By Scott Carlson

Ramsey County is expected this spring to rebuild a segment of Cleveland Avenue in St. Anthony Park with special conditions aimed at protecting an endangered insect — the Rusty Patched Bumble Bee. The county’s compromises include a pledge to minimize project work in an area inhabited by 35 mature trees 350 feet north of the Folwell and Cleveland avenues intersection, according to Friends of the Rusty Patched Bumble Bee.

The mutual understanding calls on Ramsey County to “stay out of tree work and soil impacts in this area between March 15 and May 15,” the citizens group said in a draft statement.

Ramsey County has also pledged to replant the area with trees and habitat conductive to the life cycle of the Rusty Patched Bumble Bee and “will use tree and plant material that has not been treated with pesticides.”

Reconstruction in 2022 focused on Cleveland Avenue between Como and Buford avenues. The remaining stretch to the north up to Larpenteur Avenue is scheduled for completion this year.

Those Phase 2 changes come after the Bumble Bee citizens group warned that the county’s initial reconstruction plans, including tree removals, would harm the habitats of the endangered Rusty Patched Bumble Bee.

“Our particular concern for these trees is that they are with-
District 10 Community Council

2022 Como Curb Cleanup results

Last fall, District 10 Como Park continued the work started by the Como Active Citizens Network and partnered with the Capitol Region Watershed District to lead the Como-Curb Cleanup program, a coordinated effort to remove fallen leaves from the stormwater system. In December, 47 participants reported their cleanup efforts and District 10 compiled the results. Here’s the scooped:

- Total feet cleaned: 24,979
- Number of miles cleaned: 4.7
- Equivalent number of times around Como Lake cleaned: 2.8
- Total pounds of phosphorus prevented from reaching Como Lake: 7.8 lbs.
- Tons of curvy leaf pond weed this phosphorus amount could produce: 2.45 (4,891 lbs.)

Upcoming District 10 events

After holding its first Blizzard Breakfast in early February, the District 10 Community Council held a pickup and park cleanup on April 22 at the Como Active Citizens Network Como Pavilion and a pickup and park cleanup on April 22 at the Como Community Blood Drives Como Park. The next drives are Wednesday, March 8, 9 a.m. to 3 p.m. Space is limited, reservations required.

Other blood donation days this year, all scheduled from 9 a.m. to 3 p.m., are May 25, Aug. 1, Oct. 17 and Dec. 6.

Want to volunteer to help check in blood donors at each blood drive? The drives are split into two shifts of two volunteers each, 9 a.m. to noon and noon to 3 p.m. It’s light work and a great way to connect with another neighbor. Find registration and more details at District10ComoPark.org/BloodDrive.

Serving on the D10 board

Several seats are up for election in April to the District 10 Como Community Council board. These positions serve two-year terms, through April 2025. To get on the ballot, apply now at District10ComoPark.org/Elections.

If you have any questions or would like further information on being a board member, go to district10como.com/park.council.

Voting is by paper ballot or online. Deadline for requesting a paper ballot is April 2. Make a request to vote online by April 17.

District 10 meetings schedule

All D10 board and committee meetings are open to the public and time is allotted for community members to bring topics for discussion.

- Environment Committee: 6 p.m., Wednesday, March 1
- Neighborhood Relations Committee: 7:15 p.m., Wednesday, March 1
- Land Use Committee: 6 p.m., Tuesday, March 21
- D10 Board Council: 7:15 p.m., Tuesday, March 21

For further details, go to District10ComoPark.org.

Submitted by Shereek McKee, District 10 Como Community Council executive director

St. Anthony Park and Como community councils news

St. Anthony Park and Como Community Council board.

The St. Anthony Park District 12 Council needs community volunteers to help plan and achieve its community building goals. Whether you’re interested in helping plant or maintain rain gardens, water baby trees in south St. Anthony Park, plan and serve community meals or spread information about making the community a better place to live, work and play, there is a role for you.

The council will be rolling out a volunteer hub starting in April. This site will be a place where you can come on your own, gather friends and neighbors or organize a work group to serve the St. Anthony Park community. There will be recurring roles or one-time opportunities.

If planning is your thing, consider joining one of the committees that will feed opportunities into this volunteer hub — all of our committees need new members with fresh ideas. Here’s what each of our committees is currently working on:

- Environment: Kasota CleanUp Planning, Watering Wednesday (baby tree watering), rain garden maintenance and trash clean-up
- Equity: Community meals, supporting tenant associations, community events (including the second annual ice cream social) and food distribution
- Transportation: Snow shoveling, traffic calming advocacy and Cleveland Avenue reconstruction
- Land Use: Strategic planning for SAPCC, Emerald Street/Wabash Trail node site reviews and Lather Seminary updates

To learn more about these committees and when they meet, go to sapcc.org/event.

District 12 upcoming meetings

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

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@sapcc.org.

For ongoing updates and meeting changes, follow along on Facebook at StAnthonyParkCommunityCouncil.

- Land Use Committee: 7 p.m., Thursday, March 2, and 7 p.m., Thursday, April 6
- District 12 Board: 7 p.m., Thursday, March 9
- Environment Committee: 7 p.m., Wednesday, March 22

City Files p. 3

Travel Opportunities Await

When you are ready to plan your trip, we are here for you.

Como Rose Garden

2190 Como Avenue • St. Paul • 651-646-8855

HEALTHCARE PROFESSIONALS

St. Anthony Park Dental Care

2278 Como Avenue
Nae Cogswell, DDS
Paul Kirkegaard, DDS
Nadine Yacoub, DDS
Phone/Text: 651-644-9216
frontdesk@sapdentalcare.com

Skon Chiropractic
651-644-3900 • www.skonchiro.com

To add your business to this listing, contact Sonia Ellis: sonia.ellis@parkbugle.org or (651) 226-1274 (voice message/text)
Bugle business spotlight: We Are Nuts

By Janet Wight

Since Jim and Margaret Burt launched We Are Nuts in 1987, the locally family-owned purveyor of craft nuts and snacks has grown to one of the biggest of its type in the regional food snack niche. Originally, the company was a microbusiness selling hand-packaged nuts to office employees at the 3M Company.

Through the years, the company grew to include a small retail operation at its St. Paul warehouse, 890 Vandalia St., followed by a pop-up retail store that was open for a few months each year during the holiday season. The company produces “unique proprietary products that are second to none,” boasts second-generation owner Michael Burt.

Popular flavors include Maple Caramel Corn, Toffee Almonds, Cinnamon Toasted Toffee Peanuts, Hot Toffee Pecans, Hickory Pockey Caramel Corn and Tutti Frutti Caramel Corn. The business has steadily grown throughout the years, currently employing between 35 and 40 people.

