left, a woman sells flowers in the square at Ekaterinberg, Russia. At top, a brass band serenades travelers in a Moscow train station, and above, author Michelle Christianson stands near the yurt, where she stayed while in Mongolia. Photos courtesy of Michelle Christianson

stately to very rustic (in a recreated Siberian village), crossed Lake Baikal on a boat and, for a short time, rode outside on the train's engine. The hours in each day were jam-packed with experiences.

As we crossed Siberia, the terrain became more mountainous and the weather (though beautiful) was colder. The churches and mosques were joined by Buddhist temples, and we noticed more and more people in the cities with Asian features.

In Mongolia, nine of our group decided to take the option of staying

for a night in a yurt (or *ger*, as they are called). The gers are in a national park and are meant for tourists, but nonetheless are authentic. We were lucky enough to get a pretty big one, though the door was still low enough for both my husband and I to crack our heads on the jamb more than once as we entered. There was a small, wood-burning stove in the middle of the ger that someone lit for us before bed and again at 5 a.m. Later that morning, the rest of the group joined the nine of us for a Mongolian meal and a demonstration of athletics that

included wrestling, archery and horseback riding.

The next day, after waking early to see a camel herder in the Gobi Desert and hearing Mongolian music, we crossed the border into China. The border city is Erenhot, one of the "ghost" cities that the Chinese government has promoted to get people to move away from Beijing. Though the center of the city has some people, there are blocks and blocks of empty apartments and streets; it is eerie to see. They are building a Disney-like dinosaur park

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## L I V E S L I V E D

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Send information about area deaths to Mary Mergenthal at [mary.mergenthal@gmail.com](mailto:mary.mergenthal@gmail.com) or call 651-644-1650.

### Donald Kelsey

Donald G. Kelsey, 78, a St. Anthony Park resident for many years and more recently of Como Park, died Oct. 26, 2017.

He is survived by his wife of 55 years, Carol; his children, Mark (Kimberly) Kelsey, Heather (Randall) Quale and Michael Kelsey and friend Kathleen McCarthy; three grandchildren; sister, Linda (Glenn Strand) Kelsey; brother, Thomas (Ingrid Schaff) Kelsey; nieces and nephews; other relatives and friends.

Don worked for the University of Minnesota libraries. He was a past Scout Master of Troop 17 and on the staff of Tomahawk Scout Reservation. He was also past president of Minnesota Library Foundation and a dedicated volunteer and church member.

He was preceded in death by his parents, Clive and Mary, and sister,

Judith Kopper. His memorial service was held Nov. 2 at Como Park Lutheran Church.

### Thomas Polta

Thomas Alfred Polta, M.D., 70, of Spring Lake Park, Minn., died Oct. 25, 2017.

Dr. Polta served in the U.S. Air Force as a captain stationed in Alaska with his first wife, Chris, and their sons Steve and Dan. Tom worked as an anesthesiologist at Unity and Mercy Hospitals in the Twin Cities.

Mass of Christian Burial was held Nov. 18 at the Church of St. Cecilia in St. Anthony Park.

### Eleanor Urbanski

Eleanor S. Urbanski, 99, of Como Park, died peacefully on Oct. 24, 2017.

She was preceded in death by her husband, Andrew; sisters and brothers. She is survived by her son, Clem (Annette); daughter, Bonnie (Jim) Davy; five grandchildren; and five great-grandchildren.

Mass of Christian Burial was celebrated Nov. 7 at Church of the Holy Childhood in Como Park.

### Jesse Zepeda

Jesse Antonio Zepeda, Jr., formerly of St. Anthony Park, died Oct. 29, 2017. He returned to St. Anthony Park recently, when admitted to St. Anthony Park Home after a stroke.

He is survived by his mother, Agnes H.; two sons, Chris and Jesse; two daughters, Maria and Stephanie; and many grandchildren and great-grandchildren.

His funeral was held Nov. 8 at St. Anthony Park Lutheran Church, with interment at Fort Snelling.

