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# Park Bugle

St. Anthony Park / Falcon Heights  
Lauderdale / Como Park

www.parkbugle.org  
November 2023

## Practically Magical, Almost Heaven debut in SAP

By Kathy Henderson

Two new businesses celebrated grand openings in the St. Anthony Park business district on Oct. 7, both espousing that Milton Square is a magical place to be located and working there is heavenly — particularly apt attitudes from people opening places named Almost Heaven and Practically Magical.

### Practically Magical

This shop was opened by Abby MacFarlane, who was an independent vendor at the popular Thistles, a long time Milton Square outlet that offered shared space merchandizing opportunities.

When Thistles closed, MacFarlane stayed in Milton Square, opening Practically Magical in a street level location at 2238 Carter Ave.



Abby MacFarlane, of Practically Magical, a Milton Square shop featuring new, vintage and reclaimed goods offered by individual merchants. Photo by Drew Henderson.



Almost Heaven nail artist/owner Isa Pizano with client Gabriela Sierra celebrated the grand opening of the decorative nail service. Photo by Drew Henderson.

She brought along many of Thistles' former vendors and added a few new ones.

"Everyone gets a sense of discovery when they come in here," said MacFarlane, as she and others rearranged their display areas, brought

in merchandise or dressed fashion mannequins in preparation of the grand opening. "It's that awe factor that led to the name Practically Magical. You feel magical when you come in here."

"Anyone can find something

here!" MacFarlane enthusiastically added, noting the curated merchandise is switched out as soon as something sells.

The variety of merchandise —

*New businesses to p. 5*

## Hilary Brasel: 'Everything has changed' since husband's murder

By Scott Carlson

On the day that a teenage assailant gunned down her husband as he interrupted their auto theft in front his house, Hilary Brasel knew her life was tragically altered.

"May 6, this was the morning that changed everything," Hilary said as she read her victim's impact statement to a Ramsey County judge at the sentencing of 17-year-old Kle Swee for her husband's death.

"That day I lost my husband, but more importantly I lost my best friend," she told the court on Oct. 4. "I no longer have my soulmate, and the man who loved me for 23 years. I no longer have the man who gave me my last name, my two boys, and the man who was my ultimate version of 'home.'"

It's been almost six months since the day Michael Brasel confronted Swee and his accomplices breaking into Hilary's Ford Flex parked out in front of their house.

"I still cannot believe the footage recovered from our neighbors' cameras that morning," Hilary said. "It shows that the whole interaction of the teens in the car with



Hilary Brasel spoke at a candlelight vigil in May at Langford Park for her slain husband, Michael Brasel. Photo by Lou Michaels.

Michael was less than 57 seconds, between the time the car pulled up, and the car drove away. He was an innocent man who did not deserve to be murdered.

"Michael had no choice that morning in how his future would play out. Now, he only lives in a shiny metal box that we visit every day."

In a nearly hour-long interview with the Bugle, Hilary said she struggles to re-establish normal

life for her and her two sons, one now in high school, the other in middle school. Her boys are back in school, have resumed playing youth hockey and have tried to celebrate holidays like the Fourth of July and Labor Day.

But she added that "every day is an odd mix" and life "is bittersweet," knowing Michael won't be

*Hilary Brasel to p. 14*

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## CITY FILES

## Como and St. Anthony Park community councils news

## District 10 Community Council

### Como fall curb cleanup

The Como Community Council is partnering with Capitol Region Watershed District again for the 2023 Como Curb Cleanup.

When it rains, leaves on streets release nutrients into the water that flow 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 storm water or ice melt flows is surprisingly effective in reducing this damage.

Join more than 100 neighbors in sweeping your curb once a week this fall through November to help keep Lake Como clean. You can learn more and register as an "official" participant, which greatly helps us track our effectiveness, here on the D10 website: [District10ComoPark.org/Cleanup](https://District10ComoPark.org/Cleanup).

### Thanks for your help!

The District 10 Council extends its thanks to community members who have helped with recent community cleanup and recycling events.

The Sept. 16 city-wide dropoff at the State Fairgrounds saw a dramatic increase in participation over the past couple years. The results were more than 700 vehicles dropped off, along with some 20 tons of electronics and 15 tons of mattresses.

"We can't thank our over 40 community volunteers enough for helping out," said Shevek McKee, District 10 executive director. He added, "It's also worth noting that you can recycle electronics for free all year."

Meanwhile, this year's Lake Como Cleanup event shattered District 10's cleanup attendance record with 63 participants!

A special thanks to the students, parents and staff at the Twin Cities German Immersion School who assisted in the cleanup.

Another note: You can still participate in the District 10 Como Fall Curb Cleanup. Go to the District 10 community website at [District10ComoPark.org](https://District10ComoPark.org) for details.

### Back to the 50's parking survey

The Minnesota Street Rod Association is working with District 10 to learn the desires of residents regarding parking in the neighborhood east of the Minnesota State Fairgrounds during "MSRA Back To The 50's Weekend."

The survey questions are intended to get community perspective about making the street parking restrictions during "Back To The 50's" closer to those during the State Fair as well as gauging interest in lawn parking.

It will take you less time to complete the survey than it did to read this! Take the survey here: <https://bit.ly/50sParkingSurvey>.



AmeriCorps Community forestry member Peter Streilien harvested gravel tree beds for the Creative Enterprise Zone's Tree Planting Day on Saturday, Oct. 14. Photos by Lou Michaels.



### Seeking community writers

Do you like researching history or getting to know your neighbors? Then checkout our Know Your Como project.

During the past two years, the District 10 Neighborhood Relations Committee has coordinated volunteer writers to celebrate and appreciate the large and small contributions of our neighbors and the diversity that make the Como neighborhood a special place.

The Know Your Como pieces are posted on the District 10 website and weekly newsletter, but you can find all the articles to date at [District10ComoPark.org/KYC](https://District10ComoPark.org/KYC).

Email [district10@district10comopark.org](mailto:district10@district10comopark.org) if you would like to join the volunteer team.

### D10 Community Meetings Schedule

- **D10 Como Community meeting:** Nov. 1, 7 p.m., First Wednesdays.
- **D10 Como Community meeting:** Nov. 21, 7 p.m., Third Tuesdays.

D10 meetings are hybrid on Zoom and at the Como Streetcar Station, 1224 Lexington Parkway. You can find meeting details at [District10ComoPark.org](https://District10ComoPark.org). All D10 community meetings are open to the public and have space for community members to bring topics up for discussion.

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

## District 12 Community Council

### De-icing best management practices

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 Property Managers:** Nov. 14 from 9 a.m. to 1 p.m. Register at [bit.ly/44KCA6j](https://bit.ly/44KCA6j)

Or take advantage of other training opportunities at [bit.ly/487adlt](https://bit.ly/487adlt).

### Upcoming meetings

St. Anthony Park Community Council committees discuss a variety of issues at their monthly meetings. Visit the council's website at [sapcc.org](https://sapcc.org) to learn more.


All meetings are hosted via Zoom. Meeting times are subject to change. For ongoing updates and meeting changes, follow along on [Facebook@St.AnthonyParkCommunityCouncil](https://Facebook.com/St.AnthonyParkCommunityCouncil).

- **Land Use Committee:** 7 p.m., Thursday, Nov. 2
- **District 12 Board:** 7 p.m., Thursday, Nov. 9
- **Environment Committee:** 6:30 p.m. Wednesday, Nov. 22
- **Transportation Committee:** 7 p.m. Tuesday, Nov. 28
- **Equity Committee:** 7 p.m., Thursday, Nov. 30

Submitted by Kathryn Murray, District 12 executive director.

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# Falcon Heights voters to elect three to city council

By Anne Holzman

Voters in Falcon Heights will select a mayor and two at-large council members on Nov. 7.

Randy Gustafson is running unopposed for a second term as mayor. Running for two council member seats, with no other candidates on the ballot, are Paula Mielke and incumbent James Wassenberg.

Mielke ran unsuccessfully for City Council in 2017. She serves on the city's Parks and Recreation Commission and chairs the State Fair Task Force.

Wassenberg has served on the Environment and Planning commissions and was appointed to the council in November 2022. This is his first time running for office.

The Bugle asked each candidate about policing, racial justice and plans for Community Park.

Gustafson works for the Ram-

sey County Sheriff's Office, which currently provides police services under a contract that expires at the end of 2023. He said there is "zero conflict of interest" and that his familiarity with law enforcement "could be considered an asset for our community."

After an officer killed Philando Castile in 2016, Gustafson co-chaired the committee convened to respond. He cited the current effort with consultant Third Sphere "to bring our community together."

Concerning the park, Gustafson said, "Our final plans will need to be affordable and realistic."

Mielke expressed concern with the Sheriff's Office "because of (what she contended is) the department's rogue leadership, history of racism and use of dangerous high-speed chases." She will seek a partner with "values of accountability and transparency."

She has worked on the Mapping



Randy Gustafson, incumbent mayor.



Paula Mielke



James Wassenberg

Prejudice project and noted the racial imbalance of home ownership in the city. She proposes a renter protection ordinance.

Concerning the park, she said, "Let's build a modest building so we can ensure there is funding for outdoor amenities." She'd also like to see a playground at Curtiss Field.

Wassenberg said he supports the current police search and also sees a longer-term need to establish trust between the police and the city's residents.

He said that "environmental issues are often closely tied to issues of racial justice." He views both as depending on education and "the practice of the

principles of equity in our daily lives."

Wassenberg said his intent for the park is to "listen to residents" and then "balance our community wish list ... with a realistic budget." ■

Anne Holzman is a Bugle freelance writer who covers Falcon Heights government news.

# The Fern welcomes first residents

By Anne Holzman

The Fern, a senior apartment complex built on the old Lauderdale School site, is now open for business.

The 114-unit complex, owned by Real Estate Equities, debuted at the end of September, although a few units and the underground parking still needed finishing then.

The apartments are one- or two-bedroom units available to seniors 55 or older with incomes at 30, 50, or 60 percent of the Twin Cities' area median income.

REE property manager Patrick

Ostrom said he anticipates filling all apartments by early next spring.

Asked where tenants were moving from, Ostrom said, "The vast majority of current and future residents are coming from nearby."

The city began working with REE in 2019 with the goal of demolishing the old school and developing affordable senior apartments at 1795 Eustis St.

City staff and neighbors shared school memories and saved a few artifacts before the building was demolished in 2022. A reunion building tour in 2018, inspired Lauderdale resident and school alumna Kathy Bernstrom Lefeld

to write a book about the school, published earlier this year and available for sale at Lauderdale City Hall.

Meanwhile, the city of Lauderdale and REE staff explored various sources of funding to make the project financially viable. The site was rezoned for multi-family housing, and tax-increment financing (TIF) was agreed upon for a 15-year term.

