The long-time St. Anthony Park Home has been sold and will be under new ownership. Photo by Lou Michaelis.

St. Anthony Park Home is sold

By Christie Vogt

St. Anthony Park Home, a skilled nursing facility with long-term, transitional and hospice care, was sold on Dec. 15. John Barker, the owner for 31 years, sold the facility, 2237 Commonwealth Ave., to Alan Markowitz, who owns another skilled nursing facility in Rice Lake, Wis. “After 31 years, the burden of ownership has taken its toll on me,” said Barker, who will remain the administrator until early March. “I love what I do—I still do. But there are huge challenges. There always have been.”

When extra state funding for COVID ended in August, it was “the last straw,” Barker said, explaining he no longer can do what he believes is necessary to attract and retain employees.

The new owner of St. Anthony Park Home and his team will have similar challenges, Barker said, but they have “a lot more resources” and perhaps a different approach. “The world’s a young person’s game,” Barker said. “I’m almost 65. I really don’t like change much anymore. It takes a certain amount of energy, a lot of energy and a lot of wherewithal to, what I call, ‘push the rock uphill,’ which is what management is all about.”

Reflecting on his tenure, Barker said, “I think I did a good job, but that’s for other people to decide. But I think other organizations have opportunities to do things that I may not be aware of.”

Of his time thus far working with Markowitz’s team, Barker says, “I think they’re honorable people and they’ve been good to work with.”

“Life just changes,” Barker observed. “I think it’s unrealistic to think that nothing ever is going to change. There will be people there making decisions that will probably be different decisions than I did. That doesn’t mean they’re bad decisions. I tell people, ‘Hey, two years from now, you’ll probably wish I had retired five years ago.’”

German Immersion School works to welcome families of color

By Christie Vogt

The Twin Cities German Immersion School, a tuition-free, K-8 public charter school in the Como Park neighborhood, is the largest German-speaking school in North America.

Despite its popularity, as evidenced by the school’s lottery enrollment system and waiting lists, TCGIS has struggled to attract students of color.

According to the Minnesota Department of Education, of the school’s 587 students, 83.5 percent identify as white compared to 21 percent of all students in the Saint Paul Public Schools district.

“The student body right now and the families enrolled are not really representative of the larger Twin Cities community,” acknowledged Rich Iwen, a TCGIS board member. “So we’ve been working for the last few years to make sure that every family in the Twin Cities knows about the opportunities that they have to enroll at TCGIS.”

One of the school’s strategic goals is to increase diversity in its student body and staff. Iwen, also chair of the school boards communication committee, said TCGIS is working on raising awareness of the school through social media, local publications, advertising and school fairs.

“We just have to hope that, as families submit to our lottery, that over time our population represented in the school will become more representative of the Twin Cities,” Iwen says.

The TCGIS enrollment deadline for the 2022-23 school year is Feb. 16. Visit tgis.org for more information. TCGIS also is working to support its current students of color.

Several years ago, TCGIS created a diversity and belonging committee to address its recruitment challenges and create a more welcoming environment, said Julie Alkatout, chair of TCGIS’ board of directors. For guidance on its efforts, the school partnered with AMAZEnworks, a nonprofit that offers anti-bias education curriculum and training.

One suggestion from AMAZEnworks was to create a BIPOC (Black, Indigenous, People of Color) affinity group, which kicked off in May 2021 and has since had 23 families join for a total of more than 60 members, Alkatout says.

At schools and workplaces, affinity groups typically function as supportive spaces for people with common backgrounds or interests. The TCGIS group’s current priority is building community among families of color and establishing friendships among children and adults, Alkatout noted. As the group grows, additional goals may be defined. For example, some
Como and St. Anthony Park community councils news

District 10 Community Council
District 10 blood drive with Como Zoo, Red Cross
In December, District 10 partnered with the Red Cross and Como Zoo & Conservatory to host a community blood drive at the Zoo. The event raised 36 units of blood collected from 35 donors, seven who were first-time contributors. The collection exceeded the group’s goal of collecting 29 units of blood.

The Red Cross continues, however, to experience a blood supply shortage. Please consider signing up to donate at a time that works for you. Stay tuned for future blood drives in the Como neighborhood.

2021 Como curb cleanup results
Back in October and November, District 10 partnered with Janna Caywood of ComoACN and the Capitol Region Watershed District to lead the Como curb cleanup. Then in December, participants in the cleanup calculated how much phosphorus and nitrogen in leaves and organic matter, which feeds invasive algae, they prevented from entering Como Lake with this combined community effort. The tally is:

- Total responding participants: 61
- Total feet cleaned: 31,302 feet
- Number of miles cleaned: 5.9
- Equivalent football field lengths cleaned: 104
- Equivalent number of times around Como Lake cleaned: 3.5
- Number of times to the moon and back cleaned: 0.000024
- Phosphorus estimated in 1 foot of curb: 0.0003125 pounds
- Total pounds of phosphorus prevented from reaching Como Lake: 5.7-8 pounds.
- Pounds of curly leaf pond weed this phosphorus amount could produce: 4,891 pounds
- Tons this could have produced: 2.45 tons

Join the District 10 Board
Here’s your chance to have a bigger voice in the decisions that affect your neighborhood. Eight seats are up for election in April to the District 10 Como Community Council board. Any community member in District 10, age 16 or older, is eligible to run for the volunteer board. The board recently made a change to designate board seats for renters, youth, ages 16-24, and seniors (age 62 and older). That change begins to roll out in April’s election with one renter seat and one youth seat on the ballot. If you fit these criteria, please consider running.

As spelled out in the District 10 bylaws, board seats up for election this year are:
- One representative from each of the neighborhood’s four sub-districts.
- Two representatives from the neighborhood at-large.
- One representative from the neighborhood at-large who is a renter.
- One representative from the neighborhood at-large who is a youth (ages 16-24).

These positions serve two-year terms, through April 2024. To get on the ballot, apply now at https://bit.ly/D10Application. That’s where you can also learn more about the roles and opportunities of board members.

The filing deadline is Sunday, April 3. The election is April 19. For further information, please contact District 10 at district10@district10como.org.

Upcoming meetings:
- Renters, homeowners and other community members are always welcome to participate in District 10’s board and committee meetings. You can join either by video conference or by phone.
- To obtain links or other access information, send a request by email to district10@district10como.org. Or call 651-644-3889.
- Neighborhood Relations Committee: Tuesday, Feb. 1
- Land Use Committee: Wednesday, Feb. 9
- Environment Committee: Tuesday, Feb. 8

All meetings begin at 7 p.m. Whenever possible, agendas and other relevant documents are posted in advance on District 10’s website: www.district10como.org

Submitted by Shevick McGee, District 10 Como Community Council executive director.

District 12 Community Council
New Year, new board members, new goals
As District 12 leaders dive into 2022, they know this year will come with new challenges, joys and a need for the community to come together in support and encouragement for each other. As District 12 welcomes new board members (sapcc.org/board-members) and each committee sets its goals for the coming year, the community council is committed to making St. Anthony Park a better, more welcoming place for everyone. Check out sapcc.org/committee-overview to see the 2022 goals and places where District 12 can match your passion with a positive outcome in St. Anthony Park.