# Community Worship Directory

### LYDIA PLACE COLLABORATIVE COMMUNITIES—ELCA

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[www.mount-olive-lutheran-church.org](http://www.mount-olive-lutheran-church.org)  
Find us on Facebook  
1460 Almond Ave., St. Paul, MN 55108  
651-645-2575  
Sunday worship: 9 a.m.  
Bible study and Sunday school, 10:30 a.m.  
Pastor Al Schleusener

### PEACE LUTHERAN CHURCH—ELCA

1744 Walnut St. (at Lone), Lauderdale, 651-644-5440  
[www.peacelauderdale.com](http://www.peacelauderdale.com)  
Sunday worship: 10 a.m.  
Reconciling in Christ Congregation  
*All are welcome. Come as you are.*

### ST. CECILIA'S CATHOLIC CHURCH

2357 Bayless Place, 651-644-4502  
[www.stceciliasp.org](http://www.stceciliasp.org)  
Handicap-accessible  
Saturday Mass: 4:30 p.m.  
Sunday Masses: 8:15 a.m. and 10 a.m.

### HOLY CHILDHOOD CATHOLIC CHURCH

1435 Midway Parkway, St. Paul, 55108  
Pastor, Fr. Timothy Cloutier  
Weekend Masses: Sat. 5 p.m., Sun. 9:15 a.m.  
Weekday Masses (Tues., Wed., Fri., & Sat.): 7:45 a.m.  
Confession: Sat. 7 - 7:30 a.m. & 4 - 4:30 p.m.  
Parish office: 651-644-7495, [mcmadigan@holychildhoodparish.org](mailto:mcmadigan@holychildhoodparish.org)  
The Nativity of the Lord (Christmas Eve)  
Sunday, December 24, 2017, 10 p.m.  
MISSA SOLEMNIS IN C, K.337 by W.A. Mozart  
plus traditional carols: "O Come, All Ye Faithful," "Silent Night,"  
"Hark! the Herald Angels Sing," and  
Gesù Bambino Choir with Orchestra & Organ  
Feast of the Holy Family  
Sunday, December 31, 2017, 9:15 a.m.  
MESSE PASTORALE by Samuel Rousseau  
Choir with Strings, Harp & Organ  
The Epiphany of the Lord  
Sunday, January 7, 2018, 9:15 a.m.  
MESSE SUR DE AIRS DE NOELS by Henri Nibelle  
Choir with Strings, Harp & Organ

### CATALYST COVENANT CHURCH

You are more than welcome to join us at Catalyst Covenant Church.  
We meet Sunday mornings at 10 a.m. at 1490 Fulham St.  
For additional information on other activities and events,  
visit us at [www.catalystcovenant.org](http://www.catalystcovenant.org) or email us at [info@catalystcovenant.org](mailto:info@catalystcovenant.org)

### ST. ANTHONY PARK UNITED CHURCH OF CHRIST

2129 Commonwealth Ave. (corner of Commonwealth and Chelmsford)  
651-646-7173, [www.sapucc.org](http://www.sapucc.org)  
9:15 a.m. Faith Formation for all ages: Sunday school and Adult Forum  
10:30 a.m. Worship  
Christmas Eve: 4 p.m. Intergenerational Service  
10 p.m. Candlelight Service  
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Education for all 9:45 a.m.  
Sunday, Dec. 24  
10 a.m. Advent Lessons and Carols  
3:30, 5 & 10 p.m. Christmas Eve Worship  
Monday, Dec. 25  
10 a.m. Christmas Day Worship  
Sunday, Dec. 31 One service only, 10 a.m.

### ST. MATTHEW'S EPISCOPAL CHURCH

The Rev. Blair A. Pogue, Rector | 2136 Carter at Chelmsford  
651-645-3058 | [www.stmatthewsmn.org](http://www.stmatthewsmn.org)  
Hours: 9:30 a.m. - 3 p.m., Tuesday - Friday  
Sundays: 10:30 a.m. (Liturgical with Communion) | 5:30 p.m. (Contemplative)  
6:30 p.m. Dinner  
Education for all ages on Sunday at 9:15 a.m.  
Wednesday Eucharist & Lunch at 12 p.m.  
Sunday, December 3 | Dinner Church at 5:30 p.m.  
Begin Advent around one table  
Christmas Eve | Family Service 4 p.m., Choral Service 10 p.m.

### CENTENNIAL UNITED METHODIST CHURCH ST. ANTHONY PARK CAMPUS

2200 Hillside Ave, 651-633-7644  
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### Train ride from 19

outside the city to lure tourists, but it was mostly empty. Maybe in a few years the tourists will be there.