With that plan in place, REE purchased the property from the city in July 2022. ■

Anne Holzman is a Bugle freelance writer who covers Lauderdale news.

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The Park Bugle is a monthly non-profit community newspaper serving St. Anthony Park, Lauderdale, Falcon Heights and Como Park. The Bugle reports and analyzes community news and promotes the exchange of ideas and opinions in these communities. The Bugle strives to promote freedom of expression, enhance the quality of life in the readership communities and encourage community participation.

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## EDITORIAL

### From the desk of the editor

By Scott Carlson

#### Giving thanks

I returned to work Oct. 1 after enjoying my first vacation and extended time off in several years, feeling energized and especially grateful for this gift.

My good fortune comes as I look around and am grateful for a plethora of blessings in my life that are material, social and spiritual.

This month, as our nation celebrates Thanksgiving, Bugle social media specialist Laura Adrian is picking up on the theme of gratitude and conducting another reader-participation contest. You can read about Laura's latest column elsewhere on this page.

Meanwhile, I marvel at the generosity that typifies the St. Anthony Park-Como Park-Falcon Heights-Lauderdale community. Case in point: Grant Abbott and Elaine Tarone, St. Anthony Park residents since 1981, held a garage sale at the end of September with



Elaine Tarone and Grant Abbott recently held a garage sale with all proceeds going to support the Bugle. Submitted photo.

all their proceeds going to support the Bugle's annual fall fundraiser.

"We raised \$750 for the Bugle, while ridding our house of over 600 books and five bookcases," said Elaine, a retired University of Minnesota professor.

Elaine and Grant said their love for the Bugle has grown since they moved into St. Anthony Park.

"We raised our two children here 1983-2005," Elaine said. "Grant was rector at St. Matthews Episcopal Church from 1981 to 2003. I am still a member there, and for about 20 years I coordinated a multi-church neighborhood Project Home shelter there every August for homeless families. Grant served on the Bugle Board 2011-2017."

Grant noted, "When I started at St. Matthews in 1981, I knew nothing about the neighborhood. Church members told me to read the Bugle. I did, and after three to four months, I really felt I knew a lot about people and activities in the local community."

Elaine added, "It means a stronger sense of connection with both older and newer neighbors."

The couple said they hope their support helps the Bugle defray its distribution expenses, especially because the paper covers a larger

geographical area compared with earlier years.

In the end, Grant said, "Without the Bugle, the region it serves would just be a group of individuals. It is the Bugle that makes us a community."

Elaine added: "At our yard sale a number of people told us how much they appreciated the Bugle."

"One girl told us her name had been in the paper for one of her school achievements. That sense of pride in 'being somebody' is so important. As a monthly delivered free to our doors, the Bugle can't exist without our support."

Grant and Elaine are two of hundreds of people who support the Bugle every year. Their financial contributions help keep the newspaper financially healthy. For a current list of donors, check out our story on page 8 of this issue of the Bugle.

Scott Carlson is the managing editor of the Bugle.

## LETTERS TO THE EDITOR

#### Herbst history

*(Editor's note: In our October issue, the Bugle wrote about the new Herbst restaurant and market. This letter writer offers some further background on the Herbst name.)*

The passing of Rodger Herbst, the last of the grocery store Herbsts, is a fitting time to note that Herbst businesses have been located in St. Anthony Park since 1881 — even before the official establishment of the neighborhood in 1887.

In 1881, Joseph Herbst, who immigrated from Germany in 1875, moved his wholesale meat company from downtown St. Paul to behind the old Groff Paper Company at 1049 Raymond Ave.

By 1896 there were also two retail meat markets in St. Anthony Park, one at Como and Carter and the Robert Herbst Meat Market at 946 Raymond Ave. Robert was one of Joseph's sons.

The last location at 779 Raymond Ave. was operated into the

2010s by Robert's children, Walter, Gloria and Rodger (whose death was noted in the October Bugle) and is now Herbst Eatery & Farm Stand (also noted in a story in the October Bugle).

My sources for this information are "Down Memory Lane: Bits and Pieces of Family and Business History in South St. Anthony Park," published by the St. Anthony Park Old Timers, 1987; and "St. Anthony Park, Portrait of a Community" by David A. Lanegran, 1987.

Kathy Malchow  
St. Anthony Village  
(former St. Anthony Park and  
Como Park resident)

#### Supports Mielke

Dear Editor,  
I am writing to encourage all Falcon Heights residents to join me in voting for Paula Mielke for city council Nov. 7.

Paula's credentials are long and impressive. She currently is the chair of the Falcon Heights State

Fair Taskforce, a much-needed antidote to the headaches the fair brings to our city but which, with minor tweaks to city ordinances, can make it more tolerable while we welcome up to two million people over 12 days.

She is on the city's Park and Recreation Commission. She spent nine years on the Ramsey County Library Board. She was a small business owner and knows how to read a budget.

Most significantly, when a St. Anthony police officer killed Philando Castile in our city in 2016, she channeled her revulsion and anger into forming a grassroots group of other Falcon Heights residents to push the city council to take action to change the way policing is done in our city so that it is fair and just for all.

Paula loves Falcon Heights. Love her back with your vote.

Chuck Laszewski  
Falcon Heights

Alice Hausman  
Former state representative

#### Another Mielke supporter

I am pleased that on Nov. 7 I can vote for Paula Mielke for Falcon Heights City Council.

I met Paula years ago when we worked down the hall from each other at Children's and United Hospitals. For many years, we served together on a small foundation board.

Paula researched the organizations requesting funding. She asked tough questions and helped ensure the foundation stayed true to its mission, supporting organizations in the East Metro that provide enrichment opportunities for children — including the Bell Museum and Gibbs Farm in Falcon Heights.

I know Paula will work hard on behalf of all of our residents, homeowners and renters alike. Please join me in supporting Paula Mielke.

## Bugle Community Gratitude project underway

By Laura Adrian

In a world of hustle and bustle, taking a moment to reflect on what makes us grateful can be a powerful exercise.

Gratitude, has the incredible ability to shift our perspective and infuse our lives with balance.

This month, the Park Bugle invites you to join us in a collective celebration of gratitude. We want to hear from you, our wonderful

community members, about the things that light up your heart.

#### How to participate?

It's simple! Whenever you see our #gratitude posts on any of our social media platforms (find us on Facebook, Instagram, TikTok, and X), drop a comment and let us know what makes you grateful.

It could be a small everyday joy, a cherished memory or a person

who brings a smile to your face. Send your comments during November to me at [laura.adrian@parkbugle.org](mailto:laura.adrian@parkbugle.org) and mark them as "Community gratitude entry."

#### A chance to win something special

As a token of our appreciation, all participants will be entered into a prize drawing featuring offerings from our local businesses. This

is our way of saying thank you for being an integral part of this community.

Let's spread the warmth of gratitude together. Share your blessings and let's create a ripple effect of positivity that brightens up our neighborhood! ■

Laura Adrian is social media specialist for the Bugle.

## COMMENTARY

## The dark side of social media and protecting yourself

By Sofia Patroski

Social media is a staple for most teenagers. From vlogs of morning routines to clips of the next popular concert (Hey, Swifties!), teens are constantly posting and creating videos, as well as following other people's lives.

Some people feel more connected to friends and relatives through these online touchpoints, and, as social creatures we need human interaction. But as much as social media keeps us connected, it can also tear us down.

According to the U. S. Depart-

ment of Health and Human Services, up to 95% of youth ages 13 to 17 reported using a social media platform, with more than a third saying they use social media "almost constantly."

Not everything on the Internet is appropriate for kids and teens. This applies to social media, as well.

Students at Murray Middle School recently shared their opinions on social media use. One student who has the app 'BeReal' commented, "I don't want to 'be real' right now ... Part of me is scared of that judgment piece."

When asked how it feels to

see inappropriate social media content, another student said, "Uncomfortable, and like I don't want to go on social media ever again." But that doesn't stop most teens from scrolling through their feeds.

There is an even darker side to social media. Obsessively being on social media has increased loneliness, depression, anxiety and self-harm.

Cyber bullying can be a huge problem in social media. Donna Wick, a developmental and clinical psychologist, says, "Kids text all sorts of things that you would nev-

er in a million years contemplate saying to anyone's face."

NBC news wrote a story about 15-year old Sadie Riggs, who was bullied at school and through social media. Her peers were telling her to kill herself, and eventually she did.

Despite these downsides, most Murray students commented positively on the joy of social media and staying connected to friends.

Rather than dumping social media altogether, consider reducing your social media use, or just making it a better experience: Set time limits, choose not to go online

when you're feeling bad, and silence your notifications or turn off your likes.

Once online, try not to compare yourself to others and, most importantly, post for your own enjoyment and not for other people's approval. ■

*Sofia Patroski, an eighth grader at Murray Middle School, wrote this story as a part of her journalism class taught by Carrie Bittner. Patroski hopes to be a veterinarian one day. She enjoys reading and hockey.*

## New businesses from p. 1

objects, books, fashions, furniture, jewelry and food items; vintage, repurposed or new — along with the spaciousness of the shop's design and the way items are set out on tables, arranged in decorative cabinets, or spilled forth from an open desk drawer, distinguish Practically Magical from a typical antique or thrift store.

"We're a supportive collection of merchants, many who live in the area," is how MacFarlane describes the vendors whose individual booths circle and wind through the shop floor. Each merchant brings a unique style and particular interests to the property. Currently, there are 13 vendors, with space for more.

"We love interacting with the community, hearing their stories, helping them find something unique. Sometimes they even bring in photos to show us how they are

using what they discovered here," MacFarlane said.

## Almost Heaven

This decorative nail studio is owned by nail artist Isa Pizano. Located in a lower level Milton Square courtyard suite at 2230 Carter Ave., this is the first solo venture for Pizano, who previously had spaces in other salons.

For Pizano, owning a nail salon was never a childhood dream. (She wanted to be a photographer.) Nor was it anything she imagined doing as a University of Minnesota student completing a double major in visual arts and graphic design.

But she fell into the decorative nail trade by serendipity.

"I graduated from the U in 2020, in the midst of the Covid pandemic," Pizano said. "I felt lost and uncertain due to all the immense

changes happening to us collectively and individually. I always wanted to be an artist — I decided to buy a nail kit and give DIY nails a try.

"I fell in love immediately," she continued. "In my opinion, nail art is simply another medium, like clay and paint, only I use nail products."

Like MacFarlane, Pizano considers Milton Square a unique setting. "I chose this location because upon arrival, Milton Square felt like a magical world. The energy felt right, and I trusted my gut."

Settling into her shop, Pizano discovered that she enjoys taking walks during breaks. "The neighborhood is beautiful. I stumbled across sculptures made of birch trees the other day."

Having her own location has also given Pizano the opportunity to mentor Shivani M, who is currently attending nail school. Upon

program completion and licensure in the late winter, Shivani M plans to join the Almost Heaven team.

