

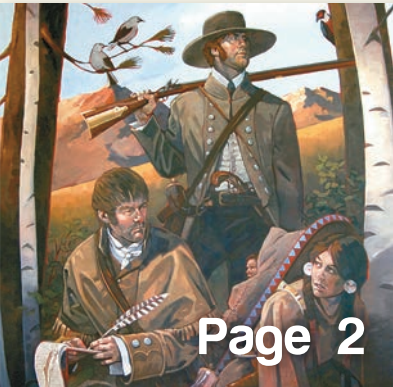
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CITY COUNCIL: Federal grant could expand Stillwater Fire Department

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Local artist receives national recognition



Page 10

Forest Lake grad wins national triathlon



Page 15

Wigs restore self-confidence

Featured Events

- Out East
- Bayport Derby Day  
When: Sept. 15  
Where: Bayport, city-wide
- Up North
- Wyoming Stagecoach Days  
When: Sept 14-16  
Where: Downtown Wyoming

See pages  
6&7 for event  
details

Seventh Farm revives  
lost arts in horsemanship



JANICE COLLOVA | PRESS PUBLICATIONS

Carol Rogers rides with Finn. “Any day on the horse is a good day,” she said.

BY JANICE COLLOVA  
PRESS INTERN

Finding a new home for a retired racehorse is difficult. Horses that lived to run and gallop in circles several times a day are suddenly transported to a new environment. At Seventh Farm riding school just south of Hudson in River Falls, Wisconsin, owners Liz and Tom McCadden ease horses from racing life to showjumping and lesson-riding life through an intensive retraining process and continual bonding.

The McCaddens find this approach necessary so that the horses are fully prepared for and have trust in their new lives. This approach also guarantees that students of all ages, comfort levels and background experiences will be safe when the horses are ready to interact with and bond with them.

Liz said that retraining and bonding have become lost arts in the horsemanship industry. As an example, she said that riding schools are disappearing.

“I think ... a lot of people nowadays are in a hurry to get in the show ring and jumping, and they don’t take the time to do all the retraining,” she said. “... at the end of the day you have an animal who doesn’t fully trust people and (is) potentially fearful because they’ve been pushed too quickly.”

She added that the lack of retraining and bonding is not just apparent in the showjumping world.

“It doesn’t even matter so much what discipline you get into anymore, but most of the barns, they just want you to show. And the education is lacking.”

On the other hand, Seventh Farm is devoted to educating students not just how to ride horses, but how to tack, groom, and communicate and bond with the horses.

“We’ve always believed that in order to ride well, you have to be immersed in the whole experience,” said Liz.

**A constant passion**

Liz and Tom founded Seventh Farm in 2007 with their two horses, retired racers Bill and Angie. The name of

the farm is literal: it was the seventh farm their horses had lived in.

Before that, Liz said that the four of them hopped between six different farms to try out different living situations for their horses. But none of those farms fully satisfied the needs of either the couple or their horses. Some farms had quality care but poor training facilities, or vice versa, while some farms didn’t have either.

Eventually, the couple decided they would take matters into their own hands.

“We just kind of decided, ‘Look, we’re gonna do it our way,’” said Liz. They had also decided at that time that they were ready to start a riding school.

Liz’s passion for teaching and riding first appeared when she was a child. Many circumstances seemed to stand in the way of her passion. But not even a car accident in which she fractured her spine in three places has discouraged her. Liz said that today

SEE SEVENTH FARM, PAGE 12



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NPKATH



## Stillwater artist seeks to paint 'everything equine'

BY ELIZABETH CALLEN  
STAFF WRITER

Artist William Ersland originally hails from Iowa, but after more than 30 years in the St. Croix Valley, he considers Stillwater to be his true hometown. Thanks to the thriving arts scene and shared enthusiasm for horses, the town has proven to be a perfect fit for Ersland, whose work captures the beauty of the outdoors and the excitement of equine sports.

Ersland seeks to paint "everything equine," as he finds endless inspiration in horses. "I've always been drawn to them, ever since I was a little kid. My grandfather farmed with horses in South Dakota, and boarded horses at his place in Iowa. That's what really got me interested, but I didn't take (that interest) seriously until a couple of decades ago," he said.

Moving to Stillwater reignited Ersland's childhood love of horses, as well as his interest in fine arts. Ersland has an art degree from Iowa State University and worked as an illustrator for several years, but "it's only been in the last 10 to 15 years that I've really been able to devote my time and skills towards paintings, especially painting everything horse-related."

Taking riding lessons inspired Ersland to not only obtain a horse of his own but also to turn his artistic skills to painting his favorite animal. "It all just kind of snowballed," he said. His horse, Ike, is now his primary model and muse.

Ersland calls his particular style of art "equestrian sporting art," which encompasses "all kinds of things ... everything from polo to horse racing to cowboys and cowgirls." He divides his days between working on gallery paintings out of his home studio, being with his family and bonding with Ike. "I'm busy all the time, but I don't mind. I really like it. I only wish I had started earlier," he said.

Despite a late start, Ersland has quickly established a name for himself in the world of Western art. He's represented by two galleries: the Tracy



WILLIAM ERSLAND | SUBMITTED

"Along the Trail" tells the stories of pioneers traveling the Santa Fe Trail from Independence, Missouri, to Santa Fe, New Mexico.



WILLIAM ERSLAND | SUBMITTED

Ersland's painting, "Polo's Future," was accepted into the American Association of Equine Artists and will be exhibited in Tryon, North Carolina, this month.

Miller Gallery in Manitou Springs, Colorado, and the Chisholm Gallery in Wellington, Florida. His work has also been exhibited across the country and accepted into prestigious Western art shows.

For the last 13 years, his paintings have been featured in the Cheyenne Frontier Days Western Spirit Art Show, in which he won the Best in Show award earlier this year. His painting "Polo's Future" was accepted into the American Association of Equine Artists

and will be exhibited in Tryon, North Carolina, through the rest of September.

Though life as a full-time artist comes with its challenges, for Ersland the positives far outweigh the negatives. He encourages others considering a career in fine art to take risks—and to make time to practice their craft daily.

"Do it every day. Follow your heart. Follow your dreams, and eventually you'll get there," he said.



WILLIAM ERSLAND | SUBMITTED

Ersland's painting "Lewis and Clark" captures the journey of Meriwether Lewis and William Clark, who are painted here alongside Sacajawea.

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# Stuffthe Bus collects record donations

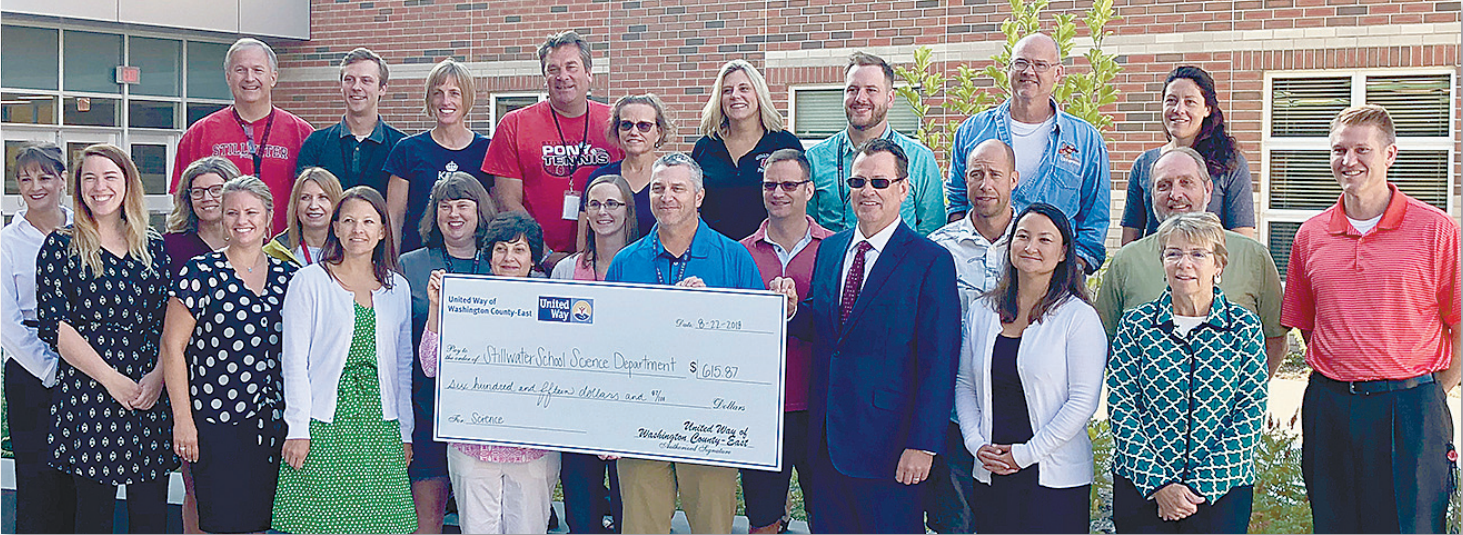
This year’s Stuff the Bus campaign was bigger and better than ever. Community Thread and United Way of Washington County-East collected more than \$20,000 worth of school supplies—a number that has increased by 80 percent over the past three years. Stuff the Bus also saw an increase in the number of collection sites and volunteers who helped make this event possible.

“These numbers highlight the generosity of our community,” said Jessica Ryan, executive director of United Way of Washington County-East, “and yet demand still exceeded our expectations.”

This year, Stuff the Bus established several new partnerships tailored to meet the community’s needs. Thrivent Landmark Group – Lake Elmo provided a generous donation that purchased more than \$900 worth of graphing calculators for students at Stillwater and Oak-Land middle schools, as well as supplies needed to assemble 260 power packs and 36 classroom kits for teachers at Lily Lake Elementary School.

Stillwater Verizon store donated 159 packed backpacks to Canvas Health’s Children’s Mental Health Group. DiaSorin Inc. donated money to the Stillwater Area High School science department to purchase needed supplies.

“DiaSorin has a long history of support for community-based organizations, especially those within the St. Croix Valley which is home to many of our employees,” states John Walter, its president. “The Stuff the Bus program, with a special focus on supporting science education at Stillwater area schools, is a perfect fit for our business. I’m proud to have strong employee participation in making



DiaSorin Inc. donated money to the Stillwater Area High School science department to purchase supplies for the upcoming school year.

this year’s program such a success.” Community Thread and United Way of Washington County-East were also pleased to partner with the Stillwater Area School District to offer a school supply store at the Oak Park Building. More than 60 volunteers helped transport, sort and count supplies that were then made available for a family shopping day. More than 90 families visited the store within the first 30 minutes it was open and all of the school supplies were distributed.

“You’ve heard people say, ‘It takes a village to raise our children,’” noted Annette Sallman, director of Community Education and Community Relations at Stillwater Area Public Schools. “The staff of Stillwater Area Public Schools like to say, ‘It takes a valley to raise our children ... the St. Croix Valley.’”

“We are so thankful for Stuff the Bus and all those who contributed to make sure our kids have what

they need to start the school year out right.”

Based on the high demand in the district, supplies will continue to be collected throughout August and September with another shopping day to be announced. Donations will be accepted at Community Thread or United Way of Washington County-East. If you need school supplies, please contact your child’s school.

The vision of Community Thread is a community where all people are engaged, enriched and connected. To learn more, visit [www.CommunityThreadMN.org](http://www.CommunityThreadMN.org), or call 651-439-7434.

The vision for United Way of Washington County-East is a caring, engaged and vibrant community, a place where each person has a stable foundation for today, and a hopeful future. To learn more, visit [www.uwwce.org](http://www.uwwce.org) or call 651-439-3838.



Volunteers fill backpacks with school supplies. Over \$20,000 worth of supplies were collected through this year’s Stuff the Bus campaign.

From press release

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## Day tripping



### Angle of View

Paul Dols

A road trip out west reawakened an appreciation for the vast canopy of sky and beautiful vistas that stretch out for miles into the distance. It felt like whatever angst and worries that were weighing heavily before the journey were gradually shed and symbolically cast off into the wind with the simple act of driving through the open landscape. After traveling across more than a thousand miles of arid and sometimes stark terrain, the return back home provided a fresh and enhanced appreciation for the lush, green, lake- and tree-filled landscape that we are surrounded by on a daily basis.