Beijing, of course, is also full of buildings, but those buildings are all full of residents, and many more are being built. We quickly shed our warm clothes, as it was in the upper 80s on our first day there. Our Chinese guide was wonderful, but no grass was going to grow under her feet. We saw the Temple of Heaven the first afternoon, the Great Wall, the Ming tombs and the Spiritual Walk the next day, brightly lit Beijing that evening and Tiananmen Square, the Forbidden City and the Olympic Games venue the next day. It was tiring, but so interesting.

That last night in Beijing, we had a dinner with all the people from the train. Our host recognized the countries we came from: Germany, France, Portugal, Brazil, Australia, Switzerland, Great Britain, the Netherlands and the U.S. (Sadly, our friends, the Thai-American doctors, had already left the group. They were such fun.)

In many ways, spending time with the group was the best part of the journey; it was a sort of traveling slumber party. We got to know each other pretty well, and it was an adventurous and well-traveled (and fun) bunch of people. Being in such close quarters and sharing such interesting sites and activities made us quickly form good friendships. I hope to keep in contact with them and find out about their next adventures. Some are already my Facebook friends.

So, there is a short version of my trip on the Trans-Siberian Railway. If you want to know more, just ask me and I'd be happy to share more experiences (and photos) with you.

*Michelle Christianson is a longtime contributor to the Bugle. She can be reached at [mlkchris@comcast.net](mailto:mlkchris@comcast.net).*

To add your place of worship to the directory,  
contact Bradley Wolfe at 952-393-6814 or  
[bradley.wolfe@parkbugle.org](mailto:bradley.wolfe@parkbugle.org)



## School News

We welcome news about area schools and students in our coverage area. Send your news about local schools and students to editor@parkbugle.org. The next deadline is Wednesday, Dec. 6.

### Chelsea Heights Elementary

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

#### Easy fundraisers

Head to these participating establishments in December, tell them you are participating in the Chelsea Heights fundraiser, and a portion of the money you spend will be donated to the school:

- **Thursday, Dec. 14:** St. Paul Bagelry, 1702 N. Lexington Ave., 7 a.m.-3 p.m.

- **Thursday, Dec. 21:** Davanni's, 1905 Perimeter Road, Roseville, all day.

### Como Park Senior High

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

#### Students learn about finance

Wells Fargo volunteers and mentors visited Como and guided all 330 Academy of Finance (AOF) students in grades 9-12 in small group discussions, mock interviews and in creating resumes, writing cover letters and filling out cover letters.

#### BEASTBot is a Halloween treat at Mall of America

Como's BEASTBot Robotics Club went to the Mall of America (MOA) on Halloween for the Anaphylaxis and Food Allergy Association of Minnesota's annual Allergy-Free

### Singing Sinatra from 3

When he heard about the Como Park/Falcon Heights Block Nurse Program, he promptly volunteered for a driver position.

The block nurse program offers a variety of in-home services for elderly residents in the area, and Rasmussen enjoys his new job as a chauffeur.

Rasmussen never imagined his Singing Sinatra days would come into play in his new gig, until a passenger asked him what he did for a living before he began shuttling people to their medical appointments. He told her he was retired from the Navy, and he sang Sinatra.

"She asked me to sing her a song, so I did," he said. "I sang 'You Make Me Feel So Young.'"

And with that, Rasmussen discovered a new stage for his brand of Sinatra. Word of the Sinatras-driving chauffeur spread, and calls for his services quickly increased. Fox 9 News and the Star Tribune sent reporters to cover the story.

Rasmussen realized that, in some cases, his singing was more than just entertaining for his elderly passengers. "I remember this one woman was really nervous and apprehensive about going to the

Zone. Young superheroes and goblins were able to drive the robot and collect food-free treats thanks to these Cougar role models.

#### Grocery bagging at Cub helps students raise funds for D.C. trip

Fundraising is in full swing for the annual Close Up trip to Washington, D.C., in March. Students from AP Government classes will bag groceries at the Roseville Cub Foods on Larpentur Avenue from 4 to 8 p.m. Tuesday, Nov. 21, for donations from Cub customers. More grocery bagging is scheduled during winter break in December. Interested in financially supporting the students? Contact trip coordinator Eric Erickson, eric.erickson@spps.org.