Meanwhile, the opportunity to give feedback to her future nail technician has spurred Pizano to start offering nail art classes to licensed professionals and nail enthusiasts.

Currently, Pizano typically sees three to four clients a day. "I enjoy chatting with my clients and making them feel amazing!" she said.

When it comes to nail trends, Pizano said, "People are obsessed with chrome, airbrush art and 3D nail art."

And in case you're curious, Pi-

zano does her own nails. Both hands! ■

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



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## 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 remember publication dates represent when the newspapers go out for delivery. Mail distribution of the paper **may take up to several business days** with the holiday season also potentially slowing up deliveries.

Bulk drop-offs of the paper around town are usually completed **two to three days after publication.**

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

**January 2024**  
Copy/ad deadline: Dec. 13  
Publication: Dec. 26

**February 2024**  
Copy/ad deadline: Jan. 10  
Publication: Jan. 23

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# Hilary Brasel honors her husband

**Editor's note:** On Oct. 7, a Ramsey County District Court judge sentenced 17-year-old Kle Swee to nearly 26 years in prison for the May 6 murder of Michael Brasel a beloved St. Anthony Park man of many gifts — husband, father, residential carpenter and youth hockey coach.

Before Klee's sentencing, Brasel's widow Hilary read her victim's impact statement to the court. Her statement has been slightly edited for space requirements with a few especially poignant sentences put in bold font.

"I want my words to honor the amazing man Michael was, and in my heart, the man Michael still is. I hope my words honor the genuine way Michael lived his life each day, and you can learn a bit more about the talented, unique, irreplaceable human he was. I want to describe how Michael's murder has forever changed my life and the lives of our children.

## Background on Michael

Michael Scott Brasel was known by many names: Michael, Mikey, Coach Brasel, Mister Michael, Dad and, by his mother, "Sweet Prince."

Michael was raised in St. Paul in the St. Anthony Park neighborhood, attending St. Anthony Park Elementary School, Murray Junior



Hilary Brasel (upper left) speaks recently to friends and supporters at a fundraiser for the St. Anthony Park Community Foundation's youth endowment fund honoring Michael. (Upper right) Music was provided by Dominick Washington, Mark Severt (the host) and Kate McRoberts. Photos by Sonia Ellis.



High School and Cretin Derham Hall High School.

I first met Michael in a pottery class our freshman year at CDH, where even then, he stood out to me as a great artist and a genuine person. We parted ways when I switched high schools our sophomore year, and we did not meet up again until college.

Michael went on to study at Min-

neapolis College of Art and Design, where he obtained a degree in illustration. I attended Bethel University, working on a degree in art education.

Michael and I were reintroduced to each other in 2000, our senior year of college. We both were finishing art degrees and bonded through our mutual creative interests. We started dating in the spring of 2000, and instantly fell in love.

## Marrying Michael

Michael and I were married in June 2005.

Michael was the best person I have ever known. Michael had the warmest brown eyes, the biggest smile. He had amazing hair and facial hair that would change all the time, especially with the seasons. He had the quirkiest sense of humor, the best laugh. He always gave the best hugs. He was the one who could always see when someone was having a bad day, and work to turn their frown upside down.

**He had a zest for life that changed everyone who knew him.** Above all these amazing details, the greatest thing about Michael was his genuine heart and endless love for those who knew him best.

When you were loved by Michael it was not loud and flashy, but it was genuine and true. The love

that he shared with his parents, his siblings, extended family and close friends was always full of humor and joy. The love he shared with me, his wife, and two boys Oliver and Miles, was enormous, steadfast and unforgettable.

## Michael's career and interests

Michael worked as a residential carpenter and project manager on historic and unique homes in St Paul and Minneapolis, with Golliker Construction. His career path let his meticulous talents and precise mind shine. He helped create homes that people love and cherish to this day. More importantly he made real connections with the families and subcontractors he worked with.

Michael was a respectful, honest and hardworking man who people trusted to work on their homes and design projects. His creative and reliable presence in the construction industry will be missed.

**Sadly, his death has taken away his ability to finish our own home remodel,** and this is yet another dream I will have to complete without him.

Outside of his "day job," Michael loved to make art. He used so much of his artistic talents with his illustration degree from MCAD to create logos, posters, portraits and most of all screen prints. His bold use of color and attention to detail made his art so amazing.

Michael also loved vintage cars, going to car shows, and anything relating to automotive design. He had a 2009 Dodge Challenger that he special ordered after saving money for 15 years. It was his "fun

summer car", and his own personal get away from the stress of life. His car now sits waiting for him to drive it, but he will never drive that "fun summer car" again. Hopefully his sons and I will learn to drive a manual transmission and enjoy those get away drives for Michael in the future.

Besides cars, Michael loved all kinds of music, and always had music playing in the background. He loved going to live music shows at multiple venues here in the Twin Cities. Music concerts were our best way of planning date nights.

**Sadly, I struggle now to listen to music or have the radio on because a song will come on and send me into an emotional tailspin.** Certain songs will always remind me of Michael, or a special time we shared together in the past. I used to think of those songs with such fondness, now I hear them and just wish he could be with me for one more date night, to make just one more happy memory.

## Loved hockey

Michael loved playing hockey and was on a few 'old man' hockey teams with other hockey dads and coaches who became his close friends.

Even more than playing hockey, Michael loved coaching hockey. He coached on multiple youth hockey teams over the last seven years with both the Roseville and Langford Park hockey programs. Hockey was his way to connect with his own boys; to help grow their skills and confidence in life. His efforts to mentor youth through the sport of hockey has created an endless list of other young players who have benefited from his energy as a coach, and the life lessons that he has shared as a good human.

Moving forward, so many of those young players that Michael coached are now facing the start of a new hockey season. Tryouts are underway and team placements are being decided, which is an intense process.

Our home hockey association has offered each player a sticker to add to their helmets that says "MB — In honor of Coach Brasel." It is impressive to see all these young players adding this sticker to their helmets that they will wear each day. I am hopeful each time they see that sticker they can remember the life lessons Michael shared with them, as they continue to pursue their own goals.

Lastly, over the last seven winters Michael built a bigger and better

*Hilary Brasel honors her husband to p. 7*

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## Hilary Brasel honors her husband from p. 6



Neighbors and friends recently came to hear about the St. Anthony Park Community Foundation new youth endowment fund to honor Michael Brasel. Photo by Sonia Ellis.

backyard rink. He did this so his family could play epic 2v2 games and enjoy Minnesota winters together. He made sure that no matter if the rinks were open or not, his boys would always have a way to skate. Michael wanted to make sure his boys could always improve their skills, but more importantly find joy on the ice.

We now struggle with the idea of knowing how to move forward with building and maintaining the rink without Michael's knowledge and construction skills. I am hopeful this tradition does not also have to die.

### May 6 "changed everything"

Moving forward to the day Michael was murdered, May 6, 2023, this was the morning that changed EVERYTHING.

That day I lost my husband, but more importantly I lost my best friend. I no longer have my soulmate, and the man who loved me for 23 years. I no longer have the man who gave me my last name, my two boys, and the man who was my ultimate version of "home".

Michael was "my compass" for our lives together, and I feel lost without him. I am scared each day, that I am falling short of the goals that Michael and I had to help our boys grow up to be good people. I am scared I won't be able to fulfill the dreams and aspirations Michael and I had to build a life of substance together.

**I am truly missing my better half, and my heart has broken in ways I never knew were possible.**

After Michael's murder, I now struggle to figure out how to run our household without his input.

This is so hard because Michael was good at everything. He had so many skills that made our household function, from technological skills with computers, to electrical, plumbing and carpentry.

I now must ask others to help me take care of our house and help me understand all the details of home maintenance.

Sadly, Michael's death ended his ability to help with our own home remodel; this is yet another dream I will have to complete without him.

I am also constantly overwhelmed by the thoughts of how I will financially make it all work for our boys without Michael's income. He worked very hard and had a steady income that helped us work towards our goals as a family.

Additionally, my car, the Ford Flex, was part of the crime scene from Michael's shooting. I have no idea when that will be returned, as it is evidence. Sadly, the Flex was the only car that we still had car payments on.

In order to save my sanity, I paid off the car balance so I don't have to deal with the monthly punishment of a payment for a car I do not even have. It is an asset that I cannot access, and financially will be something that the courts will not be able to reimburse.

### Facing the future

Additionally, because of Michael's murder I am currently on a leave from my job at Children's Hospital. I work as a pediatric nurse in many areas of the hospital, including the PICU. I am on a leave because the strength it takes to care for others with acute healthcare needs, is

something I cannot handle right now.

I am (currently) afraid to go back to work — as my ability to concentrate and remember details has been difficult for me to process.

I am also not sure how I will handle caring for intubated and vented patients, when the last time I saw a breathing tube — it was in the mouth of my murdered husband.

I am not sure how I will react in a crisis at work if I needed to perform life-saving measures — as the last time I did CPR was on the chest of my husband as we assessed Michael's three gunshot wounds.

I refuse to let Michael's murder also take my career away — but I know I am going to need significant therapy to regain my confidence to return to the hospital.

### Financial struggles

My continued loss of work is hurting my family financially, as I have run out of paid leave.

I also will need to take a new position at the hospital, because I previously worked the overnight shift, and I can no longer do that as a single parent. This job change requires me to go through application and interviewing processes, which is more added stress.

I also was supposed to finish my last class for my second nursing degree this last summer, and finally graduate from Augsburg Universi-

ty. Class participation was put on hold over the summer, as I grieve the loss of Michael. I have restarted my class again — as I will not let Michael's murder take more from me. **But sadly, I now won't have Michael, my biggest cheerleader, at my side as I finish my degree and graduate in December.**

### Still processing

It has now been less than five months since Michael was killed on May 6, 2023. We are all still processing how Michael's murder has affected our lives. This spring was supposed to be full of joy and happiness, and now it is full of overwhelming grief, sadness and anger. Our family had so many plans and dreams that were destroyed the day Michael was murdered.

The first five months have been made exponentially tougher because we have had many special occasions without Michael:

- May 14: Mother's Day
- June 3: Michael's 45th birthday
- June 18: Father's Day
- June 18: Our 18th wedding anniversary
- Aug. 5- 10: First family trip without Michael
- Aug. 30: Hilary first day of last class at Augsburg
- Sept. 8: The start of both boys hockey seasons — without their Dad

This is just the start of the big moments that Michael has missed. It does not begin to cover all the future moments he has been robbed of sharing with our family. We are grieving the loss of Michael's life in the here and now, but also for all the future moments and milestones that he will never be able to do with those he loved most. Our hearts are broken and our world has been turned upside down by the senseless shooting that took Michael's life on Saturday May 6, 2023, in the front yard of our home.