The relative freedom of youth allowed me to respond to the strong feelings of wanderlust I experienced in my late teens and into my mid-twenties. Although I sometimes felt I was going against the grain of mainstream (and parental) expectations of what I should be doing with my life, I've never regretted pursuing and taking advantage of opportunities to travel. I'm still grateful for the experiences and people I met during visits to awe-inspiring places in the United States, Canada, Mexico and various countries overseas including Greece, Italy, Germany, France and the U.K.

I believe that a combination of youthful energy, trust and timing were at play, but looking back I'm still amazed at how many of the people I met while traveling — in both in the United States and overseas — were open and willing to share information and even invite me into their lives.

After an off-season December hiking trip down into the Grand Canyon, I experienced car trouble in Flagstaff, Arizona. While waiting at the shop for the repair prognosis, the phone rang and the man behind the counter said it was for me. I found this rather perplexing because in the pre-cellphone era, the odds of anyone knowing my location were infinitesimally small. To my surprise, a woman who I'd earlier had a brief conversation with when she stopped at the shop, was calling to offer assistance while I waited for my car to be repaired. As it turned out, the part needed to complete the repair was not immediately available, so I gratefully accepted her help; she and her friends and extended family offered me exceptionally kind and generous hospitality. A couple of years later, while traveling in northern Greece, the photographer in the village I was visiting graciously introduced me to local residents and also invited me along to learn and help him photograph a wedding. These are just two of the many examples of kindness and hospitality I experienced while traveling, that greatly outnumber any incidents of rudeness, hostility or conflict.

While I genuinely appreciate the value and benefits of far-flung travel, lately my inclination is to look a little closer to home for travel opportunities. I firmly believe there are world-class attractions and opportunities right in our own backyard — if you're willing to look with a fresh perspective.

Working on the autumn edition of Savour magazine, a quarterly magazine produced by Press Publications, this perspective was reaffirmed. While helping to compile and produce pages dedicated to celebrating creativity and promoting local vineyards, orchards, restaurants and businesses, it became apparent that the abundance of activities, destinations and events within a short drive throughout this area are undeniably impressive. However, within this relatively idyllic landscape some patience on the road and neighborly courtesy are essential for all of us. If you happen to live near a popular destination, it's probably reasonable to expect temporary traffic delays from time to time during the high season; and if you're visiting one of these destinations in our communities, please remember that you're probably driving through someone's neighborhood.

Paul Dols is photojournalist/website editor for Press Publications. He can be reached at 651-407-1238 or photos@presspubs.com.



## Constitutional right to free speech comes at a price

*"Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances." — First Amendment to the U.S. Constitution.*

Free speech has been in the news again this past week on both ends of the spectrum. Alex Jones, a radio and internet host, was banned by Apple, Facebook, Spotify and YouTube this past week. Jones is considered by some to be a "conservative and conspiracy theorist." Jones believes the mass shooting at Sandy Hook elementary was staged. Jones was banned for promoting violence and hate speech.

The Guardian reported Facebook unpublished four pages run by Jones for "repeated violations of community standards." YouTube terminated Jones's account over him repeatedly appearing in videos despite being subject to a 90-day ban from the website, and Spotify removed the entirety of one of Jones's podcasts for "hate content."

Social media sites are coming under pressure resulting from revelations that groups involved with foreign nations used their platforms to manipulate and

influence the 2016 presidential election. Jones was banned by violating "community standards" clauses in user agreements that we all agree to, but very few of us ever read.

These actions are seen by some as a way for social media companies to change the discussion from being about them to be about the "good" they are doing in policing their websites.

As the reporting on Jones was being done, an old free speech headline received new life. It's nearly once again time for football. Players from high school to college to the pros are hard at work on and off the field, learning plays and building up their endurance. Unfortunately, the return of professional football has brought the return of the political hot potato regarding what players do or don't do during the national anthem. Former San Francisco 49ers quarterback Colin Kaepernick began kneeling in 2016 during the playing of the national anthem as a way to call attention to police brutality and racial injustice. Several reports from 2016 said that Kaepernick knelt after being told by a veteran that this was the most re-

spectful method to protest during the anthem.

The anthem protest quickly devolved into a referendum on patriotism. President Trump fueled this misdirection, painting the protesters as spoiled millionaires who hated their nation, urging owners to fire protesters.

NFL owners have made the situation worse by their mixed signals on the issue.

Free speech isn't always pretty. In some cases, it's downright ugly. If you disagree with Mr. Jones about what he says, fine. But unless he is directly breaking the law, he has every right to say what he thinks.

NFL players have every right to kneel or stay in the locker room during the national anthem. Peaceful protests are the way that social injustices can be discussed. If we can talk to each other, we can find common ground.

The Constitution guarantees these rights to all Americans. Good people have died to ensure these rights for generations.

We need to be wary of anyone who wants to "protect us" by taking these rights away, no matter how well intended they may seem.

Tom Stangl is the publisher of the Amery Free Press. He can be reached at tstangl@theameryfreepress.com, 715-268-8101 or by mail at P.O. Box 424, Amery, WI, 54001.



### Movers and Shakers

Tom Stangl

### LETTER GUIDELINES FOR ELECTION SEASON 2018

- Limited to 350 words.
- Submissions must include a full name, address and daytime phone number for verification.
- Letter-writers must live, work, or have another connection to Press Publications coverage area.
- Four weeks (or issues) must pass between publication of letters from the same writer. Exceptions may be made for rebuttal letters at the editor's discretion.
- Submissions containing facts not previously published in the Press must be accompanied by factual verification.
- Submissions containing libelous or derogatory statements will not be published.
- Letters by campaign managers or candidates designed to champion the candidate's position on a specific issue will not be accepted.
- Form letters reprinted as part of letter-writing campaigns will not be published.
- All letters are subject to editing.
- We reserve the right not to publish any letter.
- An identification line may be added to the writer's letter identifying his or her occupation or title as it applies to the topic of the letter.
- The deadline to submit a letter endorsing a candidate is noon, Oct. 18.
- No attack letters will be published the week prior to the election.
- No letters about candidates or election issues will be published the week of the election.
- The deadline to submit a letter about a topic not related to the election is noon, Friday of the week prior to publication.

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BUSINESS BRIEF

**Neighboring newspaper owner files for bankruptcy**  
Lillie Suburban Newspapers co-owner Jeffrey Enright, of White Bear Lake, filed for bankruptcy last month. He filed under Chapter 7. He listed \$391,000 in assets and \$2.16 million in liabilities. The company itself has not filed for bankruptcy. Enright’s role right before filing for bankruptcy is unclear. Co-owner Ted Lillie is a creditor listed in the filing, for \$100,000 in business expenses. The newspapers cover areas in the northeast metro, including the Shoreview-Arden Hills Bulletin, and operations continue as normal.

COMMUNITY BRIEFS

**Washington County hosts confidential paper shredding**  
Washington County will conduct confidential document shredding at the county’s Environmental Center from 8 a.m. to 4:30 p.m. Sept. 19. The Environmental Center is at 4039 Cottage Grove Drive in Woodbury and provides residents with a free and convenient disposal option year-round for household hazardous waste, electronics and recyclables. It also has a free product room, which permits residents to take home previously owned products such as paint, stain, automotive supplies and household cleaners. All items taken to the Environmental Center will be inspected to determine usability.  
The next confidential paper shredding is Wednesday, Nov. 7. The Environmental Center is open 11 a.m. to 7 p.m. Tuesday, 8 a.m. to 4:30 p.m. Thursday and Friday, and 9 a.m. to 2 p.m. Saturday.

**Cub Scouts troops to welcome boys and girls as members**  
From 6 to 7 p.m. Thursday, Sept. 20, around 2,000 volunteers will welcome new Cubs in more than 700 joining events at elementary schools throughout the greater Twin Cities metro area. Parents of boys and girls in grades K-5 are encouraged to attend one of these events to learn how Scouting can benefit their children and to sign their kids up for Cub Scouts.

Of the roughly 400 Cub Packs in Northern Star Scouting, about 300 (75 percent) will welcome girls this fall, including one or more in most neighborhoods. Girls and boys and their parents are welcome at all 700 joining events — at every elementary school in Northern Star’s 25-county area. Volunteers will help parents find a Pack that best meets their needs. Parents can also register their children online immediately by visiting [joincubs.org](http://joincubs.org)

**Community Thread seeks volunteers for yard-raking assistance to seniors**  
Community Thread will host its annual Rake a Difference day from 9 a.m. to noon Oct. 27. Through this service initiative, volunteers will be matched to adults 55 years or older and individuals with disabilities who need yard-raking assistance.  
Last year, Community Thread organized more than 250 volunteers to rake yards for more than 50 seniors and individuals with disabilities throughout Washington County. Volunteer groups typically include families, Scout troops, service clubs, school groups and businesses.  
If you would like volunteer assistance in raking your yard, call 651-439-7434. Applications will be accepted until Oct. 5. To volunteer during Rake a Difference Day, visit [communitythreadmn.org](http://communitythreadmn.org). Volunteer applications are due Oct. 10.

**WorkForce Center plans job fair**  
The Washington County WorkForce Center is sponsoring a job fair between noon and 3 p.m. Sept. 19 at 13000 Ravine Parkway South in Cottage Grove. Twenty-one employers will participate in the fair and will recruit for more than 1,000 openings, from internships to high-level opportunities, across the Twin Cities metro. Participants should bring a copy of their resume. Call 651-430-4162 with questions.

CHURCH BRIEF

**Forest Hills Church will distribute food to community**  
Forest Hills United Methodist Church invites the public to its monthly food distribution Sept. 15, 8–10 a.m. A \$20 donation is required. Car repair is also available. The church is located at 1790 11th St. SE in Forest Lake. For more information, visit [foresthillsumc.net](http://foresthillsumc.net) or call 651-464-5249.

OBITUARY SUBMISSIONS

Death notices of up to 75 words are published free of charge and include name, age, city of residence, former city of residence (if applicable), date of death and service information. There is a charge for longer, more thorough obituaries and life stories. Submitted photos are welcome.  
Both death notices and obituaries may be submitted with contact information (including a phone number), by email to [reporter@presspubs.com](mailto:reporter@presspubs.com), by fax to 651-429-1242 or by calling 651-407-1230. Obituaries are subject to minor editing for style. For billing questions, call Lisa at 651-407-1205.

County Board continues review of 2019 budget

The Washington County Board of Commissioners continued review of the 2019 budget Sept. 4, reviewing budgets for the Library, Law Library and Department of Property Records and Taxpayer Services. The board began work on the budget Aug. 14. Commissioners will review the recommended budget of separate departments throughout August and September and set a preliminary property tax levy Sept. 18.  
Once the preliminary levy is set, it may be lowered but cannot be raised in the final budget vote. The recommended net property tax levy would increase 5.47 percent over the 2018 levy and would result in a drop of the county’s tax rate of 1.5 percent. If approved, it would be the fifth year in the last six in which the county’s tax decreased. The approval would also result in an increase of \$36 a year in county taxes, offset by a \$1 reduction in the county’s Regional Rail Authority levy, for the owner of a median-valued home in the county (currently \$273,000).  
The increase in the levy is spurred in part by service demands from a population that grew by 1.5 percent during the last year, as well as inflationary costs of goods and services—currently close to 3 percent annually.  
The board reviewed specific budgets for the Library, Law Library and Department of Property Records and Taxpayer Services Sept. 4. The proposed 2019 budget for the library is \$8.2 million. Initiatives for 2019 include community engagement kits and collaborative space updates at the R.H. Stafford branch in Woodbury and Hardwood Creek branch in Forest Lake. The county will also use \$1.2 million to make improvements at Valley Branch Library and continued upgrades at the Park Grove and Wildwood Libraries.  
The Law Library, located in the Government Center in Stillwater, has a proposed budget of \$320,000. It is supported primarily by court fines and fees. Expenditures are for personnel, materials and services.  
The Department of Property Records and Taxpayer Services

has slightly more than 100 employees who work in service and licensing centers across the county, as well as in the Government Center in Stillwater, providing services in licensing, vital records, elections, taxation and property records. The department is proposing expenditures of \$8.4 million for personnel and \$1.6 million for materials and professional services. Of that, 65 percent is paid for with non-levy fees, such as payments from cities for property valuation services.  
The department added 6.5 positions during 2018 to manage changes in the state licensing and registration system used in the county’s licensing centers. Future challenges include managing the increased time needed to process Real IDs and the 2020 national and local elections.  
A public hearing on the county’s budget will be conducted Dec. 4, and the final budget will be adopted Dec. 11.