#### Learn about Como's AP program

Como Park High School's Advanced Placement (AP) Night is Monday, Nov. 27, from 6 to 7:30 p.m., in the school library. AP Night is an opportunity for prospective students and families to learn more about Como's AP program from staff, parents and a student panel.

Students and families interested in learning about Como's award-winning AP curriculum will be able to visit with current AP students and teachers and ask questions about the AP experience. College in the Schools (CIS) classes are also offered at Como and also will be presented at the meeting. Questions? Call AP coordinator Molly McCurdy Yates, 651-744-5354.

#### Volunteer at Como

Como students and staff are looking for community members who would

like to volunteer in the classrooms. Interested individuals can contact Molly McCurdy Yates at 651-744-5354 to learn more.

#### Construction update

Construction on the Como's new addition continues to progress. Steel beams are now two-stories high in the space south of the building toward the railroad tracks. Work crews are busy all day and manage the project so that the loudest, most intensive structural assembly adjacent to the existing walls is completed after the official school day ends at 2 p.m. Teachers with classrooms near the construction have been making accommodations to provide after-school help to students and do their grading and preparation in alternative locations away from the noise.

### Murray Middle School

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

#### Annual book fair is Dec. 7

Murray's annual Barnes & Noble book fair will be held all day Thursday, Dec. 7, at the Barnes & Noble at HarMar Mall, 2100 N. Snelling Ave., Roseville. A percentage of books sold will go to Murray's Parent Teacher Association.

The day will include a showcase of student work, musical performances and gift wrapping by the National Junior Honor Society.

Can't attend? You can support Murray by ordering online Dec. 7-12. Enter the book fair ID 12060364 at checkout.

Como Park all those years ago, I fell in love with the place," Rasmussen said. "It's a jewel."

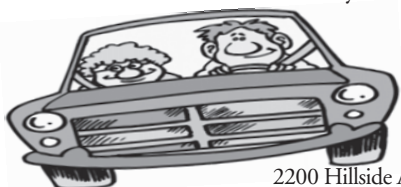
You can see Rasmussen's Como Park show from a few years ago on YouTube by searching for Memories of Como Park the Musical.

To learn more out more about the Como Park/Falcon Heights Living at Home Block Nurse Program—a 25-year-old nonprofit serving seniors 65 and older in the Como Park and Falcon Heights area—go to www.comobnp.org or call 651-642-1127.

*Rob Passons lives near Mille Lacs Lake and worked as a reporter for the Mille Lacs Messenger for seven years. He is a frequent weekend visitor to the Como Park area.*

### St. Anthony Park Area Seniors: Rides for Seniors

St. Anthony Park Area Seniors coordinates rides given by volunteers to health-related appointments and program activities for seniors registered in the program. We do not charge for this service, but donations are welcome! Call 651-642-9052 to find out how you can get a ride or give a ride.



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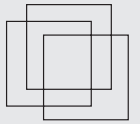
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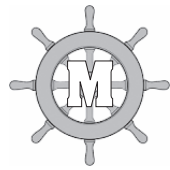


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**CPHS Cougar Sports**



**Murray Pilots Sports**

by Eric Erickson

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

## Murray and Como fall sports summaries

### Como Park Cougars

**Football**—As previously reported in the Bugle, the Como Cougars football team produced a memorable season that resulted in hosting a home playoff game. The team finished second in the Twin Cities Red Sub-District and compiled an overall record of 6-3. Senior leadership was the key ingredient for success.

The following seniors were selected to the All-District team: Donny Ventrelli, Robert Adams, Timitrius Simmons, Will Wooten and Gunnar Olson. Seniors receiving Honorable Mention All-District include Roberto Urbina, Lumin Johnson, Patrick Cornica and Jay Viar Johnson. Additionally, senior lineman Donny Ventrelli was voted Defensive MVP of the Twin Cities Red Sub-District by the district coaches.

**Boys' soccer**—In the always-challenging St. Paul City Conference, the varsity boys struggled to find early wins. With hard work and resolve, however, the team improved and put together a four-game winning streak at the conclusion of the regular season and into the section play-offs, ultimately falling to Harding in the Section 4A Final. Senior captains Law Htoo, Kobby Owu and Kher Lin Kyaw were All-Conference selections.

