



THE SIDEBAR

TV2Nite

"Pam: Girl on the Loose," the reality TV series, premieres 9 p.m. tonight on E!



The show follows Pam as she works as an animal rights activist, an environmentalist and a dedicated mom to her two sons. Viewers will get a look into her private life, including on-camera interviews each episode with Pam in the tub.

And FYI: Tommy Lee is in every episode.

Verbatim

"It sounds kind of strange, but jail time was almost a good experience for me."

— Tommy Lee



Did you know?

A previously unknown portrait of a woman by Vincent van Gogh has been revealed in a high-tech look



beneath another of his 1887 paintings, "Patch of Grass." It was announced Wednesday.

Scientists used a new technique to peer beneath the paint of van Gogh's "Patch of Grass." It was already known there was likely a portrait of some sort there. Van Gogh was known to paint over his work perhaps as much as a third of the time.

Behind the painting, done mostly in greens and blues, is a portrait of a woman rendered in browns and reds.

The new technique is based on "synchrotron radiation induced X-ray fluorescence spectroscopy" and is said to be an improvement on X-ray radiography, which has been used to reveal concealed layers of other famous paintings.

Don't miss this

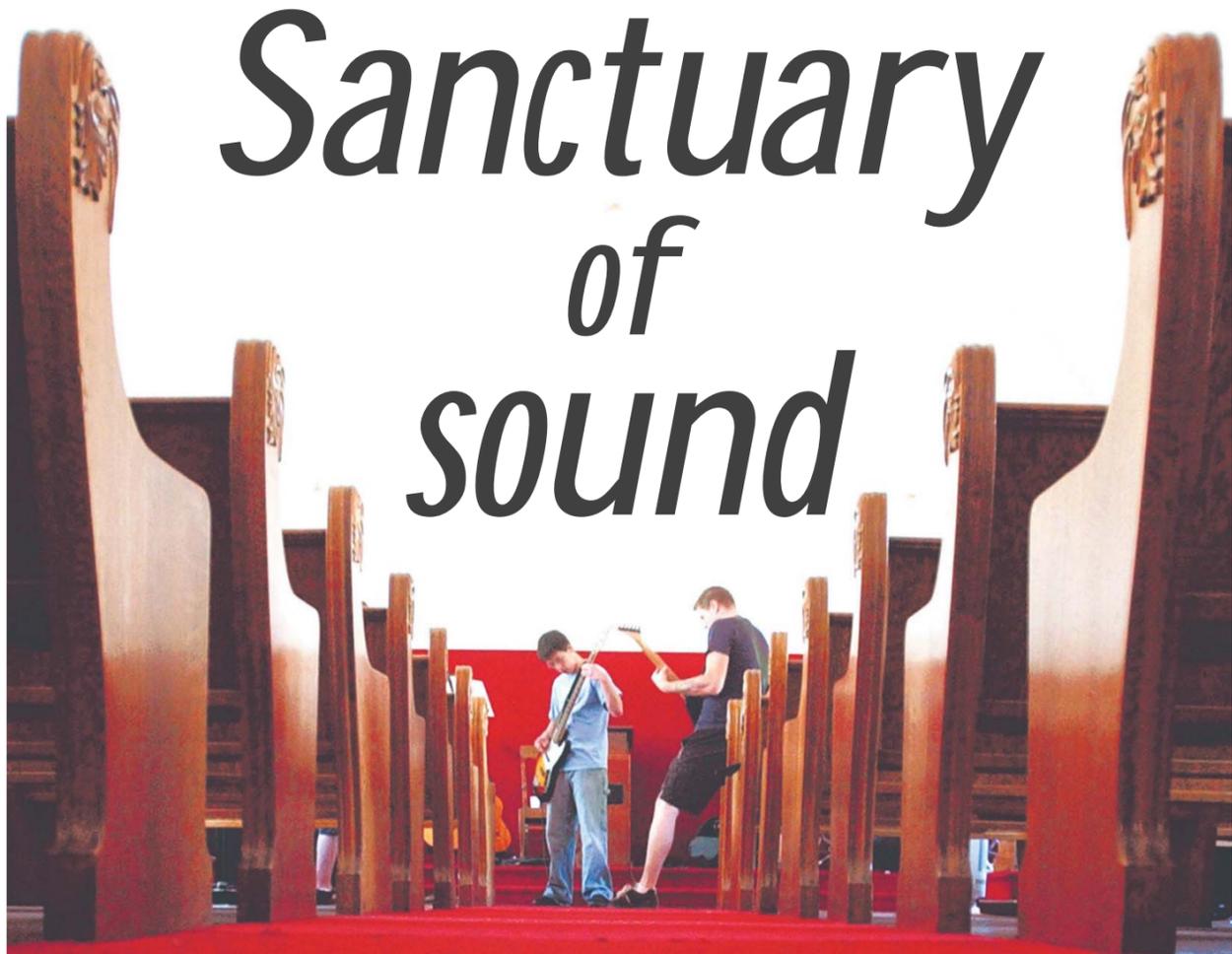
The new season of "Eureka" kicked off this week on the Sci Fi channel.

The show airs 8 p.m. Tuesdays.

The show is about the small town of Eureka, a top-secret residential development created by people like Albert Einstein and President Truman to protect and nurture America's most valuable "intellectual resources." In other words, it's secretly a town full of geniuses.

U.S. marshal Jack Carter accidentally finds himself in Eureka along with his teenage daughter, and he ends up staying and becoming sheriff.