In 2019, We Are Nuts bought Midwest Northern Nut, an established northeast Minneapolis business. The pandemic provided the opportunity to thoughtfully and strategically integrate the cultures and brands of the two companies. All of the employees were retained during the pandemic.

One of the primary goals of We Are Nuts is to procure the finest possible nuts. Currently, Vietnam is the leading source for its cashews, and Burt explained he has developed sustainable relationships with growers who promote fair wages and a good working environment.

Fun new flavors and seasonal releases are constantly in development, Burt said. “Nuts are an incredible source of nutrition. Ours are never boring,” he continued. Focus groups are used to test and validate innovative concepts and varieties. Burt contended the quality of his premium products can’t be matched by larger companies. He noted his family is proud of its roots and everything it has accomplished, but that has been possible only with the strength of the community that has been so supportive over the years.

The St. Paul retail store is tucked away on Vandalia Street in southwest St. Anthony Park. It features a plentiful assortment of gourmet nuts, caramel corn and candy.

In addition to these signature products, the store contains a claim center that offers price conscious shoppers an ever-changing array of deeply discounted closeout and discontinued groceries.

For the past 10 years, We Are Nuts products have been available at all 28 Lunds & Byerlys supermarkets. Its products are also offered at Fresh Thyme Markets throughout Minnesota, on Sun Country Airlines flights and at Target Field in Minneapolis.

Deals with other regional corporations are in the works. Additionally, We Are Nuts is the largest provider of bulk ingredients for the regional food service industry.

On a related note, We Are Nuts is a popular fundraising choice for schools, churches and sports teams. Participants sell nuts and snacks to family and friends that, in turn, benefits a wide variety of nonprofit organizations.

The company, which won the 2021 Minnesota Family Business of the Year award, is headquartered in northeast Minneapolis.

Visit We Are Nuts on Facebook or at wearenutsmn.com for further information.

Janet Wight lives in the Como neighborhood and is a regular freelance writer for the Bugle.

Carefree Condo Living!

The Villas at Midland

January 2022 3 Bed, 2 bath condo with social membership at Midland Country Club. 1 bedroom, 1 bath and den, 2 parking stalls.

Questions regarding pre-arrangements? | 651-489-1707

Elmhurst Cemetery

Celebrating 165 Years
1858-2023

1510 Dale Street North, Saint Paul, MN 55117 | elmhurstmn.org

By Scott Carlson

While the Bugle’s annual fall fundraiser is completed, the newspaper accepts donations at any time during the year. As of Feb. 8, the Bugle had received $45,500 in donations in fiscal 2022-23.

Thank you everyone for your financial support and 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.

You can contribute online at parkbugle.org or with a check sent to The Park Bugle, P.O. Box 8126, St. Paul, MN 55168. Every gift matters!

Cities Files from p. 2

• Equity Committee: 7 p.m., Thursday, March 30
  • Transportation Committee: 7 p.m., Tuesday, March 28

Submitted by Jessica Willman, District 12 community organizer
Bugle poetry contest back for another year

By Scott Carlson

Bugle managing editor

From the Desk of the Editor

By Judy Woodward

A letter in the February Bugle from Deb Avendano had a one-word editing error. The fourth paragraph should have read:

"I remember a new mom that I worked with who had to quit her job and go on public assistance because that was the only way she could access subsidized child care resources, since welfare to work resources did fund child care." 

Deb says, "Childcare subsi-
dy is available for welfare to work programs but unfortunately it's not as available for those who are already working." 

Correction

A letter in the February Bugle from Deb Avendano had a one-word editing error. The fourth paragraph should have read:

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Deb says, "Childcare subsidy is available for welfare to work programs but unfortunately it's not as available for those who are already working."

Editorial

By Scott Carlson

A further Bugle fund appeal

We recently passed the halfway point of the Bugle's 2022-23 fiscal year and concluded our annual fund drive. The good news: Through early February, we have raised about $45,000 in donations from individ-
uals, businesses and organizations. Now, for the rest of the story: Our donations are down by about $10,000 compared with the same period a year ago.

It is likely the reason for the decline is that there is a significant number of people who made donations to the Bugle in 2022-23 but, as of Feb-
uary, hadn't made contributions yet during the current fiscal year. Currently, the Bugle has ade-
quately savings, but any dip in fi-nancial support can't be ignored.

 Especially at a time when Park Press Inc. is committed to strength-
ening our website and social media outreach.

 With that in mind, Park Bugle board member Helen Warren wrote the following letter that was scheduled to be sent to previous donors who had yet to con-
tribute for fiscal year 2022-23. I thought Helen's letter was worth sharing with all of our readers.

Helen writes:

Dear Park Bugle reader,

It is tax season, when we total up what we make and calculate what we owe to people we don't know and to institutions we can't understand.

It's time to consider how we ben-efit from efforts we don't ask for or purchase directly.

Perhaps it's not a good time to ask that you make a gift to the Park Bugle, your community newspa-
per. But that's exactly what this message does.

Your gift will help the Park Bu-
gle "turn readers into neighbors" by sharing our accomplishments and our challenges, by welcoming newcomers and remembering the neighborhood.

Each month, the Park Bugle shrinks the distance separating us from neighbors who travel along our streets, stand a few feet behind us in the checkout or sit a few rows away at gatherings we attend.

After a couple of years of social distancing, we need the Park Bu-
gle more than ever, so that "near strangers" become more familiar.

Community journalism isn't a lux-
ury. It is a staple that strengthens the bonds between us. But it doesn't happen without the steady support of readers. Please make your gift to keep The Park Bugle strong and expand its reach in print and on social media.

I made my $150 gift because I know not every reader of the Park Bugle can afford to support it. But everyone who picks up a copy or visits the website deserves to know a little bit more about their neighbors.

No gift is too small to do some good. You can donate online at parkbugle.org.

Thank you for supporting the Park Bugle.

Helen Warren, Board member, The Park Bugle

Alex Le from p. 1

Le said he used to be meek and quiet, but his involvement in Co-
mo's Marine Corps (JROTC) pro-
gram changed that.

"Marine Corps JROTC made me more confident, assertive, and, improved my leadership skills," Le said. "I also learned humility and how to work as a team.

Le acknowledged that the new team he will join at the Air Force Academy has a reputation for intensity.

When asked if he's ready for it, Le paused, smiled, and said, "Yes I am."

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

Does this book belong to your li-
brarian? Did I accidentally buy a stolen book?

A. Get this question from time to time. Our collection is constantly Updated as we replace old-
er, less used items with new books. The Library does sometimes sell discarded materials on Amazon, as well as through our Friends organiza-
tion's book stores in our libraries. In this case, your book is a legit-
imate purchase, and we hope you enjoy your new read.

