

City Council election primer

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New hot spot in SAP

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"Rethink I-94" needs rethinking

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October 2023

Past tensions with educators' union loom over St. Paul School Board race

By Sommer Wagen

A year ago, the St. Paul Federation of Educators narrowly avoided a strike after a deal on a new contract was reached with St. Paul Public Schools. With a new bargaining session coming up next year, the school board's relationship with the union is key to many candidates' campaigns.

Seven candidates are currently vying for four open seats on the board. Four of those seven are endorsed by SPFE.



One of those candidates, Erica Valliant, said endorsement means that the union trusts that she will do what her campaign promises.

"It means that I'm going to have open communication, that I'm going to be considerate of the union's concerns and make an informed decision rather than ignoring their voice and their concerns," she said.

Valliant, one of five newcomers to the race, is also sporting endorsements by the Council 5 AFSCME and the St. Paul DFL.

A recurring last resort

SPFE has a notable history with strikes — one was narrowly avoided in 2018 and educators did walk out in March 2020, only to be

interrupted by the COVID-19 pandemic.

"The goal is always going to be to try and prevent a strike because that is the last resort," Valliant said. "I would hope the initial space of conflict is where we can surface everything and come to a solution."

Recurring issues in each bargaining session have included class size caps and language, mental health support for students and educator pay. Each of these issues is highlighted across the candidates' campaign platforms.

"I think that having a decent pay is strongly connected to how people feel valued in their work," Valliant said.



Carlo Franco, another candidate who is SPFE endorsed, added that the hardest-to-fill positions in the St. Paul schools are the

lowest paid.

"TAs in the district that are represented by Teamsters 320 are maybe making \$15-\$17 an hour starting wages but are only getting 30 hours a week," Franco explained. "That is not a thriving wage."

In light of teacher shortages across the state, St. Paul Public

Schools recently tapped its budget to hand out \$10,000 hiring bonuses to 70 special-education teachers and \$4,000 bonuses for special-education assistants, intervention specialists and mental health practitioners, according to the Star Tribune. Still, as of Aug. 20, SPPS had 70 vacant positions to fill, the story said.

Labor background is a badge of honor

Franco comes from a labor background; he is a former SPFE executive board member and was a strike captain during the March 2020 work stoppage. His campaign is endorsed by Council 5 AFSCME, Teamsters 32 and the St. Paul Regional Labor Federation.

"I'm very proud to be labor endorsed," Franco said. "[Endorsement] represents to me that it's a partnership of how we continue to have this conversation and remain in relationship."

Abdi S. Omer, another newcomer to the race, is not SPFE endorsed but brings his own union participation to his campaign. "I am a city employee and part of a union, and I understand and support unions in general," Omer said in an email statement. He added that he would like to work closely with SPFE if elected.

Striving for transparency and mutual understanding

With labor contracts between SPFE licensed and unlicensed personnel having expired in June and a new bargaining window expected early next year, candidates seeking endorsement were asked to anticipate what disagreements with SPFE would look like.



"My approach to disagreements is to relentlessly pursue mutual understanding," incumbent Chauntyll Allen said in her SPFE

candidate questionnaire response. "I believe that we all want the same outcome: a vital and equitable school district where students and educators thrive."

Allen has been a school board member since 2020 and is seeking her second term.



"I would have to question myself internally if there was a big disagreement between myself and SPFE," Yusef Carrillo, another newcomer to the race, said in his SPFE candidate questionnaire

St Paul School Board race to p. 17

Pumpkins and spiders and goblins, Oh My! A tour of SAP's Halloween "haunts"

By Gwen Willems

As Halloween approaches, neighbors in St. Anthony Park and nearby environs are preparing for Halloween. We talked with a few avid Halloween decorators and invite you to check out their houses during the last days of October.

The Pumpkin House

Paul Georgieff and his family moved into the Pumpkin House at 2090 Commonwealth Ave., on the corner of Commonwealth and Raymond, a little more than three years ago and have been decorating it every fall.

"The house is this big orange canvas, and it seemed appropriate to put some kind of jack o'lan-

tern on it," Georgieff said. "I don't think anybody did it before, which is amazing. It's a missed opportunity." Built in 1887, the house is shingle-style centennial architecture with few embellishments and a barn-like shape. As part of that style, the front of the house is a bare, expansive space.

His first attempt at creating a jack o'lantern was a total flop, according to Georgieff, an engineer by trade. He used cardboard cutouts duck-taped together to form a jack o'lantern on the front of the house, but the wind flipped it around and blew it down.

His next design was successful, with an orange cruciform structure behind it that supports the pieces, tethered to the top. The whole



Hazel Georgieff biking in front of her pumpkin home. Photo provided by Georgieff family.

thing is only two pieces bolted together in a cross shape. One of them has the eyes attached and the other the nose and mouth. It's easy

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CITY FILES

Como and St. Anthony Park community councils news

District 10 Community Council

Lake Como Cleanup October 8

D10 Como Park is planning our next Lake Como Cleanup for Saturday, Oct. 7, 9 a.m.–noon. These events, in partnership with the Capitol Region Watershed District, focus on the shoreline and lake itself. Our July 26 cleanup event drew 21 people who helped clean over 50 pounds of trash from the lakeshore.

District 10 provides trash-grabbers, rakes, buckets, nets, trash bags and nitrile gloves for those who need them. Or, feel free to provide your own gear. Registration (before Oct. 7) is not required, but it helps us plan and communicate if changes come up. Register and find out more at District10ComoPark.org/Como-Clean-Up.

Participate in the Como Curb Clean-Up this Fall

Como Community Council is partnering with the Capitol Region Watershed District for the 2023 Como Curb Clean-up.

When it rains, leaves on streets release nutrients into the water that flows into storm drains and the lake. There it becomes food for invasive algae. Studies have shown that sweeping up the leaves that sit against the curb where the storm water and ice melt flow is surprisingly effective in reducing this damage.

Join more than 100 of your neighbors in sweeping your curb once a week this fall to help keep Como Lake clean. You can learn more and register as an “official” participant to help us track our effectiveness at the D10 website District10ComoPark.org/Como-Clean-Up.

Harvest Festival is a Wrap on New D10 2022 Events Initiative

The September District 10 Como Community Council Harvest Festival event at Tilden Park concluded D10’s ambitious 2022 community engagement plan. While we still have several tried and true community opportunities to come over the rest of the year (Lake Como Cleanup, holiday decoration contests, Thanksgiving drive), these new events were spread out in the neighborhood across our long-established four subdistricts to reach more community members who haven’t been engaged in our work before. We had our share of last-minute scrambles and teachable moments, but we also connected with new community members and created (and strengthened) partnerships with other organizations and businesses. These events would not have happened without the astounding work of our Community Organizer, Jessica Willman, who somehow accomplishes more in 10 hours a week than many do in 40, along with the volunteer leadership of our Neighborhood Re-

lations committee: Sarah Reuter, Morgan Weinert, Lizzy Cantley and Abby Gold. Many others in the community and D10 board have contributed in invaluable ways. We’re already looking ahead to 2024, where this year’s new events become next year’s annual traditions. We hope to add additional depth as well as even more fun and games!

District 10 recordings

You can find recordings of all District 10’s monthly community meetings or presentations on our website at District10ComoPark.org/recorded-presentations.

District 10 community meetings

- **Environment Committee:** 6 p.m. Wednesday, Oct. 4
- **Neighborhood Relations Committee:** 7:15 p.m. Wednesday, Oct. 4
- **Land Use Committee:** 6 p.m. Tuesday, Oct. 17
- **District 10 Board:** 7:15 p.m. Tuesday, Oct. 17

All District 10 board and committee meetings are open to the public and have time for community members to bring topics for discussion. As always, you can find meeting details on our website: District10ComoPark.org.

Submitted by Shevek McKee, District 10 Community Council executive director.

District 12 Community Council

Open Call for 2024-25 SAPCC Board Member Candidates

Are you interested in improving and engaging with your community? Want greater input in our democratic process? Have a commitment to equity, diversity and inclusion? Join the St. Anthony Park Community Council by becoming a board member.

Elected/appointed delegates or alternates to SAPCC serve as members of its board of directors, which has the responsibility of governing the organization. Board members are involved in many organizational tasks including planning, financing and policy decisions.

Interested candidates should read the board job description at sapcc.org/candidates. If you feel that you’d be a good fit for our board, please fill out the Board Candidate Questionnaire. Physical copies of the questionnaire can also be found at multiple locations throughout the neighborhood. Visit the website for a list of locations. **Applications are due Oct. 27, 2023.**

Candidates must be at least 16 years of age at the start of their term. Those who identify as BIPOC, LGBTQIA2S+, people with different abilities and neighbors who rent are especially encouraged to apply. All voices and perspectives matter and deserve to be heard loud and clear!

Please contact info@sapcc.org with any questions.

Meeting with the Minnesota Department of Transportation

The next transportation committee meeting will be held Oct. 24 on Zoom from 7–9 p.m. Please note that this is one week earlier than usual and will substitute for the regularly scheduled meeting.

This meeting will include a special presentation and discussion with the Minnesota Department of Transportation about planned work scheduled in 2026 on and around Highway 280. This work will affect cross streets including Energy Park Drive, Territorial Road and Franklin and Wabash

Avenues, including pedestrian and bike infrastructure as well as the highway itself. MnDOT also plans to remove the left turn lane on 280 at Broadway and resurface the lanes, possibly raising the speed limit — which SAPCC has opposed in the past.

Please join us to give your input on this project. For the Zoom link, please email info@sapcc.org.

Deicing Practices Training

Do your part to protect the environment, and save money in the process! Learn best management practices for using salt this winter with free training from the Minnesota Pollution Control Agency.

Upcoming training dates and information:

- **Smart Salting for Parking Lots and Sidewalks:** Oct. 10 from 8 a.m. to 1 p.m. Register at bit.ly/44NIUd4
- **Smart Salting for Property Managers:** Nov. 14 from 9 a.m. to 1 p.m. Register at bit.ly/44KCA6j
- **Other training opportunities:** Register at bit.ly/487adlt

Upcoming meetings

St. Anthony Park Community Council committees discuss a variety of issues at their monthly meetings. Note that both the environment and transportation committees are meeting at earlier times than usual.

All meetings are hosted via Zoom. For ongoing updates and meeting changes, follow along on Facebook [@St.AnthonyParkCommunityCouncil](https://www.facebook.com/St.AnthonyParkCommunityCouncil) or visit the council’s website at sapcc.org.

- **Land Use Committee:** 7 p.m. Thursday, Oct. 5
- **Environment Committee:** 6:30 p.m. Wednesday, Oct. 11
- **District 12 Board:** 7 p.m. Oct. 12
- **Transportation Committee:** 6 p.m. Tuesday, Oct. 24
- **Equity Committee:** 7 p.m. Thursday, Oct. 26

Submitted by Kathryn Murray, District 12 executive director.

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Wards 4 and 5 primed for City Council races

By Will Rohda

Residents of Saint Paul will head to the polls Nov. 7. Wards 4 and 5 will vote on city council seats along with a sales tax increase question. Here's a breakdown of races in the wards in the Bugle's coverage area:

Ward 4

Includes St. Anthony Park

Mitra Jalali



Mitra Jalali, the incumbent, runs on a platform that focuses on building community wealth, climate action, community-first public action and affordable housing.

According to Jalali's website, over her past term, she has created and passed policies that help small businesses. If reelected, she hopes to continue her work in economic development by exploring policies such as land-value tax and higher vacant-building fees to hold out-of-state investors and speculative real estate interests more accountable.

Since 2018 Jalali has advocated and created systems for non-police emergency response. If reelected she hopes to continue her work in funding community-led neighborhood safety programs.

During her time in office, she has supported efforts to build 26 new miles of bikeways across Saint Paul. She also led efforts to eliminate parking spot minimums for multiple unit dwellings, to allow builders to design for transit.

Looking ahead, Jalali wants to explore the creation of a citywide parking fee to raise city revenue to recoup the high cost of free parking on our city streets.

Robert Bushard



Bushard, who unsuccessfully ran for Minnesota State Senate District 64 in 2022, is Jalali's only challenger. Bushard does not have a campaign website and has not responded to requests for information as of publication time.

Ward 5

Includes Como Park

City Council President **Amy Brendmoen** will step down. Four candidates are looking to take this seat.

David Greenwood-Sánchez



According to his website, David Greenwood-Sánchez's priorities include restoring the voice of the neighborhoods, balancing the budget responsibly, promoting affordable housing, strengthening public schools and creating a healthy environment. He has earned a bachelor's degree in economics, a master's degree in public policy and a doctorate in political science.