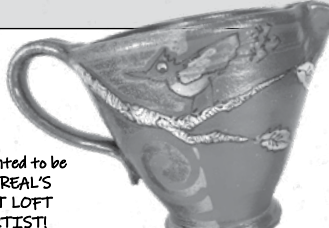
I still cannot believe the footage recovered from our neighbors' cameras that morning. ... It shows that the whole interaction of the teens in the car with Michael was less than 57 seconds, between the time the car pulled up, and the car drove away. Please remember that he was an innocent man that did not deserve to be murdered.

Michael had no choice that morning in how his future would play out, and now he only lives in a shiny metal box that we visit every day. I hope that everyday Klee spends in prison he can remember he is not the only one in a box. Michael is in a box *forever*.

Please honor Michael and have his shooter, Kle Swee, be sentenced to the maximum time he can serve for taking away my best friend. ■

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## Bugle forming Readers Council

As part of its mission “to turn readers into neighbors,” the Park Bugle board of directors is planning to launch an advisory Readers Council.

The volunteer group of five to nine people is expected to meet quarterly to, among other things, provide reader insights to story coverage, offer story ideas and share thoughts about expanding

the breadth and reach of the newspaper and its social media.

“The Readers Council will consider how the Park Bugle can fulfill its mission more fully and in new ways,” said Helen Warren, presiding officer of the Bugle board of directors. “We want to include voices not currently represented on the board, including people of color,

newly arrived residents, apartment dwellers and students.”

Up to three Bugle board members are expected to assist the council. “Mostly, the Readers Council will put the Park Bugle face-to-face with its readers,” Warren said.

At each meeting, members of the Readers Council will, among other things, describe gaps in current

knowledge of their neighborhoods or with civic enterprises that the Bugle might fill and encourage dialogue about issues faced by neighbors.

The Readers Council will widen or adjust the perspectives staff and board members take on the Park Bugle, Warren said, adding it “will prompt dialogue about the issues and imperatives we face as neighbors.”

After a year, the Park Bugle board will assess the effectiveness of the Readers Council.

If you would like to serve on the Readers Council, please contact Warren at hbwarren65@gmail.com.

*Submitted by Bugle board member Helen Warren, edited by Bugle editor Scott Carlson.*

## Bugle donors' fundraising update

As the Bugle moves into the heart of its annual fall fundraising campaign, it's worth noting that our healthy operations are greatly buoyed by the solid support we receive from scores of individual and business donors.

As of Oct. 11, the Bugle had received \$10,400 in donations for fiscal 2023-24. Our fall campaign continues in earnest through the end of December.

Thanks to everyone for your financial support and confidence to date as the Bugle strives to produce great journalism that informs readers and supports the communities of St. Anthony Park, Como Park, Falcon Heights and Lauderdale.

You can give online at [parkbugle.org](http://parkbugle.org) or with a check sent to The Park Bugle, PO Box 8126, St. Paul, Mn. 55108. Every gift matters.

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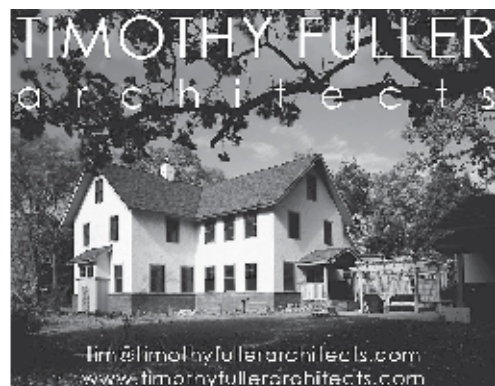
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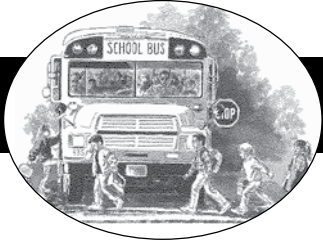
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# SCHOOL NEWS

## School news around town

### Twin Cities German Immersion School

Submitted by Paige Yurczyk

#### Eighth graders hold exchange program

In September, eighth graders at the Twin Cities German Immersion School (TCGIS) hosted 38 students from three partner schools in northwestern Germany.

During the 14-day exchange, visiting German students experienced all things Minnesota: touring the Minnesota State Capitol and History Center, Wabasha Street caves, Mill City Museum, the Stone Arch bridge and the Mall of America. They also had numerous daily experiences such as family meals, after-school activities and trips up North.

In addition, German students attended classes with their TCGIS hosts, experiencing their language immersion school.

TCGIS eighth graders will now prepare for the next part of their exchange, visiting their German partners for two weeks next spring. Currently, TCGIS has one of the largest back-to-back exchange programs in the U.S. with 76 students participating from TCGIS and its three partner schools.

#### Bike week

TCGIS 4th graders worked hard to their "Fahrradfürerschein" or "Bike License" in September.

In Germany, students traditionally earn their bike license in fourth grade after learning about traffic signs, right of way rules, and experiencing practical training on braking, gear shifting and riding next to cars.

TCGIS' mission is to educate "the whole child," and learning life skills like safe biking behaviors nurture students' independence and self-reliance.



Fourth graders at TCGIS worked hard this fall to earn their Fahrradfürerschein, or bike licenses. Photo courtesy of Paige Yurczyk.

#### School offerings and highlights

For the 2023-2024 school year, TCGIS still has open spots in kindergarten and third through seventh grades. Students without previous German language skills are offered language-learning support.

For more information, go to Twin Cities German Immersion School at [www.tcgis.org](http://www.tcgis.org).

#### Martinstag invitation

TCGIS invites you to celebrate St. Martin's Day, or Martinstag.

The celebration will begin with a short program of singing, a performance from the TCGIS band and a reenactment of the St. Martin's story, a story about sharing and social-justice.

Afterwards, TCGIS members will parade with their lanterns through the neighborhood, then return to school for the Capstone Exchange program bake sale. The public is invited to join in the festivities.

The celebration begins at 5:30 p.m., Thursday, Nov. 9 at the school, 1031 Como Ave.



Third and fourth grade SAP Elementary students have been reflecting on the feelings they get from familiar spaces. Art teacher Mara Schriver explained, "These pieces are like a collage of places." Schriver said this project was inspired by UK artist Shantelle Martin's large-scale line drawings. Photo by Sarah CR Clark.

### St. Anthony Park Elementary School

By Sarah CR Clark

Before classes began one Friday in October, regular Bugle contributor Sarah CR Clark asked students waiting in the breakfast line, "Imagine your family is having a big feast. For this feast YOU get to pick one food to cook and share. What would you cook?" Here are their responses:

- corn on the cob — Asa, second grade
- burgers — Roland, second grade
- bariis — Ejabo, fifth grade
- marshmallow fruit salad — Cleo, fifth grade, and Norah, fifth grade
- sambusa — Mohamed, first grade
- spaghetti — Vivian, fourth grade
- chocolate chip pancakes — Ellery, second grade
- mac and cheese — June, fourth grade
- swedish meatballs — Hazel, fourth grade



Murray students Sofia Patronski, Addie Nelson and Rachel Englund showed their History Day projects at an October National History Day teachers' training session at the Minnesota History Center. Photo courtesy of Murray principal Jamin McKenzie.

- bacon — Chase, fourth grade
- mashed potatoes — Natalie, fifth grade
- biryani — Inaaya, fourth grade
- banana bread — LuLou, fifth grade
- alfredo pasta — Siri, fifth grade and Lars, third grade
- apple pie — Franklin, second grade and Bridget, first grade
- pumpkin pie — Layla, first grade
- hulbata — Muntaha, fifth grade
- chicken nuggets — Ayan, fourth grade



The Twin Cities German Immersion School hosted 38 students from partner schools in Germany for two weeks this September. Photo courtesy of Paige Yurczyk.



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# Indigenous tourism in Bugle territory

By Kathy Henderson

(Editor's note: November is National Indigenous Tourism month.)

Although Indigenous tourism is not a term often heard around here, it is rapidly gaining notice in Canada.

The Indigenous Tourism Association of Canada — was established in 2014, and provincial associations stretch from the coastal Innu Nation of Labrador to the Yukon's 14 First Nations. They host conferences, offer training programs and form partnerships with tourism promotion organizations.

The prevailing message is to travel with intention, whether across the country or within your own city.

This inspired me to connect with some people and resources to create my own Indigenous tourism itinerary for a Saturday exploration around the Park Bugle's coverage area.

## Dakota Land Map—U's Magrath Library

As a map is always a handy thing to have when starting a journey, my first stop was the Magrath Library on the University of Minnesota's St. Paul campus (1984 Buford Ave.) where a sizeable print of the "Dakota Land Map: Minneapolis & Saint Paul" by Marlena Myles (Spirit Lake Dakota, Mohegan, Muscogee) is on display.



The Dakota program at Gibbs Farm: Pathways to Dakota & Pioneer Life is influenced by the seasonal life of the Dakota of Heyáta Othúŋwe (Cloud Man's Village) at Bdé Makhá Ska of the 1800s and includes replica tipis. Photo by Drew Henderson.

While Myles makes PDF copies available as a free download at <https://marlenamyl.es/project/dakota-land-map/>, a hand-held computer printout doesn't quite

provide the impact that viewing the larger map does.

When asked if she knew how the print of her map came to be displayed at the U's library, Myles

humbly replied, "There was no special event as to why the map was purchased other than its educational value. They ordered it from me like most people do, to honor and teach about Dakota homelands. Every day is a good day for that."

However, Krista Brickbauer, facilities and operations manager for the U's St. Paul Campus libraries, provided more institutional-related details that included the availability of budget funds to purchase art and their awareness of the Dakota Land Map.

"One of our core principles in this project [to purchase art for display at Magrath] was to try to reflect the community that our library serves," Brickbauer said. "We felt strongly that displaying a piece like this would help to educate people about the area and would center Indigenous history and culture."

## Gibbs Farm—Historic

On one of the final Saturdays that the Gibbs Farm: Pathways to Dakota and Pioneer Life was still open during its 2023 season, I was exploring — with intention — the area that Gibbs interprets as an 1800s Dakota lifeway village.

More than 20 years ago, when decisions were being made on what to feature in historical museums, the credentialed curators of the Gibbs Museum sought the advice and guidance of the Dakota com-

munity, including descendants of Maḥpíya Wičhášta (Chief Cloud Man), in establishing the Dakota village area. Its name eventually was changed to Gibbs Farm: Pathways to Dakota & Pioneer Life.

"It was really important that it was an accurate history of the time period," said Sammy Nelson, director of Gibbs Farm, "and several people continue to contribute their guidance today."

The connection of the Gibbs site to Maḥpíya Wičhášta Village, which was on the shore of Bde Maka Ska, is that before her marriage to Heman Gibbs, Jane Debow Gibbs' childhood was spent living near the village.