Judy Woodward, who lives in St. An-
thony Park, is a reference librarian at the Roseville Library, 2180 N. Hamline Ave. The library's general phone number is 651-724-6000.

Send poems to editor@parkbu-
gle.org.

In the subject line of your email, please put in the words "Poetry contest entry." And please send all poems via email.

Poems will be judged anonym-
ously by a local poet. So, sharp those pencils, fire up your laptops or whatever tools you use to com-
pose and let the poetry flow.

Bugs in the Library

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 publica-
tion dates represent when the newspapers go out for deliv-
ery. 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.

April: Copy/ad deadline: March 8 Publication: March 23
May: Home & Garden Guide Copy/ad deadline: April 12 Publication: April 25
June: SAP Arts Festival Guide Copy/ad deadline: May 10 Publication: May 23

Contact one of our ad reps to advertise in this park bugle issue

CONTACT ONE OF OUR AD REPS TO ADVERTISE IN THE PARK BUGLE ISSUE

A new section of the Park Bugle

ARy: Bugle deadlines

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CONTACT ONE OF OUR AD REPS TO ADVERTISE IN THE PARK BUGLE ISSUE
PEOPLE IN YOUR NEIGHBORHOOD: Alisa Mee

By Sarah CR Clark

And Andrew Carnegie extolled the wonder of libraries by saying, “A li-

brary outranks any other one thing a community can do to benefit its

people. It is a never-failing spring in the desert.”

Many of St. Anthony Park Li-

brary’s youngest personally expe-

rience these benefits and the truth of Carnegie’s words thanks to Fam-

ily Storytime and the passion of library associate Alisa Mee.

Laura Kuzzy, parent and fre-

quent storyttime attendee, shared, “It’s difficult to capture all that sto-

rytime has brought to our family and community. Alisa has a gift.”

Kuzzy’s family has attended sto-

rytime at the library for six years after a friend recommended it as a

way to meet other families. Kuzzy’s oldest child was three-months old

at the time.

“Our family will always be grate-

ful to Alisa and Ruby (Alisa’s rac-

coon puppet co-host) for the space

they’ve created, and for Alisa’s

unique ability to help people feel

seen, valued and welcome.”

Reflecting on that experience,

Mee said, “As you do, you pick up

things. I took my kids to music

class and then I did the teacher

things. I took my kids to music

classes and music classes with her children when they were young.

And that seems to be working.

Alisa will meet a family and re-

member their names every week when they come,” Kuzzy said.

“We’ve met many friends and new

families at storytime.

Another goal of Mee’s is to con-

nect families to the public library itself. She explained that via story-

time, she hopes children will “build a relationship with the library, a

place they see as theirs, a place

they’re drawn to.”

Mee said she spends a significant

amount of time preparing for each

storytime gathering. She creates

her own curriculum and makes all

of her own props, materials and

even some songs.

“If I took you to my basement you would see bins and bins and

bins of storytime props,” she laughed.

Kerri Flanagan has attended

Mee’s storytime for years as a par-

ent and as a teacher and co-direc-

tor of the St. Anthony Park Co-op

Preschool. She called Mee a true

artist, crafting amazing props and

materials for each and every story,

inspiring wonder in the littlest ones

and the oldest ones alike.

For example, Ruby the Raccoon

is a beloved part of Mee’s program

repertoire.

“Kids are so attached to Ruby the

Raccoon,” Mee said. “And I’m re-

ally not a puppeteer: but they love

Ruby! She frames storytime each

week and has a small, but signifi-

cant, role.”

When the library couldn’t host indoor meetings during the

Covid-19 pandemic, Mee (and

Ruby) moved storytimes outdoors

down to College Park. Once

outside, “Alisa created new props

that were larger and more weather

resistant so everyone could see the

story,” explained Kuzzy.

Alisa Mee in the front yard of the SAP Library with ‘Ruby the Raccoon’ in a weather resistant tent. Photo courtesy of Alisa Mee.

Mee recalled those outdoor

storytimes as particularly magi-

cal. “When we are in the park all

the people walking their dogs or

older people out for a walk wonder

what’s happening and stop by: It felt

really organic and special.”

While storytimes moved out-

doors for Covid safety reasons,

Mee would happily have stayed

outside if weather permitted.

“T he wonder of libraries is

Alisa’s storytime brings tears to their

eyes; I can attest that this is true!

Alisa touches the hearts of all of us.”

Mee said.

Kerri Flanagan remembered one spe-

cific storytime in College Park as

being “a delight.”

She said, “This fall, there was

an early snowstorm on a Tuesday

morning, and our preschoolers and a few hearty families huddled

together for a magical storytime as

the snow fell on us.

Many people have told me that

Alisa’s storytime brings tears to their

eyes, I can attest that this is true!

Alisa touches the hearts of all of us.”

Family Storytime happens at

St. Anthony Park Library (2245 Como Ave) on Tuesdays at 10:15 to

10:45 a.m. and again at 11:15 to

11:45 a.m.

Sarah CR Clark lives in St. Anthony

Park and is a regular contributor to

the Bugle.
Eco-friendly burial options gaining notice

By Mindy Keskinen

Some new, more eco-friendly practices have been added to the death care options available in the United States in recent years — variations on the time-honored ways our bodies can return to the earth.

Today, cremation is the most common preference, but that process has a big carbon footprint. However, a flameless version, known as water cremation or alkaline hydrolysis, is gaining notice in many settings, “said Katrina Spade in a talk hosted in January in Minneapolis, part of the Great Northern Festival’s Climate Solutions series.

A decade ago, that realization led Spade to her life’s work: forming a team to develop and offer a funerary process that allows the human body to return to soil without occupying land. In 2014 Spade launched a nonprofit in her home city of Seattle and started collaborating with soil scientists, engineers and legal professionals. Three years later she founded the public benefit corporation Recompose, having developed a system that safely and gently composes the human body before its return to the earth. The process is called natural organic reduction (NOR), and in 2019 Washington State became the first to legalize it.

With Spade serving as CEO, Recompose opened its doors in Seattle the next year. Several other new companies have followed suit in Washington.

How it works

The Recompose facility has a welcoming area where people can gather after the death of a loved one and hold a ceremony if they wish. Here the shrouded body is placed in an open “cradle,” surrounded by wood chips, alfalfa and straw in a specific ratio. Loved ones can add flowers, other plant matter or even leaves of paper as part of their farewell. Then the cradle is slid into a cylindrical vessel inside a hexagonal chamber, closed and moved to the facility’s Greenhouse area. Over the next four weeks, naturally occurring microbes and bacteria transform the body into soil, while trained staff adjust moisture and aeration as needed. The decomposition process generates heat, which ultimately eliminates any pathogens.