Sánchez is opposed to the proposed 1% sales tax increase, which he calls "bad governance" that does not align with progressive values and the progressive vision. He pointed out that the property tax for this year is approaching 15% and the sales tax is about to reach 10%. "Neither of these policies makes people feel included or are in alignment with progressive values," he said.

Sánchez also hopes to make people feel like they are a part of the city. Sánchez wants to restore the voice of the neighborhood by creating more opportunities for the community to be involved in government decisions.

Hwa Jeong Kim



Hwa Jeong Kim's listed priorities are affordable housing, economic development, climate and community safety. According to Kim's website, she believes that housing your family should be a right, not a privilege.

Kim believes that people should

be able to find their daily needs and have access to a job all within a 10-minute walk from their home. She would support workforce training programs and expanded initiatives to support small businesses. To achieve this Kim wants the city to support mixed-use developments.

Considering climate, Kim wants to transition the workforce into clean and sustainable energy sources using job skill training programs.

According to Kim's website, she wants to increase community safety by allocating more city resources to the North End Community Center (NECC). With increased resources, she hopes that the NECC will have more programming, youth jobs and hours that meet the needs of the community.

Nate Nins



Nate Nins runs on a platform of safe streets, economic development, housing and responsible government. According to his website, he is a Marine Corps veteran and holds a bachelor's degree in philosophy and political science.

According to Nins' website, he believes that people deserve to feel safe in their communities. Nins hopes to expand existing public safety resources, re-establish neighborhood youth corps, support appropriate response initiatives and create a pipeline for community members to become peace officers.

Nins hopes to create economic development by expanding apprenticeship and on-the-job training programs in schools. He also hopes to formalize a Neighborhood Development Center in the North End.

Nins wants to make the government more responsible, pledging to be visibly accountable and accessible to the community. Nins said he hopes to expand engagement and communication with residents.

Pam Tollefson



Pam Tollefson's main issues include public safety, housing, fiscal responsibility, early education, advocacy for older adults, homelessness, historical landmarks and city infrastructure.

Tollefson said she believes that police are essential to ensuring public safety and ought to have the resources and support they need to do their jobs effectively. She believes in promoting accountability and transparency in the police department and hopes to do this by supporting efforts to connect the community with police officers.

According to Tollefson's website, she would work to increase the supply of affordable housing using public-private partnerships, inclusionary zoning and government financial incentives.

Tollefson wants to invest in early childhood education by expanding the accessibility of high-quality pre-K programs. Conversely, she wants to advocate for older adults who are planning for their retirement or are already retired by, among other things, reviewing policies such as the increasing property tax.

On the issue of homelessness,

Tollefson says she wants to address the root cause by using targeted initiatives that support mental health, addiction recovery and job training.

Question on the ballot for voter approval

Voters will also decide on a sales tax increase for improvements to roads and parks. The sales tax would increase by 1% and over the next 20 years it would provide \$738 million for street improvements and \$246 million for park improvements.

Specifically, voters will be asked, "Should the City of Saint Paul establish a one percent (1%) sales and use tax over the next 20 years to generate \$738,000,000 to repair and improve streets and bridges, \$246,000,000 to improve parks and recreation facilities, and associated bonding costs?"

According to the Saint Paul city website, a "Yes" vote will fund these improvements through the proposed sales tax increase. A "No" vote will fund these improvements through other local revenue sources, primarily from increased property taxes.

More specific information on where and how the money will be used can be found on the city website at stpaul.gov/salestax. ■

Will Rohda majors in journalism at the University of Minnesota-Twin Cities and is an intern for the Bugle.

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EDITORIAL

Guest Editorial

By Bill Brady

(Editor's note: Bugle Managing Editor Scott Carlson enjoyed his first vacation in five years during September. Copy editor Bill Brady took his place, or should we say, assumed Scott's responsibilities, as no one could truly take his place, least of all Bill, who just joined the staff in May and, truth be told, doesn't always know which side of the toast the butter is on. One of the editor's duties is to add pearls of wisdom to the editorial page. That isn't gonna happen. Bill submitted this essay instead.)

Falcon Heights unplugged: City block hit with three power failures in less than three weeks

"This email is to alert you that there is an electric outage in your area..."

Residents of at least one city block in Falcon Heights found the above message all too familiar over the summer, having seen it in their inboxes three times in less than three weeks from the end of July to mid-August.

The block — bounded by Larpenteur Avenue to the south, Hamline Avenue to the east, Garden Street to the north and Albert Street to the west — was just one portion of a larger reported outage of 1,400 customers extending to Roseville and St. Paul. But these residents felt isolated because their across-the-street neighbors were largely spared from the worst of it.

How do I know? Because I was one of the people who got stranded on that island of darkness not once, but three times. I know, I know, first-world problem and all that. No one died. The biggest tragedy was that a few of us had our milk go bad, or our sour cream too literally lived up to its name.

Still, the experience was a bit surreal. Very *deja-vue*, if that's a word (it is now, I just coined it).

The first, and by far longest, outage started just before 5 p.m. Friday, July 28, and lasted till 10 a.m. Saturday — more than 16 hours in total. My wife and I waited about four of those hours before concluding we were in it for the long haul and scrambled to find alternative storage for the contents of our freezer and refrigerator.

Fortunately, our across-the-street neighbor, Mary, still had power and took pity on us, offering to let us use her extra cold storage space. Across Hamline Avenue we traipsed with six shopping bags full of stuff. A silver lining — she offered us a glass of wine for our trouble. Crisis converted into bonding. Gotta love it.

Two weeks later almost to the minute, shortly after 5 p.m. Friday, Aug. 11, out went the lights again. This time we didn't waste any time loading up our cold stuff — including a shelf full of new condiments we bought after the first incident — and hauling them over to

Mary's. They were beginning to feel right at home there, I imagine. Oh, and this time we brought our own wine to share with her. We thought it was only fair.

Having not much else to do, we checked our social media to see how the other folks on our block were faring. Our friend Maryanna Schaefer, on the Albert Street side, shared that she was powering through the evening with the help of battery-powered lamps.

"Gonna keep workin, #powerout," she posted on her Facebook page above a picture of her face glowing via her alternative light source.

The power was still out when we went to bed, finally returning at 2:30 a.m. Saturday, for a total outage time of 8 hours, 31 minutes.

But it seemed like we barely had enough time to re-set our blinking microwave when power outage #3 hit, just after 10:30 p.m. Sunday, August 13. This was the shortest-lived, as crews were able to get the juice flowing in less than two hours.

All three power failures were caused by falling trees during stormy weather, according to Xcel Energy spokesperson Kevin Coss. "It can be common for multiple storm outages to take place in the same area over the course of several weeks," he said. "This was the case with the(se) three outages, where the storms followed a similar path, resulting in similar impacts."



"Gonna keep workin, #powerout," Maryanna Schaefer of Albert Street powers through power outages. Photo provided by Schaefer family.

He added, somewhat apologetically, "We know losing power, especially for an extended period of time, can be difficult. We work to forecast and prepare for storms so that our crews can respond quickly to outages and safely restore service as soon as possible."

No worries, Kevin. We're grateful to the workers who gave up part of their weekends to make sure our creature comforts were restored. We're also grateful for the emails from Xcel that kept us informed over the course of the outages.

I just hope we don't see them again for a while. ■

Bill Brady lives in Falcon Heights and is a copy editor for the Bugle.

Lions Club gives tent to Falcon Heights

By Anne Holzman

Attendees at a Falcon Heights ice cream social or Lauderdale's Day in the Park may have noticed tents where volunteers from the Lions Club catch some shade and help run the event.

Those tents were recently replaced by one larger tent, which the club has now donated to the city for storage, with a promise that club volunteers will continue

to help put it up and take it down as needed.

The Falcon Heights- Lauderdale Lions Club only needs the tent for those city events, club secretary Ken Crea said. Having heard concerns from the fire marshal, he said, the club replaced the older tents with a more robust one. It cost about \$3,000, weighs 600 pounds and takes up more storage space than the old ones.

Since the Lions have no garage

of their own, they donated the tent so that the city can store it. The Falcon Heights city council accepted the donation at their Sept. 13 meeting. Staff reported that the gift saves the cities a rental expense of about \$500 per event.

The next Lions Club activity will be their Christmas tree sale, starting the day after Thanksgiving in Falcon Heights Community Park. ■

Anne Holzman is a Twin Cities freelance writer covering Falcon Heights and Lauderdale government news.

LETTER TO THE EDITOR

Stop State Giveaways to Weapons Makers

This May, the State of Minnesota quietly announced that \$1.3 million taxpayer dollars would be handed over to the weapons manufacturer Lockheed Martin, incentivizing it to open a facility on Energy Park Drive. The facility, ForwardEdge ASIC, is a wholly owned subsidiary of Lockheed Martin. The handout takes the form of a forgivable loan. If Lockheed Martin meets certain criteria, the loan becomes an outright grant. We want our money back.

Lockheed Martin reported \$66 billion in sales in 2022. As Gov-

ernor Walz must know, that was more than the budget of our entire state last year. The people of Minnesota demand investment in our needs, not corporate giveaways to weapons companies.

The state has boasted that Lockheed Martin "will connect with local universities... to recruit and train new employees." This is nothing to celebrate. STEM students have tremendous, positive things to offer the world in fields like green energy, healthcare technology and public works. Funneling students into the weapons industry saps our state's ability to serve its own people.

Taxpayer dollars funding militarism is not "good news for Minne-

sota," as Walz wrote in his statement announcing these giveaways. Nor is it good news for millions of people across the world who suffer from armed conflicts fueled by the weapons manufactured by Lockheed Martin. Forty percent of weapons sold around the world each year are sold by the United States.

The Minnesota Peace Action Coalition is holding a protest outside the ForwardEdge ASIC facility at 2340 Energy Park Dr., Saint Paul, on Oct. 12th at 4:30pm. We will extend our unwelcome to the corporation and demand No Minnesota Money for Weapons!

Andrew Josefchak, St. Paul

Bugle deadlines

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.

November

Copy/ad deadline: Oct. 11
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December:

Holiday gift guide
Copy/ad deadline: Nov. 8
Publication: Nov. 21

January

Copy/ad deadline: Dec. 13
Publication: Dec. 26

BUSINESS NEWS

35 years and counting for Ben Quie & Sons

By Alex Karwowski

St. Anthony Park business owner Ben Quie started Ben Quie & Sons 35 years ago and has seen it all — from the 2008 recession to the COVID-19 pandemic.

Nonetheless, Quie's remodeling contractor business still remains today, with satisfied customers to boot.

Quie started Ben Quie & Sons after discovering he loved working with his hands. Through his time as a business owner, he adapted to the changing world around him to stay afloat.

When Quie graduated from high school, he didn't know what he wanted to do for a career. He said he considered taking over his family's farm and took general college courses, but ultimately landed a job with a summer contractor and discovered a passion for working with his hands.

"That was the first time I worked on other people's houses," Quie said. "I worked for them for four or five years and then started my own business."

Quie said in the first 20 years of his business and before the 2008 recession, he wasn't focused on growth. However, as the years rolled by and his body began wearing out, Ben Quie turned his focus into maintaining the business for the long haul.

Quie recruited his son Sam as his business partner. Sam climbed the ladder of carpenter, lead carpenter, production manager and now part owner in the company.

"I really respect what my dad built," Sam said. "I want to continue that."

Growth was not always simple for Quie. Establishing systems and processes for an efficient business were critical in keeping it afloat, especially since he was working in the

business and didn't have time to put those systems in place, Quie said.

"Having the right people to help grow the business has been really key," he added.

With the challenges Quie faced often came a silver lining. When COVID-19 was at its worst, many business owners were uncertain of their future, Sam said there was an uptick in sales for remodelers.

Increased remodeling sales were likely the result of the amount of time people spent at home and noticing areas to improve their homes, Quie said. Consumers also had more disposable income because of reduced vacation spending, he said.

As Quie's years in the remodeling business are nearing a close, he plans to hand off his company to son Sam. Sam said he wants to maintain the good relationships that Quie & Sons has built with consumers.

"I will run a business in a way



Ben Quie (right) and son Sam Quie represent two generations of a model remodeling business. Photo by Alex Karwowski.

where I can live next door to a client and we're friends," Sam said. ■
(Editor's note: Ben Quie is the son of former Minnesota Governor Al Quie, who died Aug. 10 at age 99.)

Alex Karwowski is a journalism major at the University of Minnesota-Twin Cities. When Alex isn't busy writing or interviewing, you can find him playing tuba with the U of M Marching Band.