From press release

Washington County Medical Reserve Corps hosts Stop the Bleed training initiative

The Washington County Medical Reserve Corps (MRC), in partnership with Regions Hospital, hosted two “train the trainer” sessions and certified 10 Stop the Bleed facilitators in early April. Through Community Education, the Washington County MRC will host several similar sessions at three school districts over the coming months.  
Stop the Bleed is a national awareness campaign intended to encourage bystanders to become trained and empowered to intervene in bleeding emergencies while waiting for professional medical help to arrive.  
Since becoming certified facilitators of Stop the Bleed training, the Washington County MRC members have hosted 11 training throughout the county and have trained 78 individuals.

The Washington County Department of Public Health and Environment collaborated with Washington County Emergency Management and Washington County Risk Management to identify specific high-risk job classifications within the county. MRC volunteers then trained all employees in these positions and placed tourniquets in key work spaces, including first aid kits, logging kits and Sentence to Service crew vehicles.  
The volunteers of the MRC unit look forward to continuing to share this lifesaving training with their communities. In the U.S., uncontrolled bleeding is the number one cause of preventable death from trauma.

Launched in 2015, this campaign has quickly expanded across the nation and has been promoted by FEMA, the National Association of Emergency Technicians, the U.S. Fire Administration, the U.S. Department of Defense, the American College of Surgeons and other organizations. The training is not intended to increase fears and anxieties—on the other hand, it is meant to provide individuals with the knowledge they need to confidently intervene to save a life.  
Uncontrolled bleeding has many potential causes, such as car and motorcycle accidents, active shooter situations, hunting accidents and work-related injuries. The Stop the Bleed training empowers commu-



Participants learn how to intervene in life-threatening bleeding emergencies. Similiar sessions will be held throughout Washington County over the coming months.

nity members to feel confident in knowing the signs of life-threatening bleeding and utilizing the correct technique to stop it until help arrives.  
To learn more about this initiative, visit [bleeding-control.org](http://bleeding-control.org). To inquire about attending a Stop the Bleed training or to learn more about becoming a member of the Washington County Medical Reserve Corps, contact the coordinator at [phe@co.washington.mn.us](mailto:phe@co.washington.mn.us).

From press release

ESTATE SALE - LOG HOMES  
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4 Log Home kits selling for BALANCE OWED, FREE DELIVERY

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## UP NORTH

### WYOMING STAGECOACH DAYS

**When:** Sept. 14-16  
**Where:** Downtown Wyoming, Viking Boulevard and Highway 61

**Details:** Live music, food and craft vendors, kiddie parade, petting zoo, fireworks.

**Contact:** wyomingstagecoachdays.com

### HOUSEHOLD HAZARDOUS WASTE COLLECTION

**When:** 8 a.m.-2 p.m. Saturday, Sept. 15

**Where:** Forest Lake Transit Center, 19955 Forest Road N.

**Details:** Satellite collections bring services offered at the Washington County Environmental Center closer to residents, making it easier to dispose of household hazardous waste and electronics.

**Contact:** co.washington.mn.us

### LIFE REINVENTED, PART I AND II

**When:** 9 a.m.-3:30 p.m. Monday, Sept. 17

**Where:** Hardwood Creek Library, 19955 Forest Road N., Forest Lake

**Details:** Career assessment workshop will help job seekers identify the right career and how to break into it. Register online [bit.ly/2MsmLNC](http://bit.ly/2MsmLNC).

**Contact:** 651-275-7300 or [washcolib.org](http://washcolib.org)

### SENIOR DANCE

**When:** 1-4 p.m. Friday, Sept. 21

**Where:** Forest Lake American Legion, 355 W. Broadway

**Details:** Enjoy music by Jim Armstrong and dancing. Held the 3rd Friday of every month. \$6/person includes lunch. Cash bar. Public welcome.

**Contact:** 651-464-2600

### LET'S MAKE STUFF! FABRIC BEADS

**When:** 2-3:30 p.m. Friday, Sept. 21

**Where:** Hardwood Creek Library, 19955 Forest Road N., Forest Lake

est Road N., Forest Lake

**Details:** Creative class for adults on the third Friday of every month features different projects. Supplies provided. Registration required.

**Contact:** 651-275-7300 or [washcolib.org](http://washcolib.org)

### COLUMBUS FALL FEST

**When:** 10 a.m.-4 p.m. Saturday, Sept. 22

**Where:** Columbus City Hall/City Park 16319 Kettle River Blvd.

**Details:** Annual festival includes classic car, tractor, snowmobile show, Columbus Lions raffle, corn feed and beer garden, Wildlife Science Center, Jack & Kitty show, Columbus PTO with games and bounce house, Sr. Center silent auction, clothing/linen sale, extrication demonstration by Forest Lake Fire Department and more.

**Contact:** 651-464-3120 or [Columbusmn.com](http://Columbusmn.com)

### COUNTRY JAM SESSION

**When:** 6:30-9 p.m. Sundays

**Where:** Forest Lake American Legion, 355 W. Broadway

**Details:** Local musicians, free admission.

**Contact:** 651-464-2600

## OUT EAST

### TAKE ME TO THE RIVER

**When:** Three weekend event, Saturdays and Sundays, through Sept. 23; time varies

**Where:** Along St. Croix River from Hudson to Taylors Falls

**Details:** Celebration of art and music; many activities and events against a backdrop of autumn foliage. Some events require tickets.

**Contact:** 651-439-1465 or [artreachstcroix.org](http://artreachstcroix.org)

### OKTOBERFEST AT THE GASTHAUS

**When:** 5-11 p.m. Friday & Saturdays, Noon-6 p.m. Sundays, Sept. 14-16 and Sept. 21-23

**Where:** Gasthaus Bavarian Hunter Restaurant, 8390 Lofton Ave. Stillwater

**Details:** Festival tent, German food, beer and oompah music. Sundays are family days with face painting and live music.

**Contact:** 651-439-7128 or [gasthausbavarianhunter.com](http://gasthausbavarianhunter.com)

### BAYPORT DERBY DAY

**When:** Saturday, Sept. 15

**Where:** Bayport, city-wide

**Details:** Food, craft fair, duck races, live music, fireworks, sporting tournaments, pet parade and fireworks display.

**Contact:** bayportcommunityactionleague.com

### HISTORY STROLL

**When:** 10 a.m. Saturday, Sept. 15

**Where:** Washington County Historic Courthouse, Pine and Third Streets, Stillwater

**Details:** Walk along the neighborhoods in Stillwater to learn about the unique homes and hear stories of the people who lived in them. Each stroll will be approximately 45 minutes and include some stair climbing along a mile-long route offering views and history highlights. At noon, enjoy an informal presentation on the architecture featured in the Historic Courthouse's temporary exhibit, 'People & Places: Architecture in Washington County.'

**Contact:** co.washington.mn.us

### BAYPORT LIBRARY FALL BOOK SALE

**When:** 9 a.m.-5 p.m. Friday, Sept. 14; 9 a.m.-3 p.m. Saturday, Sept. 15

**Where:** Bayport Public Library, 582 N. 4th St.

**Details:** Hardcover \$1; paperback \$0.50.

**Contact:** 651-491-3416 or [bayportlibrary.org](http://bayportlibrary.org)

### KNIGHTS OF COLUMBUS PARTNERSHIP BREAKFAST

**When:** 8 a.m.-1 p.m. Sunday, Sept. 16

**Where:** KC Hall, 1910 S. Greeley St., Stillwater

**Details:** "Grand Breakfast Buffet" in partnership with St. Croix Catholic School to help fund their Service Marathon. Adults \$9.50; children age 5-12 \$5.50; under age 5 eat free.

**Contact:** 651-253-5835

### CRUISIN' ON THE CROIX HOT ROD & VINTAGE CAR SHOW

**When:** 3-8 p.m. Wednesdays, Sept. 19

**Where:** Lowell Park, downtown Stillwater

**Details:** Admire vintage and hot rod cars, food vendors, live music (6 to 8 p.m.), free festivities.

**Contact:** discoverstillwater.com

### 'NEITHER WOLF NOR DOG' MOVIE SCREENING

**When:** 6-8 p.m. Wednesday, Sept. 19

**Where:** Stillwater Zephyr Theatre, 601

Main St. N.

**Details:** Adapted from the acclaimed novel "Neither Wolf Nor Dog" by Kent Nerburn the story follows a white author who gets sucked into the heart of contemporary Native American life in the sparse lands of the Dakota's by a 95-year-old Lakota elder and his sidekick.

**Contact:** 651-275-4338 or [stillwaterlibrary.org](http://stillwaterlibrary.org)

### STILLWATER CLASS OF 2018 HALL OF FAME

**When:** 6 p.m. Wednesday, Sept. 19

**Where:** The Grand Ballroom, 301 2nd St. S., Stillwater

**Details:** Teams being honored are the state championship teams: girls gymnastics, softball, nordic and alpine ski teams and baseball, along with distinguished athletes. Social hour at 6 p.m., dinner at 7 p.m., program at 8 p.m.

### GUIDED FITNESS HIKE

**When:** 9-10 a.m. Thursday, Sept. 20 and Oct. 4

**Where:** Lake Elmo Park Reserve, 1515 Keats Ave. N.

**Details:** 60-minute hike includes warm-up and fitness challenges along the way. Trail routes include a mix of turf, gravel, grass and paved. 13 and older.

**Contact:** 651-430-8370 or [co.washington.mn.us/parks](http://co.washington.mn.us/parks)

### AUTHOR TALKS: CARROL HENDERSON

**When:** 7 p.m. Thursday, Sept. 20

**Where:** Marine Village Hall, 121 Judd St., Marine on St. Croix

**Details:** Author of "My Wild Life" and 13 other books discusses his adventures during 45 years as Nongame Wildlife Specialist with

the Minnesota DNR.

**Contact:** [marinecommunitylibrary.org](http://marinecommunitylibrary.org)

### STILLWATER LOG RUN

**When:** Saturday, Sept. 22

**Where:** Downtown Stillwater

**Details:** 10 mile, 12K & 5K through downtown Stillwater.

**Contact:** [stillwaterlogrun.com](http://stillwaterlogrun.com)

### SPIRIT OF THE ST. CROIX ART FESTIVAL

**When:** 10 a.m.-5 p.m. Saturday, Sept. 22; 10 a.m.-4 p.m. Sunday, Sept. 23

**Where:** Lakefront Park, downtown Hudson.

**Details:** Free. More than 65 juried artists, entertainment, food vendors and more.

**Contact:** 715-386-8411 or [thehipps.org/events/art-fair](http://thehipps.org/events/art-fair)

### AFTON ART IN THE PARK

**When:** 10 a.m.-5 p.m. Saturday, Sept. 22; 11 a.m.-4 p.m. Sunday, Sept. 23

**Where:** Town Square Park, Afton

**Details:** 100+ vendors showcasing fine art, live music, food wine and beer garden, craft and activities for kids.

**Contact:** [aftonartfair.com](http://aftonartfair.com)

### LEAGUE OF WOMEN VOTERS CANDIDATE FORUM

**When:** 6:30 p.m. and 7:45 p.m. Monday, Sept. 24

**Where:** Oak Park Heights City Hall, 14168 Oak Park Blvd., Oak Park Heights

**Details:** Forum includes ISD 834 school board candidates at 6:30 p.m. and MN District 39B candidates at 7:45 p.m.

**Contact:** [lwv.org/local-leagues/lwv-white-bear-lake-area](http://lwv.org/local-leagues/lwv-white-bear-lake-area)



FILE | PRESS PUBLICATIONS

## 45th Annual Marine Art Fair

**WHEN:** 10 a.m.-5 p.m., Saturday, Sept. 15 and Sunday, Sept. 16

**WHERE:** downtown Marine on St. Croix

**DETAILS:** Fundraiser for Marine

Volunteer Fire Department and Ambulance Department. Outdoor juried event; multiple artists and craftspeople.

**CONTACT:** [marineonstcroix.org](http://marineonstcroix.org)

### PONY HOMECOMING CARNIVAL

**When:** 2-6:30 p.m. Friday, Sept. 28

**Where:** Stillwater Area High School

**Details:** Free family-friendly event features carnival games and prizes, inflatables, activities, stage performances and food trucks. Open to high school students 2-4 p.m.; and the public 4-6:30 p.m.. Talent Show 2:30-5:30 p.m. Stillwater vs. Mounds View football game at 7 p.m.