The resulting soil — the product of the body and the plant material — is screened for nonbiodegradable substances such as fillings and implants, then cured for another two to five weeks. At the end of the process, loved ones have the option of keeping the soil, which is nutrient-rich and safe for use at home, or they can donate it to a forest preserve that partners with Recompose.

A cultural shift, and a legal one

Recompose has tapped into a need in the marketplace and in the culture. “There’s such an interest in re-looking at the end of life,” Spade said at her talk in January. “As the baby boomer generation is aging and seeing their parents die, they’re asking, ‘Wait, is that the best we could do with the end of our bodies after we die?’”

Not to mention the environmental benefit: The carbon footprint for NOR is about one-eighth that of either conventional burial or flame cremation, Spade said.

Since Washington legalized NOR, five other states have followed suit: Oregon, Colorado, Vermont, California and New York. Several more states, including Minnesota, will consider it in their current legislative sessions.

Key backers here in Minnesota are Rep. John Huot of Rosemount (District 56B) and Sen. John Marty of Roseville (District 40). Last year a similar bill didn’t make it out of committee. But former state Sen. Carolyn Laine, who attended Spade’s talk, noted that “now that we have a more progressive House, Senate and governor, maybe this is the year.”

Here in St. Anthony Park, a Going Home Green group has formed under the Transition Town umbrella to serve as a community resource on these topics. For info on end-of-life options and the status of Minnesota’s NOR bill, visit TransitionASAP.org/growing-home.

To learn more about Recompose, visit Recompose.life.
A wellness guide to dietary supplements

By Jenni Wolf

As a registered dietitian, one of the most common wellness topics I get asked about is supplements. And with tens of thousands of different products on the market and more than 1,000 new ones getting introduced every year, I am not the least bit surprised by getting questions!

It can be really confusing. Do I need a supplement? What should I take? What are the risks and benefits? Here is what you need to know to better understand supplements and to help you decide if and how they fit into your wellness routine.

Dietary supplements refer to a wide variety of products. But they typically include vitamins, minerals, botanicals such as herbs, amino acids or enzymes.

The Food and Drug Administration is responsible for regulating supplements. However, regulation is less strict than that of prescription or over-the-counter drugs. The main source of regulation is governed by the FDA’s Good Manufacturing Practices that all supplement companies must follow to help ensure the safety of these products.

The FDA can randomly inspect manufacturers and their supplements once they have come to market to ensure they are meeting GMPs. However, the FDA does not have authorization to inspect a product before it is marketed for sale. That means that a supplement may in fact be unsafe and sold to consumers before it is discovered by the FDA.

There are third-party organizations that offer certifications and product seals. These groups claim things like quality assurance, effectiveness or being “natural.” However, this does not guarantee that a product is safe or effective at its claims, and again, does not mean that it has been approved by the FDA.

Supplements are added to our food supply. Vitamins and minerals, two very common types of supplements, are often added to packaged or processed foods we eat. We refer to these as enriched foods. Think breads, cereals, snack foods, etc.

Another example is calcium added to orange juice. This is a reminder that you may be getting more of a nutrient than you think.

Consuming enriched foods, in addition to taking an isolated form in a supplement, may lead you to spend extra money on something you don’t actually need and could put you at risk for negative health outcomes associated with overconsumption.

It is possible for most Americans to get adequate nutrition through food if: one is eating regular meals and snacks; enjoys a wide variety of food; doesn’t have any allergies, dietary restrictions or medical conditions; has time to shop for and prepare food; and can afford a variety of foods. For these folks, eating a wide variety of foods at three meals and several snacks throughout the day is likely to provide what one needs.

Now, what about the rest of the population? That includes those of us who are vegan or lactose intolerant, have picky eaters at home, have limited money to spend on groceries, have chronically low iron when we go to donate blood (I can speak from experience) or don’t have time to cook and are often eating out?

A supplement can often come in handy to help fill in the gaps we might find that are caused by some of those limitations that might reduce our intake and variety of food or offer relief from symptoms we might be experiencing.

Remember, we only know what we know. We have varying amounts of scientific research and evidence that supports the effectiveness of supplements.

Bottom line: Some supplements we know a lot about and have strong data to back up claims that they promote health or reduce the risk of negative health outcomes. But many other supplements we know very little about and therefore very little about their effectiveness and side effects. Doing your research is important before deciding on a supplement.

Please check with your healthcare provider for individualized recommendations and to learn more about your own personal health and wellness needs.

Sources: National Institute of Health: National Center for Complementary and Integrative Health & Office of Dietary Supplements

Jenni Wolf, a registered dietitian, writes about food and nutrition for the Bugle.
Keeping tooth decay at bay

By Kathy Henderson

After decades of regular dental visits that required nothing more than routine teeth cleaning, I was flabbergasted when my dentist announced, “You have a cavity!”

Each time I’ve told my tale of woe to a person in my age group, they’ve responded by telling of their own shock at receiving a similar report from their dentist.

What’s going on? After years of routine checkups where our dentists would say, “Keep on doing what you’ve been doing,” why are older adults, who haven’t needed a cavity filled since the ’60s, suddenly needing a filling in their 60s? Who knew that as we aged, a new round of cavity-prone years was on the way? Well, apparently lots of knowledgeable people were out a plan put me at ease immediately. The entire process was so painless the roots, which are vulnerable to decay, more accessible. In fact, it is all about what’s going on inside our mouths, as well as what’s going into our mouths. That’s it. Swish — with good ol’ fluoridated tap water — and spit.

Teeth nerve chambers are also receding, making teeth less sensitive. Older adults may not feel the pain a cavity produces as much as we did as we would have when they were younger. Saliva, too, decreases as we age. It plays an important but sometimes overlooked role as a natural tooth-protection component. Kirkgaard noted. Salivary secretion (quantity) and lubrication properties (quality) help maintain a cavity-preventing, acid-base balance and provide bacterial cleansing, he said.

Meanwhile, medications are a really big issue when it comes to trying to minimize cavity problems, Owen said. Some contain hidden sugar and others may lead to increased candy consumption. Watch for hidden sugars in common over-the-counter medications and supplements, including chewable antacids, like Rolaid, and Tums, and gummy vitamins. Owen recommends looking for sugar-free alternatives.

Then there is the dry-mouth side effect that some prescription medications bring. That discomfort is known to send people reaching for candy and lozenges to stimulate saliva and reduce the irritation. Owen tells of a very conscientious patient who appeared for her dental care.

Dental care to p. 9
Dental care from p. 8

regular checkup with six cavities, one so serious that a tooth needed to be extracted.