Hampden Park Co-op to hold Annual Member Meeting Oct. 24

By Catherine Reid Day

It's soup season again. Tomatoes, pumpkins, squash, chili beans and garbanzos, enhanced with accents of garlic, cumin and turmeric, simmered into rich soups and stews. When I walk into my favorite Twin Cities food co-op at the corner of Hampden and Raymond avenues, my senses awakened to the warm smells coming from the soup bar. I have to go over, lift every cover and peek to see what the co-op soup maestro Jon has cooked up for us. The Hampden Park Co-op soup and deli case are among the top attractions for those who shop there.

I'm a big fan of our very special co-op. When I ask others what they most appreciate about it, the list always includes the wonderful staff, the soup bar and deli, scones and Bogart donut supply, local fresh and organic produce, the special gift items and the scale of the store that makes it easy to shop efficiently and quickly.

This time of year is when the co-op holds its annual member meeting and elects its board of directors. This will be an especially important meeting because it will be the first one held in person since the pandemic.

You may recall the special challenges the store had to address as we took precautions from spreading COVID-19. Today the co-op has come through the storm and emerged with new strength. Our newly appointed general manager, Matt Hass, reports co-op sales of \$2.9 million for the year! More of us are shopping there for our weekly groceries and making the co-op stronger.

As board president, serving on

an interim basis to assist with our post-pandemic revival, I invite you to get excited about joining my fellow board members, other owner members and staff for the Annual Meeting of Members. (Did you know a membership makes you a co-op co-owner? A membership is \$30.) At this meeting we will elect a new slate of eight board directors from applicants who fill out a brief application.

The Annual Member meeting will be on Tuesday, Oct. 24. We'll be gathering at the Barrel Room of Urban Growler, 2325 Endicott St., beginning at 5 p.m. with an opportunity to enjoy a delicious Urban Growler beverage and savor a light supper sampling of co-op soups and sides.

Our program will begin at 5:45 p.m. with a talk by neighbor, mem-

ber and restaurant co-owner Angie Pierarc, whose Herbst Eatery and Farm Stand is profiled elsewhere in this issue of the Bugle. We will also hear an update from General Manager Matt Hass on the year past and some goals for the new year.

With eight slots open for board members, this will be a very important meeting and election. We encourage you to apply for an open position. You have what it takes to share your skills and talents to serve the co-op. Board members receive a quarterly stipend for their service. You can get a board application from a cashier or online. ■

Catherine Reid Day is owner of Storyslices and was a founder of the Creative Enterprise Zone. She currently serves as board president for the Hampden Park Co-op.

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SCHOOL NEWS

Como Park High School news

By Eric Erickson

Year two of the block schedule

St. Paul Public Schools started utilizing a block schedule of classes at every high school last year. Students have up to four classes a day that meet for 80 minutes each. Then students have up to four different classes the next day for 80 minutes each.

At Como, freshmen and sophomores have full loads of classes, while many juniors and seniors who are on track for graduation have a late start, early release and/or a study hall built into the middle of their day.

Como continues to offer a wide range of Advanced Placement

courses across the curriculum as well as a few College in the Schools courses. AP classes are self-selected open enrollment for students meeting grade-level criteria.

Juniors and seniors who meet grade-point-average requirements can also participate in Postsecondary Enrollment Options at local colleges and universities. Dozens of Como upperclassmen are currently taking at least one class on a college campus, which some students say is easier given the block scheduling.

This is also the second year of St. Paul Public Schools providing sophomores with a required semester-long course in Critical Ethnic Studies. Teachers of CES

have been trained by district content leaders and work collaboratively to share best practices and resources.

Homecoming games Oct. 7

Spirit Week at Como is scheduled for the first week of October. The Homecoming Dance is Friday the 6th, with Saturday the 7th set aside for three Cougar games on the Como turf field.

The football team will kick off its homecoming game at 1 p.m. versus the Harding/Humboldt co-op team. Later, soccer will take center stage beginning at 5 p.m. for the Mayor's Cup matches against Humboldt. The boys' teams will face off first, followed by the girls at 7 p.m.

Hard-working JROTC cadets

Como's Marine Corps Junior ROTC cadets worked 12-hour shifts for seven days of the Minnesota State Fair as a fundraiser



Cadets from Como's Marine Corps JROTC served on the sanitation crew for seven days of the Minnesota State Fair. Photo by Sgt. Major James C. Kirkland.

for their upcoming activities this school year. With over 100 JROTC cadets in the program, crews of 35-40 served the masses by emptying and hauling garbage on the grounds.

The hard work set a school record for most funds raised, and there are big plans to use the

money for experiential learning and team building during the current school year. This includes Fall Leadership Camp and the Marine Corps Birthday Ball in November.

Eric Erickson is a teacher at Como Park Senior High School and a regular contributor to the Bugle.

NORTHERN NIGHTS,
STARRY SKIES

Bibooneonini or Wintermaker
(Orion constellation)
by Carl Gawboy



St. Anthony Park Branch Library Association (SAPBLA)

2nd Thursday Forum

October 12, 2023, 6:30 p.m.
Library Auditorium
2245 Como Avenue

Journey into the Cosmos to celebrate northern Minnesota's extraordinary starry skies, the world's first Dark Sky sanctuary, and to learn about indigenous star knowledge. John Shephard from Hamline University's Center for Global Environmental Education will share stories and clips from the award-winning documentary, *Northern Nights, Starry Skies*. More information, including a streaming link, can be found at sapbla.org or email us at info@sapbla.org

Neighborhood schools well prepared for students eating free

By Sarah Clark

Students across the state of Minnesota are now able to eat breakfast and lunch provided by schools for free. Different from past income-based programs, the law signed by Governor Walz in March 2023 covers meals for all students attending Minnesota schools. (Students enrolled in virtual programs or who are homeschooled do not qualify.)

Our neighborhood schools are well equipped for this change in their cafeterias. St. Paul Public Schools have offered free breakfast to all students for many years. Both SPPS and the Roseville Area School District students received free lunches in school cafeterias during the 2021 spring semester due to federal funding during the COVID-19 pandemic.

Murray Middle School Principal Jamin McKenzie supports the new law. "I am happy that all students are supported with eating lunch

because students struggle to learn and concentrate in the classroom when their stomachs are empty," he said.

Karen Duke, principal of St. Anthony Park Elementary, agreed with McKenzie and added, "In past years our school budget has had to cover unpaid lunch accounts, and we won't have to do that anymore." Duke also noted that while whole lunches are free to all students, ala carte items such as milk have a charge. (A carton of milk is 50 cents.)

At the time of publication, Falcon Heights Elementary Principal Beth Behnke was looking for more kitchen help at her school. In anticipation of more students eating school-provided meals, Behnke reported her school had one position open with more posted across the Roseville Area School District.

Both Murray Middle School and St. Anthony Park Elementary reported that their cafeteria staffing



Students at Saint Anthony Park Elementary School line up to grab a free breakfast before heading into their classrooms for the day. Photo by Sarah CR Clark.

was already adequate, but that staff would monitor supplies closely in order to make proper adjustments to ordering patterns. ■

Sarah CR Clark is a regular contributor to the Bugle.

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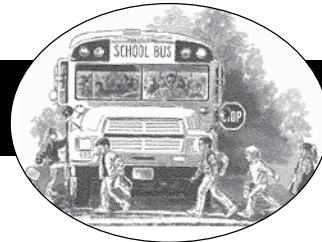
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SCHOOL NEWS

School news around town

By Sarah Clark

Avalon School

New Online School Option

Avalon School's brand new grade 9-12 online program marked its first day of school on Tuesday, Sept. 5, with a full roster of 21 students.

Kevin Ward, an advisor at Avalon, explained the motivation behind creating the online school option. "We saw that during the pandemic some students thrived with an online approach," he said. "The flexibility of an online schedule allows students to take college classes through the Post-Secondary Enrollment Option program, to have a job or to help their families with childcare."

Students enrolled in Avalon's online program will participate in project-based learning — Avalon's trademark, award-winning learning method. Ward said, "Some students live very far away from the school but excel in project-based learning, so this gives them an opportunity to learn the way that works best for them without worrying about the distance to travel."

Online students are invited to come to the school on Fridays. "Our in-person Fridays allow students to connect in the same space with other students and to follow up with staff about the progress of their projects," Ward explained.

Enrollment for Avalon's online program is currently full. Families interested in learning more are encouraged to contact Gretchen Sage-Martinson at enrollment@avalonschool.org to learn more.

St. Anthony Park Elementary School

Welcoming New Staff

The 2023-24 school year at SAP brought with it nine new staff members. This month we introduce three of them.



The Visual Arts teacher is Mara Schriver. She has been an art teacher in many different schools and

educational settings for the past 20 years, most recently at Gideon Pond Elementary School in Burnsville. Her favorite art mediums are clay and printmaking. She loves to garden and bike. Schriver's longest bike ride was 150 miles in two days, as a participant in the MS150 Minnesota. She is looking forward to building relationships with the students, staff and community at SAP while also having fun making art.



Marlee Leebbrick-Stryker is a special education resource teacher who spends half of her days at SAP and the other half at St. Paul Music Academy. She is also an alum of SAP. She reported that her biggest goal for the year is "to be the best advocate for my students that I can be." When she is not teaching, Leebbrick-Stryker plays roller derby for the Roller Vortex, whose season opener is Oct. 14 at Roy Wilkins Auditorium. Her skate name is LeBrick House. "Come see us!" she invited.



Maria Roth is SAP's newest fifth grade teacher. She's been teaching for about 18 years, most recently for grades 4 and 5 at Obama Elementary in St. Paul. She has two middle school daughters and loves to cook. Ruth's biggest goal this year is to "connect and get to know the closely knit St. Anthony Park school community. I'm very excited and already feel so welcomed by everyone!"

Save the Date for SAP Fall Festival
St. Anthony Park Elementary School's annual Fall Festival will happen on Friday, Oct. 13. The SAP School Association (SAP-SA) wrote on their website, "This is a super fun community event and a fundraiser we depend on to supply resources for our kids." At the time of publication, event details were forthcoming. Please check sapsamn.org for updates and times.

Twin Cities German Immersion School

Oktoberfest Races

Community members are invited to join TCGIS on Sunday, Oct. 8 at the Como Park South Pavilion for a day of Oktoberfest fun. Kids are welcome to sign up for the fun run which starts at 11 a.m. and the whole family is invited to sign up for the 5K, which will begin at 11:30. There will be a range of prizes for runners and winners and the TCGIS Capstone Committee will be selling treats to raise funds for our students' senior trip to Germany. We believe that no student should ever be excluded from community events because of the cost of admission, therefore our fun run has a no-cost option. To learn more and to sign up visit tinyurl.com/42pjm3cy.

Openings in Enrollment

TCGIS has open enrollment spots in kindergarten and 3rd-7th grade for the 2023-2024 academic year.

We accept applications in ANY grade throughout the year and make offers as space becomes available. Students without previous German language skills are offered language-learning support.

TCGIS is a unique school in many ways and is proud to offer opportunities focused on the whole child:

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Learn more about the Twin Cities German Immersion School at tcgis.org (Submitted by Paige Yurczyk) ■

Sarah CR Clark is a regular contributor to the Bugle.

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COMMENTARY

When values seem askew at the U

By Mark Robinson

On a recent beautiful summer afternoon, my wife and I took a stroll through our St. Anthony Park neighborhood. We ended up stopping to appreciate the pollinator garden at the U of M's Bee Lab.

A great number of bees and butterflies were feasting on the variety of native plants in bloom. We talked about how refreshing it was to hear and see this literal buzz of insect activity. We stopped to read the sign about how to help bee populations.

As we walked away we noticed the difference between the lawn at the Bee Lab and the lawn in front of the building next door. One was dotted with clover flowers and weeds. The other was clearly re-

ceiving a solid dose of herbicides/pesticides.

How could this be? How could the U of M, through the Bee Lab, put up a sign encouraging regular citizens to not use pesticides and plant more native flowers, and then not follow their own advice? What hypocrisy!

What are the values of the U? What do those values mean to them?

A quick look at the U of M's mission statement online brought me to this quote: "We apply our expertise to meet the needs of Minnesota, our nation and the world. We partner with communities across Minnesota to engage our students, faculty and staff in addressing society's most pressing issues."

Perhaps the U of M doesn't see

protecting the environment as a pressing issue. I do, and I want the U of M to take quicker action on protecting our environment.

For starters, the U could examine the environmental footprint of its golf course. Even the most casual observer can tell that golf courses harm our environment. They use huge amounts of water, fertilizer and herbicide to maintain their perfect turf. The nitrogen from the fertilizer runs off into our waterways.

The U of M's golf course could easily be restored to a natural habitat so that instead of harming our environment it could become a carbon sink and a habitat for pollinators and birds.