Like many who live in or drive through the area, I almost take for granted seeing its familiar landmarks — the tops of its tipis — as I drive along Larpenteur or Cleveland avenues. And I admit that when I visited the Gibbs site in the past, I typically spent time at the farmstead and the school house, maybe only glancing across the prairie plantings toward the area where the replica tipis and bark home are located.

This time was different. I took a close look at the Dakota structures and read the accompanying signage. Although the plants looked a little weather worn in the fall season, I spent a great deal of

Indigenous tourism to p. 11



## Make memories at the Bell Museum



### Collectors Day 2023

November 4, 10 am – 3 pm

Join us at the Bell Museum for our second annual Collectors Day, a daylong event where members of the community share and showcase their own personal collections.



### Secrets From a Forest

Premieres November 11

Experience the innovative new planetarium show, *Secrets From a Forest*, led by the artistic vision of award-winning nature photographer Jim Brandenburg. Featuring the Minnesota Orchestra, the original production tells an inspiring story of the intimate relationship between artistic expression and the natural world.



### Spotlight Science: Brain Power

November 18, 10 am – 2 pm

Join us for Spotlight Science! This month's program invites visitors to connect with neuroscientists and psychologists working to understand the human brain! Explore brain science through exciting demonstrations and hands-on activities around the museum.

### Indigenous tourism from p. 10

time at the Dakota Native Medicine Garden.

Indigenous community members designed this teaching garden in the shape of a turtle. It is considered a teaching garden because the Dakota of this era would have gathered such plants in the wild.

The Gibbs brochure and garden signage clearly identify what is planted in each garden section and the brochure provides information on how the plants were used for medical treatment. For example, yarrow was for reducing fever and alum root treated sore throats.

The Dakota program is popular with both the general public and school groups, Nelson said. Teachers often tell her how important it was to be at the site and have its curriculum available as a starting place to introduce their students to the history of Minnesota's Indigenous people.

### CE Zone Murals— Contemporary

Just as the Gibbs site introduces the Dakota living experience of past, the Creative Enterprise Zone's Chroma Zone murals that are created by Indigenous artists provide an authentic sharing of the Indigenous story, that is contemporary and robust.

Viewing the murals contributes to the recognition that there are active Indigenous artists today, which is valuable in challenging the misconception that Native Americans existed only in the past. That their artwork reflected a "redefinition of culture identity" was included on more than one artists' statements.

In their own way, the murals reinforce the "We are still here." theme of last month's American Indigenous Tourism Conference in Durant, Oklahoma, hosted by the Choctaw Nation of Oklahoma.

Artists, mural titles, locations and artists statements are available on the CEZ website at [chromazone.net/gallery](http://chromazone.net/gallery). Weekends are a quieter traffic time to view the murals that are on various commercial and industrial buildings in south St. Anthony Park and the Midway area. I planned my route with the help of the website map and used my cell phone to read the artist's statement at each mural stop.



"Unci Maka," which is translated from the Dakota language to Grandmother Earth, is the title of the mural by Thomasina Topbear (Santee Dakota and Oglala Lakota) on the south wall of the Murphy Rigging building at 2299 Territorial Road W. Photo by Drew Henderson.

Look for works by Holly (Miskitoos) Henning (Marten Falls Anishinaabe First Nation and Constance Lake Oji-Cree First Nation); Povi Marie (Leah Lewis) (Pueblo/Diné); Marlena Myles; Thomasina Topbear (Santee Dakota and Oglala Lakota); and Missy Whiteman (Northern Arapaho and Kickapoo).

### Makwa Coffee

When it was time to end my Indigenous tourism exploration, I headed to Makwa Coffee (2805 Hamline Ave. N.) in nearby Roseville to refresh, recharge and reflect. Jamie Becker-Finn (Leach Lake Ojibwe, Bear Clan) opened the shop in 2022.

### What next? Make your own itinerary.

While my Indigenous tourism itinerary took place on a Saturday afternoon around the Park Bugle neighborhood, there are other sites, shops and chefs in the Twin Cities that one might consider in designing a personal itinerary. Here's a sample:

### Wakan Tipi Awanyankapi

A visit to Wakan Tipi Awanyankapi at the Bruce Vento Nature Sanctuary (265 Commercial St.) was recommended by artist Myles, Gibbs director Nelson and Jim Rock, director of Indigenous Programming at the U.

According to various resources, Wakan Tipi Awanyankapi translates from the Dakota language to "those who care for Wakan Tipi." And Wakan Tipi, which roughly translates as the "dwelling place

of the sacred" or "dwelling of the Great Spirit," is the Dakota name for the sacred cave that for years was referred to as Carver's Cave, as named by explorer and mapmaker Jonathan Carver around 1776-1777. The Wakan Tipi Center is currently under construction with an anticipated opening in 2024.

If you go to Wakan Tipi Awanyankapi, Myles encourages trying the "Dakota Spirit Walk," an augmented reality installation that she designed. By downloading an app on their cell phones, visitors are able to hear audio and view digital images at stops along the walk. Myles also designed the "Dakota Sacred Hoop Walk" at the Minnesota Landscape Arboretum in Chaska.

In recommending Wakan Tipi Awanyankapi, Rock (Sisseton Dakota) acknowledges the non-Indigenous educational value but also is apprehensive about Indigenous sacred spaces being developed. He is concerned about disrespect and destruction and misinterpretation.

"We hope to not entertain tourists with what is often perceived as our exotic past, but rather awaken

them to our ongoing living presence and renewal and decolonizing 'land back' perspective," he said.

### Sacred sites

The Minnesota Humanities Center on St. Paul's East Side has provided its "Learning from Place: Bdote" workshops for 10 years. That's 100 times, 3,000 people! The Minneapolis-based Minnesota Council of Churches also provides Indigenous sacred site tours through its "Healing Minnesota Stories" program.

Both organizations focus on Indigenous spiritual places around the Mississippi and Minnesota rivers, "a sacred landscape the Dakota call Bdote": Eháŋna Wičáhapi/Indian Mounds Regional Park, Wiki Tipi, Oheyawahi/Pilot Knob Hill, and Historic Fort Snelling State Park, the Dakota Internment Camp following the Dakota-U.S. War of 1862.

### Museums and galleries

Located in downtown St. Paul, the Minnesota Historical Society ("Our Home: Native Minnesota") and the Science Museum of Minnesota ("We Move and We Stay") have permanent exhibit space highlighting Indigenous history and culture.

The Minneapolis Institute of Arts' Native art galleries displays its collection of historic works and features contemporary art work. Also in Minneapolis, All My Relations Art focuses on the works of contemporary artists (1414 Franklin Ave. E.).

In October, the MNHS opened "Reframing Our Stories." In an email correspondence, Rita Walaszek Arndt (White Earth Nation) — the Native American Initiatives de-

partment's program and outreach manager — described how the NAI and Indigenous community members re-examined and reframed photographs taken by Twin Cities journalists from the 1950s-1990s. The result: "Striking photos line the gallery walls, with new text showcasing strength and resilience of Native communities — both past and present — in our own words." The exhibit runs through Oct. 31, 2025.

Also in October, Mía opened "In Our Hands: Native Photography, 1890 to Now." That exhibit closes Jan. 14, 2024. Its retrospective, "The Lyrical Artwork of Jim Denomie" (Ojibwe, Lac Courte Oreilles Band, 1955-2022), continues to March 24, 2024.

### Chefs and shops

Minneapolis is the place to find Birchbark Books (2115 21st St. W.), a well-known source for Native books, games and art that is owned by Pulitzer Prize winning author Louise Erdrich (Turtle Mountain Band of Chippewa Indian); Woodland Crafts Gift Shop (temporarily in the Many Rivers East Building, 1508 Franklin Ave. E.); and the eating establishments founded by award-winning Lakota Chef Sean Sherman, Owanbi by The Sioux Chef (420 First St. S.) and The Indigenous Food Lab Market (Midtown Global Market, 920 Lake St. E.).

A remodeled Gathering Café will reopen when construction at the Minneapolis American Indian Center on Franklin Avenue is completed (1530 Franklin Ave. E.). ■

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

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# NEIGHBORS

Compiled by Kathy Henderson

## Second Thursday Forum: Community Safety

Join the staff from St. Paul's Office of Neighborhood Safety for a conversation about community safety from 6:30 to 7:30 p.m. on Thursday, Nov. 9, at St. Anthony Park Library, 2245 Como Ave. No registration needed. The Second Thursday Forum is sponsored by the St. Anthony Park Library Association.

## Community Conversation

Community Conversations Ecumenical Consortium will present "The Legacy of Racial Covenants: The Enduring Impact on Twin Cities Area Housing" from 3 to 5 p.m. on Saturday, Nov. 18, at Luther Seminary's, Olson Campus Center, 2481 Como Ave. The presentation will include information from the University of Minnesota's "Mapping Prejudice" and St. Catherine University's "Welcomeing the Dear Neighbor?" projects. Free, but registration is requested at <https://tinyurl.com/racial-covenants>.

## Gibbs Farm Trick or Treat Trail

A Steampunk Trick-or-Treat Trail will take place with timed entry starts from noon to 6 p.m. on Saturday, Oct. 28, at Gibbs Farm: Pathways to Dakota and Pioneer Life, 2097 Larpenteur Ave. W. The trail is family friendly and intended for all ages. Cost is \$5 to \$15. The timing estimates 45 minute-trails, and registration is required at <https://rchs.com/event/halloween-trick-or-treat-trail>.

## Berg to speak at SAP Lutheran Church program

Ryan Berg, program manager for ConneQT Host Homes Program of Avenues for Youth in Minneapolis, will speak on LGBTQ+ homelessness at 7 p.m., Nov. 16 at St. An-

thony Park Lutheran Church, 2323 Como Ave.

Coffee and dessert will be served at the program. All are welcome.

Berg, a prominent journalist and activist, is the author of "No House to Call My Home: Love, Family, and Other Transgressions."

## Women's Drum Center

The Women's Drum Center's benefit concert and silent auction, its big fundraiser of the year, kicks off with a silent auction at 5:30 p.m. and concert at 7 p.m. on Saturday, Nov. 4, at Concordia University-St. Paul's, Beutow Music Center, 1282 Concordia Ave. Concert performances by drumHeart, Djembe DiYamu, Women Who Groove, Taikollaborative, and special guest Earthtones Chorus. Tickets: \$20. at [www.womensdrumcenter.org](http://www.womensdrumcenter.org) or at the door.

## boreal Art Loft

The November artists at boreal Art Loft — Lonnie Broden (paintings and blends) and Mary Jo Schmith (Front Avenue Pottery & Tile Co.) — remind shoppers and Art Loft viewers that art-related objects make unique and even useful gifts for the holiday season. Hours: 10 a.m. to 6 p.m. Monday through Saturday and 10 a.m. to 4 p.m. on Sundays. boreal Gifts and Goods is at 2276 Como Ave. <https://shop.boreal.life>.

