

"Brothers"

Page 10



Business spotlight

Page 14



Cougar cheerleaders

Page 17



Park Bugle

St. Anthony Park / Como Park
Falcon Heights / Lauderdale

parkbugle.org
February 2024

SAP Elementary's Edwards wins a state honor

By Sarah CR Clark

Errol J. Edwards, licensed school counselor at St. Anthony Park Elementary School, was recently named Minnesota's Elementary School Counselor of the Year for 2024.

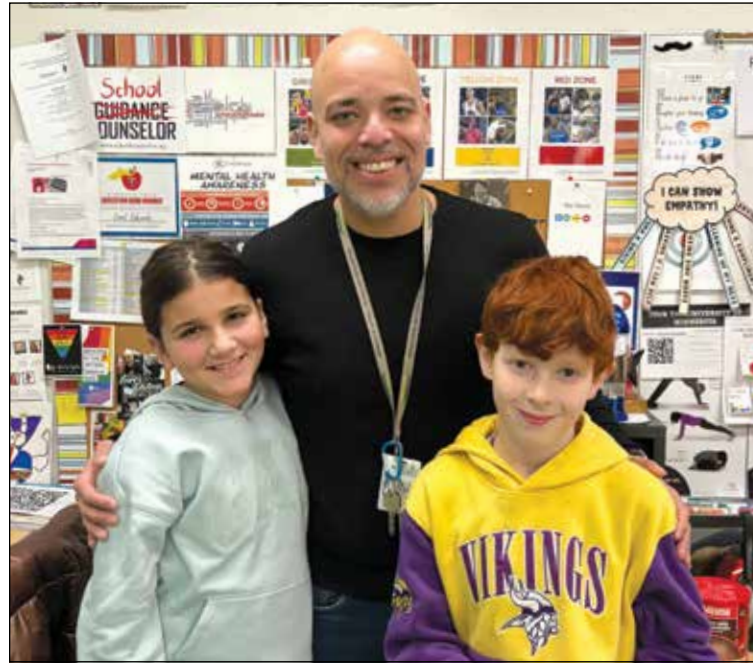
SAP Elementary School principal Karen Duke describes Edwards as a man who "truly stands out for his positive energy, his ability to connect with kids, his creativity, his courage, and his relentless commitment to pursuing racial equity in our school.

"He helped me many times with difficult decisions and situations," Duke added. "He is a trusted adult for our students and a leader among our staff and district."

Nominated by his elementary counselor peers, Edwards will travel with his family to Washington, D.C., in early February to be recognized by the American School Counseling Association, along with the other 2024 state school counselors.

Sue Caponi Arvidson, lead elementary counselor for St. Paul Public Schools, said, "I am absolutely thrilled that Errol Edwards is representing our state as our School Counselor of the Year.

"One only needs to see Mr. Edwards with students for a few minutes to see the connection and impact he has. He is a leader among the elementary counselor group. He is supportive, caring and his joyfulness is infectious.



Errol J. Edwards, a school counselor at St. Anthony Park Elementary, poses in his office with two students in December 2023. He is Minnesota's Elementary School Counselor of the Year. Photo by Sarah CR Clark

"As a black man, he also understands the importance of representation. He is a role model for his students and his community."

Edwards grew up in a great variety of places; namely Costa Rica,

Wisconsin and St. Paul, and was raised within a family of educators.

As a student, Edwards attended Capitol Hill, Central High School and Como High School, where he was named the Black Scholar Ath-

lete of the Year his senior year. He attended the University of Wisconsin-River Falls and played football there two years.

Initially, Edwards seemed headed toward a career in real estate. By age 20, Edwards had earned his real estate licenses in Minnesota and Wisconsin.

However, when the national recession struck in 2008, Edwards left real estate and began coaching basketball in the Minneapolis Public Schools.

Seeing the great need of many students inspired Edwards to earn his master's degree in school counseling from Adler Graduate School (Richfield), while simultaneously working as a substitute teacher in both the St. Paul and Minneapolis school districts.

Now in his fifth year as a school counselor, Edwards' first counseling position was at Barack & Michelle Obama Elementary.

Besides serving as a SAP Elementary school counselor, Edwards is the professional development coordinator for the St. Paul Federation of

Edwards to p.16

New owners now at Finn Sisu Ski and Sauna

By Janet Wight

"We're small, but we know a lot!" is the motto of Finn Sisu, the Lauderdale retailer offering an expansive selection of all things Nordic.

The Bugle recently sat down with the new owners to gain insights into Finn Sisu's operations. Even though the store has had a change in owners, Finn Sisu is unlikely to look much different to customers, as few changes are planned.

Launched in 1978 by Finland native Ahvo Taipale, Finn Sisu is a one-stop shop brimming with skis, snow gear, accessories and knowledgeable service.

Custom saunas, which represent 40% of total revenue, are always available for purchase; several are on display in the back of the store.

Taipale originally landed in Minnesota as an exchange student. An influential go-getter, he became heavily involved in the local Nordic community and decided to set up shop on University Avenue near Fairview.