Homeline joins January Equity Meeting
For the first meeting of the year, the St. Anthony Park Community Council Equity Committee hosted Homeline, a nonprofit Minnesota tenant advocacy organization, as a resource for renters in the community. Because of having heard several concerns earlier about health, safety and lack of responsiveness in renting communities, the committee invited residents to attend the meeting to share their experiences to Homeline representatives. Those representatives, in turn, offered practical and legal advice and helped formulate next steps for community members.

District 12 will continue to advocate for renters in the community this year by providing other opportunities for them to share their concerns and struggles, connect with each other in the language that they need and continue building relationships with both residents and landlords so St. Anthony Park is a safe, healthy place for renters to call home.

Funding changes implemented
During Covid times, District 12 officials have learned how much residents miss by being unable to share meals. Whether it’s with friends, family or strangers, build-

CITY FILES
Lauderdale to end HVAC/pipe licensing

Assuming that state bonds are good enough to protect residents, the Lauderdale City Council moved at its Jan. 11 meeting to repeal the city’s ordinance requiring a city license to install heating and air conditioning systems or gas pipes in homes.

A probable breakthrough that will allow tearing down the former elementary school and replacing it with apartments comes after three years of negotiations and many more years of neighborhood discussions about what to do with the site.

In 2018, Lauderdale bought the school site at 1795 Eustis St. from the Chinese Christian Church that had owned it since 1975. Over the years, residents had voiced a need for affordable apartments where they could continue to live in Lauderdale as they aged.

In 2019, the city began working with Real Estate Equities to plan the apartment building.

Since then, the city has appealed repeatedly to the state and other entities for funding to make affordable rents possible. Two sources reportedly came through in recent weeks.

City Administrator Heath Butkowski told the City Council at Jan. 11 meeting that she now expects to finalize the deal with Real Estate Equities by June so that demolition and construction can begin.

Butkowski explained that the recently secured funding will enable the developer to offer rents at several levels depending on a tenant’s income. The developer is committed to offering most of the apartments to renters at 50 percent of area median income. Those residents would pay about $1,000 monthly for a one-bedroom apartment under current guidelines. Eleven apartments will be available to renters as low as $600 a month, which would be 30 percent of the area median income.

“T here will be a range of prices within the building,” Butkowski said. The apartments will be available to renters ages 55 and up.

Butkowski cautioned the council that senior income eligibility is calculated differently from that of working-age adults. She said most seniors will qualify for the apartments “unless they have extraordinary wealth.”

In the coming months, the city will work through the details of vacating an alley, reviewing construction plans and completing other steps that will be brought to the council for approval.

The final stage will be to change the site’s zoning, arrange all the financing and turn the property over to its new owners.

Anne Holzman, a Twin Cities freelance writer, covers Falcon Height government news for the Bugle.

Funding for Lauderdale apartments ‘comes through’

The motion to repeal the city’s licensure requirement passed with little comment from council members. Jeff Dains said, “Sounds good to me!”

Mayor Mary Gaasch said, “I know there’s a lot of barriers” to homeownership and business, and added this will “streamline the process.”

—Anne Holzman

FEBRUARY 2022 • PARK BUGLE

Thongvanh resigns from Falcon Heights staff

By Anne Holzman

The Falcon Heights City Council accepted the resignation of City Administrator Sak Thongvanh at its Dec. 22, 2021, meeting. Thongvanh, who joined Fal- con Heights in 2016, has accepted a position as assistant city manager with the city of Richfield. His last day at Falcon Heights was set for Feb. 1.

Falcon Heights Mayor Randy Gustafson told Thongvanh at the meeting, “I know this is one of those things we can’t vote on.” He thanked Thongvanh for “the responsibilities you kind of effortlessly have handled for us.” Council member Kay Andrews added, “You made it amazing easy to come in (as a new council mem- ber) and know what’s going on.” Andrews continued, “I see this (Richfield) as an advancement for you, and you deserve this. It will be a huge loss for us. I wish you will”

Council member Yaksah Weh- yee noted that he and Thongvanh have sometimes disagreed on pol- icy issues. “I appreciate your willingness to listen,” Weh-yee said.

Council members Melanie Lee- hy and Mark Miazga were absent from the meeting.

Thongvanh said he had already begun searching for an interim ad- ministrator and urged the counc- il to authorize him to post the permanent position immediately, with a salary range of $90,000 to $100,000.

Thongvanh’s salary in Falcon Heights was $39,822.50. As of early January, the position was post- ed with an application deadline of Jan. 12.

Anne Holzman is a Twin Cities freelance writer who covers Falcon Height government news for the Bugle.

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Wellness

Our annual Wellness special section
Bugle testimonial

Betsy Currie supports the Bugle and here's why

Betsy Currie, a longtime resident of St. Anthony Park and a former director, talks about why she supports the Bugle:

Why are you committed to living in this community? What makes it special?

Betsy: My family and I love living in St. Anthony Park because it is like a town within a town. We are committed to living here because of all that SAP offers—several vibrant business districts, multiple parks and great neighbors.

And we appreciate being in the center of the Twin Cities and close to everything that proximity offers.

How does the Bugle help to build a sense of community and connectedness?

Betsy: The Bugle is a gem. We deeply appreciate the community connection that comes with reading the latest local news and engaging features about our neighbors.

Why do you donate to the Bugle?

Betsy: We donate to the Bugle because local nonprofit journalism is important. In an age where our attention is spread thin with easy access to global news and information, it is increasingly important for a local news source to keep us grounded and connected to each other.

Bugle photo standards

Got a photo or photos you want to submit to the Bugle? Here are our quality guidelines:

- We prefer photos to be in JPEG or TIFF format. However, if all that is available is a PNG or PDF, we can work with that.

- Photo size: Photos should be 300ppi or at least large enough in size so that it has an effective resolution of at least 300ppi.

- For example, if "Photo A" is provided at 39" wide x 26" high with a ppi of 72, this will end up as a 4.6" x 6" high when the resolution is changed to 300. "Photo A" will work at either a 1 or 2 column placement (but not any larger). If "Photo B" is provided at 2.2" wide x 3" high with a ppi of 96, this will end up as a 0.7" x 1" high when the resolution is changed to 300. "Photo B" will be too small for even a 1 column placement without running the risk of looking blurry.

- Basically, the larger the photo, the better!

- We often need to crop photos, either in the width, depth or both. When taking a photo, try to keep the main subject as centered as possible.

Upcoming Bugle deadlines

You’ve just received the February Bugle. But the Bugle staff is already busy planning for March and beyond. Here are our Bugle deadlines for the next three issues: As always, we appreciate when writers and readers submit their articles early. Please note our publication dates represent when the newspapers go out for delivery. Mail distribution of the paper may take up to several business days. Meanwhile, bulk drop-offs of the paper around town are usually completed two to three days after publication.

Issue Copy and ad deadlines Publication

<table>
<thead>
<tr>
<th>Issue</th>
<th>Feb. 9</th>
<th>Feb. 22</th>
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<tbody>
<tr>
<td>March 2022</td>
<td>(Wellness)</td>
<td></td>
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<tr>
<td>April 2022</td>
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<td>May 2022</td>
<td>(Home &amp; Garden)</td>
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Bugle annual fundraiser update

As the Bugle concludes its fall fundraiser, its biggest campaign of the fiscal year, we have attracted some 620 individual and business donors.