The patient's previous x-rays showed no signs of decay. It turned out that this patient had started a new medication, and the pairing of dry mouth and candy were the suspected cavity-producing culprits.

Owen ruefully added that when her patient mentioned to her physician that she was concerned because she had a piece of candy in her mouth all day long, she was told not to worry — it wouldn't make her fat.

Remedying the disconnect between physicians and dentists is on Owen's wish list.

Dental fear and anxiety

Besides what's happening inside our mouths and what's going into our mouths, cavity prevention can also be about what's going on in our heads: dental fear and anxiety.

Dr. Khanal discussed dental fear on an “MPR News with Angela Davis” radio program. Among the numerous examples she provided, three especially stand out: seeing the dentist, a problem will be discovered, which correlates once at the dentist, a problem will be discovered, which correlates with the fear of what it might cost to fix that problem.

There's no place like home

While the University and public health officials often lead in endeavors focused on older adults and dental health, the U generally considers, your local dentist's office the first contact for dental information.

The key is that those important dental appointments are bracketed by much larger spans of time consisting of awareness — what's going on outside the mouth and what's going into the mouth — and personal daily dental care routines.

The dental office's role in cavity prevention begins as soon as the patient walks through the door and a health and medication history is updated or established, Kirkegaard said.

Taking into account the expertise of Khanal, Kirkegaard and Owen, imagine a dental health timeline for older adults.

The one I'm picturing no longer has a space for fillings, surprised or stunned older adults when a cavity is discovered. Of course, spaces for those crucial dentist appointments remain, but they are relatively small, representing maybe an hour or so, perhaps a couple times a year.

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Kathy Henderson lives in St. Paul and is a Twin Cities freelance writer.
Samantha Nichols-VanNett has persevered through multiple knee surgeries. The fact that she's still playing is a testament to Lindsay's care. Lindsay was the first to diagnose Nichols-VanNett's ACL tear.

Junior Will Stiles is a three-sport athlete who has had his "fair share" of injuries including a couple concussions. There have been several times when Lindsay had to tell Stiles that he couldn't play. "He has a very mom-like personality," Stiles explained with a smile. "It's frustrating when you want to play so bad, but when she says you can't, it's usually for the best. She makes the hard things easier to understand. At the end of the day, you gotta listen to your trainer." The concussions and potential long-term consequences are scary. Sanchez-Esparza wasn't used to having a trainer available when she first joined Como's high school team. "I've had bad shin splints forever," Sanchez-Esparza said. "Lindsay knows her stuff and keeps you in check if you're not doing what you need to keep yourself well. But she'll also let you know that it's out of love."

Lindsay's Como commitment While in college a decade ago, an upcoming athletic trainer knew she loved sports and caring for others. But at a high school?

"I was unsure then. Now, I wouldn't trade it for anything," Lindsay said.

Athletic trainer part of Cougar family

By Eric Erickson

When Lindsay Knight graduated from the University of North Dakota's School of Medicine with a degree in athletic training, St. Paul Public Schools were finalizing contracts with TRIA Orthopedics to secure full-time trainers for each high school.

Lindsay accepted an offer in 2015 to become Como Park's first certified athletic trainer. Eight years later, she's immersed in the Como family.

The program has been a game changer for coaches, parents and student athletes by improving safety, communication and care. The partnership with SPPS and TRIA was also a game changer for Lindsay.

"Beyond immersing herself in the sport, she also has been embraced. Like Beyoncé, LeBron or Neymar, only one name is needed — Lindsay. Every Como athlete knows Lindsay, loves Lindsay and wants to be around Lindsay. Not to say students want to be injured! But her proactive lessons on stretching and nutrition, her presence at home events, her positivity and the treatment she provides if there is a problem have won her appreciation and adoration."

To provide evidence, a couple dozen football and soccer players attending a girls' basketball game the other week greeted Lindsay with cheers and waves from across the gym. "(That doesn't happen for any other Como staff member!"

Grateful coaches

"Coaches are thankful to have an on-site trainer who provides consistency and expertise. "Before we had a trainer, we as coaches would spend a lot of time working with players and their injuries before, during and after practice," football coach Kirby Scull said.

"Having a trainer allows us to have more time to coach our sport. Our athletes are benefiting because they have coaches who can focus on coaching and a professional trainer who can focus on dealing with their injuries."

Lindsay's work

Every Como athlete needing care can see Lindsay after school at 3 p.m. By that time, Lindsay has already organized home exercise programs for those with existing injuries, filled the ice bath, stocked her kit and taping drawers and logged on her computer in order to document all student athlete visits.

"She'll typically see 20 to 35 kids a day in the fall and about 15 to 25 kids per day in the winter and spring seasons. Of course, that's the preventive and maintenance side and doesn't count athletes she takes care of once she's on the practice field with teams."

Game nights involve treating players from both teams, ensuring safety protocols and communicating with coaches and parents regarding follow-up on any new injuries.

"She also works in the TRIA clinic two mornings a week. That can be a stressful job, but the reward of coordinating a student's rehab, witnessing their recovery and seeing them return to the sport they love is special to Lindsay."

Relationships

Junior soccer star Shania Nichols-VanNett has persevered through multiple knee surgeries. The fact that she’s still playing is a testament to Lindsay’s care. Lindsay was the first to diagnose Nichols-VanNett’s ACL tear, and she was there in the surgery room when Nichols-VanNett awoke.

Junior Will Stiles is a three-sport athlete who has had his “fair share” of injuries including a couple concussions. There have been several times when Lindsay had to tell Stiles that he couldn’t play.

“She has a very mom-like personality,” Stiles explained with a smile. “It’s frustrating when you want to play so bad, but when she says you can’t, it’s usually for the best. She makes the hard things easier to understand. At the end of the day, you gotta listen to your trainer.” The concussions and potential long-term consequences are scary. Sanchez-Esparza wasn’t used to having a trainer available when she first joined Como’s high school team. “I’ve had bad shin splints forever,” Sanchez-Esparza said. “Lindsay knows her stuff and keeps you in check if you’re not doing what you need to keep yourself well. But she’ll also let you know that it’s out of love.”

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“I was unsure then. Now, I wouldn’t trade it for anything,” Lindsay said.

Lindsay Knight consults Zhane Singer about her injury in the Como training room before basketball practice.
School news around town

Compiled by Sarah CR Clark

Twin Cities German Immersion School
Community event set for March
The Twin Cities German Immersion School, 1031 Como Ave., will host the exhibit “Lest We Forget” — a touring collection of 24 3D multimedia works of art with short literary vignettes.