**Contact:** 651-351-8322 or [stillwaterschools.org](http://stillwaterschools.org)

### STILLWATER FLEA MARKET

**When:** 9 a.m.-3 p.m. Saturday, Sept. 29 and Sunday, Sept. 30

**Where:** Washington County Fairgrounds, 12300 40th St. N., Lake Elmo

**Details:** Free outdoor flea and crafter's market.

**Contact:** 715-557-1785 or [rsgdevelopment.com/fleamarket](http://rsgdevelopment.com/fleamarket)

### STILLWATER NATIVE AMERICAN FAMILY EVENT

**When:** 2-4:30 p.m. Sunday, Sept. 30

**Where:** Rutherford Elementary School Gym and soccer field, 115 Rutherford Road, Stillwater

**Details:** Learn the history of the ancient game of LaCrosse, the traditional rules and tools of the game, and learn to play LaCrosse. Free and all are welcome.

**Contact:** 651-343-7924 or [facebook.com/StillwaterNAPAC](http://facebook.com/StillwaterNAPAC)

### RIVERTOWN FALL ART FESTIVAL

**When:** 10 a.m.-6 p.m. Saturday, Oct. 6; 11 a.m.-5 p.m. Sunday, Oct. 7

**Where:** No. Lowell Park, Downtown Stillwater

## Top 5 at PressPubs.com:

Week of September 2 – 8, 2018

Editor's note: Visit [www.presspubs.com](http://www.presspubs.com) to read the full versions of these most-visited stories

1. **Vadnais Heights makes way for new neighbor: Hy-Vee.** [Vadnais Press > News](#)
2. **Another restaurant option may come to Hugo.** [The Citizen > News](#)
3. **White Bear Lake residents complain that boaters disturbing peace.** [White Bear Press > News](#)
4. **Former Lino Lakes ambassador interns with dolphins.** [Quad Community Press > News](#)
5. **Skate park, skating pond coming to Shoreview Commons.** [Shoreview Press > News](#)

See Press Publications' website [www.presspubs.com](http://www.presspubs.com) for stories from the White Bear Press, The Citizen, Vadnais Heights Press, Shoreview Press, Quad Community Press, The Lowdown-Forest Lake Area and The Lowdown-St. Croix Valley Area.



# WHAT'S HAPPENING

SEPTEMBER 14, 2018

www.presspubs.com

THE LOWDOWN **7**



FILE | PRESS PUBLICATIONS

## Tour de Hugo

**WHEN:** Rides begin at 7 a.m. Saturday, Sept. 22

**WHERE:** Lions Park, 5524 Upper 146th St., Hugo

**DETAILS:** Choice of bike rides includes various scenic routes and 6, 20, 35, 50 or 62.2-mile distances throughout the Hugo area. Kids party.

**CONTACT:** tourdehugo.com

**Details:** St. Croix Valley's largest juried art festival features the works of more than 100 artists from around the country and locally made food confections.

**Contact:** 651-430-2306 or rivertownartfestival.com

### NOOKS & CRANNIES TOUR

**When:** 11 a.m.-3 p.m. Sunday, Oct. 6

**Where:** Washington County Historic Courthouse, 101 Pine St. W., Stillwater

**Details:** Visit the areas typically closed to the public including the basement, sheriff's residence, 1870 jail and dome. Refreshments, video, photos.

**Contact:** 651-275-7075 or co.washington.mn.us

### FALL COLOR BLAST

**When:** 1-5 p.m. Sunday, Oct. 7

**Where:** Warner Nature Center, 15375 Norell Ave. N, Marine on St. Croix

**Details:** Celebrate the peak of fall color with guided trail hikes, paddling on the lake and visits with resident animals. Entertainment and activities.

**Contact:** 651-433-2427 ext. 10 or warnernaturecenter.org

### STILLWATER HISTORIC HOUSE TOUR

**When:** Noon-5 p.m. Sunday, Oct. 7

**Where:** Begins at the Warden's House Museum, 602 N. Main St.

**Details:** Visit ten distinct homes that span more than a half a century, including the Sauntry Moorish Style Recreation Hall, Brunswick House, Storkamp House, St. Mary's Rectory, Murdock House, Pretzell House and two B & Bs. Tickets \$25 online or day of tour.

**Contact:** 651-439-5956 or wchsmn.org

## Ongoing

### YOUTH CONNECTIONS

**When:** Thursdays beginning Sept. 13

**Where:** St. Croix Family Resource Center, 609 5th St. S., Stillwater (entrance on 4th St.)

**Details:** Drop-in program for youth with unstable housing. Noon-3 p.m. for 18-24 year olds; 3:30-6 p.m. for 13-17.

**Contact:** stcroixfrfc.org

### STILLWATER FARMERS MARKET

**When:** 7:30 a.m.-noon, Saturdays

**Where:** Riverview parking lot, 3rd and Pine Sreets. across from courthouse

**Details:** Local organic food, vegetables, fruit, crafts and other specialties.

**Contact:** 651-704-9996 or localharvest.org

### BAYPORT FARMERS MARKET

**When:** 2:30 to 6:30 p.m. Mondays

**Where:** Village Green, 3rd St. N., adjacent to Andersen Elementary and the Bayport Library

**Contact:** 612-518-7110 or bayportfarmersmarket.com

### AAMODT'S APPLE FEST

**When:** Sept.-Oct.; time varies by event

**Where:** Aamodt's Apple Farm, 6328 Manning Ave.

**Details:** Hay wagon rides, tractor trikes, hay bale maze and pick your own apples.

**Contact:** 651-439-3127; aamodtsapplefarm.com

### 'PEOPLE & PLACES: ARCHITECTURE IN WASHINGTON COUNTY'

**When and where:** Through January 5 at the Washington County Historic Courthouse, 101 Pine St. W., Stillwater

**Details:** Exhibit high-

lights various architectural styles found in the county from pre-1850 to 1960.

**Contact:** 651-275-7075; co.washington.mn.us/hc

### SCENIC WAGON RIDES

**When:** 1-5 p.m. Saturdays and Sundays; 10-11 a.m. and 4-5 p.m. Tuesdays, Wednesdays & Thursdays, Sept. 8-Oct. 21

**Where:** Pine Tree Apple Orchard, 450 Apple Orchard Rd, Dellwood

**Details:** Wagon rides run continuously.

**Contact:** 651-429-7202 or www.pinetreeappleorchard.com

### NEIGHBORHOODS NEARBY

### 'CABARET'

**When:** 7:30 p.m. Thursdays, Fridays and Saturdays; 2 p.m. Sundays, Sept. 13-30

**Where:** Hanifl Performing Arts Center, 4941 Long Ave., White Bear Lake

**Details:** Lakeshore Players Theatre performance set in Berlin's delightfully seedy Kit Kat Klub in 1930s Berlin. Tickets \$20; preview tickets \$15.

**Contact:** 651-429-5674; lakeshoreplayers.com

### ERICA SUNSHINE LEE

**When:** 8-9:30 p.m. Friday, Sept. 14

**Where:** Big Wood Brewery, 2222 4th St., White Bear Lake

**Details:** Free performance by Country Music Singer and Nashville Recording Artist Erica Lee.

**Contact:** bigwoodbrewery.com/event/erica-sunshine-lee-2018-09/

### ANNUAL NORTH OAKS CHILDREN'S HOSPITAL GUILD II RUMMAGE SALE

**When:** 7 a.m.-3 p.m.

Saturday, Sept. 15 and 9 a.m.- 2 p.m. Sunday, Sept. 16

**Where:** Shoreview Ice Arena, 877 Highway 96 W, Shoreview

**Details:** Has generated more than \$1 million for the Children's Hospital Association.

**Contact:** 651-484-3792 or northoaksrummageale.org

### PRAIRIE BURN MUSIC FESTIVAL

**When:** Noon- 10 p.m. Saturday, Sept. 15

**Where:** YMCA Camp St. Croix, 532 County Road F, Hudson, WI

**Details:** Family-friendly festival includes folk and bluegrass music, food and drinks, games and camp activities.

**Contact:** 715-386-4380 or ymcamn.org

### BOOYA FESTIVAL

**When:** 11:30 a.m.-1:30 p.m. Sunday, Sept. 16

**Where:** Gethsemane United Methodist Church, 7330 Lake Dr., Lino Lakes

**Details:** Booya and other food, silent auction, bake sale, cake walk and other activities. Open to the public.

**Contact:** 651-784-7667 or gum.church

### QPR SUICIDE PREVENTION CLASS

**When:** 7-8:30 p.m. Monday, Sept. 17

**Where:** Shoreview Library, 4560 Victoria St.

**Details:** Free, one-hour presentation sponsored by NAMI Minnesota that covers the three steps anyone can learn to help prevent suicide - Question, Persuade and Refer. Like CPR, QPR is an emergency response to someone in crisis. Registration required.

**Contact:** 651-645-2948 x114 or namimn.org

### THE POWER OF 100 WOMEN WHO CARE

**When:** 7-8 p.m. Monday, Sept. 17

**Where:** Hilton Garden Inn, 1050 Gramsie Road, Shoreview

**Details:** All are invited to join a giving circle of women who meet for an hour four times each year and donate \$100 each to a deserving local charity.

**Contact:** 651-308-5813 or thepowerof100twin cities.com

### NE METRO JOB FAIR

**When:** 3-7 p.m. Wednesday, Sept. 19

**Where:** Jimmy's Event Center, 3565 Labore Road, Vadnais Heights

**Details:** Free event featuring representatives from local employers and organizations who are hiring candidates for full-time, part-time and seasonal positions. Event is suitable for entry-level positions, new graduates, professionals in career transition, experienced workers and candidates

returning to the job market.

**Contact:** 651-407-1200 or presspubs.com or vhedc.org

### PUBLIC TOUR OF CENTURY COLLEGE

**When:** 3:30-4:30 p.m., Thursday, Sept. 20

**Where:** Century College Lincoln Mall, East campus

**Details:** Behind the Scene Tour includes the HVAC and Facilities Engineering, Orthotics & Prosthetics, Solar Energy, Kopp Technology Center, Innovation Classrooms, Fab Lab/ Engineering, and Dental Simulation Lab. RSVP

**Contact:** 651-779-5532 or century.edu

### SCHOOL NIGHT FOR SCOUTING

**When:** Thursday, Sept. 20

**Where:** All area elementary schools

**Details:** Annual recruitment event for boys and girls in grades K-5 to join Cub Scouts. Every child who signs up will receive a free t-shirt. Sign-up also available online.

**Contact:** joincubs.org

### PUMPKIN PATCH AND CORN MAZE

**When:** Open daily 10 a.m.-7 p.m. Sept.22-Oct. 31

**Where:** Waldoch Farm, 8174 Lake Drive, Lino Lakes

**Details:** Corn maze, farm dig sand box, pedal carts, spiderweb, mini maze, corn box, barnyard and more. Complimentary hayrides to pumpkin patch on weekends.

**Contact:** 651-780-1207 or waldochfarm.com

### H2O FOR LIFE WATER BALL

**When:** 6:30 p.m. Saturday, Sept. 22

**Where:** McNamara Alumni Center, University of Minnesota 200 SE Oak St., Minneapolis

**Details:** Proceeds provide local youth the opportunity to learn about local water issues and the global water crisis, and participate in meaningful global service learning projects providing water and sanitation for partner schools around the world. Dinner, silent

and live auction and program. Tickets \$85 by Sept. 14.

**Contact:** 651-756-7577 or h2oforlifeschools.org

### SPIRIT OF THE ST. CROIX ART FESTIVAL

**When:** 10 a.m.- 5 p.m. Saturday, Sept. 22; 10 a.m.-4 p.m. Sunday, Sept. 23

**Where:** Lakefront Park, downtown Hudson.

**Details:** Free. More than 65 juried artists, entertainment, food vendors and more.

**Contact:** 715-386-8411 or thehipps.org/events/art-fair

### WHITE BEAR LAKE LADIES NIGHT OUT

**When:** Thursday, Sept. 27

**Where:** Downtown White Bear Lake

**Details:** Evening includes shopping local retailers for specials, food, drinks and more.

**Contact:** downtown whitebearlake.com

### BBQ COOKOUT AND FUNDRAISER

**When:** Noon-2 p.m. Saturday, Sept. 29

**Where:** Hugo Lion's Park, 5524 Upper 146th St N

**Details:** Free BBQ, live music by Two Dollar Tight, raffle and more. Donations welcome and support the Yellow Ribbon Network.