From the start of our current fiscal year on July 1, 2021, through Jan. 12, 2022, the Bugle has received $55,435 in contributions.

We are very grateful for your outpouring of generosity and thank all of our financial supporters for their confidence as the Bugle strives to produce great journalism that informs readers and supports the communities of St. Anthony Park, Como Park, Falcon Heights and Lauderdale.

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George & Joan Albrecht
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Greg & Meredith Anderson
Kevin Anderson & Erin Dooley
Kyle Anderson
Anonymous
Nina Archabal
James & Carol Axel
Adrienne Banks
David & Lynnette Black
Ted Blank
Bruno Bornstein & Alicia Lacy
Mary Boyd-Brent
Barry & Melissa Bridges
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FEBRUARY 2022 • PARK BUGLE

Commentary

‘The clipping’ and ‘on getting older’

By Jack Neely

Much has been written about the aging process, some humorous, some deadly serious. (Sometimes I wish the elderly were not so often the butt of certain jokes.)

We see the endless list of artifacts of aging all around us: Once the butt of certain jokes.)

I wish the elderly were not so often

Ibuprofen bottles, grab-bars, elevators, fender-skirts, raccoon tail on “necker’s-knob,” Hollywood muffs, egg blue Ford convertible with its 1951 licence plate from your Robin’s

while the annual fall fundraiser is finished, we are always ready to receive contributions, at any time, to support the Bugle. You can give online at www.parkbugle.org or with a check, sent to The Park Bugle, PO Box 8126, St. Paul, MN 55108.

Your help, the Bugle will remain vibrant in informing and building a strong and healthy community, connecting residents and making neighbors.

Now here is a list of our latest donors, from Dec. 8, 2021 through Jan. 12, 2022:

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In the rearview mirror and the antenna, a pair of dice dangling

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FEBRUARY 2022
By John Horchner

Ping-Pong started as a winter sport when lawn tennis players in England were looking to bring their game indoors in the 1880s. The name "ping-pong" was in wide use among other names as the game grew in popularity. But "Ping-Pong" was trademarked by British manufacturer J. Jaques & Son Ltd in 1901. Rights to the name were sold to Parker Brothers for use in the United States and strictly enforced in the 1920s. Everyone else had to use the more generic term "table tennis," which sounds more serious. Still, I always liked to use in the winter of fifth grade. I played so much "pong," as I called it, that I got so I never lost a game. Ping-Pong rivals would line up in the basement of my friend Mark's house. I'd hold my paddle back with my right hand and wrap my fingers tightly around the ball with my left before rocking forward to deliver my famous circle spin serve that was nearly impossible to return. If the ball happened to make it back over the net, it was usually a bloop that could be met with a slam or otherwise, a cross table spin.

As one opponent after the next lined up, an oft repeated phrase I'd use was, "I never lost a game of Ping-Pong." To keep the games competitive, I would employ a variety of styles: short and long shot, a match with spins, play the net or use my left hand as well as Chinese "Penhold" style. Mark's house was attractive because it was at the bottom of the everone's sledding hill. Two beagles would look up from the couch as kids crossed the orange shag carpet to where the Ping-Pong table was in the basement. Sometimes, Mark would serve snacks from the kitchen.

But the clincher was his mother worked most days and his father was rarely seen since the divorce. So, the house was usually empty. It was thought to be a good idea to fill the house with kids so he and his 15-year-old brother, Tom, would not be alone.

In short order, word of the phrase I used in the basement against my opponents drifted upstairs to Tom's room where the 15-year-olds would hang out. Before long, they'd be downstairs in the basement waiting for a match. None of them could beat me, which gave me intense pleasure. That was short lived as matches began to deteriorate from the game itself into bullying festivals. To describe the tactics that the bullies used against me and occasionally Mark who would come to my defense, is not suitable for a family publication. But they also complained about my serving style. My offers to play left handed — intended to placate the bullies — only enraged them further. Still, I would not back down. "Never lost a game of Ping-Pong," I would repeat.

One time, Mark decided that we had taken enough from these bullies. He took one of his mom's big headed golf clubs from the bag in the corner and began swinging it so wildly that a group of these bullies ran out of the house as he chased them up the sledding hill. Recently, I recommended that my son, who is now a fifth grader, find a less dangerous game. Still, he's persisted and plays often. I've always used a closed fist on the serve, essentially hiding the ball. According to the Encyclopedia Britannica, before the open palm rule took hold, the game "...especially in the United States, reached a stage where (you) could produce untakable services and the game became farcical."

As I sit and attempt to unravel these experiences of more than 50 years ago, I must admit that the bullies had a point. Or did they, really, have a point about my unusual serving? What are the core issues at play here? And first and foremost, what is the most important rule of this or any game? And how should we conduct ourselves when playing Ping-Pong today?

Dear reader, I leave you to ponder those questions and come to your own conclusions.

John Horchner is a writing and publishing professional who lives in St. Anthony Park.

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PARK BUGLE • FEBRUARY 2022 6

He found the game of Ping-Pong a smashing success

The name "ping-pong" was in use in 1909. The word "ping-pong" was trademarked by Mark who would come to my defense. I'd hold my paddle back with my right hand and wrap my fingers tightly around the ball with my left before rocking forward to deliver my famous circle spin serve that was nearly impossible to return. If the ball happened to make it back over the net, it was usually a bloop that could be met with a slam or otherwise, a cross table spin.

As one opponent after the next lined up, an oft repeated phrase I'd use was, "I never lost a game of Ping-Pong." To keep the games competitive, I would employ a variety of styles: short and long shot, a match with spins, play the net or use my left hand as well as Chinese "Penhold" style. Mark's house was attractive because it was at the bottom of the everone's sledding hill. Two beagles would look up from the couch as kids crossed the orange shag carpet to where the Ping-Pong table was in the basement. Sometimes, Mark would serve snacks from the kitchen.

But the clincher was his mother worked most days and his father was rarely seen since the divorce. So, the house was usually empty. It was thought to be a good idea to fill the house with kids so he and his 15-year-old brother, Tom, would not be alone.

In short order, word of the phrase I used in the basement against my opponents drifted upstairs to Tom's room where the 15-year-olds would hang out. Before long, they'd be downstairs in the basement waiting for a match. None of them could beat me, which gave me intense pleasure. That was short lived as matches began to deteriorate from the game itself into bullying festivals. To describe the tactics that the bullies used against me and occasionally Mark who would come to my defense, is not suitable for a family publication. But they also complained about my serving style. My offers to play left handed — intended to placate the bullies — only enraged them further. Still, I would not back down. "Never lost a game of Ping-Pong," I would repeat.

One time, Mark decided that we had taken enough from these bullies. He took one of his mom's big headed golf clubs from the bag in the corner and began swinging it so wildly that a group of these bullies ran out of the house as he chased them up the sledding hill. Recently, I recommended that my son, who is now a fifth grader, find a less dangerous game. Still, he's persisted and plays often. I've always used a closed fist on the serve, essentially hiding the ball. According to the Encyclopaedia Britannica, before the open palm rule took hold, the game "...especially in the United States, reached a stage where (you) could produce untakable services and the game became farcical."