“The Lest We Forget” translates the stories of Fred Amram, a Holocaust child survivor, into visual art. The vignettes are illustrated by Amram’s wife, multimedia artist Sandra Brick.

Amram and Brick currently live in Minnesota. Together they founded the Amram/Brick Woman Inventor Collection (Wilmington, Delaware), a collection of artifacts reflecting women’s innovation.

Amram is a retired professor of speech communication at the University of Minnesota as well as an inventor and public speaker. Brick is a fiber artist and teaches at the Textile Center, 3000 University Ave, Minneapolis.

The exhibit will be on display the entire month of March in the school atrium. Amram and Brick will also be visiting TCGIS art and social studies classes during the month.

Meanwhile, the couple will speak on March 16 about Amram’s life and their collaboration telling his story. The free program to the public will begin 6:30 p.m. in the school’s atrium.

State Math League finals
TCGIS’s competitive math team hosted the finals of the Minnesota State Junior High School Math League in early January.

The competition consisted of two, 10-minute individual rounds and one, 20-minute team round. Two TCGIS teams, “The Schmos” and “The Loonee Looms,” took first and third places, respectively.

TCGIS also performed well in the individual all-around scores: Vivi Lauer took first place, Sam Willoughby placed second, Bella Rieder took fourth, Lexi Cook took sixth and Natasha Kachinsky and Theo Oried tied for seventh.

The school math team advisors are Sam Graf and Rosanne Cornell.

Submitted by Katharina Schirg, TCGIS communications relations director.

Murray Middle School
Newman nominated for Teacher of the Year
Congratulations are in order for Carrie Newman. The Murray Middle School social studies teacher has been nominated for the 2023 Minnesota Teacher of the Year. According to Murray Principal Jamin McKenzie, “She (Carrie) is amazing at helping students excel with historical research, supporting colleagues by leading professional development and building relationships with many young pilots she teaches.”

Congrats to Murray’s FIRST LEGO League teams
Murray’s two FIRST LEGO League teams competed against 46 other St. Paul Public School FIRST LEGO teams on Jan. 28 at Capitol Hill Magnet School. One Murray team, “The Mis-guided NPCs,” was awarded a Breakthrough Award and “The Mis-guided Steering Wheels” team was awarded a Core Value Award and a spot in the MN FIRST LEGO League Competition, that was scheduled for late February.

Submitted by Murray Middle School Principal Jamin McKenzie.

Murray Middle School musical coming!

By Kamylla Bate and Paige Taylor

Did you know we haven’t had a school play at Murray Middle School since the 2019 school year? That play was “Shrek,” and after three months of auditioning, rehearsing and building, the show got within five days of opening.

The week the student cast was supposed to perform, school was canceled and moved online due to the Covid 19 pandemic.

The school ended up having to perform the show. The “Shrek” show would have been the 20th production from the Murray Theater group. But now, we are back!

‘Matilda’ is our play
Our actors and play staff are working on a play for this year! The show will be “Matilda.” Rehearsals are underway now.

The play team is working hard and the student crew is building sets, props and helping with costumes.

Performances will be held at 7 p.m. on March 24 and March 25 and at noon, March 26. Tickets will be available to purchase at school mid-March.

More information will be available in March on the school website, which is spps.org/murray.

Kamylla Bate and Paige Taylor are eighth grade students at Murray Middle School in Carrie Bittner’s journalism class. They wrote this article for the Bugle.

Murray Middle School Principal Jamin McKenzie.

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MARCH 2023 • PARK BUGLE 11
Grant for SAP Area Seniors
The Otto Bremer Trust has awarded a $15,000 grant to St. Anthony Park Area Seniors to support the nonprofit in providing services and activities that enhance senior independence and well-being in St. Paul.

The Otto Bremer Trust is a private St. Paul-based charitable trust. Created in 1944 by business and community leader Otto Bremer, it is committed to supporting a better quality of life for residents of Minnesota, Montana, North Dakota and Wisconsin. Since its founding, the trust awarded more than $1 billion in grants. For more information visit ottobremer.org.

Tuesday Scholars series
The Ramsey County Library’s free Tuesday with a Scholar virtual series continues in March. The sessions start at 12:30 p.m.

On March 7, author and Lutheran pastor Angela Denker will talk about “Finding Hope in a Divided World.” She is the author of “Red Light, Green Light: The Case for International Affairs at the University of Minnesota.” She is also a pastor for the Food St. Paul Church.

On March 14, former U.S. Foreign Service Officer Thomas Hanson will talk about America’s role in the Wreckage It Leaves Behind. He was a diplomat consultant. Hanson is diplomat in residence at the Alworth Institute for International Affairs at the University of Minnesota-Duluth.

On March 21, Michael Goldman and Marcia Avner will discuss “Separation of Church and State: Vital in 1787, Vital Now.” The presenters will discuss why U.S. presidents have generally believed the separation of church and state must be absolute and why that principle is more vitally important to protecting Americans’ freedom than ever before.

Goldman lives in Cincinnati where he has managed many local political campaigns and has led the boards of several nonprofit organizations. Avner teaches at Metro State University in the masters in advocacy and political leadership program.

On March 28, retired Minnesota Court of Appeals chief Justice Edward Cleary will talk about “Is There a Right to Offend?” Cleary will address what he considers the long, regretful history of hate speech in Minnesota — and how and why it deserves to be protected.

A First Amendment expert, Cleary is the author of “Beyond the Burning Cross: A Landmark Case of Race, Censorship, and the First Amendment.” These are online programs offered remotely using Zoom communication software. You must register in advance for the event on the Library’s website or by calling the Library at 651-724-6001.

Youth sought for Como Zoo program
Como Zoo is accepting applications for its youth summer Nature Walk program. The volunteer program is intended to inspire youth to be stewards for wildlife. Youth will connect visitors to Como’s animals and plants to encourage appreciation and preservation of the natural world.

Applicants and a parent or guardian must attend a virtual information session to become familiar with the program. The virtual hour-long information sessions are scheduled for 6:30 p.m. on March 15 and April 12.

This program requires a significant time commitment. Application and reference deadline is April 10. For further information, go to comozooconservatory.org/support-us/naturewalk.

Cod Drum Center program
The nonprofit Women’s Drum Center, 2242 University Ave. W., is offering a cod drum circle session from 6:10 to 8 p.m., March 17. Percussion, rhythm and freedom of expression will be explored with facilitator Jo Klein. All levels of experience are welcomed and encouraged. Cost is $15. Register at womendrumcenter.com.

St. Anthony Park Library
The St. Anthony Park Library, 2245 Como Ave., will host a variety of activities in March. Usually, no registration is required. Programs this month include:

Adult Book Club: Monday, March 27, 6-7:30 p.m. Join library staff and fellow book lovers for lively conversation, coffee and cookies. Stop in or call the library at 651-642-0411 for more information or to pick up a copy of the book.