### GUSTA FER YELLOWGOLD

**When:** 4 p.m. Saturday, Sept. 29

**Where:** Chautauqua Fine Arts Center, 8000 75th St. N., Mahtomedi

**Details:** Children's entertainment show with adult appeal has opened for national musical acts. Tickets \$20/adults; \$10/ children and free for 2 and under.

**Contact:** 651-269-9888 or wildwoodartistseries.com



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# Forest Lake FFA chapter honored at State Fair



Members of the Forest Lake FFA Chapter pose with their completed entry before the start of the Minnesota State Fair.

The Forest Lake chapter of the Future Farmers of America (FFA) received Reserve Grand Champion honors at the 2018 Minnesota State Fair. Students planned and installed the competitive landscape display with this year’s theme “Pollinator Garden.” “Students enjoy putting their skills and creative minds to the test in this competitive activity,” said agriculture teacher and FFA advisor Veronica Ward. The exhibit was located outside the CHS Miracle of Birth Center and the FFA Leadership Center through Labor

Day, the last day of the fair. The project is an extension of classroom instruction as students create a display that is evaluated on artistic design principles, identification of plant material with growth and care information, and quality of construction. Plants, materials and expertise were provided by Twin Lakes Landscapes of Columbus, Pro Care Companies of Forest Lake and Abrahamson Nursery of Scandia. The local chapter was also represented at the CHS Miracle of Birth Center as junior Jenna Skaphol served as a

barnyard attendant. Skarphol worked the second half of the fair and assisted with animal care, facility maintenance and sharing the story of animal agriculture. The CHS Miracle of Birth Center is the most popular free exhibit at the Minnesota State Fair and is a co-operative effort between the Minnesota FFA, Minnesota Veterinary Medical Association and the University of Minnesota College of Veterinary Medicine. The Forest Lake Agricultural Education Department offers courses and internship opportunities in the Agriculture, Food and Natural Resources

career pathway. Students are also members of the Forest Lake FFA. The FFA mission is to make a positive difference in the lives of students by developing their potential for premier leadership, personal growth and career success through agricultural education. For more information about the Forest Lake Agricultural Education Department and the FFA chapter, contact an agricultural education instructor at 651-982-8495 or visit forestlakeffa.org.

From press release

## SCHOOL BRIEFS

**Forest View Elementary identified for state support**  
The Minnesota Department of Education’s new accountability system has identified Forest View Elementary as one of the lowest-performing schools in the state. Forest View is also one of 47 schools that will receive comprehensive support from the Department of Education over the next three years, the result of ranking in the bottom across multiple categories. The newly implemented North Star system is designed to give a more thorough understanding of schools’ performance beyond test scores, and now takes into consideration attendance and graduation rates.

**Save back-to-school receipts to receive tax benefits**  
Minnesota has both a credit and a subtraction for education expenses, reports Rep. Randy Jessup. Both programs reduce the tax parents pay and could provide a larger refund when filing state income tax returns for 2018. Qualifications apply, and expenses must be for children attending kindergarten through 12th grade at a public, private or homeschool. School supplies which qualify for the credit or subtraction include writing utensils, textbooks, musical instrument rentals, tutoring and computer hardware/educational software. Common items that do not qualify for the subtraction or credit

include school lunches, uniforms and backpacks. Parents are encouraged to check the Department of Revenue website (<http://www.revenue.state.mn.us>) to determine which expenses qualify. While the education subtraction is not subject to income limits, the credit is limited to households with incomes of less than \$37,500 for families with one to two children, \$39,500 for families with three children, and adding \$2,000 per child for families with four or more children. The Department of Revenue indicates that last year more than 37,500 families took advantage of the education credit, saving an average of \$241. More than 186,000 families took advantage of the education subtraction.

Athlete of the Week\*

Athletes chosen by press staff

FOREST LAKE

Charlie Babcock

Forest Lake cross country

Charlie Babcock, Forest Lake senior who was an all-stater in cross country last year, has opened the season with two strong runs, placing ninth at the 38-team St. Olaf Showcase in 16:24, then winning a six-team meet at Isanti in 16:29.

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Athlete of the Week\*

Athletes chosen by press staff

ST. CROIX VALLEY

Evie Kohn

Stillwater soccer

Evie Kohn is the veteran goalkeeper on the Stillwater soccer team that has not allowed a goal in six matches, posting a 5-0-1 record. In her fifth and sixth shutouts last week, Kohn made seven saves in a 2-0 win over Mahtomedi (top-ranked in Class A) and four saves in a 2-0 win over Park. Committed to Minnesota State-Mankato, Kohn is a four-year starter. Her teams have a 34-6-3 record the last three years.

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# Forest Lake graduate wins national triathlon in Cleveland

BY JANICE COLLOVA  
PRESS INTERN

The waters of Lake Erie were especially choppy to swim in the morning of Aug. 11, but the vigorous waves didn't discourage triathlete Gaby Bunten. The 2010 Forest Lake High School graduate recalled that as she swam 1,500 meters in the lake at the beginning of the Age Group Nationals Triathlon at Edgewater Park in Cleveland, she found the waves to be in her favor.

Still, she recalled "(I was) fighting and working my way through the water and not really knowing where any of my competition was."

The fighting continued with the biking and running; her competitors and spectators pushed her to do her best. Sometimes she was uncertain of where she was in relation to her competition, but ultimately her hard work paid off and she received a surprise at the finish line. Bunten won the Overall Female title at the triathlon with a time of 2:13:39.

"I honestly wasn't expecting to win at all," she said. "I wanted to do well ... but I didn't place any expectations on what I wanted to place."

Earlier this year, Bunten also placed first

among all female athletes at the South Beach Lifetime Triathlon in Miami in April and the 2XU New York City Triathlon (also part of the Lifetime Triathlon series) in July.

Bunten competed in her first triathlon with a friend the summer after her freshman year of college. Before that, Bunten had competed in swim teams for years, and while training for the swim season had done extensive biking and running. She recalled that while she was growing up, some days she would swim bright and early from 6 a.m. to 8 a.m., then swim another two hours in the evening.

"That's made training for the triathlon a little easier, since I grew up with that practice already," she recalled.

After her first triathlon, her involvement in swimming as a stand-alone sport began to "dwindle," she said, while her passion for triathlons began to grow.

"My heart was pretty involved in the sport [of the triathlon]," she said.

Eventually she met her coach, decorated British triathlete Leanda Cave. "She's pushed me to limits I thought I could never do or maintain or hold," said Bunten. "She's taken training to a whole new



KIM BUNTEN | SUBMITTED  
**Gaby Bunten is all smiles at the big race in Cleveland.**

level with me."

Bunten has also found support and inspiration from her team Team Leanda Cave or Team LC. The team is comprised of triathletes from all over the country and aims to empower women to get involved in the male-dominated sport.

Other people Bunten credits for inspiration and support are her boss, Kris Swarthout, her parents who have cheered her on at her various races this summer, and her boyfriend, who also races.

To name all the peo-

ple she would thank for encouraging her, she said "it would be hard to narrow it down to a couple people because ... there's so many people to thank."

Next up for Bunten is the ITU World Triathlon Grand Final race in Gold Coast, Australia, in September. This will be the second time Bunten will compete there.

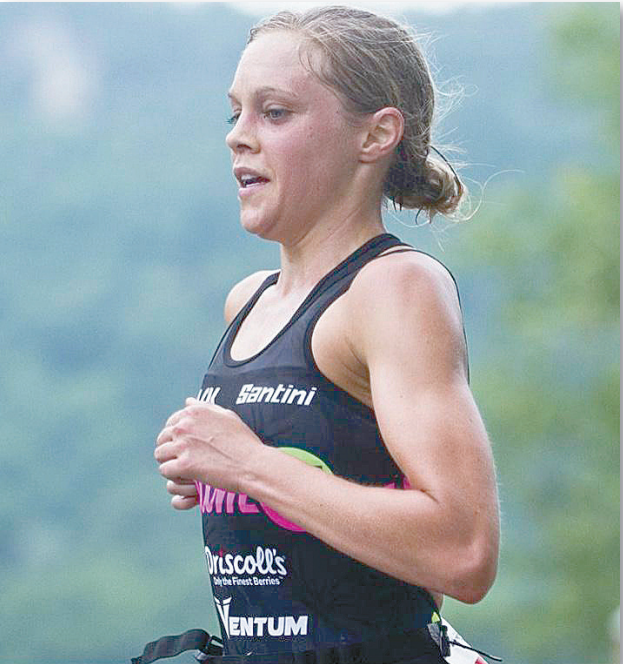
"It's always fun to do a race in Australia," she said, noting the continent as a "bucket-list place."



KIM BUNTEN | SUBMITTED  
**Gaby Bunten cycles around a bend in the second part of the race.**



KIM BUNTEN | SUBMITTED  
**Gaby Bunten concentrates during the cycle portion of the race.**



KIM BUNTEN | SUBMITTED  
**Gaby Bunten runs to first place.**

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# Washington County Parks plans history stroll Sept. 15 in Stillwater

Join Washington County Parks for a celebration of history and architecture in Washington County at the Washington County Historic Courthouse in Stillwater Saturday, Sept. 15.

At 10 a.m., join parks staff for a guided history stroll. Beginning at the Historic Courthouse, walk along the neighborhoods in Stillwater to learn about the unique homes and hear stories of the people who lived in them. Each stroll will be approximately 45 minutes in duration, and include some stair climbing along a mile-long route offering views and history highlights. Trail routes will include uneven staircases, pavement and sidewalks, traversing light terrain. Dress for the weather and wear athletic shoes. Check in at the Parks Office in the Historic Courthouse.

At noon, enjoy an informal presen-

tation on the architecture featured in the Historic Courthouse's temporary exhibit, "People & Places: Architecture in Washington County" and the various architectural styles found in the county from pre-1850 to 1960. The discussion will include lost history of sites and buildings that are no longer, early peoples, mills and merchants; Victorian and Turn of the Century architecture, and more.

The event is free to attend. Donations toward the Historic Courthouse Restoration Fund are accepted.

The Historic Courthouse is at the corner of Pine and Third streets in Stillwater.

Follow Washington County Parks on social media at @WashCountyParks.

From press release

# Newsprint tariffs reversed

The International Trade Commission voted not to impose permanent tariffs upon the North American newsprint supply.

"The paper markets serving community newspapers can soon begin to move back to market pricing without the heavy hand of government imposing taxes upon the primary suppliers of newsprint," said National Newspaper Association President Susan Rowell, publisher of the Lancaster (South Carolina) News.

It will take a couple of months for the preliminary tariffs to be unwound and credits to be issued back to those companies who had paid duties at the Canadian border since last January.

A New York hedge fund company purchased North Pacific Paper Company in Washington State last year and began to claim that it faced unfair competition from Canadian newsprint manufacturers. They went to the U.S. Department of Commerce, which allowed the tariffs to continue while the issue was under investigation.

Nearly 70 percent of newspaper publishers surveyed said they had reduced page count due to the tariffs. The cost of newsprint had risen about 30 percent.

Sara Marie Moore



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# SEVENTH FARM: Riding school facilitates bonding between students and horses

FROM PAGE 1

riding aggravates her spine on occasion, but “not too much, not worth stopping over.”

With all her riding experience, though, Liz said that she had the most fun riding when she first started. Because of this fond memory, she now primarily teaches beginner’s classes and sees her students enjoy themselves as much as she first did.

“You come in and it’s just this wonderful and carefree experience,” she said. Meanwhile, her students “... always just have a wonderful time here. That was kind of why we got into the riding school part of (the horse industry).”

### Learning to listen

Tom also teaches at Seventh Farm, but his focus is initiating the retraining process with the new horses.

He likened the retraining to therapy, since it involves conversation, teaching and learning new skills and thought patterns, processing and developing trust.

Liz called Tom’s work “ugly, behind-the-scenes work,” as some of the horses are initially unruly. Tom, however, finds the work interesting, especially when it centers on horses that are fearful or have endured trauma and abuse.

“I just really like kinda peeling back those layers of what they don’t understand or what they might be afraid of and getting them to trust,” he said. “That’s really rewarding to see for me to get the horse to trust ... And they bond with you.”

The bonding comes because Tom regards his relationship with the horses as two-sided. He said that during the retraining process, even while he teaches he is also learning from his equine students, just by acknowledging what they’re saying.