As I sit and attempt to unravel these experiences of more than 50 years ago, I must admit that the bullies had a point. Or did they, really, have a point about my unusual serving? What are the core issues at play here? And first and foremost, what is the most important rule of this or any game? And how should we conduct ourselves when playing Ping-Pong today?

Dear reader, I leave you to ponder those questions and come to your own conclusions.

John Horchner is a writing and publishing professional who lives in St. Anthony Park.

Andrew Horchner, age 10, and his father John Horchner engage in a robust game of Ping-Pong. Photo by Lou Michaels.
By Scott Carlson

As the Bugle kicks off a new year of reporting in 2022, it looks back at every bit as eventful as 2021. Some articles will be about new issues or events while others will be continuations of stories reported in 2021. Here are a few things to watch for:

Reinvention plan for Lower Luther Seminary property

For the second time, in as many years, a new reinvention plan for a 13.5-acre site on the lower campus of Luther Seminary have ground to a halt. In mid-January, Seminary officials announced that Inland Development Partners, who expressed interest in the property, have decided to abandon their preliminary plan.

“Due to changes in the environment, including increased costs to redevelop the site and changes in policy, including the rent control ordinance recently passed in the city of St. Paul, Inland Development Partners has determined the project is not currently economically viable, and the seminary agrees with that conclusion,” Seminary officials said in a statement. “The seminary is studying the best way to move forward in the current environment. We remain committed to both selling the land in order to better fulfill our mission and future development that furthers the city of St. Paul’s goal to provide affordable and mixed-use housing.”

Meanwhile, Luther Seminary’s lease of the former Stubb Hall to Ramsey County continues through May 31 this year to temporarily house up to 50 women and couples experiencing homelessness.

SAP Arts festival back

The annual summer St. Anthony Park Arts Festival, which took a hiatus in 2020 and 2021 due to the Covid-19 pandemic, is slated to return this year, according to event organizers. “We look forward to welcoming artists and shoppers back to Saint Anthony Park on June 4,” said co-directors Tanya Anderson and Deanna Seppanen.

“The Arts Festival is a key annual fundraiser for the St. Anthony Park Library. Check out this link for the Festival’s call for artists: https://drive.google.com/file/d/1BlB-eqCqgPDFqQopKEv7OEKor2Zview=usp=sharing”

4th in the Park bigger

St. Anthony Park’s annual Fourth of July celebration, known as 4th in the Park, reappeared in 2021 in a live though scaled-down version. Now, for 2022, organizers are planning for a full-scale return for its 75th anniversary.

“We are hoping to be back to the full-scale event it was back in 2010,” said Emma Seeley, one of the event’s organizer. “We will be having our full-length parade, music/speeching at the bandstand, sports tournaments, as well as bringing back the kids zone and happy hour.”

10.5 acres of development

Rethinking I-94

What shape will I-94 take in the future? Activists with Transition Town All Saint Anthony Park see that as a significant issue being considered in 2022.

“While its public input pro-

ressees at the bandstand, sports tour-

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ess may be flawed, MnDOT’s once-in-several-lifetimes project is airing some ideas that do truly rethink the I-94 corridor (including the Highway 280 interchange), which directly affects south St. An-

thony Park and much of St. Paul,” Mindy Kecknem and Pat Thomp-

son said in a statement. “The next 50 years will not be like the past 50. This is a chance to design for a future that is far less car-centric, with human needs met more locally and efficiently.

“More people are grasping that rebuilding for heavier car traffic isn’t the answer,” they said. “Instead, we need to rethink the cor-

ridor for public transit, biking, walking and community-building.

The climate emergency calls for new designs that make us change our behavior.”

Scott Carlson is managing editor of the Bugle.

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ST. ANTHONY PARK
Reading Buddies for a just, livable world: A report and invitation

By Ranae Hanson
Commentary

“Human beings may not be inherently destructive.”

Six of us neighbors—reading buddies—found ourselves amazed by this apparently new idea when we met to discuss the first half of the book “All We Can Save: Truth, Courage, and Solutions for the Climate Crisis.” Reflecting on its essays renewed our motivation to align our own lives with nature.

Join us Thursday, Feb. 17, to consider the second half of this bestselling eco-anthology. [See sidebar.]

Inspired

In her essay “Collards Are Just as Good as Kale,” Heather McTeer Toney, a member of a Black church and former mayor, says, “You can believe in Jesus and accept the reality of climate science at the same time.”

She explains that elected officials are “overwhelmed and under-funded” and asks regular people to get into action, quoting her pastor’s wife: “You can pray and believe all you want, but without action ain’t nothing about to happen. You just wasting the Lord’s sweet, precious time.”

“Amen, sister!” we readers responded.

Then we soaked up essayist Sherri Mitchell’s words: “Indigenous knowledge recognizes the individuality of elements in the natural world and how they relate to a larger whole using traditional family kinship models as their scaffold.”

We pondered a “kin-centric” legal system, which “simply recognizes the familial relationship and acknowledges that all life is both sovereign and interdependent, and that each element within creation (including humans) has the right and the responsibility to respectfully coexist as coequals within the larger system of life.”

Could it be?

The affirmation that human beings have a right to exist along with all other beings jolted us. When alone and in limbo, we can feel discouraged about human dignity; given the destruction our species has fostered on the rest of creation.

But in fact, we can return to harmony with life: Kendra Pierre-Louis argues in her piece that the myth of our inherent destructiveness comes from our cultural stories, not from reality.

The possibility of collective good allowed us to wholeheartedly explore the essays by women who are designing buildings and cities based on what they’ve learned from natural systems, and even finding that petrochemical-laden areas like the lower Mississippi basin can be mended by restoring ecosystems.

Communicating like trees do

The roots of social injustice and climate disaster, we reading buddies affirmed, spring from common misconceptions, one being that competition and individualism are unavoidable.

In yet another essay, “Reciprocity,” Janine Benyus explains that in the early 1990s, American scientists largely agreed that in forests, communities of trees react to and support one another. Then the rising focus on capitalism and individualism pushed those theories aside in favor of notions that trees are separate beings fighting over scarce resources.

Now, other scientists have found that the math of competition doesn’t work.

“If a tree can tough it out,” Benyus writes, “and get established on a rockfield, it creates a microclimate where winds calm and snows drift to water sheltered seedlings.” These trees paint potentiality across the face of the rock. Inspired by the beauty of that reality—which we neighbors have witnessed—we wondered how to learn from trees to envision a thriving, cooperative world.

New stories and art needed

Positive storytelling would help. The solutions presented in the book would lead to healthier, more just, happier lives. Artists can point to “a kin-centric way.”

Humor helps too. Essayist Sarah Miller recounted her experiences with Miami real estate agents who claimed that the rising waters “have been taken care of now,” so Florida beachfront is a wise investment. We readers imagined a hilarious TV comedy Miller’s account could make.