Indoor Family Story Time: Tuesdays, 10:30-11:45 a.m. Join the St. Anthony Park Library for stories, songs, rhymes and puppets indoors in the library’s auditorium. Family storytime is designed for children aged birth to 5, their caregivers and siblings.

Fun Lab: Wednesdays, 2:30-3:30 p.m. Hang out and make cool stuff! Featuring crafts, science experiments, engineering projects, video games and more. This STEAM drop-in program in the library auditorium is designed for ages 7 to 11.

English Conversation Circle for Adults: Thursdays, 4 to 5:30 p.m. Join the University of Minnesota’s Retiree Volunteer Center and The Partners in English program for free English practice at the library. All levels of English language skill are welcome.

SAP Community Foundation grants
The Saint Anthony Park Community Foundation is accepting applications for local community organizations and groups for its 2023 grant program. Grants will be awarded in June. More details can be found on the foundation’s website or by contacting executive director Julie Drechsler at sapcommunityfoundation.org. Institutions interested in being notified of the new grant round may contact the foundation at 651-642-9032.

Seniors activities
The St. Anthony Park Area Seniors will host a mix of in-person and virtual activities in March.

In Person Activities Include:
- A blood pressure class from 3 to 3:45 p.m., March 21, at St. Paul Hillside Ave.
- Caregiver community gathering, 11 a.m. to noon, March 27, at St. Anthony Park Lutheran Church, 2323 Como Ave.

Meanwhile, SAPAS has virtually scheduled:
- Lunch bunch sessions from noon to 1 p.m., March 15 and 29.
- Tai Ji Qian (call to see if space is available) from 10 to 11 a.m. on Tuesdays and Thursdays in March (March 2 through March 30).
- Caregiver Support Group, from noon to 1 p.m., March 2.

Call the seniors office at 651-642-9032 for connection instructions on these and other virtual activities.

Compiled by Bugle managing editor Scott Carlson.
Birds jockeying with winter visitors

This is a column about winter visitors I've had this year. When my dog Rocky and I head out for a walk, he leads me down the back steps, then stops at the corner of the house and peers around to see what's going on in the boxwoods under the front windows.

The other day, Rocky bolted and dragged me along to a hissing possum lying in the snow up against the raised bed. I’ve read that possums have more teeth than most North American mammals, and they show them to a potential attacker to get them to think twice. Luckily, Rocky thought long enough for me to grab the leash and redirect him. The possum was most likely drawn to the boxwoods to sample some of the birdseed that’s been scattered from the tube feeders that hang above.

Later, my neighbor saw the possum up in the cedar tree on the north side of our house. Maybe the birdseed gave it wings! Maybe trying to get away from that big dog! And within a day or so, I saw it drinking from the bird bath, in broad daylight, unusual for a nocturnal animal. Squirrels stop by regularly. I tell people if there’s a way for a squirrel to get to the bird feeder, they will, because squirrels don’t have anything else to do.

The red squirrels are the little ones. They poke their heads through the hardware cloth screen around one of the tube feeders and content their bodies to get through to the feeder. Then they sit in there and feast till they’re full or frightened away. I wait for the day they eat too much and can’t claw back out! Gray squirrels can’t make it through the screen. One hangs upside down on the feeder screen and scarpers a paw full of seed from the tray on the bottom of the tube. It almost looks delicate! Needless to say, there’s no bird activity while the squirrels are scarfing down the seed.

Among the usual avian visitors, I’ve been getting an occasional Northern Flicker at my peanut feeder. Most of the flickers have migrated by now, but a few stay if they can find food. Their summer favorite is ants, but they can’t get to them through the snow.

Across the alley, in my neighbor Bill’s yard, American Robins show up at dusk and raid the crab apple trees, knocking fruit down and then dropping to the snow to gobble it down. Starlings often join them. Robins also come to my yard to use the bird bath for bathing, even when it’s below freezing. Here again, the starlings imitate the Robins. I’ve had a dozen starlings in my bird bath all at one time. The bird bath water needs changing when they get through.

I often get a flock of Starlings on the platform feeder toward the end of the day. They’re so funny to watch. Their beaks don’t close like a tweezer on the seed. It springs open, so they have to work hard to get any seed. I think it’s from their usual feeding style of walking through the grass and springing the blades apart to find insects.

One day I saw a Junco do an emergency exit from the platform feeder, heading north. That was immediately followed by all the House Sparrows dangling from the tube feeders, also heading north. Sometimes the letter carrier will startle the birds into a sudden exit, but he comes from the north and the birds would have bailed to the south. What caused this panic?

I watched for a short time and then, gliding south to north in the sky across the street was a Cooper’s Hawk. That’s an accipiter (a medium-sized, forest dwelling hawk) that eats birds, so these observant critters decided to head out.

Winter is a rough time for reptiles. Some of the raptors I’ve seen from my kitchen table include the occasional Red-tailed Hawk, sometimes pursued by crows.

And every so often, a Bald Eagle comes slowly sailing through the neighborhood. That’s always an awesome sight! There’s no open water in the area for them to catch fish. Figure they’re probably looking for rabbits.

The other morning, I saw what I think was a probable Great Horned Owl in flight, from a block east heading west. I got a call from a friend toward the end of November about a Great Horned Owl in a tree in the Lauderdale Park. So Rocky and I headed over there.

A small crowd had gathered near the playground, looking up into the pine trees. And there was a Great Horned Owl, just watching the folks below, maybe sizing up one of the smaller puppies as a potential snack.

Winter is a hard time for bird watchers, but a much harder time for the birds.

Clay Christensen, a longtime birder, lives and writes from Lauderdale.

SAP history lectures continues

By Mary Mergenthal

The free, monthly St. Anthony Park history series resumes at 7 p.m., March 14, at St. Anthony Park Lutheran Church with “Spaces for Commerce and Industry.” Lecture presenter is Kristin Anderson, who arranged for the 2020 reprint of “St. Anthony Park: Porcelain Commerce and Industry.”

Lecture presenter is Kristin Anderson, can get the live Zoom link in 1987 and reprinted in 1990) will be present to offer books for sale. Those unable to attend in person, can get the live Zoom link from mary.mergenthal@gmail.com. The lectures are not being taped on YouTube.

Looking ahead: April 11 will feature “St. Anthony Park and Historic Preservation.” This session will be led by Erin Hanafin Berg, of Como Park, who is deputy director and policy director at RETHOS and a member of St. Anthony Park Lutheran Church. (RETHOS is a nonprofit organization, headquartered in the Landmark Center, working nationwide for the use of old buildings and sites, according to their website.)