Perhaps some might say such an action is not necessary, too drastic. But they should consider how scientists are bending themselves over backward to come up with ways to reduce our carbon emissions, remove blue-green algae from our lakes and waterways, protect the rusty-patched bumble bee — the list goes on.

In our environmental crisis, anything that isn't helping is hurting. This golf course is hurting.

It might take some time for a lumbering giant of an institution like the U of M to take such action, so I encourage Bugle readers to boycott the U of M golf

course — and any other golf course for that matter. Just like you might think twice about taking a plastic bag at a convenience store, you should think twice about supporting golf courses.

A hard request, you say. You might be very emotionally connected to golfing. Well, I'm reminded of two things: a conversation I had with my daughter and an incident involving John Kerry, U.S. Special Presidential Envoy for Climate.

My teenage daughter told me a story about how she was petting a pig and it started licking her hand. She giggled with delight as she remembered the incident.

Then I told her that before that pig turns one year old it will be slaughtered and turned into bacon and ham. I also told her that a pig has all the emotional intelligence of a dog and is even smarter than a dog. She didn't like to hear that. You see, she really loves bacon. She didn't want to be reminded of the other side to the story of the life of that pig. She wanted to stay in that pleasant memory of interacting with the pig. But, she also loves bacon. So, she yelled at me.

It's hard to be caught in hypocrisy.

It makes one uncomfortable; so uncomfortable, one might even do all manner of nasty things. Witness John Kerry trying to dodge accusa-

tions of hypocrisy for owning a private jet. Why couldn't he be direct and honest about the issue? The hypocrisy made him manufacture all sorts of rationalizations. None of which even slightly changed the fact that his family owned a private jet while he was the climate czar. And, that's hypocrisy! If you stand as a defender of the environment, you should not own a private jet.

It comes down to what your values are and if you're going to live by them. If you don't value the environment, own and fly that private plane. If you do care about the environment, drastically limit your air travel and fly coach. If you really value how cute a pig is, don't eat one with your breakfast the next morning.

And, if you believe that more needs to be done to rescue our environment from ourselves, put down the golf clubs. Moreover, if you're a major educational institution with the value of educating youth and preparing them for the future, get rid of your golf course and plant more pollinator gardens like the beautiful one at the Bee Lab.

Overall, place your moral reasoning above your emotional attachment. The university might love its perfectly manicured weedless lawns throughout its campus, but it should abandon that aspiration in favor of a more noble and moral aspiration. I believe many, like those who appreciate the Bee Lab's garden, would appreciate the gesture. ■

Mark Robinson, St. Anthony Park

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Bugle launches annual fund drive

Please financially support the St. Anthony Park Bugle as we kick off our annual fund drive in October.

The Park Bugle began in 1974 and became a nonprofit newspaper a year later, when Andrew Boss, Gerald McKay and Joseph Skovholt signed the articles of incorporation that brought Park Press Inc. into being.

The Bugle is still run by a board of volunteers and distributed free. Our continued healthy operations are buoyed by strong support from more than 400 individual and business donors. Donations are 100% tax deductible.

Please go to parkbugle.org and look for the "donate" button, or send a check to The Park Bugle, PO Box 8126, St. Paul 55108. Every gift matters!



THE BIRDMAN OF LAUDERDALE

Winter flocks fun to watch as they prepare to fly out

By Clay Christensen

As I think about birds and fall, I think about migration and flocks of birds flying about, turning in the sky like a cloud with some sort of intelligence behind it. The one that comes to mind first is the European starling. To me, they look like miniature fighter jets with swept-back wings.

These are the birds you may have seen on the internet flying in a smoke-like cloud that changes shape and direction as though they really knew where they were going. Fascinating!

But I'm not going to write about starlings. I've thought of three other bird species that I've seen flying in flocks this time of year: the horned lark, the Lapland longspur and the snow bunting.

As I usually do when I'm writing my column, I researched each of these species and found that they tend to hang out together! I did not know that. They flock together and feed together.

The horned lark is an early spring arrival, especially in agricultural areas, on the edges of planted fields or on sod farms. They run and walk more than they fly. I usually hear a tinkling song, then stare at the plowed field until I see some movement. I watch for that furtive,



Horned lark. *Lawrence Syverud.*

almost sneaky run and then a duck for cover.

Pete Dunne, noted author and bird watcher, calls the horned lark a barren ground specialist. It is especially drawn to fields when manure has been spread. It favors short grass, like athletic fields or sod farms. Its general posture is horizontal and crouched.

Flocks sometimes include several hundred birds. They lift up into the air, fly a short distance and then land by turning 180 degrees, facing toward the way they've come.

The horned lark is 7–8 inches long, cinnamon brown with a white underside. The “horns” are black tufts on the crown of the male. The face is white or yellow with a dramatic black streak coming back from the beak and bend-

ing down below the eye. It also has a black throat patch.

I saw my first horned lark in Wabasha County. It was a “road bird,” the kind that flies up and away as a car approaches. Driving through southern Minnesota in the spring is a good way to spot horned larks. Fall migration peaks in mid-October.

The second species on my flock list is the Lapland longspur. I saw my first Lapland longspur in northern Minnesota, on the beach at Park Point in Duluth. A small flock was feeding on weed seeds along the beach, flitting from weed bed to weed bed, sometimes jumping up to the seed head to knock down some seeds.

It's called a longspur because of the long toe that extends back from

the foot. The bird is 6–7 inches long. Both sexes are a rich brown overall. The male has a black face in summer and a chestnut nape. Females have a rich reddish chestnut in their wings. They sometimes feed with horned larks in the winter.

Longspurs especially like farm fields that have been spread with manure. There must be lots of seeds for them to pick out. Dunne says they are a highly gregarious group.

My third winter flock species is the snow bunting. I saw my first snow buntings while participating in the Sherburne Christmas Bird Count. It was zero degrees.

The buntings were foraging in open fields. They seemed to take flight at the slightest provocation, often for no discernable reason at all. This bird does what I call the “Starling Close Formation” flying, lifting off a field and zooming around in a group until it comes to a settling place and drops to the ground.

Dunne says buntings seem “structurally incongruous — plump and somewhat hump-backed in front, slender and longish behind.” Breeding males are starkly black and white. No other songbird shows so much white. The bird is 6–7¼ inches. The female is pale brown and white, with big white wing patches,



Snow bunting. *Lawrence Syverud.*

black in the tail and on the wing-tips. Dunne says they move about meekly, hunched over, and fly like a crazed snowflake, in an undulating pattern.

So, what's with this close formation flying? I think it's the first step in escaping from danger, up and out! Then, I think the birds are confusing potential attackers (hawks, for example) by making it hard to focus on a single bird as a target. The cloud of birds presents swirling masses. A hawk might sense a risk to itself if it waded into that maelstrom.

Watch for swirling flocks of birds this fall, especially if you're driving in southern Minnesota past farm fields or sod farms. ■

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



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Sensory Friendly Saturday

October 21, 8–10 am

This monthly series provides a welcoming and accessible environment for individuals, families, and children who have sensory sensitivities. Experience our galleries, the Touch & See Lab, and a planetarium show at 8:45 am—all with lowered lighting, quieter sounds, and fewer visitors.

Food & Drink Guide

Herbst's restaurant-market combo is a new hot spot

By Kathy Henderson

Herbst Eatery & Farm Stand opened last May in South St. Anthony Park to glowing local media food reviews and positive social media postings praising its food and décor – reviews and postings that still keep coming, months into the Raymond Avenue restaurant's operation. The Star Tribune even highlighted its cornbread ice cream as one of the “five best things our Taste team ate this week.”

As the word *herbst* translates from German to “autumn” or “fall,” a cool fall morning seemed like the perfect time for Park Bugle readers to catch up with Herbst co-owners Angie and Jörg Pierach, who are South St Anthony Park residents, along with executive chef Eric Simpson, as they reflect on their first summer at Herbst and what's being planned for the upcoming harvest season.

Looking back to May, they are still delighted that the positive

news reviews and social media postings, which started almost as soon as the doors opened, changed their anticipated soft opening into a grateful adjustment to becoming almost instantly a popular venue for neighborhood residents and destination diners. One of their favorite comments still comes from the voices of diners who leave Herbst saying, “We'll be back!”

“We really needed to hear that — ‘We'll be back!’ or ‘Love it!’ or ‘Thank you’ or ‘Amazing!’ — because it showed that we are doing something right,” said first-time restaurateur Angie Pierach (husband Jörg is the co-founder and co-owner of Tilia, Minneapolis).

Gratitude is of equal importance to Jörg, who notes not only their appreciation of diners who have a great experience and return with family and friends, but also of the group of farmers from Dover Producers who supply the ingredients and of all who work at Herbst. That includes the Pierach children,



John Munson and other weekend guest DJs from neighboring record store Barely Bros are proving to be a big hit at Herbst. Photo by Drew Henderson.



Herbst co-owners Angie and Jörg Pierach inside their new farm-to-fork food complex on Raymond Avenue. Photo by Lou Michaels.

who were on site from time to time during their summer vacation. As Angie enthusiastically describes, “an incredible staff ... team effort every day.”

While they didn't have the anticipated soft launch, they were able to take their time expanding into the patio dining area, which opened in mid-July. “Open-and-close, open-and-close,” Angie noted with a touch of humor, describing the need to adjust the patio operation according to heat waves and record-breaking summer weather.

Tucked behind the restaurant, the secluded patio area offers a retreat from busy Raymond Avenue traffic, yet manages to keep the city vibe — traffic noise may vanish, but the train whistle can still be heard. It is expected that the patio will remain open through October, maybe even beyond, perhaps doing a reverse open-and-close routine depending on those changeable fall weather days.

The fall will bring changes to what was a summertime menu, but Jörg promises that some things will remain the same, including that much of the ingredients will continue to come “right from the farm and into the hands of creative people like Eric.”

Chef Eric Simpson explained that expressions such as “farm-to-table” and “locally sourced meals,” which may have once seemed like noble goals for the restaurant industry, are fading out as not realistic. Consider coffee and citrus, for example. Instead, he thinks in terms of personally knowing the sources of the majority of the ingredients he uses.

Herbst's hallmark staples — organic produce, honey, maple syrup, butter, cheese, eggs and meat — do indeed originate locally, arriving

daily via their partnership with western Wisconsin-based Dover Producers. But there are exceptions. One example is that Simpson looks to Italy and France for the truffles necessary for a “beautiful, decant sauce” for a specialty dish anticipated for the fall menu.

There's no doubt that Herbst is a chef-driven restaurant, and Simpson's fall menu items sound innovative and delicious; however, as the summer menu fades away, the Park Bugle is not giving away any upcoming menu secrets. But be assured that even though it is fall, there'll be far more variety than potatoes and root vegetables featured on the Herbst menu. And look for Herbst own chef-produced Farm Stand canned goods and jams on market shelves.

In addition, Herbst customer favorites — such as its fanciful flavored small batch ice cream and its Friday and Saturday late-night guest DJs (a partnering with Barely Bros, the next door record store) — will continue into the fall.

Watch the Herbst website herbstsaintpaul.com for current menu selections and the opening of its fall brunch service. ■

Kathy Henderson lives is a freelance writer for the Bugle.



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Food & Drink Guide

Marigold's fall lineup to include some drinks that are really dope

By Janet Wight

Marigold, the first nonalcoholic bottle shop in Minnesota, recently opened for business in St. Anthony Park's Milton Square. The store stocks a wide variety of alternative beverages including nonalcoholic beer, wine and cocktails. Cannabis drinks are also offered.

Among the fresh new beverages being featured at Marigold for the fall season is a nonalcoholic cider recently developed by Milk and Honey Ciders of St. Joseph, Minne-

sota. "It is an exciting product since there are few craft brewed, nonalcoholic ciders on the market," said Marigold owner Erin Flavin.

Also, Marigold is collaborating with Bauhaus Brew Labs, a northeast Minneapolis brewery, to develop a new THC beverage. Marigold is assisting with the flavor development and design work. They hope to have it available at the shop in October, Flavin added.

Spirit replacements are another one of the trends in the nonalcoholic space. These alcohol sub-

stitutions can readily be used in cocktails for anyone who might prefer a zero-proof option for sober socializing, Flavin explained.

The store attracts a variety of curious shoppers including individuals on the sobriety spectrum as well as those searching for something unique. Other customers are specifically seeking nonalcoholic or cannabis beverage options.

Adaptogens, derived from herbs, mushrooms and other plants, are among the nonalcoholic options, Flavin added. Adaptogen bever-

ages, chocolates, gummies and tinctures are featured at the store.