In our first discussion, all of us were white-skinned. Sherri Mitchell’s words cautioned: “We have reached the point of choice, where the light-skinned people must decide which path they will choose: take the path of unity and peace, or stay on the current path and destroy themselves and count less others with them.”

Essayist Emily Atkin reminded us that preaching to the choir is valuable, so we’re talking to you. Help us travel the path of peace.

What new stories, what new art can we showcase right here? Read the second half of the book. Join us in considering new stories.

Ranae Hanson is a member of Transition Town – All St. Anthony Park. Her book, “Watershed: Attending to Body and Earth in Distress,” was published in May 2021.

Join online Reading Buddies discussion

Thursday, Feb. 17, 7-8:30 p.m.

Find “All We Can Save” edited by Johnson and Wilkinson at libraries or order from Winding Trail Books, Next Chapter Bookstore, Hartline Books or online. The solutions presented in the book would lead to healthier, more just, happier lives. Artists can point to “a kin-centric way.”

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Thursday, Feb. 17, 7-8:30 p.m.

Find “All We Can Save” edited by Johnson and Wilkinson at libraries or order from Winding Trail Books, Next Chapter Bookstore or a bookstore near you. It’s a browsable anthology; we’ll discuss the second half (parts 5–8) at this session.

For the Zoom link, email communications@transitionasap.org. Optional: RSVP on Facebook. Watch for more Reading Buddies sessions on books for a just, livable world: Visit TransitionASAP.org.

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Como Park High School News

By Eric Erickson

Student art featured at MIA
Sydney Wilcox brought her painting classes to the Minneapolis Institute of Art for analysis of a new exhibition. What made the field trip personally impactful was seeing the paintings of 13 Como Park students whose creations were selected to be in the gallery. The exhibit showcased student art from three urban schools that collaborated with the MIA on the theme of “Racism as a Public Health Crisis.” Professional artists mentored Como students during the fall, helping connect complex social issues to their painting lessons and addressing racism through art. The exhibit sponsored by Blue Cross and Blue Shield will be on display at the MIA until Feb. 6.

Library mural
The library entrance at Como Park High School was enhanced during winter break with the addition of a mural reflecting student life and school activities. Como librarian Sheri Chaffee-Johnson organized the creative, colorful project with local artist Shane Anderson. Students contributed ideas, quotes, language and content that resulted in a brilliant painting that proudly tells a story about Como students, struggles, origins and experiences.

Features include “Hello” in the top ten most widely spoken languages among Como students, a Lakota/Ojibwe greeting in the Minnesota design, a globe showing the countries where most of Como’s immigrant students arrived from, clothing reflective of inclusion and symbols of school culture and history.

Career and trade fair coming
A career and trade fair at Como Park High School is planned for Wednesday, Feb. 23, from 10:45 a.m. until 1:30 p.m. Como staff members organizing the event are seeking volunteers from the community to participate and share experiences and information from a variety of professions and trades. The event is a collaborative effort by the school’s Career Pathway Center, counseling department and Get Ready program. Plans include having a rotational schedule for students who visit the fair and having students register ahead of time in order to participate. To accommodate social distancing and provide more personal interactions, each session will be capped at a limit of 50 students. Event coordinators are especially interested in finding volunteers who are women in male-dominated professions and BIPOC (Black Indigenous and People of Color) professionals to share their career experiences.

If you have personal or professional contacts who would be willing and able to share information about their careers with Como students, please email Mai Chue Moua at mmou.getr@spps.org.

Eric Erickson is a social studies teacher at Como Park Senior High School.

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Theresa’s Hair getting new owner

By Scott Carlson

The beauty salon known as Theresa’s Hair in Energy Park is changing owners.

Theresa Black has sold her shop, which she has owned since 1999, to Brook D. Carl, who has been a cosmetologist for the past 11 years. Black recently put her shop, 2233 Eagan Avenue, up for sale when she decided to retire after more than 40 years in the hair styling business.

Carl told the Bugle, “I’m super excited to have found a place that is less than three miles from my home in Como Park.” She noted she had been searching for more than three years for a salon location closer to home.

At press time, Carl hadn’t settled on a new name for the shop and was still contemplating what changes, if any, she might make at the salon.

“I’m hoping three to four other new stylists will want to join me in the space,” she said.

Black had sent an email to various stylists, including Carl, about her plans to sell her shop and retire.

“I really loved doing theatrical makeup and wanted to explore that more,” Carl continued. “The wig department at the Guthrie Theater’s costume shop.

“I got a part-time job (in addition to my stitching job) in retail cosmetics while I was working for a wig position to open up. I loved it, got promoted and started a management career with them, leaving my theatre work.

“After about five years, I got a little burned out of the retail schedule and dreamed of working for myself,” Carl continued. “The best path to that for me was moving on to working in a salon where I could combine many elements from my past jobs into a career I really love.

“I started as a stylist in training at 526 Salon in St. Paul and worked there for about three years, moved on, renting my own chair at Solangege in St. Paul for about five years and then have been renting my own salon suite for the last three years in Roseville at Phenix Salon Suites.”

Carl’s purchase of Theresa’s Hair comes despite the Covid pandemic affecting business for all kinds of enterprises including hair stylists.

“It’s affecting everything from last minute cancellations (big income loss) to supply shortages/price increases to working around mask straps while we cut and color hair,” Brook <<Carl>> said.

When she is not working as a hair stylist, Carl said, she enjoys traveling, rollerblading, gardening and visiting family and friends. ■

Scott Carlson is managing editor of the Bugle.

In 2002, Brooke worked for VEE Corp., which made mascots for companies such as Universal Studios, the NFL, NHL, NBA and Major League Baseball. When work slowed down, Brook moonlighted, stitching costumes in the Guthrie Theater’s costume shop.

“I really loved doing theatrical makeup and wanted to explore that more,” Carl recalled. “The wig department at the Guthrie takes care of any special makeup needs, but I would also need to know how to do hair to get that position.

“So I decided to go back to school at the Aveda Institute in Minneapolis and get my cosmetology license so I could pursue that job,” Carl continued. “I discovered that a lot of what I liked about theatre—getting people ready for the big show—also applied to the beauty industry.

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Four tips for navigating Cupid’s sweet treats

By Jenni Wolf

It’s the month of love! And, also a month that is often filled with sweet treats, boxes of chocolates and rich desserts to celebrate. Who wouldn’t love that? However, because we live in a society ridden with diet culture beliefs and rigid expectations about what “healthy” eating looks like, you might feel the need to limit or monitor how much and how often you indulge, something that can induce anxiety, judgment and, worst of all, steal away the joy of the moment.

At the same time, no one wants to feel sick from one-too-many chocolate bonbons or being out of control around the M&Ms bowl. Question yourself—is it a good way? Ask yourself how you’d like to engage with food and how you have engaged with it in the past.

Taking some time to ponder these things at the start of a season where we may expect new or special food experiences can help you to incorporate mindfulness and reduce mindless eating. Often we want to taste a food— to really enjoy it, take the time to appreciate it and maybe even share it with someone else as a way to connect. We also usually want to stop eating when we’ve had enough so that we can continue to enjoy it the next time we notice hunger or desire.

Keeping these things in mind can help guide you to make food choices that honor your authentic self and support you in feeling well.