Mary Mergenthal is a longtime resident of St. Anthony Park and the former editor of the Park Bugle.
In this edition of “Lives lived,”
the Bugle remembers two long-
time business leaders in south St.
Anthony Park.

Barbara Anne Clark
Barbara Anne Clark, 80, of Como Park,
born Nov. 9, 1942, died Jan. 23,
2023.
Barbara was a graduate of St.
Andrew’s grade school in St. Paul,
Good Counsel Academy High in
Mankato, St. Cloud State College
and the University of Minnesota.
Barbara became a scientist who
managed the oncology OBI/GYN
laboratory at the U of M for de-
cades. Previously she worked at
Montgomery Ward’s, was a cam-
era woman at Twin Cities Public
TV (Channel 2) and she performed in
many theatre productions. She
loved to garden, travel, dance, skate
and cook.
She was preceded in death by
her husband of 51 years Nicholas
Clark, her parents Alice and Har-
vey Bohrer and sister Brenda. She
is survived by sister Bernadine
(Stemwedel) John E. D’Agostino, 80, Northeast
Market. He was born Dec. 22, 1942, to
Giovanna “Mama D” and the late
Barbara; daughter Lau-
ra, mother Giovanna “Mama D”
this was the co-owner of Caffe Biaggio.

Richard Chihkiss
Richard Chihkiss, 91, died Dec.
25, 2022. He served in the USAF in
the Korean War, attended Mankato
State College, and was a U of M
graduate.
Richard was a kind and devot-
ed father, husband, computer
specialist, teacher, loyal friend, ex-
cellent photographer and an all-
around DFLer.
He was preceded by wife Al-
ice Ann, parents Ray and Edith and
siblings Betty, Jim and Don. He is
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this was the co-owner of Caffe Biaggio.
Send your ad to classifieds@parkbugle.org or P.O.Box 8126, St. Paul, MN 55108. Ads are $1 per word. Phone numbers, email addresses and websites are considered two words. Add a box or art for $10 each.

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**Lives Lived from p. 14**

**ies, Head Start and other groups. In 1979, she began a career as a Re- alore. She started with Dan Dolan Realty and worked with Harstad Homes and Edina Realty before retiring in 1999. In retirement, she and Rog en-joyed attending their grandchildren’s events, traveling in the U.S. and abroad, playing senior tennis and taking walks. She was preceded in death by her parents; her husband; her son, John; her sisters Bette Merz, Kathy Mathias, and Dorothy Flynn; and her brothers Wally, Gerald, Chuck, John, Paul and Henry Christen- son. She is survived by her children**

**John (Marianne Remedios), Judy Werner (Michele), Beth Waid Haman, Tom (Brianna Scheel) and David (Karín), 12 grandchildren; and eight great-grandchildren.**

**A memorial service, preceded by visitation will be held May 11 at Incarnation Lutheran Church in Shoreview. Memorials suggested to Catholic Charities.**

**Nicholas Wesenberg**

**Nicholas Wesenberg, 66, of Edina, died Nov. 29, 2022. Nick grew up in St. Anthony Park. He was predeceased by his par- ents, Clarence “Wes” Wesenberg and Dr. Carolyn Johnson, M.D., as well one sibling, Noel. He is sur- vived by children, Alethea (Andy) Seeger, Amanda Wesenberg (Aar- in von Jahnke), Amari Wesenberg and Devin Wesenberg, and seven grandchildren. He is also survived by siblings: Nathaniel Wesenberg (Betsy) of Roseville, Nuttef (Jeff) Trent of Maryland, Nima (Jason) Steiner of Roseville, and Ned Wesenberg, owner of Park Service and the Hol-iday station in St. Anthony Park. Memorial visitation was held Feb. 4 at Mueller-Bies Funeral Home in Roseville.**

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boreal Gifts & Goods rolls with the seasons

By Kathy Henderson

Even when it was bitterly cold with January’s below zero temperatures, boreal Gifts & Goods owners Peggy Merrill and Janet Haugan were already making plans for the shop’s fourth anniversary in May. The co-owners said they are excited about the upcoming spring and summer fashions and delighted that the large white board in their office was filling up with artists ready to display their work in boreal’s Art Loft.

boreal also will be participating again in the St. Anthony Parks Art Festival (June 3), they promised. When Haugan and Merrill selected merchandise that personally appeals to them, they returned from a winter merchandise trade show noting with some satisfaction that mushroom motifs were becoming trendy.

Their boreal customers have long been able to find such designs on book covers (both nature-related and fiction), spoon holders, aprons, napkins, runners and other home decor items. Childlike characters wearing bright red spotted mushroom caps even appear in Swedish author Elsa Beskow’s “Children of the Forest” book. Coming in time for Easter and spring season, boreal will introduce JellyCat brand’s plush bunies and other animal figures. JellyCat is a London-based toy designer with a Minneapolis office.

“They are lovely, and we’re excited to have them,” Haugan said. “We’ve been trying to add this line for the past three years.” As boreal adds new merchandise, customer favorites remain, including shelves of puzzles and items from the two Cindys: Cindy Syme Pottery from St. Paul and from Minneapolis, Cindy Lindgren’s, designed greeting cards and boxes notes. And customers can count on boreal continuing to be known for its offering of Scandinavia-based, Minnesota and St. Anthony Park themed merchandise.

Sneak preview: Christmas shoppers can expect to see felted ornaments and figurines during the 2023 winter holiday season. boreal took over the retail spot occupied for many years by Bibelot Shop, which closed its St. Anthony Park location in early 2019.

Art loft

While Haugan and Merrill said they are wonderful place to be is the people who live in this neighborhood support their business, Haugan said. “They are lovely, and we’re excited about being in the Art Loft.”

“They (customers) find out there is a different artist’s work featured each month and are coming in to check it out,” Merrill said. An opening reception for the works of Nancy Yermakoff is scheduled from 5 to 7 p.m. on March 3. Yermakoff, whose studio is in the Northrup King Building in Northeast Minneapolis, is noted for her watercolor “Horizon” series and her mixed media “Abstract” series.

The works of two artists will be featured in April: the painting of Minneapolis artist Sonja Hutchinson and items from Marilyn Cox’s “Divine Decoupage.”

“We are continually grateful and excited about being in the St. Anthony Park neighborhood and that new shops have opened in our area,” Haugan said.

boreal is open Mondays-Thursdays and Saturdays from 9:30 a.m. to 5 p.m.; Fridays from 9:30 a.m. to 6 p.m.; and Sundays from 10 a.m. to 4 p.m. You can find it online at shop.boreal.life and her mixed media “Abstract” series.

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