At just 380 square feet, Marigold is located in the space formerly occupied by The Little Wine Shoppe. Its original store is located in south Minneapolis, where tastings and events are held on a regular basis. Visit shop.honeycombmpls.com to learn more about upcoming gatherings. ■

Janet Wight is a regular freelance writer for the Bugle.



Adaptogens, said to promote emotional balance and relieve stress, are gaining popularity with customers at Marigold.

Photo courtesy Marigold

Not-quite-as-Little Wine Shoppe expands offerings

By Janet Wight

The Little Wine Shoppe in St. Anthony Park offers a highly curated selection of wine, beer and spirits to the local community. Originally in Milton Square, it moved to its current, more spacious location on Como Avenue in July 2022.

As the seasons change, different wine pairings emerge. "The cooler weather begs to be paired with richer, bolder wines," owner Pam Johnson said.

Examples she cited include pinot noir from Burgundy paired with beef bourguignon, Pinotage from South Africa with a vegetarian black bean shepherd's pie or Bordeaux with herb-crust roasted lamb. Another of their showcased seasonal products is the transition red wine Dreolino Chianti.

Additionally, white wine pairings are enduring favorites. Suggestions include seafood with sauvignon blanc, a mushroom dish with French chardonnay or a cheesy recipe with rosé, she continued.

Stouts and porters are popu-

lar autumn beers, along with pumpkin-flavored brews. For Bavarian beer enthusiasts, Festbier and Hefe Weissbier are great options for this time of year.

Products are frequently refreshed, Johnson said, based on requests and feedback from the store's regular customers.

Free in-store wine tastings are offered every third Thursday of the month. Customers may sign up for emails which provide information on upcoming tastings along with a discount coupon, Johnson added.

She invites anyone interested to stop in and learn more about the new beverages available this season, as she strives to "please every palate and pocketbook."

For updates on featured of-



Proprietors at the Little Wine Shoppe say cooler weather calls for richer, bolder drinks. Photo courtesy Little Wine Shoppe

ferings, including colorful descriptions and photographs, visit The Little Wine Shoppe on Facebook. ■

Janet Wight is a regular freelance writer for the Bugle.

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Food & Drink Guide

Dining Out: Prioritizing health without sacrificing fun and flavor

By Jenni Wolf

Considering nutrition and health while dining out can feel confusing. *Eat this, don't eat that* — there are so many ideas and schools of thought on this topic. Because I believe all foods and eating experiences can fit into the definition of healthful eating, I'd like to offer three tips that will help keep you eating well without making any foods off limits or sacrificing fun, flavor or the overall experience. We have so many great little gems in our neighborhood to grab a bite at, you won't want to miss out!

Don't delay eating to "save up" for a meal out

I see this a lot — people skipping or skimping on meals and snacks before enjoying a meal out. This might seem smart in theory, but we are biological creatures and need regular and adequate amounts of food throughout the day. Skipping lunch to save up for dinner can lead to overeating at mealtime, leaving you feeling stuffed and uncomfortable, and can encourage all-or-nothing thinking.

Think about it: if you have a small lunch, you might feel inclined to finish your dinner en-

tree because you "saved up for it" rather than stopping when you feel satisfied and full. Overriding our fullness cues can lead us to over consume energy and specific nutrients, increasing our health risk.

Instead, make sure to eat regular meals and snacks before and after a meal out — most of us need to eat something every three to four hours.

Check in with your hunger, fullness and satisfaction cues

Take some time before ordering to check in with yourself and notice how hungry you feel and what flavors or textures might sound good. Take another moment mid-meal, and towards the end of the meal, to assess how your hunger (fullness) level has changed. This allows you to order whatever you want, enjoy it so that you truly get enough of it, and then stop when you feel satisfied and content.

But how do you know what satisfied feels like? That is the number one question I get. Figuring that out takes some practice. I recommend checking in with your cues every day — before, during, and after meals — because everyone feels satisfaction a little bit differently. As you practice, here's a helpful tool:



Ordering family style makes it easier to "think in thirds" and build your own balanced plate. Photo by Jenni Wolf

"Think in thirds."

Imagine your plate divided into thirds, then shoot to fill one-third with a carbohydrate (french fries, pasta, a burger bun), one-third with a protein (chicken strips, meatballs, a burger patty) and one-third with a source of produce (carrots and ranch, minestrone soup, a garden salad).

If your meal comes "combined," such as a burger with lettuce, tomato, onion and fries — visualize what it would look like to fill those thirds. That might mean leaving some fries on your plate, ordering a side salad to round out the produce, and/or taking some of your burger to go.

The important thing to remember is that the tool of "thinking in thirds" is just that: a tool. Sometimes you might not want a full

third of produce, and sometimes you might want more than a third of carbohydrate and that is okay.

Using the tool helps you figure out what you do want AND what would feel good in your body rather than just going on auto-pilot, ordering and eating the portions and variety you usually do. This guideline can help to make sure you are giving yourself what you need and what you want, without getting too much or too little of any one nutrient.

So now it's time to call a friend for lunch or make a dinner date and put into practice these tips at a local Como eatery — enjoy! ■

Jenni Wolf, a practicing registered dietitian, is passionate about helping others nourish a positive relationship with food.



Noticing fullness cues helps to decide if you have room for dessert or if you'd rather take the cookie to go. Photo by Jenni Wolf

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Compiled by Kathy Henderson

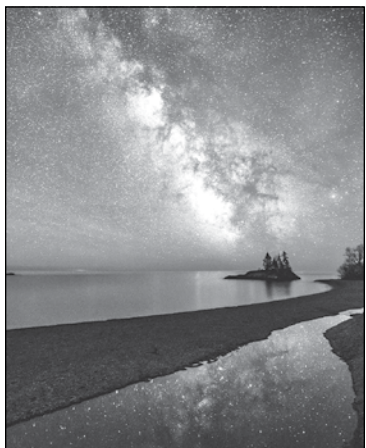
Partial (annular solar) eclipse

In the Twin Cities, the partial eclipse — an annular solar eclipse where the sun is never completely blocked by the moon — will take place on Saturday, Oct. 14. It will begin around 10:30 a.m., peak just before noon and end just after 1 p.m. Caution: It is never safe to look directly at the sun without specialized eye protection designed for solar viewing, according to NASA.

Bell Museum

Solar Big Year — 2023 Eclipse: From 10 a.m. to 2 p.m. Saturday, Oct. 14, the Bell Museum at 2088 Larpenteur Ave. W. hosts solar-focused activities both outside (free) and inside the museum (included with gallery admission fee). A live stream of the eclipse from New Mexico is also included with gallery admission fee. The planetarium show, Totality (ticketed event, various times) examines the beauty and science of eclipses. Admission: \$12–\$15; free for Bell Museum members, U of MN students and Indigenous peoples. Please find the complete Oct. 14 schedule at bellmuseum.umn.edu/astronomy/eclipse-at-the-bell-museum-2023-2024.

St. Anthony Park Library



The award-winning documentary *Northern Nights, Starry Skies* contains breathtaking photography such as this image of the Milky Way. Photo by Travis Novitsky.

Northern Nights, Starry Skies: Not the eclipse, but a different kind of journey into the cosmos will take place on Thursday, Oct.

12, 6:30 to 7:30 p.m. John Shepard (Hamline University, Center for Global Environmental Education) will share stories and clips from the award-winning documentary *Northern Nights, Starry Skies*. This co-production between Hamline and PBS North celebrates the north country's extraordinary starry skies, Indigenous star knowledge (Dakota and Ojibwe cultural astronomers), the establishment of the world's largest dark sky sanctuary and light pollution stewardship. Registration is not required.

boréal Art Loft

The October show at the boréal Art Loft, 2276 Como Ave., features the pottery of Minneapolis-based Kim Burnham. She creates artistic yet functional pottery with a Scandinavian decorative touch. boréal Gifts & Goods, 651-560-9900; shop.boreal.life.

Como Zoo & Conservatory

Como Quest: Wild Conservation: (an after-hours 21+ benefit event), Thursday, Oct. 5, 6 to 8:30 p.m. Cash bar, concessions, conservation talks, activities. \$40. Limited admission. Register: comofriends.org/events/como-quest-21.

History Revealed

Prairie Imperialists: Live presentation on Zoom by Katherine Bjork, Hamline history professor, Thursday, Oct. 19, 7 p.m. Register in advance at rchs.com (events and programs). After registering, you will receive a confirmation email containing information about joining the meeting.

Women's Drum Center

Intro to Taiko drumming coed class: Friday, Oct. 20, 6:30 to 8 p.m., 2242 University Ave. W. Taiko is a form of Japanese drumming. Learn basic hits and stance. All level of experience welcome. Fee: \$15. Space is limited. Registration required. womensdrumcenter.org.

Gibbs Farm

2097 Larpenteur Ave. W., is open to the public on Saturdays through Oct. 28 from 10 a.m. to 4 p.m. Ad-

mission: \$5–\$10; free for children 3 and under and RCHS Members. rchs.com/gibbs-farm/visit-us.

Apple Festival: Saturday, Sept. 30, 10 a.m. to 2 p.m. Orchard tours, apple treats and activities, apple games, seed art, face painting, book signing and a prairie scavenger hunt. Music by Light of the Moon band. All treats, tours and activities are included in the admission price: \$5–\$10, free for children 3 and under and RCHS members.

Halloween Trick or Treat Trail: Saturday, Oct. 28, noon to 6 p.m. See website for details.

St. Anthony Park Library

Familiar and favorite activities fill the October calendar at St. Anthony Park Library, 2245 Como Ave.

Adult Book Club: Monday, Oct. 23, 6:30 to 7:30 p.m. Join library staff and reading enthusiasts in the library's auditorium for lively conversation and refreshments. Stop in or call the library at 651-642-0411 for more information or to pick up a copy of the book.

Book Sampler for Kids: Join library staff on Tuesday, Oct. 17, 3:30 to 4:15 p.m., to hear the first chapter of several books, meet other kids who like to read and share your recommendations. Appropriate for all kids who read or listen to chapter books.

Paw Pals: Read with Enzo or Sadie: Saturday, Oct. 14, 10:15 a.m. to 12:30 p.m. Youth ages 5 to 12 are welcome to read to the two friendly dogs that will be in the children's room. Each child's reading session is limited to 15 minutes, which ensures that as many children as possible will have the opportunity to read to Enzo or Sadie.

Saturday Family Storytime: Oct. 28, 10:30 to 11:30 a.m. Songs, stories, crafts/activities and social time with other families gathered in the library's auditorium. Best for toddlers and preschoolers, caregivers and siblings.

Weekly favorites:

Storytime in the park: Tuesdays, 10:30 to 11 a.m. Grab a blanket and head to College Park, 2223 Carter Ave., for stories, songs,

rhymes, and puppetry especially for children ages birth to 5, their caregivers and siblings. In case of inclement weather, storytime will relocate to the library auditorium. The decision will be made by 9:30 a.m. that day and posted to the spl.org/calendar.

Fun Lab: Wednesdays, 2:30 to 3:30 p.m. The STEAM drop-in program for ages 7 to 11 takes place in the library auditorium. Crafts, science experiments, engineering projects, video games and more.

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

Shake Your Sillies Out! Playtime: Fridays, Oct. 6, 13, 20, from 10:30 to 11:30 a.m. Story, stretching, movement and lots of fun in the library auditorium for children ages 2 to 5 accompanied by an adult.

Senior activities

St. Anthony Park Area Seniors host a mixture of in-person, virtual and hybrid activities. Unless specified, registration is not required.

In-person activities include:

- **Blood pressure clinic:** Tuesday, Oct. 17, 3 to 3:45 p.m., Seal Hi-Rise, 825 Seal St.
- **Card making workshop:** Wednesday, Oct. 4, 10 a.m. to noon, Centennial United Methodist Church, St. Anthony Park Campus, 2200 Hillside Ave. Open to all.
- **Exercise class:** Tuesdays, Oct., 3, 10, 17, 24, 31, from 2 to 3 p.m., Lauderdale City Hall, 1891 Walnut St. Arthritis Foundation exercises to increase range of motion, endurance, mobility

and strength. Free, but registration is required: 651-642-9052 or sc@sapaseniors.org.

- **Game day:** Tuesday, Oct. 24, 10 a.m. to noon, Centennial United Methodist Church, St. Anthony Park Campus, 2200 Hillside Ave.
- **Luncheon:** Wednesday, Oct. 11, from 11 a.m. to 12:30 p.m., La Casita, Roseville. Contact the office at 651-642-9052 to be included in the reservation.
- **Song writing class:** Tuesdays, Oct. 10 and 17, 7 to 8 p.m., Seal Hi-Rise, 825 Seal St.