## Como Zoo and Conservatory

Como Zoo and Conservatory's daily zookeeper talk (11 a.m.), The SPIRE Sparky show (11:30 a.m.) and the gardener chat (1 p.m.) are scheduled throughout November. Voluntary donations: adults \$4, children \$2. Regular hours: 10 a.m. to 4 p.m., 1225 Estabrook Drive, 651-487-8201. <https://como.zooconservatory.org>.

**Como Special Events:** Advance registration required: <https://como.zooconservatory.org>.

**No-School-Day-Camp:** 9:30 a.m.-3:30 p.m. Friday, Nov. 3., \$75 per camper. "Sensational Senses (grades 1 and 2). and "Camp Comology" (Grades 3 and 4). Advance registration required.

**Sensory Friendly Morning:** 9 to 10 a.m. Sunday, Nov. 5. and Wednesday, Nov. 22. Advance registration required.

**Senior Stroll (age 55 and older):** 9 a.m. to 10 a.m. Wednesday, Nov. 8.; Sunset Stroll (Conservatory only), 4:30 to 6 p.m., Wednesday, Nov. 15. Zoo and Conservatory journal pages available online. Advance registration required.

## Bell Museum

**Collectors Day:** A daylong event where members of the community share and showcase their own personal collections, 10 a.m. to 3 p.m., Saturday, Nov. 4.

**Sensory Friendly Saturday:** 8 to 10 a.m., Saturday, Nov. 18.

**Free with regular museum admission:** \$12 to \$15; free for Bell members, Indigenous peoples, University of Minnesota students and qualifying guests. 2088 Larpenteur Ave W. 612-626-9660. [bellinfo@umn.edu](mailto:bellinfo@umn.edu).

## Music in the Park

The Schubert Club's Music in the Park Series presents the Modigliani Quartet in a program featuring a uniquely Italian focus: 4 p.m. on Sunday, Nov. 12, at St. Anthony Park United Church of Christ, 2129 Commonwealth Ave. The preconcert talk with the artists begins at 3 p.m. Admission: \$23 to \$33; children and students, free. Tickets: 651-292-3268 or <https://schubert.org/event/modigliani-quartet-2>.

## Senior activities

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

In person activities include:

- **Line Dancing class:** Thursdays, Nov. 2 and 9, from 2 to 3 p.m., 7 to 8 p.m., Lauderdale City Hall, 1891 Walnut St.
- **Movie: "His Girl Friday":** Monday, Nov. 13, from 2 to 4 p.m. Centennial United Methodist Church, St. Anthony Park Campus, 2200 Hillside Ave. Open to all.
- **55+ Defensive Driving refresher:** Tuesday, Nov. 14, from 9 a.m. to 1 p.m. Centennial United Methodist Church, St. Anthony Park Campus, 2200 Hillside Ave. Call the office at 651-642-9052 to sign up.
- **Exercise class:** Tuesdays, Nov. 14 and 21, from 2 to 3 p.m., Lauderdale City Hall, 1891 Walnut St. Arthritis Foundation exercises to increase range of motion, endurance, mobility and strength.
- **Card Making workshop:** Wednesday, Nov. 15, from 10 a.m. to noon, Centennial United Methodist Church, St. Anthony Park Campus, 2200 Hillside Ave. Call the office at 651-642-9052 to sign up.
- **Blood Pressure clinic:** Tuesday, Nov. 21, from 3 to 3:45 p.m., Seal Hi-Rise, 825 Seal St.
- **Game day:** Tuesday, Nov. 28, from 10 a.m. to noon, Centennial United Methodist Church, St. Anthony Park Campus, 2200 Hillside Ave.

November Hybrid:

- **Caregiver Support Group:** Thursday, Nov. 2, noon to 1 p.m. In-person at St. Anthony Park Lutheran Church, 2323 Como Ave or via Zoom. Call the office at 651-642-9052 for Zoom link.

Virtual: Call the office at 651-642-9052 for connection instructions.

- **Caregiver Support Group:** Thursday, Nov. 2, noon to 1 p.m. In-person at St. Anthony Park Lutheran Church, 2323 Como Ave., or call the office at 651-642-9052 for Zoom connection.
- **Poetry class with Dave Healy:** Thursday, Nov. 2, from 2:30 to 3:30 p.m.
- **Chair Yoga:** Mondays, Nov. 6, 13, 20 and 27, from 9:30 to 10:30 a.m.
- **Lunch Bunch:** Wednesdays, Nov. 8 and 29, noon to 1 p.m.

## St. Anthony Park Library

Familiar and favorite activities fill the November calendar at the St. Anthony Park Library, 2245 Como Ave. Unless specified, registration is not required.

The library will be closed on Friday, Nov. 10, and Saturday, Nov. 11, in recognition of Veterans Day.

**Shake your sillies out!** playtime: Fridays, Nov. 3 and 17, 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.

**Storytime in the Park:** Tuesdays, Nov. 7 and 14, from 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.

**Book sampler for kids:** Join library staff on Tuesday, Nov. 21, from 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.



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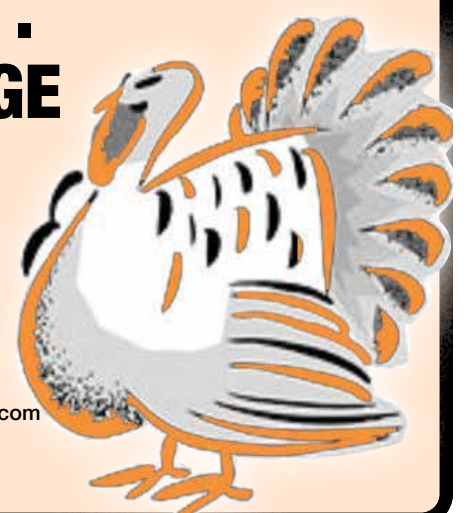
Neighbors to p. 13

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# Como/Falcon Heights block nurse program takes a new name

By Janet Wight

The Como Park/Falcon Heights Living at Home Block Nurse program has a new name: ComoConnects.

The new name reflects changing demographics including a substantial increase in the number of seniors living in the service area, which includes Como Park and Falcon Heights, according to the organization's website.

ComoConnects provides a wide range of supportive services for seniors who prefer to remain in their own homes. It was established in 1993.

Client Elizabeth Postigo, who also serves on the block nurse program board, began receiving ser-



Retired nurse JoAnn White (left) and Carol Larson with ComoConnects. Submitted photo from ComoConnects.

VICES from ComoConnects three years ago.

"As I became more disabled I knew I needed help. I called and magic happened," she said. Postigo receives assistance with cleaning, foot care and transportation to medical appointments.

"It is a joy to be part of ComoConnects," Postigo said. "I am able to stay in my home and that is what everyone wants."

Prospective volunteers may be surprised to learn that there are a variety of ways to become involved with this grassroots organization. Volunteers with either medical or non-medical skills are welcomed. Services such as shopping, light housekeeping, meal preparation, errand run-

ning and technology coaching are offered.

Some services are provided to clients free, while others are available at an affordable hourly or per-visit fee.

Retired nurse JoAnn White volunteers for ComoConnects once or twice per week in multiple capacities. She takes blood pressure readings several times per month, assists with the monthly Sip and Dish program and writes a column for the monthly newsletter.

"I had always planned to volunteer during my retirement," White said, "I feel it is important to give back to the community. I am a retired nurse, so this is a good fit for me and a good use of my skills."

Nancy Hoye is another satisfied

volunteer. After hearing about the block program from a friend, she started volunteering a year ago. She provides rides to medical appointments about once a month. Additionally, she prepared an informative presentation describing common scams, which led to a lively discussion.

"It is wonderful service work for me," Hoye explained. "It provides, for me, a feeling of contentment that I made a difference that day to another person."

To learn more about ComoConnects go to [comoconnects.org](http://comoconnects.org). ■

Janet Wight is a regular freelance writer for the Bugle.

Elmhurst Cemetery general manager Jay Larson stands in front of the new gateway sign erected this fall. Established in 1858, Elmhurst is now 165 years old. Photo by Lou Michaels.

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**Neighbors from p. 12**

**Adult book club:** Monday, Nov. 27, from 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.

**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, except Nov. 23, from 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.

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

*Thank You* for allowing me to be of service to this wonderful community for over a decade!

*Happy Thanksgiving!*

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**Hilary Brasel from p. 1**

there to see his sons grow up to become men.

“We try to keep going but it is also weird not knowing what to do,” Hilary said.

These days, Hilary faces myriad challenges, from running her household and paying the bills to deciding when will she be ready to return to her job as a pediatric nurse.

“Because of Michael’s murder I am currently on a leave from my job at Children’s Hospital,” Hilary said in her victim’s impact statement. “I work as a pediatric nurse in many areas of the hospital, including the PICU. I am on a leave because the strength it takes to care for others with acute health-care needs, is something I cannot handle right now.

“I am not sure how I will handle caring for intubated and vented patients, when the last time I saw a breathing tube, it was in the mouth of my murdered husband.”

Hilary also has had an array of legal proceedings and administrative issues to navigate, from meeting with police and attorneys regarding her husband’s homicide to conducting Michael’s estate and applying for Social Security benefits for her sons.

As an aside, Hilary said she is no stranger to St. Paul criminal court proceedings: Two summers ago, she was a juror in a St. Paul murder case that ended in an acquittal because some potential witnesses declined to testify in the case.

“We didn’t decide what person pulled the trigger,” Hilary said about that murder trial.



Michael Brasel was a man of many interests that included spending many hours with youth activities. He was particularly devoted to coaching youth hockey. Submitted photos from Hilary Brasel.

Hilary said her experience as a juror oddly gave her insights on how to handle being involved in her husband’s homicide case. –

what to expect in court and how to accept the rhythm of the court proceedings.

“I was prepared for how awkward the conversations can be,” Hilary said. She looked for straight answers to her questions as her husband’s case wound its way through the court.

Meanwhile, Hilary said she is still working through her grief after losing Michael and hasn’t thought about whether she wants to talk to his killer, Kle Swee.

“I know young people make mistakes,” she said. “I have the urge, struggle to want to help.”

But, for now, Hilary said, “That’s not where I want to put my energy.”

As she grieves and focuses on healing for her sons and herself, Hilary said the support of family and friends has been immensely helpful.

“The community has been very generous,” she said. A GoFundMe page has raised more than \$200,000 for her family, and the St. Anthony Park Community Foundation this fall created an endowment fund in honor of Michael, who coached boys’ hockey, to support youth activities.

Additionally, the family has established an annual scholarship at Cretin-Derham High School in memory and honor of Michael, who was a 1996 graduate.

“By the direction of the Brasel family, this fund will be used to advance the mission of Cretin-Derham Hall by providing financial assistance to students whose families have been impacted by violence,” according to the scholarship criteria. ■

Scott Carlson is managing editor of the Park Bugle.