Establish loving limits. If you’ve read any of my other columns you know I am not a fan of restricting yourself when it comes to food.

When we restrict a food, we give power to that food and often only desire it more that, in turn, increases the likelihood of overeating or binging.

Instead of restricting yourself to two chocolates per day as a way to “control” yourself, think about setting a guideline or limit that comes from a place of loving or caring for yourself, rather than controlling. That might sound something like “Before eating a chocolate I will check in with myself to see how many sound good to me. If I want more, I will allow myself to have more, but I will stop after five as I know eating that many at once does not make me feel well.”

Eat regular meals and snacks. This will help to make sure your body feels well-supported and does not go into overdrive or feeling guilty.

Freezer February:
Learn how to make the most of this underrated kitchen space

By Jenni Wolf

We are talking all things freezer this month.

With the combination of colder weather and COVID, fewer trips out of the house to the grocery store. So, now is a great time to learn how to put your freezer to work for you!

Here are seven tips to get you started:

• Go all out. And by all out, I mean take everything out. Start by emptying the contents of your freezer. Toss what is expired and icy beyond salvaging, and move older items, which need to be eaten, to thaw in the fridge for meals over the next week.

• Fix up your freezer. I always say my freezer is where things go to die—can you relate? It’s a dark, busy space with little-to-no organization in place. But we can change that! Pick up a few bins to create zones in your freezer—one for frozen veggies, one for meat, etc., so things don’t get lost or forgotten.

Label any leftovers, homemade items, or purchased items that are not in original packaging with the item name, date frozen and date to be used. Use a sharpie to write directly on the container or bag, offer an extra layer of protection so no need to double bag unless you want to take some extra care!

• Buy “freezer fresh” produce. Whether I chalk it up to fewer trips to the store for fresh produce, or purchased items that are not in original packaging with the item name, date frozen and date to be used. Use a sharpie to write directly on the container or bag, otherwise I recommend freezer tape to ensure the label sticks.

• Use the rule of two. Freeze items in two layers of packaging to protect against freezer burn. Most frozen items come equipped to be frozen as is, but homemade items or items out of their original packaging may need a little extra attention.

• Freeze flat. Plastic freezer bags work great for freezing items like soups, stews, sauces and pulled meat because they can be frozen flat and then stacked or “shelved” to save space. Freezer bags already offer an extra layer of protection so no need to double bag unless you want to take some extra care!

• Snack on fruits and veggies to help me make balanced meals during this season. Not only are they just as nutritious as fresh, they are also tastier this time of year because they were picked and frozen in-season. They also have a long shelf life so you can always keep a fruit or veggie option on hand and often require zero-to-minimal prep.

My favorites to keep stocked are sliced carrots and diced onion to use in soups and stews, chopped spinach to stir into curries or layer in lasagna and broccoli or green beans for roasting with garlic and olive oil. For fruits I tend to pick berries to top off a warm bowl of oatmeal or throw into a batch of muffins. Stocking 100% fruit and vegetable juice concentrate in the freezer is another helpful way to get some produce in during the dead of winter.

• Freeze your MVPs. Having more of the most common things

Freezer to p. 15

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Schubert Club • Music in the Park Series
New class at Women's Drum Center

The nonprofit Women's Drum Center, 2242 University Ave., is offering a beginner class in the basics of Djembe joy, a drumming style employing West African songs. Attendees will play djembe to explore pulse and rhythms; and easy energizing exercises will be employed to build skills. Jo Klein will lead the class that is scheduled from 3:30 to 4:30 p.m. on Wednesdays, Feb. 2, 9 and 23. Cost is $10 for the class.

Obama online course

Local historian J.B. Andersen will lead the class that is scheduled from 3:30 to 4:30 p.m. on Wednesdays, Feb. 2. Cost is $10 for the class.

Obama online course

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New class at Women's Drum Center

The nonprofit Women's Drum Center, 2242 University Ave., is offering a beginner class in the basics of Djembe joy, a drumming style employing West African songs. Attendees will play djembe to explore pulse and rhythms; and easy energizing exercises will be employed to build skills. Jo Klein will lead the class that is scheduled from 3:30 to 4:30 p.m. on Wednesdays, Feb. 2, 9 and 23. Cost is $10 for the class.

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Delightful Baraboo

By Janet Wight

After visiting my husband’s hometown of Baraboo, Wis., dozens of times over 33 years, I recently had the opportunity to spend a few days there as a tourist. My friend and I took a full road trip and spent our time exploring the historic, natural and modern attractions offered in this town. After being able to connect with better-known Wisconsin Dells, the contrast between these two cities is abundantly obvious.

Baraboo is charming and adorable, with a bit of a trendy flair, which makes it the perfect destination for a few days of pleasant investigation.

Baraboo is richly steeped in circus history, and it was the winter quarters of the Ringling Brothers Circus. The Circus World Museum provides a thorough examination into the heyday of this formerly mammoth industry.

The exhibit hall contains vintage circus paraphernalia along with an informative section describing the five Ringling brothers. Each brother contributed his unique skills to ensure a profitable operation. The W W Depp Circus Wagon Pavilion, which contains the largest collection of its type in the world, is unsurpassed.

During the summer months there is a daily circus performance, but the offerings available during the off-season are still definitely worth a visit.

The AL Ringling Mansion, constructed in 1905-06, is another important stop for anyone who would like to learn more about the history of Baraboo. Guided tours are offered daily. The main floor is showcased on the tour, brimming with original stained glass windows. The well-appointed bedrooms on the second floor are also featured. Much of the upstairs furniture originally belonged to one of the Ringlings.

Between 1956 and 2013 the building was owned by the Elks Club, which preserved much of the authentic grandeur of the mansion. The building is currently being renovated and it will be remodeled as a B&B. (Charles Ringling’s home has also been converted to a B&B and it is located just a few blocks away.)

The splendid AL Ringling Theatre, which opened in 1915, is just one block east of the mansion. We learned that AL would sit beside his bedroom window in order to watch his namesake theater being built. Unfortunately, however, it was not open for tours when we were visiting Baraboo. This magnificent, performing arts space recently underwent a $3.2 million renovation. It will be a real treat to explore the restored opulent interior. Conventionally located on the square, it is open for movies, local performances, concerts and special events throughout the year.

Plentiful natural beauty is another one of Baraboo’s appeals. Devil’s Lake State Park, located just a few miles south of town, is best known for its unique purple quartzite. Climbing a bluff is a popular pastime with locals, while the Tumbled Rocks Trail provides easy access along the quiet west shore. The north shore has several historic stone buildings which were crafted by the Civilian Conservation Corps and are still in use today. The Chateau currently houses a snack bar and an ample gift shop. The south shore used to be the meeting place for boisterous campers, but a few decades ago it was converted to a bucolic spot for swimming, boating or simply relaxing.

The International Crane Foundation is another celebrated Baraboo gem and it is a must-see. This is the only place in the world where all 15 species of cranes can be viewed, which makes it an important pilgrimage destination for “craniacs” from around the globe. This exceptional conservation and research facility provides a self-guided trail along with an introductory movie, programs, an impressive gift shop and walking paths. It is undoubtedly the whoooping cranes that are the stars of the show at the Crane Foundation.