October hybrid:

- **Caregiver support group:** Thursday, Oct. 5, 10 to 11 a.m. In-person at St. Anthony Park Lutheran Church, 2323 Como Ave., or via Zoom. Call the office at 651-642-9052 for the Zoom link.
- **Medicare 2023–2024 presentation:** Wednesday, Oct. 25, 2 to 3 p.m. In person: Centennial United Methodist Church, St. Anthony Park Campus, 2200 Hillside Ave. Streaming at facebook.com/sapaseniors.

Virtual activities include:

- **Chair yoga:** Mondays, Oct. 2, 9, 16, 23, 30, 9:30 to 10:30 a.m. Call the office at 651-642-9052 for Zoom link.
- **Lunch bunch:** Wednesday, Oct. 18, noon to 1 p.m. Call the office at 651-642-9052 for connection instructions.
- **Poetry class with Dave Healy:** Thursdays, Oct. 5, 12, 19, 26, 2:30 to 3:30 p.m. Call the office at 651-642-9052 for Zoom link.

Kathy Henderson lives in St. Paul and is a freelance writer for the Bugle.



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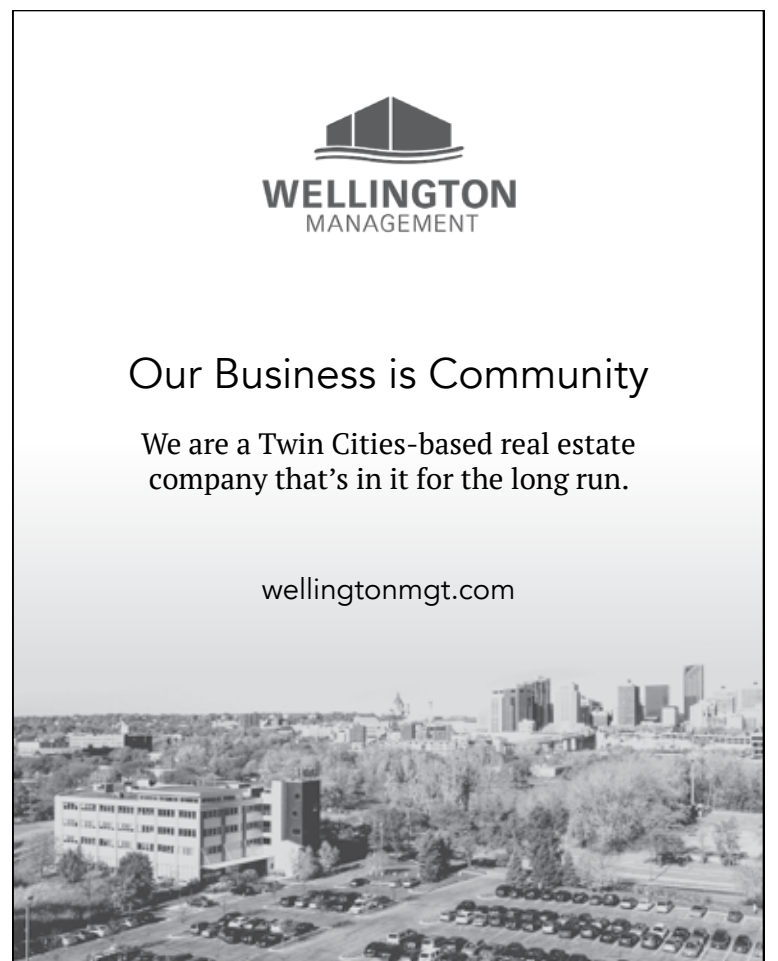
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TRANSITION TOWN

This is a monthly column from Transition Town — All St. Anthony Park, the neighborhood-based group working for a local response to climate change: a smaller carbon footprint and a stronger community. Learn more about Transition Town at TransitionASAP.org.

To truly “Rethink I-94,” MnDOT’s survey needs challenging responses

By Transition Town – ASAP’s Planning Group

As the climate crisis unfolds, it’s clear that transformative measures are needed to reduce our society’s carbon emissions and heal our social and economic divisions. Here in the Twin Cities, we have a great opportunity with the “Rethinking I-94” project directed by the Minnesota Department of Transportation — a multi-year project addressing the 7.5-mile stretch of the highway between Marion Street in St. Paul and Hiawatha Avenue in Minneapolis (and skirting South St. Anthony Park). But so far MnDOT appears to be squandering that opportunity.

That’s why Transition Town — All St. Anthony Park group urges everyone to respond to MnDOT’s current public survey for feedback on its nine redesign alternatives for Interstate 94. Most of them are only slight tweaks to the trenched highway that sliced neighborhoods apart 60 years ago. We believe any alternative that re-

builds the highway as-is or even larger is unconscionable in the face of the climate emergency we are all living through. More radical measures are needed, and delaying action is unacceptable.

“At-grade” options have some merit

Just three of MnDOT’s nine alternatives are clearly smaller than the current highway, and of those, only the two “at-grade” options have a lower speed, traffic-calming aspect, similar to the Twin Cities Boulevard proposal that Transition Town and the St. Anthony Park Community Council have endorsed.

Called “At-Grade A” and “At-Grade B” in the survey, these two options reclaim land from the current highway lanes, interchanges and sloped sides of the trench — land that can be returned to the community in land trusts for housing, commercial buildings or other public uses. Once in place, they would cost less to maintain compared to the many bridges, over-

passes and retaining walls needed for a grade-separated highway. We think these at-grade options are the only ones that look to the future, addressing human needs rather than simply enabling more traffic.

We think we should be asking questions that go deeper than MnDOT’s “What do you think of these nine alternatives?” For example:

- If we didn’t already have a loud, polluting freeway in the heart of our cities, would we really choose a highway as the best use for that urban land?
- If we make a giant 50-year financial investment now in the middle of St. Paul and Minneapolis, what should it be, as we face the climate crisis?

We urge everyone to fill out the MnDOT survey and reject all of the options presented except the at-grade options ... or if you feel like it, reject those as well.

Transit is under-considered

Near the end, the survey asks what other alternatives should be added. Here you might suggest that MnDOT has not thought enough about a rail connection, because the “Rethinking” area stops short of both downtowns. (Who needs a train to just Hiawatha Avenue in Minneapolis or Marion Street in Saint Paul?)

We could also learn from the European S-Bahn model that connects adjacent cities. Before filling the I-94 trench, we could install a fast, frequent underground train between our downtowns, with one or two stops (the U of M and Snelling, for instance) — a system comparable to other examples in the world. See sidebar for a recent post about this on Streets.mn.

MnDOT should also consider the regional rail links that are possible as more long-distance rail

gets built, like the just-approved train to Duluth, the discussed line to Eau Claire, the second daily train soon to connect Chicago and more that may be on the horizon as the climate crisis becomes even clearer and trains become more attractive as a travel mode.

Also overlooked

The current Rethinking I-94 alternatives also fail to consider aspects of the highway that may affect St. Anthony Park the most. This is because the project area of Rethinking I-94 is too narrowly drawn to the highway corridor, not its affected areas.

One overlooked topic is Highway 280, which is even older than I-94, but is not getting a big public input process. Without I-94, 280 would not need to exist. With an at-grade version of I-94, could the stretch of 280 south of Energy Park Drive become a traffic-calmed Eustis Street instead, reconnecting the divided parts of South St. Anthony Park? Filling in the 280 trench would create up to seven blocks of valuable land in the heart of the Creative Enterprise Zone for housing, businesses, or much-needed park space for residents — no longer adjacent to a noisy, polluting highway.

The second topic is how MnDOT can better take responsibility for the freight traffic generated by the railroad yards (which all funnels to the highway system) and lessen the effects of that traffic on South St. Anthony Park and Midway residents and streets. There has long been the question of connecting Pierce Butler Route to Energy Park; as long as semi-trucks are the means of off-loading freight trains, a need for that connection will exist, and now is the time to bring what’s called a “freight alleviator” street into the Rethinking I-94 project.

Resources

MnDOT’s Rethinking I-94 Alternatives Survey

The survey is open through the end of October: tinyurl.com/94options

“Rethinking I-94: The Case for a Twin Cities S-Bahn”

by Jesse Cook on Streets.mn: tinyurl.com/s-bahn

Twin Cities Boulevard

twincitiesboulevard.org

Final questions

The last questions in the survey ask for additional information that’s important for the public to know about each alternative, and about the “livability framework” MnDOT is using. This is where Transition Town thinks it’s important to ask:

- What is the scale of the alternatives shown? MnDOT’s drawings give no idea how much land each alternative takes up, and the proportions are misleading.
- How does each one affect air pollution, noise pollution, public health and environmental justice?
- Will MnDOT take seriously its commitment to reducing “vehicle miles traveled?” Will it acknowledge that expanded highways are inevitably filled with more traffic, or “induced demand”? (The reverse is also true — reducing highway space leads to “traffic evaporation.”)
- How will livability for surrounding communities be weighed against the factors MnDOT has historically valued more, like vehicle capacity? How will MnDOT evaluate its livability goals?

The survey is open until the end of October. Like many online surveys, it’s awkward to use because you can’t see all the different options at once for comparison. Despite the survey’s shortcomings, we urge neighbors to fill it out with our shared future in mind, and not the short-sighted thinking of the past. ■

This commentary was written by members of Transition Town–ASAP’s planning group. They welcome any feedback at info@TransitionASAP.org. All are welcome to attend their monthly meetings (second Wednesdays, 7:00 p.m., details at transitionasap.org).

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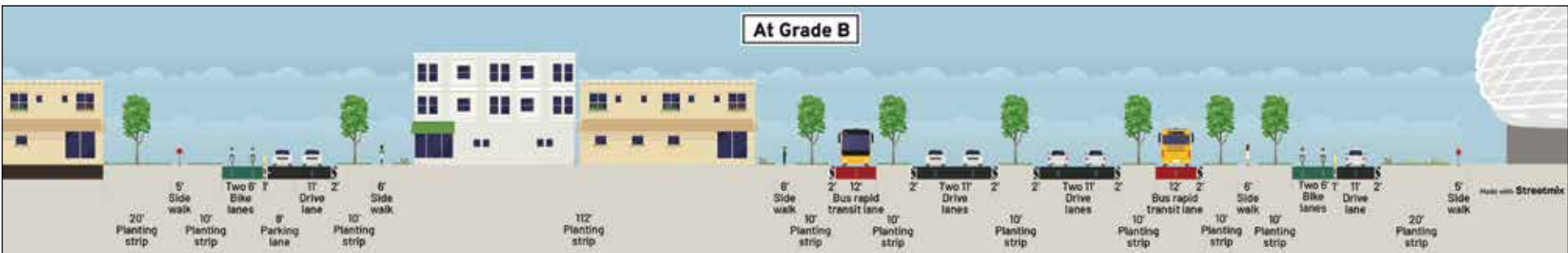
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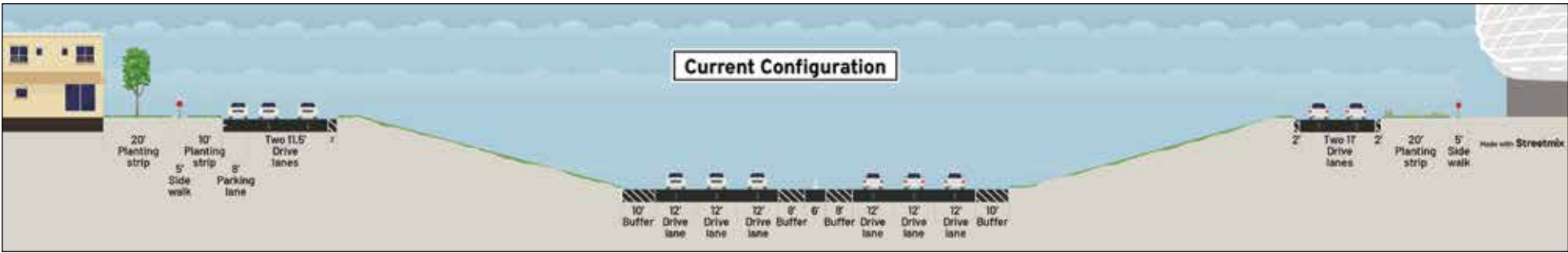
TRANSITION TOWN



The “At-Grade B” alternative as portrayed in the MnDOT survey shows the general idea: the trench has been filled and lanes are designated for buses, cars, bikes and pedestrians – a generic cutaway view that represents no particular place on the highway. But a critical look shows that the scale of the elements is off, and their spacing is too wide. Far more usable space would actually be freed up, given the width of the current trench. MnDOT’s misleading diagrams in the survey don’t reveal the true scale of the opportunity.