“They often tell me what they need,” he said. “I have enough experience that I can give that (need) to them.”

Liz teaches her students how to listen as Tom does. She teaches students to listen for cues that a horse will give to communicate something while interacting with the student the animal is with. “It’s a conversation,” Liz explained. “I think ... nowadays is more of a one-way people talking to the horse but not necessarily hearing the feedback ... they talk very quietly, and it does take a bit of a skill and it’s a bit of an art to learn how to listen.”



The McCaddens and their daughter Isabella stand outside their stable.

### IF YOU'RE INTERESTED IN RIDING

**The McCaddens recommend visiting horse farms in person. During visits people should interview owners and instructors, observe the quality of the training facilities and horse care, watch how horses interact with people and watch a lesson. The search might seem long, but people should take their time with it, especially if they are prone to become emotionally attached to horses. Emotional attachment can get in the way of not fully knowing what comprises correct care and what doesn't, and this is especially true of people who are just starting to ride.**



Sharon Kleckner rides with Cash. Cash’s dad, Go For Gin, is a Kentucky Derby winner.

## Forest Lake graduate interns with dolphins

BY SHANNON GRANHOLM  
QUAD EDITOR

A 2014 Forest Lake graduate was on cloud nine this spring when an idea became a reality.

Wyoming resident Rachel Huset interned with Island Dolphin Care (IDC) in Key Largo, Florida, for six weeks in March and April.

“Ever since I was 11 or 12 I have wanted to work with dolphins. Throughout school I realized sciences really weren’t my thing,” she recalled. “I didn’t really think about animal behavior or anything else at that point, and I am not really an animal person: I am a dolphin person.”

While in high school, Huset was a personal care attendant (PCA) for a young girl with disabilities and found another passion. “It sparked my interest. I developed this joy and love for being around people with disabilities. They bring a different outlook on life and a joy to the world that I don’t see in other people,” she said.

That experience not only taught her how to be patient but motivated her to become an intern with the Special Olympics.

After she graduated, she attended the University of Wisconsin-Stevens Point where she majored in business administration and psychology. She graduated in December 2017.

During her freshman year of college, Huset got to thinking back to her PCA experiences and how that young girl did both water and horseback therapy.

“I was brushing my hair getting ready for class, when I randomly thought, ‘I bet you could use dolphins for therapy,’” she said. Huset began searching online for dolphin therapy but didn’t find much. Eventually, she stumbled across IDC and realized the organization offered internships, but there were some requirements. She had to be 21 and she had to have a certain major, one of which could be psychology.

“As far as I know, they are the only place that offers dolphin-assisted therapy in the U.S.,” she said. “It (business administration and psychology) ended up being a really great combination for me. I

absolutely loved it. I use psych more than business anyway in dealing with people.”

So Huset waited patiently until she completed all of the requirements, then applied for the 2018 season and was accepted.

IDC was created in 1997 to help children with special needs and their families but has expanded to include adults and veterans. The programs are designed for people who have developmental and/or physical disabilities, emotional challenges and critical, chronic or terminal illness. The nonprofit organization holds that everyone deserves the opportunity to play, giggle and have fun.

During her six weeks, Huset explained she worked with mostly children who were dealing with a variety of things, including cerebral palsy, Down syndrome, heart conditions, depression/anxiety and attention deficit hyperactivity disorder.

“I found a lot of the people were coming to get an escape from reality because of procedures, therapies, doctors, a lot of stress,” she said. “Their goal was to relax and escape for a bit.”

During her internship, Huset learned a lot about dolphins. She worked alongside therapists to help brainstorm ideas and activities they could do with the families to reach their specific goals, which often included building confidence and increasing self-esteem.

While in the water with the dolphins, the children worked on their fine or gross motor skills by learning the proper hand signals from trainers to make the dolphins do tricks.

“It was cool to see the families interacting with each other and being involved with the therapy. For a family to come for the five days, just for the therapy alone is \$2,200, that doesn’t include the travel or activities they are doing outside of therapy,” Huset said. She noted that IDC often provides scholarships to families in need.

Huset added, “The impact they are making on their life it is something that they are always going to remember and cherish.”

After the internship, Huset realized that idea she had randomly one day while brushing her hair was



Rachel Huset performs a “handshake” with a dolphin.

so much more than an idea, it was already creating memories these families would cherish and remember forever. “It was not just an idea, it was actually affecting people’s lives,” she said.

These days, Huset is working with the Taste of NFL planning for Super Bowl 2020 in Miami. Her ultimate dream is to one day make her way back to Key Largo and work for IDC. She currently volunteers her time to the organization in hopes of finding some more sponsors to raise money for the nonprofit.

“I feel so passionate about them and what they are doing. I want to help them get more money and stay alive and keep doing what they are doing,” she said.

Editor Shannon Granholm can be reached at 651-407-1227 or quadnews@presspubs.com.



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Sept 16	Music/Gary LaRue	2pm	7 Vines Vineyard
Sept 19	Music/Matthew Griswold	5:30pm	7 Vines Vineyard
Sept 21	Music/Joshua Schmidt	5:30pm	7 Vines Vineyard
Sept 21	4th annual Big Wood Brewery Golf tournament to Benefit Merrick, Inc.	noon – 8PM	Oak Glen Golf Course (BWB)
Sept 21-23	Fall Wine Fest		Northern Vineyards
Sept 22	Cruise for Troops	9am-5pm	Running Aces (BB)
Sept 22	Northern Grape Stomp	11am-7pm	Northern Vineyards
Sept 22-23	Grape Stomp Festival		Dancing Dragonfly
Sept 22-23	Harvest Festival		Chateau St. Croix
Sept 23	Music/Brady Lillie	2pm	7 Vines Vineyard
Sept 23	Succ it up Buttercup	1-5pm	Northern Vineyards
Sept 26	Music/Matthew Griswold	5:30pm	7 Vines Vineyard
Sept 27	Music/Trio	5:30pm	7 Vines Vineyard
Sept 28	Laugh Your Asses Off – Screening of local made comedies	8:30-10pm	Bent Brewstillery
Sept 28	Oktimberfest -\$1 off Pints of Oktimberfest	3pm-Midnight	Big Wood Brewery
Sept 29	Fall Booya Fest	Noon-midnight	Bent Brewstillery
Sept 30	Music/Brady Lillie	2pm	7 Vines Vineyard
Oct 5	Maroon & Bold Release Party	2:30-Midnight	Bent Brewstillery
Oct 6	David Roth in Concert	7-8:30pm	Dancing Dragonfly
Oct 10	Cigars N Suds	6pm-8pm	Big Wood Brewery
Oct 13	Art at the Winery - Plant & Sip	1-3:30pm	Dancing Dragonfly
Oct 13-14	Oktober Wine Festival		Chateau St. Croix
Oct 14	Howl-O-Ween – Dog costume contest	Noon-4pm	Bent Brewstillery
ONGOING			
Daily	Happy Hour	3-6 pm	Roma
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## Surprise avian visitor gives Minnesotans the chance of a lifetime

BY JACKIE BUSSJAEGER  
CONTRIBUTING WRITER

BLOOMINGTON — Minnesotans turned up on the banks of the Mississippi River in droves Aug. 26 to catch a glimpse of pale pink amongst the cattails and dabbling ducks. Hundreds were present to see a single roseate spoonbill—the first-ever recorded sighting of this species in the state.

The roseate spoonbill was a stark standout among Minnesota's other migrating waterfowl and shorebirds. Standing more than two and a half feet tall, the bird shows a similar bright pink coloration to a flamingo and gets its name from the shape of its long, flattened beak.

Normally found along the Gulf Coast, the bird's presence in Minnesota is an aberration that is not easily explained. Iowa had a similar sighting of a roseate spoonbill a few weeks earlier.

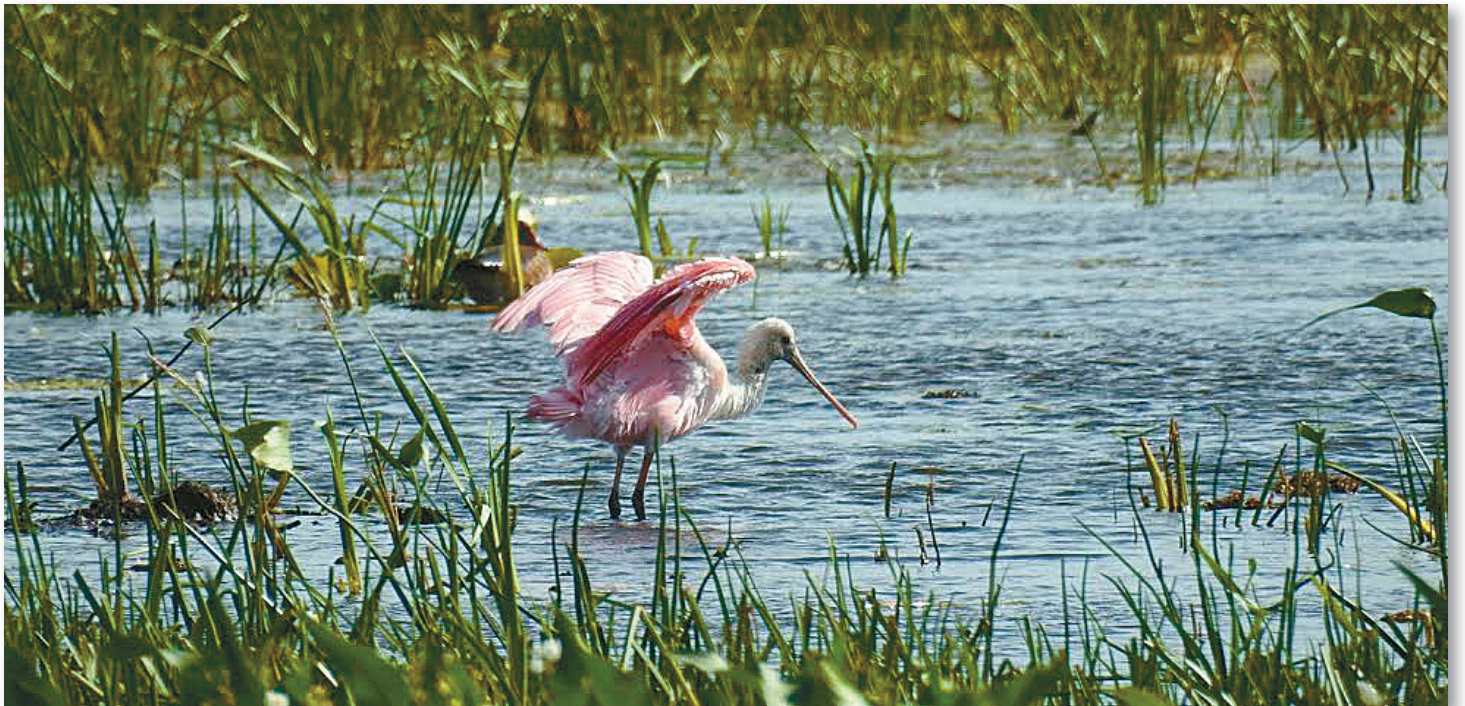
Washington County resident and passionate birder Ben Douglas was in a Starbucks with his wife when he got a call from fellow Washington County birder Peter Nichols.

"He asked if I was ready for a mega rarity in our county, and I said, yes of course," Douglas said in an email interview.

The bird had been located by Kevin Smith of Hastings, on a sandbar along the Mississippi River. By the time Nichols arrived at the site, however, the bird had already flown northward.

Later that afternoon, Douglas learned that the bird had been located again at the Old Cedar Avenue Bridge in Bloomington.

The Minnesota Ornithologist's Union keeps extensive records of



BEN DOUGLAS | SUBMITTED

Birders flocked to Bloomington in August to see a once-in-a-lifetime bird, far from the Florida coast it normally calls home.

birds sighted in the site, stretching back more than 70 years. This is the first instance of a roseate spoonbill found in the state in all that time.

"Adding to that the fact the bird is large and great to look at helped make it even more special," Douglas said. "Many birders enjoy birding for the beauty of the different species and this one had the feel of a once in a lifetime opportunity."

Seeing the bird itself was rewarding, but Douglas also relished the opportunity to connect with the wider birding community. Dozens of people showed up at the site to be part of the historic moment; Douglas knew some of them and had the opportu-

nity to meet new people as well. One friend even took a quick break from his daughter's softball game to get a glimpse of the spoonbill.