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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](http://TransitionASAP.org).

## Wildfire season is over, but winter air quality still poses risk

By Lara Steen

My least favorite part of winter used to be the cold stinging my face. Now that I've learned to dress weather-appropriately, a new nuisance has replaced the cold: wood smoke.

Residential wood smoke causes both acute and chronic health problems. It harms not just those in the home but their neighbors too, both outside and indoors as it infiltrates through HVAC systems and other openings.

I miss the days when going outside in January meant only cold air in my lungs, and not smoke and particulates too.

Wood smoke can make average air quality even worse in winter than summer. Last summer, Canadian wildfires forced many Minnesotans to stay indoors and shut windows to avoid exposure to dangerous levels of particulate matter.

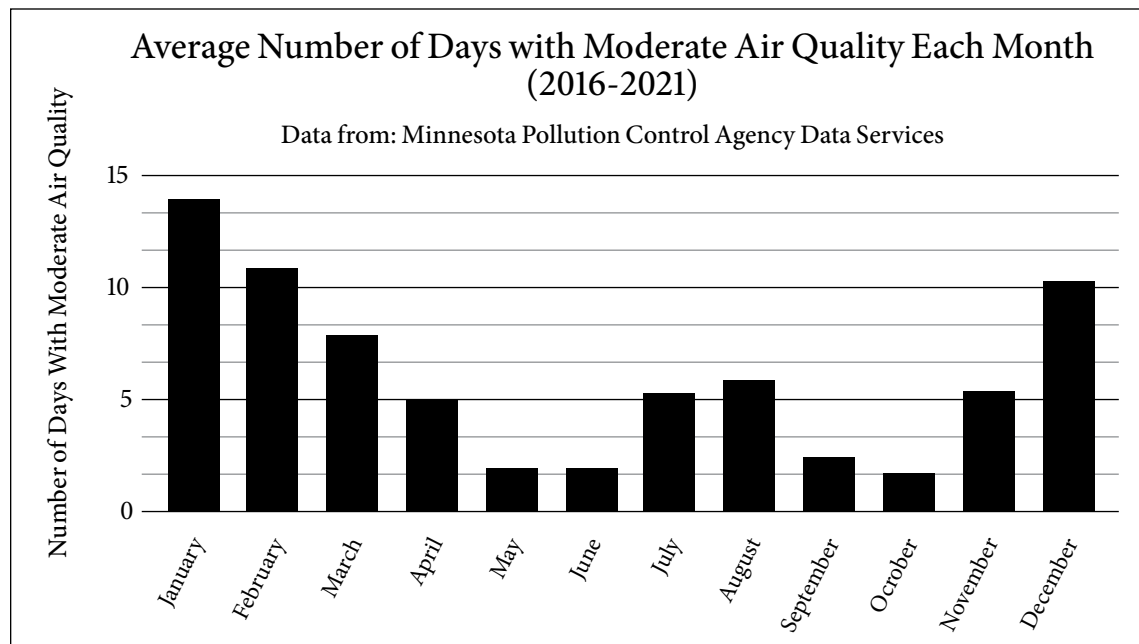
During one such day, I donned a mask to take out the garbage and realized the air I was protecting myself from wasn't much worse than what I might typically experience during the winter!

In fact, between 2016 and 2021, the months of November through April had, on average, twice as many days with a moderate Air Quality Index, or AQI, as the summer months did.

"Moderate air quality" may not sound menacing, but long-term exposure to even low levels of fine particulate matter (PM 2.5) can increase the risk of lung cancer, chronic obstructive pulmonary disease, chronic bronchitis and cardiovascular disease.

Short-term exposure to high levels can cause heart attacks, irregular heartbeat and permanent lung damage, according to the Minnesota Pollution Control Agency.

The MPCA estimates that 51% of Minnesota's PM 2.5 comes from burning wood, even though only 7% of Minnesotans use wood as



their primary heat source, and only around half burn wood recreationally. This means a minority is responsible for a disproportionate amount of wood-fire-generated air pollution. If you live near such a household, your PM 2.5 exposure is likely much higher than the AQI on your favorite weather app may suggest.

We all are faced with many environmental challenges that demand our attention, but air quality is one for which small changes have a huge impact, especially on your friends and neighbors. Consider these tips for managing your impact, and learn more at [epa.gov/burnwise](http://epa.gov/burnwise).

### If you burn wood for heat:

- If you can, reduce burning on days with a *thermal inversion* — a common winter phenomenon in which air pollution gets trapped near the ground and causes higher AQI. The MPCA often issues air quality alerts on especially bad days.
- Consider switching to a cleaner, more efficient heat source such as heat pumps, solar or geothermal. Tax credits may be available to help offset the cost of upgrading, and programs such as the Weatherization Assistance Program could also make it more affordable.

- Use a stove certified by the Environmental Protection Agency, and burn dry, seasoned wood — not wet wood, trash or yard waste.

### If you burn wood mostly for the cozy ambiance:

- Consider candles instead. Scented candles can emulate the smell of a fireplace and emit a warm glow without releasing as many pollutants.

- Replace your wood fireplace with an electric one: many of them replicate the ambiance of a wood fireplace well.

### If you encounter wood smoke pollution:

- Keep doors and windows closed when you can smell smoke.
- Use an indoor air purifier and replace your HVAC air filter at least every six months. Turn off your air exchanger if you have one. You can also use an air quality monitor to measure specific pollutants in your home or outdoors.
- Wear a high-filtration mask (N95 or similar) to minimize PM 2.5 inhalation.

Lara Steen, a recent graduate of St. Olaf College, lives in St. Anthony Park and works at Medallion Labs as a microbiology technician. Members of the SAP Community Council's Environment Committee assisted with this article.

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## LIVES LIVED

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**Two local educators and a former executive assistant at a computer firm are among the people we remember this month in “Lives Lived.”**

### Dennis Gilbertson

Dennis Gilbertson, 84, of Arden Hills, died Sept. 15, 2023. Dennis was born April 12, 1939, in Spring Valley, Wisconsin., to G. Lester and Vera (Stratton) Gilbertson. He was born with a caring soul that he shared with the world, a deep love of nature and a steadfast loyalty to family and friends.

Dennis earned a bachelor of science degree from the University of Wisconsin–River Falls, and a master’s degree from the U of M.

Dennis was a devoted educator, spending the majority of his 36-year career teaching biology, anatomy and other science classes in the Mounds View School District. His caring nature reached far beyond the classroom. Strangers quickly became friends, and as one said, “His friendship knew no boundary.”

Mistymoon Lake in the Big Horn Mountains of Wyoming was a cherished spot for Dennis. He and his wife, Claudia, spent many summers leading church and school groups as they backpacked to Mistymoon and beyond.

Dennis lived his life advocating for justice. His children remember being brought to protests and rallies at a very early age.

Dennis walked the talk by being a good example of loving all people. He devoted hundreds of hours of volunteer work in support of same-sex marriage. (An attempt to disallow it was soundly defeated in Minnesota.) In his last two years,

he and Claudia joined Giving Voice — a choir for people living with dementia and their caregivers. He started singing more loudly in church and around the house while helping with chores.

Besides loving to sing, Dennis was a marathon runner, a scuba diver, a world traveler and he loved his church family at Peace Lutheran Church in Lauderdale.

Dennis was preceded in death by his parents and sisters Ruth Lynum and Carol Bergum. He is survived by his wife, Claudia, daughters Nancy (Chris) Erickson, Laura (Kent) Dirks, son Joel (Michelle Tolub), five grandchildren, and sister Vivian Mundt.

A Celebration of Life service was held at Peace Lutheran Church. Memorials preferred to Giving Voice ([givingvoicechorus.org](http://givingvoicechorus.org)) or Peace Lutheran Church ([peace.lauderdale.com](http://peace.lauderdale.com)).

### Rurik John Johnson

Rurik John Johnson, 62, of Minnetonka, died unexpectedly Aug. 13, 2023. He was born March 25, 1961, in Granite Falls, to Curtis and Mary (Gunelson) Johnson. Rurik was the older brother to Bjorn and Rannveig.

After spending his early years in Renville and Albert Lee, in 1965 the family moved to Roseville where he graduated from Alexander Ramsey High School in 1979.

Rurik attended Augsburg College, then transferred to the University of Minnesota where he earned bachelor’s degrees in geology and geophysics. Not finding the dream job with his degrees, Rurik went to the University of Wisconsin–River Falls to earn education credits for secondary earth science

and math certification. He taught high school math in Whitefish Bay, Wisconsin., in 1991 then moved back to Minnesota in 1992 where he taught earth science and math at Plymouth Middle School until the time of his death.

Rurik participated in various organizations, such as NASA for Educators, National Science Teachers Association and American Geological Society.

Rurik was preceded in death by his brother Bjorn Johnson, both sets of grandparents, John and Bessie (Gates) Johnson, and Adolph and Evelyn (Burchdean) Gunelson.

Rurik is survived by his parents Curtis and Mary (Gunelson) Johnson, his sister Rannveig (Dennis) Polinski.

A funeral service was held at St. Timothy Lutheran Church.

### Robert K. Lindorfer, Jr.

Robert K. Lindorfer, Jr., 71, of Sheboygan, Wisconsin., died Oct. 1, 2023. He was born in St. Paul on April 24, 1952, to the late Robert and Laura (Kratt) Lindorfer, Sr. After graduating from Murray High School, Robert received his bachelor’s degree in zoology from the University of Minnesota.

Robert was an avid runner whose passion led him to complete the Boston Marathon from 1999 to 2013.

During this time, his philanthropic efforts focused on raising awareness and funds for the Leukemia and Lymphoma Society, as he ran marathons in Alaska, Hawaii, Ireland and France. Later, his passion led him to become involved with The American Cancer Society, where he was an active chair

member for the Hit The Road event at Road America since 2004.

In 2023, ACS Team Lindorfer surpassed his original \$10,000 goal, raising over \$40,000 for research and critical support resources for those who will also battle cancer in Wisconsin.

Robert is survived by his wife, Lynn Lindorfer; sons, Charles (Allison) and Matthew (Laura); two grandchildren; and siblings, Laura (Bob) Budde, Margaret (Ron) Taylor, Jean (Ron) Regal, Dan (Robin) Lindorfer and Dick (Debbie) Lindorfer.

Friends are asked to consider a direct donation in Bob’s honor through Ever Loved, helping to jumpstart their goal of raising \$50,000 in 2024.

### Gerald McNabb

Gerald (Jay) McNabb, 65, of Falcon Heights, died suddenly in his home on Sept. 19, 2023. Jay was well versed in many subjects and loved sports. He was particularly passionate about and closely followed the Minnesota Gopher and Wild hockey teams and Wisconsin Badger football. His favorite was the Green Bay Packers.