This more realistic variation on the “At-Grade B” alternative shows the area just east of Snelling by Allianz stadium with all elements drawn to scale, including the stadium itself. All the components of the MnDOT diagram appear, plus more: tree plantings, extra car lanes and even (where the buildings appear) a broad strip that could be developed. This diagram and the one below were made by Lisa Nelson, a member of the Union Park District Council Transportation Committee, using images from streetmix.net, CC-BY-SA.



The current freeway trench by Allianz stadium, also drawn to scale. Note the huge amount of land taken up by the sloping trench.

Community

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Halloween from p. 1

to hang up and spends the rest of the year in his garage.

The decorated house is popular. People walk around to look at it, and drivers pull over and get out of their cars to take pictures of it.

Carving up family fun

Brenda Hansen's favorite Halloween activity is carving pumpkins with her and Mark Hansen's three children and oldest three of five grandchildren, who are 22, 15 and 9 years old. Stop by to see the line-up of a dozen or more carvings in front of their house on Carter Avenue between Gordon Avenue and Keston Street.

Their designs are creative, often inspired by a celebrity, TV show or movie. Twenty-two-year-old Chloe once carved a pumpkin based on a Lady Gaga album cover. Sesame Street and Wicked characters also made appearances.

"It makes a mess in the kitchen," Brenda says, but "the fun is just getting together."

Celebrating with neighbors

Emily Alewine's front lawn decorations include a Spooky Tree. She is also co-coordinator of the Pumpkins-in-the-Park event.

She lives right on Alden Square Park at Gibbs Avenue and Brewster Street, which has a gazebo, a children's free library and what Alewine describes as "a great place for little kids to trick or treat." She loves Halloween and is motivated by



Pumpkins lined up in front of the Hansen house. Photo courtesy Brenda Hansen.

"creating an experience for the neighborhood that is family friendly, not gory scary, just a fun thing to do, since there aren't a lot of kid-focused fun things anymore."

Pumpkins-in-the-Park is open to all participants, said Alewine, "so anyone who wants to bring a carved pumpkin at the park. We'll take care of it, and we'll dispose of it later." Now in its fourth year, the event showcases 40-50 pumpkins all day, for four or five consecutive days leading up to Halloween, with a daily pumpkin lighting event.

One of Alewine's favorite memories is of an adult walking down the street, who noticed her house behind the bushes as he talked on the phone, and then suddenly said, "Oh, you have to see this house!"



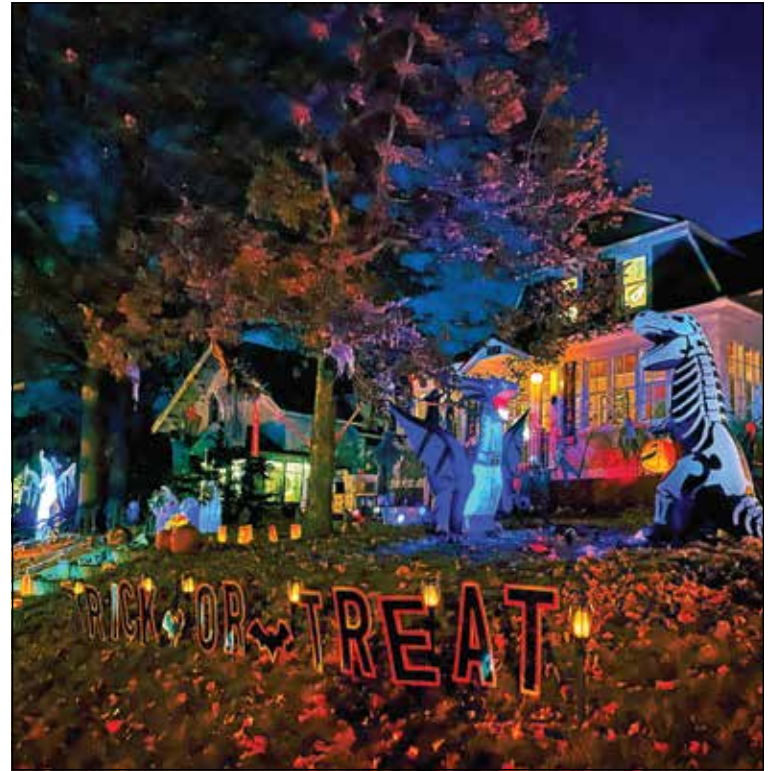
Emily Alewine's house across from Alden Square Park. Photo courtesy Emily Alewine.

And more decorations!

Our neighbors at these addresses encourage you to check out their trimmings.

Shawna and Chad Maryanovich, on Chelmsford Street between Doswell and Buford Avenues, decorate to create convivial community and celebrate interdependence. The Maryanovich family adorns their front boulevard and yard with a 50-by-15-foot lit-up spider web reaching from 5 to 25 feet in the air, with a large family of spiders roaming within it. You'll also see tombstones, a glowing "spider shoot" reaching from the top of the yard to the sidewalk below, pumpkins, lanterns, ghoulish and fanciful figures, projected images and lights. Neighbors gather around the fire in their yard for dinner and s'mores.

Jayna Paquin, 1484 Branton St., said she's always loved Halloween and now enjoys decorating with her 12-year-old son. "I still like costumes but think that outdoor decorations do more to spread the Halloween spirit," Paquin said. "I love walking around and seeing the different ways our neighbors represent the season — everything from harvest themes to full-blown graveyards."



Annie Tighe and Kevin Kansy added a 12-foot skeleton this year to their already elaborate home display on Scudder Street. Submitted photo.

Annie Tighe, Kevin Kansy and their 7- and 14-year-old children have decorated their yard at 2217 Scudder St. annually since they moved here in 2018. The Halloween decorations get more elaborate, building up to a 12-foot skeleton they are adding this year. Tighe said it's really great to see preschoolers' reactions to the lit-up inflatables. They hope we see more trick-or-treaters this year.

Joanna Carina recreates the "Great Pumpkin, Charlie Brown" special in the family's yard at 2117 Dudley Ave. (Dudley Avenue at Hythe Street). Among those making appearances are painted wooden Peanuts characters, Woodstock, Snoopy, a witch flying through a tree, ghosts and trick-or-treating kids. It's all approved by her two youngsters and neighbors who several times dubbed it "the cutest yard in St. Anthony Park."

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Finding pumpkins locally

You can buy ready-to-carve pumpkins from a gardener on Scudder Street (see the sign on the south side of Como Avenue at Scudder), Speedy Market or the Hampden Park Co-op.

To see more photos of Halloween in the Bugle coverage area, visit parkbugle.org. ■

Gwen Willems lives in Falcon Heights and is a freelance writer for the Park Bugle.

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“SAP as a Garden Suburb” is focus of history series Oct 10

By Mary Mergenthal

The St. Anthony Park History Series is presenting another year of free monthly presentations focused on the neighborhood’s architecture and history.

The history series is sponsored by St. Anthony Park Lutheran Church, 2323 Como Ave., and presented by Augsburg University professor Kristin Anderson. The monthly talks are scheduled

at 7 p.m. on the second Tuesday of each month.

The Oct. 10 session will discuss St. Anthony Park as an excellent example of a Garden Suburb.

Beginning in November, the series will focus on housing, starting with the first buildings constructed as the neighborhood emerged in the 1880s. We will move ahead by decades in all sessions through April, and in May we will look at strategies for doing a house history.

In addition to the in-person sessions at the church, the presentations will be available live on Zoom, and then the recorded talks will be available for about a week. The links will be available on the church website, SAPLC.org, and also publicized on the SAP ListServe. ■

Mary Mergenthal lives in St. Anthony Park and is a former editor of the Bugle.



An example of St. Anthony Park’s garden-like greenery at Doswell at Grantham. Photo courtesy Kristin Anderson.

St. Paul School Board race from p. 1

response. Carrillo, who served an interim term on the board in 2021, said he wants to encourage transparency by publicly answering questions from teachers and SPFE leaders.

“I want to bring a spirit of learning and curiosity into every contentious issue, which will lead to collective decision making,” he said.

Bringing in community

With transparency, curiosity and mutual understanding at the forefront of their campaigns, this year’s school board candidates seek to further integrate the community into board and district operations. “Across the city of St. Paul, there’s

a big opportunity to get community folks in governing spaces that have the ability and the knowledge base and the drive to lead,” Franco said.

According to Franco, community involvement in governing spaces involves transparency around the use of the SPPS budget, especially COVID-19 relief funds, and making space at the table for the least represented neighborhoods, including where he was raised on the West Side.

“Our public schools shape our community and society,” Allen said in her SPFE questionnaire response.

Allen was previously known for her activism with Black Lives Matter before her time on the school board. Over the course of her first term, she helped shape the pipe-

line that leads SPPS students into educational careers.

Valliant said that effective leadership comes from getting input from all stakeholders involved, from union leaders to district employees to community members.

As the second-largest school district in the state, SPPS has captured attention for its recent disagreements with organized educators. It remains to be seen what a marked union presence in this year’s school board candidate slate will result in.



Incumbent candidate Zuki Ellis passed on SPFE endorsement this election. Ellis joined the board in 2016 and, ac-

cording to the board website, she believes the pressing concerns for the upcoming year are “special education, parental understanding of the process, partnerships that exist in the best interests of our students, and the legal and moral responsibilities to support our students.”

Neither Ellis nor candidate Gita Rijal Zeitler responded to requests for comment.

Election Day for the St. Paul School Board and city council elections is Tuesday, November

7. A polling place finder can be found on the Minnesota Secretary of State’s website. ■

(Editor’s note: The Bugle requested photos from each candidate and published the photos they sent us. If candidates did not respond, we used photos from their campaign websites if available.)

Sommer Wagen majors in journalism at the University of Minnesota-Twin Cities and is an intern for the Bugle.

Keep watering

By Pat Thompson

As we go into another dry fall, University of Minnesota Extension says it’s important to continue watering landscape plants — especially herbaceous perennials, trees and shrubs. Saturate the top 6–9 inches of soil and mulch the root areas to help hold in the moisture, protect roots and moderate the soil temperatures. Watering and mulching help plants transition into winter dormancy gradually, with less stress.

Keep watering trees and shrubs until the ground freezes. ■

Pat Thompson coordinates projects related to sustainable land use for Transition Town—ASAP.

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LIVES LIVED

The Park Bugle prints obituaries free of charge as a service to our communities. Send information about area deaths to Mary Mergenthal at mary.mergenthal@gmail.com or call 612-670-8510.

Kathleen Clark

Kathleen Clark, 78, died Aug. 30, 2023. Kathy was preceded in death by her parents, John and Elizabeth Clark; and her siblings, Jack Clark, Virginia Fobes, Mary Marble and Margaret Opatz. She is survived by her sister, Patty Mullen; and brother-in-law, Don Opatz.

Funeral Mass has been held at the Church of Saint Cecilia in St. Anthony Park, with burial at Sunset Cemetery.

Muriel Dostal

Muriel Dostal, 96, died July 19, 2023.

Muriel was married in St. Timothy Lutheran Church in 1962. She then began teaching at Chelsea Heights School in Como Park. She taught elementary grades and special education and continued to teach in the St. Paul Public Schools until her retirement in 1981. Muriel believed deeply in the importance and value of a public education.

Muriel is survived by her brothers, Arne and Ivar; and her sister-in-law, Patricia Moen. Muriel was preceded in death by her husband, Guel Dostal; her parents, Arthur and Norah (née Emery); sisters, Marion and Lorraine; and brothers, John and Norman.

Her funeral has been held, with interment at Roselawn Cemetery.

Marvin T. Fabyanske

Marvin T. Fabyanske, 78, died Aug. 15, 2023, less than a month after being diagnosed with stage 4 pancreatic cancer.

Marv graduated from Alexander Ramsey High School in 1963, where he met Margee in ninth grade. Together they sang in the varsity high school choir, inspiring a lifelong love of music.

Marv received his Bachelor of Science degree in engineering from the University of Minnesota in 1967 and married Margee that fall. While working at Honeywell,

he decided to attend law school at William Mitchell to pursue a career in patent law. A job offer from a large law firm growing its practice in construction law changed his career trajectory.

In 1981, he co-founded the law firm now called Fabyanske, Westra, Hart & Thomson, PA. It is still widely respected as one of the finest construction law firms in the country. In later years, Marv enjoyed serving on arbitration panels and spending more time "making sawdust" in his workshop. He found his bliss fine-tuning improvements to a rustic cabin property on Lake Superior, where he and Margee hosted countless friends and provided their grandchildren a memorable retreat.

Ever productive, Marv's craftsmanship as a woodworker adorns the home of every family member and many friends, as well as Falcon Heights Church, where he and Margee belonged since 1972.