"Even after an hour of people coming and going, still more were coming down the road and trail when we left," Douglas said. "I don't think it is overstating to say I saw over 100 people in my hour at the viewing platform and likely closer to 200."

Observers watched as the spoonbill stood calmly in the shallow water. Douglas said the bird was asleep on one leg when he arrived, but soon began to feed and preen, which gave a few photo opportunities to the eager crowd.

"These are the types of events a birder will never forget," Douglas said. "You get to see this singular event in Minnesota birding history, share it with friends, and it becomes an impromptu reunion of those you know from the digital space or that you haven't birded with in a while because life gets in the way. I honestly spent as much time talking with others as I did looking at the bird... It was a great day that helped put into context the fun and challenge that is birding."

The bird has since moved on, but there's no telling when such a rarity will appear in Minnesota again.

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# Wig care revives self-confidence

BY JANICE COLLOVA  
PRESS INTERN

Janine Panek of Lino Lakes was not satisfied with the free wig she received from the hospital during her chemo treatment. She even had the wig custom cut twice. Even then, she was not entirely satisfied.

“I kept trying (the wig) on thinking, ‘I don’t like it, I don’t like it,’” she recalled.

Eventually, Panek learned about Jerene Bailey, the wig specialist at Salon 61 in White Bear Lake. She made an appointment for a free wig consultation.

“You’re really kinda scared when you go in there,” she said about entering the studio. “You don’t know what it’s going to be like to wear a wig.”

But after her consultation, Panek was finally fully satisfied with her wig experience. Panek said that she learned a lot from Bailey about wig care, such as how a wig should properly fit and be cared for. For instance, she realized for the first time that the wig she had received from the hospital was too big for her.

More importantly, after seeing Bailey, Panek also regained a lot of self-confidence.

Panek recalled that when she first started chemo treatment for her breast cancer, she didn’t want to talk to anybody. She believed that when people looked at her, all they would see was her hair loss and illness.

“It’s easier when people don’t know (you’re sick), otherwise your whole life turns into breast cancer,” she said.

When she started wearing the wig she had purchased from Bailey, however, she no longer felt defined by her illness. “When you wear a wig, you think everyone knows,” she said. But while wearing Bailey’s wig, she said “very few people knew I was sick.”

“If you get the wig and it fits properly and is the right color,” she continued, “... it will just make you more confident.” She wasn’t the only one who noticed improved self-confidence; she said that her daughter noticed it, too.

“What a difference it made to me to have that wig and start wearing it,” she said.

### Jerene Bailey’s beginning

Bailey has thank-you notes from clients taped to her window in her private wig consultation room. Although the notes are all phrased differently, they echo a similar sentiment: a revival of self-confidence



JERENE BAILEY | SUBMITTED

**Jerene Bailey continually updates her wig stock with the latest hairstyles. The major brand she carries is Rene of Paris, but she has access to all wig brands.**

after undergoing Bailey’s wig services.

“This is my calling in life,” she said. “This is just something that is so needed for women.”

Bailey adhered to this call 15 years ago when several of her clients needed wig care but didn’t know where to turn. After researching brands of wigs with natural-looking appearances, she went to a seminar hosted by a company from California and then got right to work providing wig care and free wig consultations.

Her work has continued since Salon 61 relocated to downtown White Bear Lake about a year ago. Today, clients who have faced cancer, alopecia and other conditions involving hair loss meet with Bailey in a private room at the studio. Bailey then does everything she can to make the clients feel as comfortable about the wig-fitting procedure as possible.

She understands and has observed that clients coming in for a wig consultation often feel vulnerable and uncomfortable.

“I make them feel comfortable,” she said. “It’s pretty tense when they walk in ... I try to break the ice so it’s not so tense to begin with.”

Breaking the ice often looks like explaining what the wigs she carries are made of and assuring

her client that these wigs are comfortable. Bailey explained that sharing knowledge and assurance about the wigs inspires trust in the clients. She also encourages clients to bring friends or family members to provide further support and insight, as well as photographs of themselves from when they used to have hair. Photographs often serve as inspiration for Bailey when she chooses, fits, cuts and styles wigs so that the wigs can match the clients’ hair preferences. This practice is one of many reflecting Bailey’s efforts to make wigs seem like wig-like and more like actual hair.

“Hair is really important to (clients),” she explained. “They don’t think of anything else to do with their (situation) until they get their wig taken care of.” Bailey also takes care to update her stock with the latest hairstyles.

In the end, Bailey said that when she started wig care, “I wanted to make my clients feel more confident with themselves,” and “have somebody feel like themselves.”

The thank-you notes on display and the confidence she has observed from clients when they leave their consultation both seem to testify that she has accomplished her mission.

“I am very, very thankful that (I started wig care),” she said.

### A lasting impact

Panek no longer wears the wig she bought from Bailey, but the confidence she gained from wearing it has had a lasting impact.

About a month ago, Panek learned that her daughter had raised money by selling raffle tickets at a bean bag tournament. About \$1,100 was donated to Bailey’s wig services at Salon 61.

Bailey never met Panek’s daughter; she was attending to a client when the woman came in to donate the money.

“I can’t believe she did that,” Bailey said, noting that such an act of financial generosity has never happened to her before. Bailey is also shocked that anyone would leave so much money behind and trust that it would be used wisely.

Since then, Bailey has used the money to provide two free wigs and is planning to provide a third. A wig usually costs between \$250 and \$400.

“I need to meet with them,” Bailey said of the women who participated in the raffle. “It’s very appreciated.”



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# Fire and ice debated in Stillwater

BY JULIE KINK  
CONTRIBUTING WRITER

Federal dollars could boost the number of firefighters in Stillwater.

The city was notified Aug. 29 of the award of a \$492,419 grant from the Federal Emergency Management Agency (FEMA) under the SAFER program to fund three full-time firefighter positions over the next three years. The city's share of the costs for the additional personnel over three years would be \$306,097.

The Staffing for Adequate Fire and Emergency Response (SAFER) grant program was created to help fire departments and volunteer firefighter organizations increase or maintain the number of trained "front line" firefighters, enhancing their ability to comply with staffing, response and operational standards established by the National Fire Protection Association.

It's a big deal, according to Fire Chief Stu Glaser. "We're the only (department) in the state of Minnesota to receive this grant. We should be extremely honored," he said.

City leaders are concerned, however, about how to pay for the additional staff after the grant period. During an afternoon budget workshop Sept. 4, Councilman Mike Polehna questioned whether the department is operating in the most efficient way possible, suggesting that Stillwater investigate more shared services with its neighbors.

Councilman Doug Menikheim agreed. "I look at the number of fire stations that are shoulder to shoulder," he said. "It bothers me that the only solution that seems to be offered is to throw more money at it."

Glaser said the Stillwater Fire Department already works with neighboring communities. For

example, it provides mutual aid for large fires and maintains joint dive and rescue teams. He said staffing has been a problem for the department since 2005 and the number of calls continues to grow.

City Administrator Tom McCarty said the grant would lift some of the burden off the tax levy to maintain four firefighters per shift. The city would have three years to determine what to do in the long term. The council has 30 days to decide whether to accept the award.

Meanwhile, concerns about last season's cleanup and the potential for further damage to city infrastructure dominated conversation about a request to allow the Ice Castles to return to Lowell Park. This would be the attraction's third year in downtown Stillwater; organizers are eyeing the same location along the river, with an expanded footprint.

City Administrator McCarty said staff had a number of concerns about the castle's appearance during setup and teardown, removal of ice in the spring and damage to the city's infrastructure. He said last season the structure caused damage to sidewalks, concrete and irrigation systems; resultant soil settling sparked fears about the potential for significant damage to the levee wall system. The attraction reimbursed costs, he said, but it took time for the park to recover. For those reasons, he said, staff suggested moving the location south to Bridgeview Park.

During the meeting, Ice Castles representative Amanda Roseth said the Lowell Park location is preferred because of its proximity to businesses and restaurants. If it were in Bridgeview Park, parking would be a huge concern. She said the group intends to maintain better communication with the city, improve cleanup, block views of

garbage and make sure visitors don't see "behind the scenes."

Polehna said the city needs to set a firm removal date and cleanup has to improve. "I hate to be blunt, but it was atrocious," he said. "There was junk laying all over. I love the Ice Castle, it's awesome. But the winter was over and it sat there and sat there. Even before the river came up, I saw no action down there from anybody cleaning up anything."

The council directed city staff to work with the Ice Castles on standards for cleanliness and timelines for ice removal. They also directed the city engineer to engage a geotechnical engineer to determine the impact on the soils in Lowell Park. Staff will continue to review options for both sites.

- Also on Sept. 4, the council:*
- Approved a community solar garden subscription agreement with ReneSola Energy Inc. that would provide approximately 21 percent of the city's total annual electric energy usage, resulting in an estimated energy savings of \$16,885 the first year and a 25-year energy savings of more than \$1.4 million, according to the staff report. The energy would supply the St. Croix Valley Recreation Center and Lily Lake Ice Arena.
  - Approved special event permits for the Rivertown Fall Art Festival, Oct. 6-7, and Harvest Fest, Oct. 13-14, in Lowell Park.
  - Heard a presentation from Jeromy Knapp, Joe Burling, Emily Adhiambo and Zach Driess, students and graduates of the Augsburg College MBA Program. The team completed an extensive evaluation of the city's branding and identity materials. The council thanked Augsburg professor George Dierberger for bringing the project forward.

# Rivertown Fall Art Festival returns to Stillwater next month

The popular Rivertown Fall Art Festival returns to Stillwater on Saturday, Oct. 6, and Sunday, Oct. 7. A staple in Stillwater for more than 30 years, the Rivertown Fall Art Festival has become one of the most popular and well-attended arts festivals in the Midwest. This outdoor, family-friendly event features more than 120 fine artist booths in a variety of artistic categories.

New this year is the beer and wine tent. Attendees can enjoy a pint of beer or glass of wine while browsing the artist displays. A variety of food selections will also be available. Beverage and food tents will be open until 8 p.m. on Saturday.

From 5-8 p.m. Saturday, Oct. 6, the Good, the Bad and the Funky will play a variety of funk, soul and R&B music on the main stage. Local entertainment will also be featured on the stage throughout both days of the festival.

Located in Lowell Park in down-

town Stillwater, the Rivertown Fall Art Festival attracts art lovers from greater Minnesota and Wisconsin. Downtown Stillwater makes a beautiful setting for the annual festival, thanks to the art and antiques that are available year-round on Main Street, in addition to the wonderful restaurants and two new hotels that are now a part of downtown. Many festivalgoers make a weekend out of the event by enjoying all that Stillwater has to offer.

For more information, visit [greaterstillwaterchamber.com](http://greaterstillwaterchamber.com) or call 651-439-4001.



Compiled from press release



A first place winner poses with her original painting.

SUBMITTED



Visitors explore the artist booths at last year's Rivertown Fall Art Festival.

SUBMITTED



# Reel talk

Don't Miss!

Good

Worth a Look

Forget it

## “KIN” (PG-13)

[GUN VIOLENCE AND INTENSE ACTION, SUGGESTIVE MATERIAL, LANGUAGE, THEMATIC ELEMENTS, AND DRINKING.]

— After the 14-year-old, adopted African-American son (Myles Truitt) of a widower (Dennis Quaid) finds a powerful weapon in a dilapidated, abandoned building in Detroit and then goes on the run with his deceitful, ex-con brother (Jack Reynor) in this unusual, wacky, violent, star-studded (Zoë Kravitz, Carrie Coon, and Michael B. Jordan), 102-minute buddy, sci-fi film based on Jonathan and Josh Baker’s 2014 short film “Bag Man,” they unknowingly find themselves on the run from a revenge-fueled, gun toting drug dealer (James Franco) and his henchman (Ian Matthews, Gavin Fox, et al.) and two mysterious, tenacious, leather-clad soldiers searching for the weapon.

## “OPERATION FINALE” (PG-13)

[DISTURBING THEMATIC CONTENT AND RELATED VIOLENT IMAGES, AND SOME LANGUAGE.]

— Wonderful acting highlights this gut-wrenching, factually based, powerful, well-paced, 123-minute film based on Matthew Orton’s screenplay in which a secret group of Israeli Mossad agents (Oscar Isaac, Lior Raz, Mélanie Laurent, Nick Kroll, Ohad Knoller, et al.) head to Buenos Aires, Argentina, in 1960 to capture notorious Nazi criminal Adolf Eichmann (Ben Kingsley), who was the infamous Nazi architect of the Holocaust, to stand for his WWII crimes in Tel Aviv with the help of a Jewish woman (Haley Lu Richardson) while his desperate son (Joe Alwyn) and devoted wife (Greta Scacchi) search for him.