Pewit’s (pronounced pewee’s) Nest is a hidden treasure. It is a natural area located just west of downtown. The “nest” (a small gorge with a pond) is just a short stroll from the parking lot, but the nearby canyon overlook requires a brief uphill hike. Back in town the Baraboo Riverwalk meanders through the city, with countless opportunities for walking, bicycling, picnicking or quiet contemplation.

Lavender farms have found their way to Baraboo too. We visited the picturesque New Life Lavender and Cherry Farm and were amazed to learn so much about this fragrant, versatile plant. We went on a wagon ride around the property and enjoyed seeing a variety of plants and animals.

Afterswards we were shown the distillation process, then we finished up the tour with a sample of the farm’s signature cherry-lavender pie.

The restaurant scene in Baraboo has been transformed over the past few years, perhaps due to its close proximity to fashionable Madison. In addition to established landmarks known for old-fashioned home cooking, several recently opened restaurants can accommodate most dietary preferences. Also, wineries, breweries and even a distillery can now be found in and around town.

Baraboo, with its population of just 12,000 residents, offers a wealth of interesting and unusual sights and experiences. The quaint downtown provides visitors with many opportunities to browse the locally owned shops. You may want to plan a trip for next spring or summer in order to fully immerse yourself in its varied offerings. It is likely that you too will be enthralled with delightful Baraboo.

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

City Flies from p. 2

ing relationships over meals is an important part of many cultures. Recently in the city of St. Paul, the city decided to formally sunset the Innovation Fund at the end of 2021, meaning the funding for food initiatives by the St. Anthony Park Community Council is no longer available.

As District 12 previously used these funds for hosting community meetings at the Seal and Union Flats apartments, getting fresh produce to residents during the pandemic and providing boxed meals for neighbors in need.

As District 12 sets goals for 2022, being able to come together over a meal (or a knock on the door and a quick smile to an isolated resident as we deliver a meal) is still a high priority.

Batting food insecurity is only getting harder as the pandemic lingers and evictions increase. Please consider donating to District 12’s Community Fund to help continue these important programs—give at sapc.org/donate.

SAPCC February meetings

St. Anthony Park Community Council committees discuss a variety of issues at their monthly meetings. Visit the council’s website at sapc.org to learn more.

Board Meeting: 7 p.m., Thursday, Feb. 10

• Environment Committee: 7 p.m., Wednesday, Feb. 23
• Equity Committee: 5:30 p.m., Monday, Feb. 28
• Transportation Committee: 7 p.m., Tuesday, Feb. 22
• Land Use Committee: 7 p.m., Thursday, Feb. 3 and March 3

All meetings are hosted via Zoom. Meeting times are subject to change. If you want to attend a meeting or have questions about joining a committee, please email Kathryn at kathryn@sapc.org for the link.

Submitted by Jessica Willman, District 12 community organizer.
Three people with connections to Lauderdale are among those individuals the Bugle remembers in this edition of Lives Lived.

Raymond Geist
Raymond D. “Ray” Geist, 88, died Dec. 22, 2021, due to respiratory complications of rheumatoid arthritis. He lived in St. Anthony Park for many years.
Ray was born July 4, 1933, in Cincinnati, Ohio; one brother, Gene, survives. He married Audrey Gay Miller June 14, 1958; she survives. Their 63-year marriage was blessed with four children, Joel (Rhonda) Geist, Julie (Mark) Wehrs, and Timothy (Katie) Geist, 10 grandchildren and eight great-grandchildren.
A lifelong learner, Ray entered Concordia Preparatory School in Bronxville, N.Y., subsequent- ly earning bachelor of arts and master of divinity degrees from Concordia Theological Seminary in St. Louis, Mo. He went on to earn two master of arts degrees and his doctor of philosophy degree from the University of Minnesota. In later years he enjoyed graduate level courses at Luther Northwestern Theological Seminary in St. Paul.
Ray was ordained as pastor in the Lutheran Church in 1958, serving congregations in River Falls, Wis., Park for many years, and, for many years, Peace Lutheran in Lauderdale.
Retiring in July, 1995, Ray con- tinued to enjoy life’s blessings: his dear wife, their expanding family and their many interests, including cooking, reading, baking, Scrabby- bing, hiking/backpacking, writing and sporting a stylish bowtie. Ray was a kind, compassionate and car- ing man who will be greatly missed by all who knew and loved him.
Memorials preferred to Luther- an Church of the Resurrection (ELCA), Roseville. A service will be held in the future.

Virginia Rae Matheny
Longtime resident of Lauderdale, Virginia Matheny, 91, died Dec. 24, 2021. She was preceded in death by her first husband, David Beck, second husband, Marvin Matheny, daughter Karen (Paul) Sorensen; sisters, Delores (Bud) Dingerman and Gloria (Ole) Rauschmeyer.
She is survived by her children, Da- vid (Sally) Beck, Ray (Cindy) Beck, Barb (Dave) Clausen; eight grand- children, six great-grandchildren, and husband Ralph Carlson. Memorial Service was held at Peace Lutheran Church Jan. 14, 2022.

Kelly Patrick Waxler
Kelly Patrick Waxler, 50, died Dec. 27, 2021. Born and raised in St. Paul’s Mid- way neighborhood, Dick spent his entire life in St. Paul. He was proud of his Irish heritage and enjoyed spending time with the ones he loved.
He was preceded in death by his daughter, Jeanne, and son, Dick; siblings, Peggy (Bill) Ort, Helen (Mac) Faust and Ray- mond (Jane); parents, Raymond and Helen.
Dick is survived by his wife of 61 years, Carol; children, Roxanne Gross Walsh, Kelly (Tim) Deery and Patrick (Renée); seven grand- children, and a great-grandchild.
A private service will be held at interment at the Church of St. Patrick Cemetery, Inver Grove Heights. A public celebration of life will be held in the spring. Memorials are preferred to the donor’s choice.

Richard Walsh
He was preceded in death by his daughter, Jeanne, and son, Dick; siblings, Peggy (Bill) Ort, Helen (Mac) Faust and Ray- mond (Jane); parents, Raymond and Helen.
Dick is survived by his wife of 61 years, Carol; children, Roxanne Gross Walsh, Kelly (Tim) Deery and Patrick (Renée); seven grand- children, and a great-grandchild.
A private service will be held at interment at the Church of St. Patrick Cemetery, Inver Grove Heights. A public celebration of life will be held in the spring. Memorials are preferred to the donor’s choice.

Shirley Taylor
Shirley Marie Taylor, 85, died Dec. 14, 2021. She was preceded in death by her parents, husband Jim, and sons Don and Denny. She is survived by her sister, Beverly (Fritz) Moen; children, Joanne
Lives Lived from p. 14

in Falcon Heights and St. Paul. As a young man, Kelly was kind, cu-
cious and smart—traits he passed along to his son Sebastian. He at-
tended Central High School in St. Paul.

Kelly loved computers and was drawn to a career in technology. He attended the University of Minne-
sota and Metropolitan State Uni-
versity in computer science. He excelled in his career as a release 
technologist. In addition to being talented at the technical aspects of his job, his colleagues have shared that he was always willing to help solve any problems, contributed great ideas and was a pleasure to work with.