Later in life, Jay came to enjoy yardwork and gardening and worked hard to keep his yard beautifully maintained.

Jay was preceded in death by his parents Jerry and Marian McNabb, sister Patty Lynn and nephew Eddie Kieger. He is survived by sisters Mary Ellen Kieger (Ed), Kelly Ann Carlson (Mike), and brother Kevin (Amy).

Memorials should be directed to the Make-A-Wish Foundation of Minnesota in Jay’s name.

### Beverly Randall

Beverly Randall, 82, of Eden Prairie, formerly of Falcon Heights, died Sept. 17, 2023.

Beverly was born on Oct. 8, 1940, in St. Paul to Charles and Marie Harding. She attended St. Andrew’s Catholic Elementary School and graduated from Murray High School in 1958.

She continued her education at St. Catherine’s University and Mankato State and in later years at Inver Hills Community College (paralegal degree) and Hamline University (bachelor’s). She married James Randall on Aug. 26, 1961.

Beverly was an executive assistant at Comserv during the breakthrough years of computers. She held various positions in government at the House of Representatives in St. Paul and the Dakota County Judicial Center in Hastings.

Beverly enjoyed volunteering. She served at St. Michael’s Catholic Church (Farmington) in various roles, Como Park Japanese Garden and Conservatory supporting tours and events, St. Joan of Arc choir and hospice, Mother Bear Project (knitting) and as a reading aide at Chelsea Elementary School.

Beverly was preceded in death by her parents and brother Walter Harding and is survived by husband James; daughter Lisa (Jeffrey) Vik of Como Park, three more daughters; a brother, and five grandchildren.

### Anna Lisa Tooker

Anna Lisa Tooker, 87, of St. Anthony Park, and formerly of Cannon Falls, died July 13, 2023. She was born September 24, 1935, in Norfolk, Va., to Almon Ellsworth and Anna Lisa (Aspegren) Loomis. Anna Lisa grew up in multiple locations across the country while her father served in the US Navy during World War II.

Anna Lisa majored in geography

*Lives Lived to p. 19*

## Community Worship Directory

### ❖ CENTENNIAL UNITED METHODIST CHURCH—ST. ANTHONY PARK CAMPUS

2200 Hillside Avenue, 651-633-7644  
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Sundays at 10:30 AM  
Find us on Facebook: *Centennial SAP*

### ❖ ST. CECILIA’S CATHOLIC CHURCH

2357 Bayless Place, 651-644-4502  
[info@stceciliapm.org](mailto:info@stceciliapm.org), [www.stceciliapm.org](http://www.stceciliapm.org)  
Handicap-accessible.  
Pastor John M. Hofstede  
Mass of Thanksgiving, November 23, 9:00 AM  
Worship: Saturday 4:30 PM, Sunday 9:30 AM  
Weekend Mass online (on our website)

### ❖ ST. MATTHEW’S EPISCOPAL CHURCH

2136 Carter Ave. (at Chelmsford), 651-645-3058  
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The Rev. Christopher Rogers, Rector  
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Thanksgiving day 10:30 AM worship followed by feast

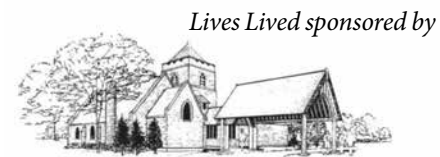
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• **Special Event:** Thursday, November 16  
Join us for coffee, tea, and dessert at 7:00 PM and at 7:30 PM hear a presentation by author and advocate Ryan Berg discussing his work with LGBTQIA+ people experiencing homelessness. Donations will be accepted to support local organizations that are working to support members of the LGBTQIA+ community facing homelessness.  
• Advent begins November 26  
• Sunday Worship: 9:30 AM | Live streamed on our YouTube Channel: <https://bit.ly/3nWjIDD>  
Church office closed Nov. 23-24 (Thanksgiving holiday)

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## SCHOOL NEWS

## Como Park High School news

By Eric Erickson

### National Merit Scholarship semifinalists

Como Park seniors **Sophie Warner** and **Kai Sackreiter** have earned the prestigious honor of becoming National Merit Scholarship semifinalists.

With elite academic credentials and exceptional scores on the Preliminary SAT/National Merit Scholarship Qualifying test, Warner and Sackreiter achieved recognition obtained by less than 1% of high school students across the nation.

The two Como classmates will pursue finalist status and hope to win National Merit Scholarship awards. To do so, they must fulfill several requirements, including submitting a detailed scholarship application with recommendations and an original essay.

Beyond her academic prowess, Warner competes in three sports



Como Park seniors Kai Sackreiter and Sophie Warner are National Merit Scholarship semifinalists. Photo by Eric Erickson

plus the robotics team. She also serves as a lifeguard and ski instructor and works at the Hiway Credit Union.

Her ambitious coursework has

involved PSEO (Post-Secondary Enrollment Options) at St. Paul College and the University of Minnesota in addition to multiple Advanced Placement classes at Como.

Warner will achieve an Associate of Arts degree at the same time she graduates from Como next spring.

Sackreiter is an AP scholar with distinction who has already earned the highest possible score on six different AP exams. He's continuing AP courses this year at Como while also taking PSEO college classes.

Sackreiter is a year-round swimmer who has qualified for the state meet three times and aims to make it four when he serves as a captain for the Cougars this upcoming winter. His dedication to the pool has carried over into lifeguarding and also serving as a student manager for the Como girls' team, which allows him to help coach.

Beyond swimming, Sackreiter is an accomplished and award-winning piano player. And as a side project, he produced a website with peers that qualified for National History Day.

### Yearbook Update

After uncertainty about funding and production last fall, Como came through with a 2023 yearbook that sold nearly 200 copies.

Como teacher Jonah Fields stepped up to facilitate a yearbook class and negotiated with a new vendor to receive a more affordable price. Concerned students and parents were relieved.

This year, Fields' yearbook class has 20 students already working on the 2024 edition.

Last year's yearbook received good reviews, which has led to strong early sales this fall with many seniors locking in the low rate of \$40 that was available through homecoming weekend. The traditional high school yearbook lives on! ■

*Eric Erickson is a social studies teacher at Como Park Senior High School and a regular freelance writer for the Bugle.*

## History series will review SAP of the 1880s

By Mary Mergenthal

Free monthly presentations on the architecture and history of St. Anthony Park are back with the series' Nov. 14 session examining the first buildings constructed as the neighborhood emerged in the 1880s.

Sponsored by and held at St. Anthony Park Lutheran Church, 2323 Como Ave., the monthly talks take place at 7 p.m. on the second Tuesday of the month. Augsburg University professor Kristin Anderson will lead the presentations.

In succeeding months through April, Anderson will talk about SAP history through

the decades and conclude the series in May by looking at strategies for doing a house history.

After each presentation, there will be treats and time to visit.

Besides the in-person sessions at the church, the presentations will be available live on Zoom, and the recorded talks will be available for about a week afterwards. The links will be available on the church website, saplc.org, and publicized on the SAP listserv.

*Mary Mergenthal, a former editor of the Bugle, lives in St. Anthony Park. She is the newspaper's obits editor and does other freelance writing for the Bugle.*



The McGill house on Scudder Street. Submitted photo by Kristin Anderson.



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### Lives Lived from p. 16

at Antioch College of Ohio and graduated Phi Beta Kappa with a bachelor's degree in philosophy from Chatham College of Pennsylvania in 1966. She later earned a degree in library science from the University of Minnesota.

After serving as a librarian in Minneapolis, Farmington and Red Wing, she completed her career in 1992 as director of the Red Wing Public Library. She lived for many years in Cannon Falls Township, where she and her husband Charles Taft Tooker operated an apple orchard.

A gentle spirit with a strong inner core, Anna Lisa continued a lifelong love of books and reading. She taught her daughters the value of education and independence. Although she enjoyed nothing more than a one-on-one deep conversation in a quiet space, she had a sense of adventure and intense curiosity that led her to engage with many people.

Anna Lisa is survived by daughters Lydia (Wm. Scott) Midness and Rachel (Randy Roberts) Tooker; granddaughter, Brita (Drew Thrasher) Midness; and sister, Malin (John) Bennett.

Memorials in Anna Lisa's honor preferred to Twin Cities Friends Meeting, Our Lady of Peace Hospice or a non-profit organization of your choice.

### Janet Wilke

Janet L. Wilke, 84, of Roseville, died Oct. 1, 2023. Janet was a

1957 graduate of Murray High School and 27-year employee of Medtronic.

She was preceded in death by parents, Arthur and Lucile Pearson; and brother, Vernon Pearson. She is survived by husband, Doug; daughters, Tami Zappa, Debbie

(John) Stevens and Shelly (Rob) Vavra; and four grandchildren.

Memorials preferred to the Alzheimer's Association or St. Andrew's Village Memory Care.

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Cougar sports from p. 17



The Como football team's resilient senior class with some adoring fans. Photo by Lou Michaels.

**Boys Mayor's Cup match**

The Mayor's Cup has become the most anticipated game on Como's schedule since its inception in 2016. The annual game against Humboldt for the silver cup and bragging rights is a fan favorite as well. Playing it on Homecoming weekend? Even better.

The match is always intense and closely contested. The Cougars won it last year at Humboldt, but in 2023 it wasn't meant to be. While disappointed at losing this time, the Cougar players said they enjoyed the competition and appreciated the chance to play for a large crowd on the home turf.

"There was a lot of school spirit and a lot of people that I never thought I'd see come to a game, actually came to our game," said senior goalkeeper **Liam Donegan**.

"I think the energy of the whole day allowed for a lot of students to come together and see us play."

**Cougar girls keep Mayor's Cup**

The third and final game of the day was by far the most dramatic. According to senior captain **Kora Becker**, it was also extremely stressful.

"We were worried about having to go to penalty kicks when we were tied. The entire game was passionate, and we wanted to win so bad. It was so intense but when we won it was just pure excitement and happiness."

Having a penalty kick shootout to decide a game in the regular season is not the standard. The 1-1 tie between the Cougars and Hawks would usually be the final result. But for this special occasion, every-

one from the players, to the fans, to the officials know – a winner must be determined!

To secure the win, penalty kicks were converted by **Giselle Sanchez-Esparza**, **Ava Lopez**, **Lucy Dietz** and **Becker**. Senior goalkeeper **SaySay Hinton** made two saves in the shootout (and saved one penalty kick in regulation). When Hinton caught Humboldt's final attempt, an emotional celebration ensued as the players jumped for joy.

Asked to summarize the significance of winning the Mayor's Cup on Homecoming, Becker beamed. "I think it will be one of the most memorable nights ever. Absolutely. It brought us all closer together."

It was a good day to be a Cougar. ■

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



The Cougar girls soccer team celebrated its thrilling win over Humboldt with the Mayor's Cup. Photo by Justin Oakman Photography.



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