The Como boys' soccer program fields four teams. Como soccer alum Hussein Mohamed coached the C-team and was honored as the Section 4A Assistant Coach of the Year. Mohamed



Runners from the Como Park cross-country team circle up prior to competing at the Battle Creek Relays during their successful fall season. *Photo by Jim Rue*

organized all the new freshmen players into a cohesive, unselfish unit that finished 14-1-2 while competing against ninth- and 10th-grade city and suburban teams.

**Cross country**—The distance runners enjoyed a wonderful fall season of training and camaraderie. Both the boys' and girls' teams placed third in the St. Paul City Conference. In the five-team Pike Island Invitational, both teams took first place.

Senior Florence Uwajenza battled through injuries all season but peaked for the massive Roy Griak Invitational at the University of Minnesota. With more than 400 runners in the Maroon Girls' Division, Uwajenza finished first and earned the gold medal. She was unable to run at the St. Paul City Conference meet but earned all-conference honorable mention for her previous races. Freshman Claire Olson also received honorable mention.

Sophomore Kemal Bati was a leading runner for the Cougar boys, earning all-conference with a top-10 finish at the city meet and a first place

at Pike Island. Senior co-captain Eli Pattison also had an outstanding season. Out of 50 runners at Pike Island, he placed second overall.

**Volleyball**—The Cougars' volleyball program continued to have high participation with three teams consisting of the varsity, junior varsity and C-team. The varsity team finished with a winning record of 7-5 in the St. Paul City Conference and were led by all-conference seniors Maria Heeh and Madysen Sklar. Junior Sole Malia Chialamonti and sophomore Anisa Smith were all-conference honorable mention. The youngest players in the program

showed great promise as the C-team won the conference tournament at the close of the season.

**Girls' soccer**—It was a record-breaking season for the Cougars with all-time program highs reached for goals scored (91) and shutouts (13). That combination produced an overall record of 15-4 and a trip to the Section 4A Semi-Finals where Como fell to Mahtomedi, who went on to win the state championship.

For the second straight season, Shar Too was chosen All-State. She tallied 25 goals and was the second-leading goal scorer in the entire state. The team was young but had veteran leadership with senior captains Tu Lor Eh Paw and Emily Forstrom, along with junior captain Gigi Gabrielli. The team's strong nucleus of players returning for next season includes all-conference sophomores Shar Too and Rebar Htoo and all-conference junior defender Celia Olson.

**Girls' tennis**—Participation increased this season with the addition of several sophomores joining the program. The added depth brought more energy to practices and provided more flexibility for the varsity lineup and junior varsity exhibition matches. Sixteen girls were on the roster, led by senior captains Granda Sayavong who played No. 1 singles and Shyann Salverda who played No. 3 singles. Junior Victoria Hartwich-Cedillo played No. 2 singles. Sayavong was also Como's recipient of the Jeanne Arth Sportsmanship Award, determined by a vote of the conference coaches.

**Girls' swimming**—The Cougars combined with Johnson High School swimmers to form a deeper team and train together every day in the Como pool. The result was a third-place finish in the St. Paul City Conference. Senior Adrianna Tarver produced the best results of her career and achieved all-conference honorable mention. Sophomore Amira Boler also earned all-conference honorable mention.

### Murray Pilots

**Volleyball**—The Pilots put together another strong season on the court and finished the regular season with a 7-4 record. In the conference tournament, Murray demonstrated its improvement as they defeated Parkway, a team that beat the Pilots in the first half of the season. That tournament victory propelled the squad to third place out of the 12 teams. The coaches noted that all



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**WINTER WHIMSY GIFT SALE:** pottery, jewelry, stocking stuffers, scarves, holiday cookies & other lovely things, Friday, Dec. 1, 5-9/Saturday, Dec. 2, 10-3.1510 Hythe St., St. Paul, 55108. Questions? Call Kristal, 651-644-6661.

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## Help Wanted

**INTERIM ORGANIST POSITION** St. Anthony Park UCC, seeks interim organist/choir accompanist through May 2018 for Sunday service and Thursday choir rehearsals. \$1,100/month. Additional pay for weddings and funerals. Could become permanent. Send letter/ resume to [pastor@sapucc.org](mailto:pastor@sapucc.org) by Dec 11.