— Free Press Staff and news services



Photos by Matt Gorrie

Ryan Lano recently celebrated the one-year anniversary of his business' newest location: an 1860s church in Minnesota Lake. Lano has been teaching guitar in the Mankato area for over nine years. His business, Park Street Guitar Lessons, with the new location and at-home lessons.

Park Street Guitar Lessons aims to inspire students ages 6 to 65

By Cathy Jones
 Special to The Free Press

Sometimes one pivotal moment in childhood can start us on our life's path.

Take Ryan Lano, for example. He picked up his father's guitar at age 13, and nary a day goes by that he is not playing, composing or inspiring others to play music through his business, Park Street Guitar Lessons, based out of Minnesota Lake.

In the last month, the business hosted an open house celebrating one year in its new location: an 1860s church. Nine years and 1,000 students before, Lano taught out of locations in Mankato like Music Mart. Now, with the addition of the church location and at-home lessons, he has a home base (literally; the basement converted nicely into his living space) and a wider reach of a 60-mile radius.

A 2004 graduate of Minnesota State University with a Bachelor of Arts in music, Lano first finds out what his students want to learn and tailors the lessons to meet their goals whether they be learning the blues, country, folk or favorite songs by Green Day and My Chemical Romance.

Student Rich Coyle, 61, of Mankato had taken lessons seven years ago and

wanted to start up again, "but I wanted a teacher who was young — someone that I could relate to, and also someone who would push me to practice and get better," he said.

Coyle said that after each lesson Lano gives him an easy song to play and different chords and techniques to learn.

"In the six months that I have been playing, Keith Richards I am not, but I am getting better and I enjoy it immensely," Coyle said.

Student Linda Gish of St. Peter dabbled in guitar many years ago but didn't take it seriously, she said. She's been working with Lano for an hour twice a month since January.

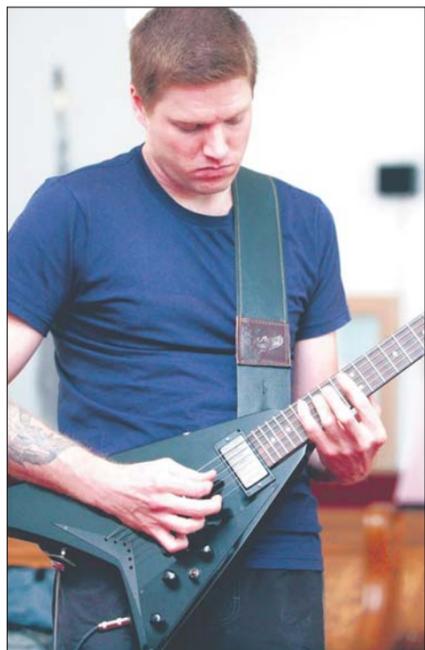
Gish wrote a song to accompany a children's book she wrote. She credits Lano for finally being able to grasp scales and theory.

"Ryan has a laid-back style and the ability to treat me — and I am sure his other students — as individuals," Gish said. "Maybe he is able to accomplish this by getting to know our eccentricities and learning style faster and more efficiently by coming into our homes."

Lano said he integrates music theory and reading into his students' lessons in a practical manner so they can become good musicians and communicate with other musicians. He could be likened to

"In the six months that I have been playing, Keith Richards I am not, but I am getting better and I enjoy it immensely."

RICH COYLE,
 Park Street student



Since Ryan Lano picked up a guitar at age 13, he has been involved in playing, composing and teaching music to other people.

a band coach in the way he teaches bass students how to play along with drums and guitar and how two guitars play together successfully.

Some at-home lessons involve multiple students playing together, and the monthly student recitals have been known to evolve into all-out jam sessions.

But connecting local musicians isn't just a benefit of the business. It's also a long-term goal.

Lano would love to have more advanced players come in for collaboration and coaching because, he said, even

Please see GUITAR, Page E8

Couple turns large lawn to backyard meadowland

McClatchy-Tribune News Service

PHILADELPHIA — When Patricia and Conrad Cregan moved from Bustleton, Pa., to Huntingdon Valley, Pa., in 1984, the new house came with 1½ acres and a John Deere lawn tractor.

They were delighted: "We wanted more land," says Patricia.

They got it, along with a heavy-duty lawn-care regimen shared by millions of Americans. But by 2004, the water-

ing, weeding, fertilizing and mowing had gotten old. And Patricia, by then a volunteer at nearby Pennypack Ecological Restoration Trust, had learned about an alternative to the royal-family-style lawn.

She suggested to her un-outdoorsy husband, "Why don't we rip up the backyard and plant a meadow?"

Sounds so easy, so carefree. And how romantic is this? Every spring, the meadow rolls out a rain-

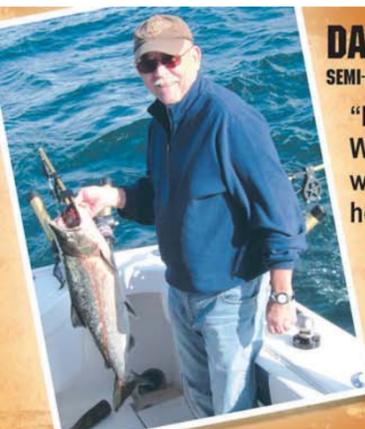
bow: first violets, then lavender and Indian paintbrush, yellow coreopsis and orange butterfly weed, purple coneflower and bee balm, black-eyed Susans and goldenrod.

All this and more, dotted with native grasses, everything shimmering in the sun, bending in the breeze and offering year-round beauty and food and shelter to the all-important "3 B's" — bees,



McClatchy-Tribune News Service

Please see MEADOW, Page E8 Patricia Cregan stands in her meadow in the back of her home.



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