## “REPRISAL” (R)

[VIOLENCE AND LANGUAGE.]

— After a ruthless, gun-toting, skilled bank thief (Johnathon Schaech) robs a bank in Cincinnati and then an armored truck in this run-of-the-mill, violent, predictable, unoriginal, star-dotted (Colin Egglesfield, Wass Stevens, Christopher Rob Bowen, Tyler Jon Olson, and Ken Strunk), 89-minute thriller dominated by a weak plot, poor acting and dialogue, and mediocre special effects, a PTSD-afflicted bank manager (Frank Grillo), who is traumatized by a previous heist that killed a coworker, seeks the help of an ex-cop neighbor (Bruce Willis) to find his family when the robber kidnaps his wife (Olivia Culpo) and diabetic daughter (Natalia Sophie Butler).

## “WE THE ANIMALS” (R)

[STRONG SEXUAL CONTENT, NUDITY, LANGUAGE, AND SOME UNDERAGE DRUG AND ALCOHOL USE.]

— down-to-earth, realistic, coming-of-age, well-acted, 94-minute film based on Justin Torres’s novel and interspersed with creative, emotional animated sequences that follows three brothers (Josiah Gabriel, Isaiah Kristian, and Evan Rosado) growing up in a dysfunctional family who try to navigate the volatile, up-and-down relationship with their loving but abusive Puerto Rican father (Raúl Castillo) and mother (Sheila Vand) in New York.

### WENDY SCHADEWALD

The preceding films were reviewed by Wendy Schadewald, who has been a Twin Cities film critic since 1986. To see more of her film reviews, log on to [www.shortredheadreelreviews.com](http://www.shortredheadreelreviews.com)



# Weather tidbits

Brought to you by [WeathermanWatson.com](http://WeathermanWatson.com)



Frank Watson is a local Meteorologist who operates a weather station in White Bear Lake. Weather data and observation are from his weather station and trips around the area. Frank can be found on the internet at [WeathermanWatson.com](http://WeathermanWatson.com).

### SUNRISE / SUNSET

Fri	Sep.	14	6:51	7:25
Sat	Sep.	15	6:52	7:24
Sun	Sep.	16	6:53	7:22
Mon	Sep.	17	6:55	7:22
Tue	Sep.	18	6:56	7:18
Wed	Sep.	19	6:57	7:16
Thu	Sep.	20	6:58	7:14

### WEATHER TIDBIT

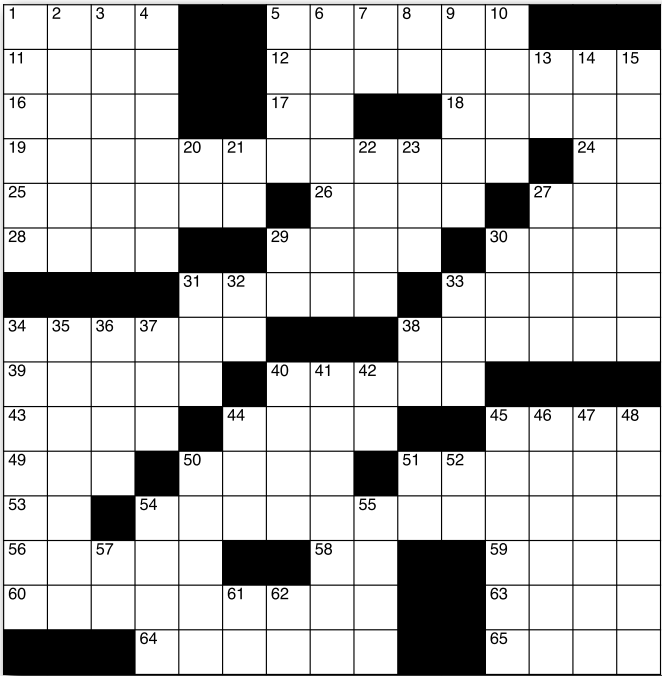
Wow, what a great weekend of weather! Ok, we didn’t have memorable storm, the kind that weather freaks like. All we had was a weekend of spectacular sunshine with temperatures that didn’t make you sweat or require layers of clothes. With all the outdoor events going on this past weekend, we couldn’t have had better weather. Our nice streak of pleasant weather began back on September 5 and we’re on a nice roll right now. Our little wet period back on September 2 to the early morning of September 5 brought us 1.90 inches of rain. Was much needed and greened up lawns.

### WEEKLY AVERAGES

SEPT. 14 - 20, 2018

High	70°
Low	51°
%Sun	56%
PCP	0.85"

# Crossword



### CLUES ACROSS

- Hindu month
- Fashion accessories
- Prong
- Clever
- Network of nerves
- Helps the police (abbr.)
- Russian lake
- Not allowed into evidence
- Indicates position
- Without clothes
- Geological times
- Folk singer DiFranco
- Buddy
- \_\_\_ but don’t break
- Father
- Cast a shadow over
- Afghan city
- Concluding speech
- Type of creed
- French Revolution image “The Death of \_\_\_”
- Syrian president al-\_\_\_
- Soviet composer
- Dove into
- Famed Broadway producer
- Leavened bread
- Ruling family House of \_\_\_
- Planet
- Publicity
- Manifesting approval
- Fern genus
- Larry and Curly’s pal
- Company officer
- Expressed loathing for
- Birthplace of Constantine
- People from Asia
- “Hercules” voice Donovan

### CLUES DOWN

- Central hall or court
- Italian city
- All there
- Seamstress’s tool
- Sends after
- Used in herbal medicine
- Specific gravity
- A male
- Hydroxyls + 2C
- Trigonometric function
- Archaic language (abbr.)
- East African native
- Satisfy
- Mother
- Where innate impulses are processed
- “Rule, Britannia” composer
- Not good
- Swiss river
- A-Team member Baracus
- Calendar month
- Drunk
- Mercury
- Concealed
- Give forth
- Contradiction in terms
- Middle Eastern country
- On the \_\_\_
- Sodium
- One who attended a school
- Supporters
- South Dakota
- American brewer Adams, Sr.
- Type of attorney
- Absence of oxygen
- Most sheer
- Human soul, mind or spirit
- Flies high above
- University of Dayton
- Dorm moderator (abbr.)
- Intestinal pouches
- Assents to
- Delaware
- Robots are a byproduct of this
- Tantalum

# Fun Fact

The Eiffel Tower can grow more than six inches during the summer due to the expanding metal.

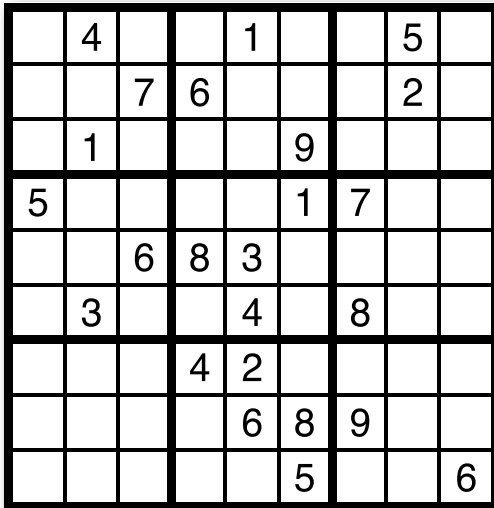
# Did you know?

McDonald’s once made bubblegum-flavored broccoli.

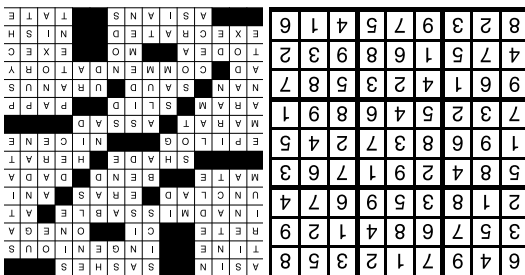
“Nature’s music is never over; her silences are pauses, not conclusions.”

- Mary Webb

# Sudoku



Level: Intermediate





# Nonprofit gives veterans something to look forward to

BY SHANNON GRANHOLM  
QUAD EDITOR

Lino Lakes resident Jim Flermoen was just like most boys as he grew up: he enjoyed fishing with his dad. After a combat wound and 12 years in the military, he once again found himself fishing.

Flermoen and two other veterans, Eric Anderson and Joe Scavo, started the Freedom Fishing Foundation in March 2017. The foundation is a nonprofit organization that helps veterans, Gold Star families and children of veterans who have committed suicide or died in combat find peace and tranquility through the sport of fishing.

Flermoen served in the Minnesota Army National Guard for 12 years. He was deployed to Iraq from 2005-2007. In May 2007 his military career came to a halt when he was wounded in combat by an improvised explosive device (IED). He tried to stay in the military but after some time he was forced to medically retire. He was hoping to make it to 20 years of service to his country.

In 2010, Flermoen realized he wanted to get back to fishing. He bought a boat.

"I found out how therapeutic it was. After I got home, I was in pretty rough shape ... I didn't want to do anything, I didn't want to leave my house. I really struggled," he said.

"When I started fishing, that was a whole different world for me. It really changed my life. It gave me something I could enjoy. If I was having a bad day or was struggling with something, I could go out and fish and it would help me reset. I would come back in a better mood."

Flermoen knew the wonders fishing had done for him, so when

he had friends reach out who were having similar struggles, he introduced them to the sport. "When guys I knew would call me and they were struggling with something, I would hook up the boat, go get them and say, 'Let's go fish.' Every person I brought out had a positive experience and it helped them."

Although he came up with the idea for the nonprofit years before it became a reality, he really needed some help to get things started. That is where Eric Anderson came in. "I had been trying to get him to come out (fishing) with me for years and after the first time, he realized how beneficial, therapeutic and peaceful it was and told me he would help me start (the foundation)," Flermoen recalled.

This summer is the first season Freedom Fishing Foundation volunteers have brought veterans out to fish. Flermoen said they typically go out one to three times a week. In addition to picking up a couple of veterans from the Eagle's Healing Nest in Anoka once a week, the organization has also brought along other veterans who have reached out to the organization through mutual contacts and social media.

Freedom Fishing Foundation will go wherever is convenient for the veteran. They can either meet the veteran somewhere, or even pick them up. So far, veterans have fished on Forest Lake, Bald Eagle Lake, Rush Lake, Lake George, Prior Lake and Eagle Lake.

The organization also pays for everything, including a fishing license (if needed), a meal, beverages and snacks, and furnishes all of the necessary gear.

Blaine resident Mike Anderson, Eric Anderson's brother,



Submitted  
An Army veteran shows off his catch from Bald Eagle Lake.



Submitted  
An Army veteran catches a fish on Rush Lake.

served on active duty in the Army for 23 years. He recently went on a trip with the foundation on Rush Lake, after his brother convinced him to give it a try.

Even though Mike spent many years in North Carolina and made many visits to Myrtle Beach, he said he didn't do much fishing. All the moving around

with the military made it hard to go, he noted.

"It was a great experience. I would definitely recommend it," Mike said. "It was a good escape. I knew it would be cool, but I ended up enjoying it a lot more than I thought I would. It wasn't old-school fishing where you just wait for a bobber to go down; I probably cast



Submitted  
A Navy veteran goes on a fishing trip with his kids on Eagle Lake thanks to the Freedom Fishing Foundation



Submitted  
An Army veteran goes on a fishing trip on Rush Lake.

400 to 500 times. It was constant."

Mike plans to fish again. He's even considering buying a boat.

In the future, Flermoen hopes to partner with resorts in northern Minnesota, to take veterans on two- to three-day trips. It is also his dream to one day have a fleet of boats

around the state, with fishing guides who are all veterans themselves.

"Our goal is to show veterans a day of enjoyment and show them there are healthy ways to enjoy life. We want to get them out of their house, out of their everyday routine that might be hard for them," Flermoen said. "If some of them are really struggling, hopefully we can show them a healthy hobby. We are not therapists in any way, but in our experiences Mother Nature has been one of the best therapies for us."

For more information on the Freedom Fishing Foundation, visit <http://freedomfishingfoundation.com/> or call Flermoen at 612-618-3825.

Editor Shannon Granholm can be reached at 651-407-1227 or [quadnews@presspubs.com](mailto:quadnews@presspubs.com).

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