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# Farm 2 School brings local food to school lunch tables

By Alex Lodner

The Good Acre, a food hub at 1790 W. Larpenteur Ave., Falcon Heights, has its fingers in all things food. From cooking classes to serving as a CSA location to connecting local farmers with wholesale buyers, the Good Acre works to create opportunities to nourish and educate.

Now, the Good Acre is helping Twin Cities area schools provide healthy meals to students through its Farm 2 School program. The program was launched in 2016, when the Good Acre partnered with Fridley Public Schools. The Good Acre facilitated training for the school district's nutrition services staff, including technique training, recipe development and ideas on creating healthier menus for students. Over the next year, the program has grown to include 12 school districts in the greater Twin Cities area, including Roseville, St. Paul and St. Anthony-New Brighton.

With the ultimate goal of incorporating more local produce into districts' lunch lines, Good Acre representatives meet with nutrition services directors and assess each district's needs and current capacities. Pricing, delivery and menus are all addressed. Then the training begins,

touching on everything from knife skills to roasting techniques. Some of the training takes place at Good Acres' expansive commercial kitchen.

"We want to make it easy for schools of any size and at any level of farm-to-school experience to



A bowl of locally grown cabbage.

incorporate more local, small farmer-grown produce into their food-service programs," Good Acre kitchen manager Natalie Vandenburg said. "We talk about local agriculture and seasonality of food, introduce nutritional services staff to the produce they will receive from us throughout the school year, and work with them through hands-on culinary training. The staff is excited to learn, and many of them make the dishes that they learn in our trainings for their own families at home."

The kids get in on the action as well. The Good Acre provides schools with materials to share with students so the kids can more easily connect the food they are eating with the farmers who have grown the local



At top, Emily Paul, director of kitchen operations at the Good Acre, works with Roseville Area Schools and Fridley school lunch staff. One of the day's lessons was how to cook kohlrabi for a variety of dishes. Above, the root vegetable is sliced in preparation for making kohlrabi fries. Photos by Kristal Leebrick

produce that is served on the lunch line.

The Good Acre recently partnered with Roseville Area Middle School's PTA, holding a Farm2Families Fundraiser. Parents and school staff placed orders for organic carrots—two pounds for

themselves and two pounds for the school's nutrition services program. Twelve dollars of each \$20 donation benefitted the PTA, and the kids got to enjoy these healthy treats both at home and in their schools.

Want to get your own kids interested in healthy cooking? Look

for kids' baking and soup-making classes at the Good Acre this winter. You can find upcoming classes at [www.thegoodacre.org](http://www.thegoodacre.org).

Alex Lodner writes about food from her home in Como Park.

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## Sports from 22

players took their individual skills to higher levels, supported each other extremely well and team spirit was consistently positive.

**Girls' soccer**—With a winning record and a third-place finish in the St. Paul City Conference, the soccer girls stayed strong and continued to play with quality. In the final game, on a cold, gray and windy day on the Murray field, a late goal lifted the

team to a 1-0 win over Washington and a satisfying conclusion to the season.

Seventh-grader Betty Hebble was the leading scorer for the team this season. Eighth-grade goalie Maddy DeGaetano was always a reliable presence in the net, making dozens of challenging saves and being selected most valuable player of the defense.

**Boys' soccer**—With more than 50 players, the coaches formed an A-Team and B-Team and scheduled additional games to provide more participation opportunities. A talented group of seventh-graders stepped up to become the core of the A-Team and push the Pilots to a record of 6-3-1. Byron Mendoza was the team's top scorer. The team captains were Damien Perryman, Gordan Van Sant, Soren Berg and Gabriel Albornoz Ruiz, who all

modeled a strong work ethic and provided positive leadership.

**Flag football**—For the second consecutive season, the Murray flag football team finished undefeated with a record of 11-0 and claimed the St. Paul City Conference championship. The Pilots started the season winning games by large margins over many rivals, but the toughest games against the other top teams, Highland and Washington, were scheduled for the last two days of the season. Murray rose to the challenge defeating Highland 21-13 and clinching the title with a 27-21 victory over Washington.

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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