He is survived by his wife of 55 years, Margaret A. (Margee) Fabyanske, and his children Tyson, Jordan, Tanya, Logan and Allison. He is also survived by his sister Gail Westby and 10 grandchildren.

His funeral service has been held at the church. Memorial donations may be made to Sugarloaf: North Shore Stewardship Association, sugarloafnorthshore.org, a charity with a nature center, trails and educational programs at Sugarloaf Cove near the family's cabins.

John Finnegan

John Michael Finnegan, 71, of Hudson, Wisconsin, died Aug. 10, 2023. He was born on Sept. 19, 1951, to William and Catherine (Thienes) in St. Paul. After graduating from Murray High School, John joined the U.S. Army Reserves.

Later, he earned his boiler engineering license and worked in the St. Paul school district until his

retirement in 2010. John married Jerri (Baird) on June 23, 1988.

He was an avid hunter and fisherman, enjoyed camping and canoeing, spent hours in his vegetable garden and worked hard canning his produce. John would help anyone with anything.

As a child, he grew up living next to Como Zoo and would help take the animals for walks, including the lions and tigers! However, his favorite animals were his faithful dogs.

John is survived by his wife, Jerri; children, Kelly (Dan) Odegard, Brian (Jill) Brown, Jessie (Ryan) Peterson, Lisa (Peter) Keller, Michael (Anne) Finnegan; six grandchildren; and siblings, Pat Finnegan, Tim Finnegan, Dan Finnegan, Colleen Kroona, Mary Madigan and Mike Finnegan. He was preceded in death by his parents and two grandchildren.

John Fisher

John Fisher, 82, of Mendota Heights, died Aug. 3, 2023.

John grew up in the Como Park neighborhood, graduating from Murray High School and the University of Minnesota. He served for six years in the Army National Guard and Reserves.

He promoted St. Paul through his work with the St. Paul Convention & Visitors Bureau. Active with St. Paul Jaycees, and also the Winter Carnival for over 30 years, John was a Vulcan in 1972 and King Boreas in 1985. He also served in executive management and was a valued and respected mentor to other members of the Winter Carnival family.

A lifelong love of Lionel trains led him to the Lionel Collectors Club of America, of which he later became president.

He was preceded in death by his parents, Lloyd and Eleanor. He is survived by his wife of 57 years, Janice; daughters, Kimber (Erik) Munson, Kelly (Greg) Sofio; five grandchildren; siblings, Sharon (Don) Wright, and Robert Fisher.

His family wishes to thank Lyngblomsten for the excellent care provided to John. Memorials to Como Friends, Lyngblomsten or donor's choice.

Janet Haiden

Janet Sylvia Bohrer Haiden died Aug. 30, 2023. Janet was born to Calvin 'Jim' and Florence Bohrer on Dec. 28, 1943.

Janet was an active member of Emmaus Lutheran Church in Como Park. She was a square dancer and long-time aquatic fitness instructor. Janet's lifelong career in healthcare spanned many roles and decades. She was an ardent gardener and nature lover.

Janet was preceded in death by her parents. She is survived by children David, Stephen, and Sarah Ziehr (Gary); seven grandchildren; and siblings, Leonard, Barbara Swanson, Gene, and Ruth Buck.

Memorial service has been held, with inurnment at General Luther-

Lives Lived sponsored by



Roselawn
Cemetery



Lila Storaasli

Lila Theresa Lee Storaasli died Aug. 19, 2023, at 103 years, 11 months. For 63 of those years, she actively contributed to congregational life at St. Anthony Park Lutheran Church and was well-known for her civic involvement in the community.

Lila was born Sept 14, 1919, on a dairy farm in Wisconsin, near the Mississippi River, where she grew up alongside two brothers (one who died at 14) and four sisters. She enjoyed animals and was always helping her dad Ole milk cows. She raised a calf that won a blue ribbon in the County Fair.

Lila skipped a grade before graduating from Viroqua High School, and then attended Gale College one year until she was old enough to enter the Fairview School of Nursing in Minneapolis, earning her RN degree to begin work as a surgical nurse in Mankato.

Lila met her husband, Olaf, singing in a joint Luther Seminary-Fairview Nurses Choir. They married in 1942 and spent their lives devoted to each other, their faith, service to others, and their children. Lila's 1944-59 Saskatoon, Saskatchewan, homes welcomed and housed numerous seminary students and guests while Olaf served as a pastor and seminary president.

She served on Boards of Lutheran Nurses Guild, Women's Mission Federation, and Lutheran Sunset Home's first Board. Before moving to St. Paul, in 1959-'60, Lila and her family lived in an Edinburgh (Scotland) flat formerly occupied by Sherlock Holmes author Arthur Conan Doyle, followed by a three-month summer camping trip through 13 European countries.

On returning to St. Paul, Lila resumed nursing at Fairview and Lyngblomsten. Lila's gracious hospitality included hosting international students. She loved summers at Ottetail Lake, sabbaticals (Scotland, Claremont, Rome, New Guinea and Richmond), co-leading a Holyland Tour, and world travel. She loved Bible study and book groups, and shared God's love for 63 years at St. Anthony Park Lutheran Church. She sang in the choir and worked with the quilters there.

Lila always set a beautiful table, was a well-known baby-whisperer and an intrepid cribbage player. She learned to pump gas at age 86, and could get any kind of stain out of any fabric. She rode in her grandson's experimental aircraft at 92, and swam in Ottetail Lake until her 102nd year.

Preceding her in death: husband Olaf; parents Ole and Mena Lee; brothers Rev. Orlando (Myrtle) and Harold Lee; sisters Gladys Froiland, Mildred (Oris) Churness, Amber (Reuben) Helgerson; and two sons-in-law, François Hutin and James Nestingen.

Lila is survived by sister Edith Sandwick; children: Olaf (Barbara) Storaasli; Carolyn Nestingen; Faith Hutin (Arnold) Rydman; Elizabeth Storaasli (Mark Knutson); 11 grandchildren; and 19 great-grandchildren.

Lila's service has been held. Memorials may be directed to Lutheran World Federation, LutheranWorld.org; St. Anthony Park Lutheran Church, SAPLC.org; or Osteogenesis Imperfecta Foundation, OIF.org.

an Cemetery, South St. Paul, Minn. Memorials preferred to Emmaus Lutheran Church.

Roger Herbst

Roger Lore Herbst died Aug. 25, 2023. Rod was grateful to have been raised in South St. Anthony Park.

He was preceded in death by his mother, father, three brothers and a sister. Roger is survived by his wife, Ruth; family, Wynn (John), Camille (Dan) and Scott (Mary); four grandchildren; two step-grandchildren and four great-grandchildren.

Memorial service has been held. Memorials to Lake Phalen Community Church.

Marilyn King

Marilyn King, 92, of Stillwater, died Aug. 8, after a brief illness. Marilyn was born in Aberdeen, South Dakota, to Ruth and Elmer Welter, and grew up in St. Paul. She attended Murray High School and the University of Minnesota Dental

School, acquiring a degree in dental assisting, a career she enjoyed through most of her adult life.

Marilyn remained active throughout her life, and enjoyed bingo, puzzles, lunches out with nieces, having time at the beauty salon and warm drives through winter light shows.

She was preceded in death by her husband, Robert; and brother, Charles Welter.

Mary Nelson

Mary C. Nelson, 77, of Bloomington, died July 16, 2023. She was born on June 22, 1946, in St. Paul, to Clayton and Adrienne Mullin.

Mary graduated from Murray High School in 1964 and the University of Minnesota in 1968, with a bachelor's degree in home economics.

Prior to her long career with Ramsey County Government, she was employed by the Peavey and Pillsbury Companies.

Lives Lived to p. 19

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Lives Lived from p. 18

Preceded in death by her parents, Mary is survived by husband, Gregory; stepsons, Jesse and Seth; sister, Margaret Davis Miller (Robert); and brother, Gregory James Mullin (Tina Koyama).

Leo Scroggins

Leo Neal Scroggins, 70, died July 18, 2023.

Leo was preceded in death by his first wife, Joanie; second wife, Mary; daughter, Amy Warner; and his parents, Merlyn and Bernadine.

He is survived by his daughter, JaMee (Chandler) Ulrich; two grandchildren and siblings, Michael, Mark (Julie) and Gloria (Steve) Kerr; and special friend, Rosemary Arnholt.

Mass of Christian Burial was held at Church of the Holy Childhood, with burial at Roselawn Cemetery. Memorials preferred to Our Lady of Peace Hospice.

Alice Yainske

Alice Yainske, 98, died Sept. 4, 2023, in Carlton, Minnesota. She was born Alice Berniece Lindstrom on Nov. 23, 1924, to Carl and Mabel Lindstrom of Litchville, North Dakota.

Funeral has been held at Como Park Lutheran Church, with burial at Fort Snelling National Cemetery.

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CPHS COUGAR SPORTS

Girls' swim team benefits from growth

By Eric Erickson,
Sports analysis

The atmosphere after school in the Como Park Senior High pool is energetic when 23 girls assemble for practice. Seventeen of the girls just finished their school day in the Como building, while six from Murray Middle School arrived via the city bus.

Four miles across town on the East Side, six Johnson High School students were jumping in their own school pool for practice — as part of the same team. The unique arrangements have allowed the Como-Johnson co-operative girls' swim team, affectionately known as "Jomo," to reach 29 total participants and raise their performance levels.

Swimming co-ops are common in the Minnesota State High School League. From state championship contenders to the St. Paul City Conference, many schools have found combining forces to be an effective way of avoiding too much pressure on new swimmers. At the same time, fuller rosters foster more complete and competitive meets.

Jomo is currently enjoying the results of recruitment within their own communities. Outreach and encouragement, coupled with op-

tional summer swim sessions, have bolstered the roster. During the COVID years, there were fewer than 10 swimmers in the program.

The coaching staff credits team captains and leaders for growing the team. The captains are quick to praise the coaches who make access to a pool and proper training possible.

This year's senior captains are **Sophie Warner** and **Mia Trifilette-Simons** from Como and **Kelly Joachin** from Johnson. They've grown up in the program and are pleased to see the positive change in participation.

"We did a lot of recruitment at Murray trying to get girls started in middle school, and once a couple girls said yes, they brought in more friends," Trifilette-Simons said. "We also have seniors at Como who weren't in a fall sport, so we talked to them and they decided to try swimming."

The summer sessions proved to be a great entry point for the newcomers. Coaches volunteered to offer three to four swim sessions a week during June and July, open to all returning swimmers and anyone interested in trying.

"Summer practices were a non-committal way to test out swim-

ming and see what it's like to be part of our team," Warner explained. "It's a big commitment if you ask someone to jump right in and join a high school team, so it was helpful for people to show up when they could and they ended up really liking it."

Beyond the friendly support of team leaders, the organized trainings offered by the Jomo coaches built confidence in the new swimmers, customizing instruction to meet each individual at her own level — with a goal of improving from there.

Jomo's head coach is **Jon Tufte**, now in his second year leading the program. Tufte teaches physical education at Como Park Elementary. **Steve Conery** has been with the program for decades and is currently an assistant coach, along with assistant **Anna Billy** and volunteer coach **Christina Ward**.

During the school year, Tufte runs practice in the Como pool for the Como and Murray students. Conery runs practice at the Johnson pool for the Johnson students. On Saturdays, everyone practices together. The full Jomo squad convenes for the swim meets, and they enjoy a spaghetti dinner together the night before each meet.



Members of the swim team gathering in the pool. Photo by Christina Ward.

It hasn't been difficult to get buy-in for the bonding. The girls from three different schools with an age range of six years have become a tight group, enjoying their carbohydrates at each other's homes with parents preparing delicious meals.

Coach Tufte appreciates the network of support that families offer out of the pool. It helps fortify team cohesion in the pool at practices and meets, sparked by the seniors. "Our captains are amazing. Their nurturing support for the younger and new swimmers is paramount," Tufte said.

The construction of the larger roster is already paying dividends in competition. "When you have a small team your fastest swimmers have to swim the hardest events, not necessarily the events they're good at," Tufte explained. "As you get more swimmers, you can di-

versify your lineup to earn more points. That has given us a little bit of a competitive edge."

Having a state tournament qualifier on the team also helps provide an edge. Sophomore **Aleia Lueck** qualified for state in the 50-yard freestyle last year as a freshman. Her commitment and talent make returning to state a strong possibility while she also aims to break some school records.

The range of skill in the program is part of what makes Jomo special. "We have a state qualifier in one lane, and a beginner who shouldn't go in the deep end yet in another lane," Tufte said with a smile. Embracing that dichotomy is creating a stronger team that benefits every individual. ■

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



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