In 2006, Kelly and Jodi Hanson were married in Fargo, N.D. They welcomed their son Sebastian into their lives in 2012. Kelly was an incredibly sup-
portive, patient and loving dad. Together they spent hours playing 
games, building Lego sets, reading, watching movies, attending car 
shows and enjoying anything Star Wars. Kelly was the biggest cheer-
leader at Sebastian’s football, bas-
ketball and soccer games. He was also a Cub Scout den leader. The 
connection they had was cherished by both.

Kelly was predeceased by 
grandparents Melton and Charlotte Alm and Frank and Alice Walder. He will be deeply missed by Jodi, 
Sebastian, mother Della (Robin) Linse, father Ken Walder (Marian Kittel), mother- and father-in-law Renae and Monte Hanson, sister-
in-law Jacki (Jake) Kruse, step-sis-
ters Michelle Dubec and Angela Linse and Brightid Lannon; and 
aprod pup, Suki.

A memorial service was held 
Jan. 6 at Nativity Lutheran Church, St. Anthony Village. Jodi and Se-
bastian have created a fund to be distributed in Kelly’s honor to charities and organizations he

loved. Donations can be sent to Washburn-McReary Funeral 
Home, 2901 Johnson St. NE, Min-
neapolis, 55418.

Sweet treats from p. 11

aren’t letting yourself get too hun-
grily throughout the day and will

support you in getting in a wide va-
ty of foods for a balanced intake.

As much as your body might enjoy chocolate, it knows it will not feed its brain eating only chocolate and that it wants things like fruits, 
veggies, whole grains, fats and pro-
teins too, to feel nourished and satis-
fied. When you spend more of your
day feeling satisfied with food,
you will be less likely to feel the ur-
ge or need to seek that missing

satisfaction by driving into the cake
pan or candy jar.

Give yourself unconditional permission to eat. Why yes, food is fuel and nutrition, absolutely. But it is also joy, fun, celebration, connection, love and a host of other things we don’t need a specific reason to eat and we don’t need to earn food.

Instead, we need to tune into our bodies: to connect to and trust the wisdom that they, along with our minds, provide us when mak-
ing food decisions to support our

well-being.

Happy hearts day! I hope you can lovingly enjoy all the sweet treats this year! ■

Jenni Wolf lives in the Como neigh-
borhood and is a practicing, regis-
tered dietician who is passionate about helping others nourish a positive and balanced relationship with food.

my freezer: a loaf of bread, sliced bell 
pepper, bananas, chicken and a 
batch of some sort of curry or soup.

Oh, and obviously, ice cream!

• Don’t forget to thaw: Keeping a freezer inventory list on the fridge

and planning menus can help make sure your frozen goods are thawed and ready to go come mealtime—

want the chili for dinner Tuesday? Be sure to transfer it to the fridge to thaw a couple days before so meal-
time is a breeze. One handy bonus tips is it is not safe to cook frozen meat in a slow cooker, but you can do this

safely in a pressure cooker such as an Instant Pot ■

Jenni Wolf is a Como neighborhood resident and a practicing registered dietitian who is passionate about helping others nourish a positive and balanced relationship with food.
Extraordinary generosity from retired tennis coach Dumas

By Eric Erickson
Sports commentary

Kathy Dumas supported and inspired Como Park High School students as a teacher and coach for three decades. Fifteen years after retiring from education, Dumas continues to support and inspire. Her donation of $400,000 to the Como Park Athletic Department will fully cover the cost of rebuilding the school’s tennis courts.

The deterioration of the courts—coupled with delays for the school district’s funding of a resurfacing project—prompted Dumas to act. The tennis court design details were reported in a St. Paul Pioneer Press article published in late December.

Since then, Kathy’s former colleagues, students and athletes have been reminded of the spirit, commitment and unselfish service she had displayed daily. With this extraordinary financial gift, Dumas is doing more than improving resources at Como. She’s demonstrating lessons in advocacy and generosity.

“I’m fortunate,” Dumas said. “I have a little bit of money we saved. I always told the kids someday when you have money you can give back. If you give to something, you really have to believe in the cause to which you’re giving.”

Dumas’s belief in the Como tennis programs stretches back to the fall of 1980 when she began coaching the Cougar girls team. In the spring of 1982, she started coaching the Cougar boys team, as well. Dumas led both programs through 2007 when she retired after 40 years teaching English in the St. Paul Public Schools.

Kathy Dumas taught a variety of English courses throughout her career including Advanced Placement English for seniors. She was known for eliciting the best effort from her students by balancing her high expectations with steady support and compassionate encouragement.

Kathy employed the same formula in her coaching, which also included several years of assisting Como’s Nordic ski team. Regardless of the sport or season, there was one additional ingredient that strengthened any team guided by Kathy Dumas: her husband and coaching partner Dick Dumas.

Dick was a mathematician and software engineer at UNISYS for his entire professional career. As a volunteer tennis coach alongside Kathy and a head coach for Nordic skiing, he was part of a humble duo who demonstrated the value of a true partnership.

Matt Olson was a Como tennis captain who graduated from Como in 2004. He remains grateful for the experience of playing for his beloved coaches.

“Our program was the gold standard for high school athletes: positive, inclusive and full of life lessons,” Olson said.

“Racquets and supplies were donated,” Olson continued. “New players were welcomed and encouraged. They offered free hitting sessions during summer evenings. Many nights they provided pizza and snacks. People stayed until it became so dark that we couldn’t see the ball anymore. Ms. and Mr. Dumas were always the last people there. They were always there for us.”

Currently, Olson is a third grade teacher and volunteers as a tennis coach. He and his wife Jenni have three young sons who are certain to receive warm encouragement when they step onto any tennis court. Kathy fondly recalls the times that she and Dick shared together on Como’s tennis courts coaching kids like Matt, and hundreds of others from a variety of cultures who bonded through a sport they enjoyed.

“Como is a good place with good people,” Dumas said. In October of 2009, a countless number of those Como people gathered in the neighborhood at Ideal Hall on Dale Street to commemorate Kathy and celebrate the life of Dick Dumas. He passing from lung cancer changed Kathy’s plans for retirement. So did her own health with the onset of multiple sclerosis.

While Kathy Dumas isn’t able to see all the people who appreciate and admire her, one of her regular visitors is another former tennis captain, Koua Yang from the class of 1994—who now serves as Como Park’s athletic director.

Like most talented and competitive high school athletes, Yang was primarily concerned with winning when he played for the Cougars tennis team. Now, he’s come to realize many more important life lessons from Coach Dumas.

“Her generosity with her own time stands out,” Yang said. “With time, the relationships and time spent together were more important than the wins and losses.”

“Many people pursue the materialistic idea of being rich. In the end, what matters most is the core you have with family and meaningful relationships built over time. In my humble opinion, that is what rich means. A lesson from the coach.”

The influence of Kathy Dumas continues to shape a generation of Como alumni who were blessed to see her in the classroom and on the courts. Her extraordinary generosity and advocacy for a cause she believes in—a good place that Kathy and Dick Dumas loved and served—will ensure another generation of Como tennis players are supported too.

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