However, once the Metropol-



Tom Novak and Karen Weium are among Finn Sisu's new co-owners. Photo by Lou Michaels.

itan Transit Commission began light rail construction along University Avenue in 2010, Taipale relocated his store to its current location, 2436 Larpenteur Ave. in Lauderdale.

When Taipale decided he was ready to sell Finn Sisu, it took several

years for ownership to transfer to three of his employees: Tom Novak, Nate Rhode and Karen Weium. Novak's wife Judy, a banker at Cherokee Bank, was instrumental in closing the sale on July 24 last year.

Finn Sisu Ski and Sauna to p.19

PRSRST STD
US POSTAGE PAID
TWIN CITIES, MN
PERMIT NO. 30308

Park Press, Inc.
P.O. Box 8126
Saint Paul, MN 55108

CITY FILES

Como and St. Anthony Park community councils news

District 10 Community Council

2023 Como Curb Cleanup recap

Last fall, District 10 Como Park continued the work started by the Como Active Citizen's Network and partnered with the Capitol Region Watershed District to lead the Como Curb Cleanup program, a coordinated initiative to remove fallen leaves from the storm water system.

In December, 77 participants reported on their cleaning work and District 10 calculated how much invasive algae was prevented from getting into the stormwater system.

Here are the results:

- Total responding participants: 77
- Total feet cleaned: 37,053 ft
— Number of miles cleaned: 7
— Equivalent number of times around Como Lake cleaned: 4.1
- Total lbs. of phosphorus prevented from reaching Como Lake: 11.58 lbs.
- Tons of curly leaf pond weed this phosphorus amount could produce: 2.89 tons

Join D10 Board in 2024

Here's your chance to tackle that New Year's resolution to get more involved: Several seats are up for election in April to the District 10 Como Community Council board.

Come and attend a monthly community meeting to see if you

are interested in applying for the board.

Board positions are for two-year terms. To get on the ballot, fill out an application at District10ComoPark.org/Elections. That's where you can also learn more about the roles and opportunities of board members. The filing deadline is Sunday, April 1.

The election ends on April 15. For further information about being a board member, email district10@district10comopark.org.

Community blood drives

District 10 Como Park partners with the American Red Cross and the Como Zoo & Conservatory to host community blood drives at the zoo. The next drive is from 9 a.m. to 3 p.m., Wednesday, March 6. Space is limited, reservations required.

There are also opportunities to volunteer at the check-in table. The drives are split into two shifts of two volunteers each, 9 a.m. to noon and noon to 3 p.m. Find registration and more details at District10ComoPark.org/BloodDrive.

District 10 meetings on-demand

Want to be in the neighborhood loop but aren't able to attend District 10's monthly meetings?

Most Como community meeting presentation recordings are available to view on the District 10 website. There are 19 recordings from 2023 alone that are available for viewing, and many have links

to the presentation slides and other resources. Look for them here: District10ComoPark.org/Recorded-Presentations.

District 10 meetings schedule

- **District Como Community meetings:** Jan. 3 and Feb. 20, 7 p.m.
- **Como Blizzard Breakfast at North Dale Recreation Center:** Saturday, Feb. 3, 10 a.m.–12 p.m.

D10 meetings are hybrid on Zoom and at the Como Streetcar Station, 1224 Lexington Parkway. You can find meeting details at District10ComoPark.org. All District 10 community meetings are open to the public and include time for community members to bring topics up for discussion.

Submitted by Shevek McKee, District 10 Community Council Executive Director.

District 12 Community Council

New executive director search

The District 12 Community Council is accepting applications for a new full-time executive director.

The hiring committee was expected to begin reviewing applications on Jan. 30, but applications are encouraged until the job is filled.

The new executive director's duties include working closely with the District 12 board of di-

rectors and volunteer-led committees to address issues affecting the community. The executive director oversees daily operations for programming, community organizing, stakeholder engagement, finances and fundraising. See the full job description at sapcc.org.

The new executive director will succeed Kathryn Murray, who left in November to become the creative placemaking specialist for the city of Bloomington.

MnDOT seeks community voices

As part of the ongoing process to "Rethink I-94," the Minnesota Department of Transportation has created another survey to gather community input on how people use and experience the I-94 corridor.

If you live near the highway, please share your input on what it's like to live, cross and move along the highway.

I-94, which forms the southern boundary of St. Anthony Park, is expected to undergo some kind of change over the next decade. What should the future of I-94 look like? What will serve the people of the Twin Cities for the next 50 to 60 years and beyond?

Take the survey at tinyurl.com/94voices.

Input on St. Paul bike plan

The District 12 Transportation Committee was expected to review the final updates to the St. Paul Bike plan at its Jan. 30 meeting. To

share your input and review the plan with our committee, please email info@sapcc.org for meeting details.

The city will also hold a citywide public hearing on the final plan at 8:30 a.m. Friday, Feb. 2 at the St. Paul Planning Commission meeting. That meeting is scheduled in Room 40 of City Hall, 15 West Kellogg Blvd.

Comments can also be sent by email to bikes@stpaul.gov through Feb. 5. Your name and address must be included in your comment.

The Bike Plan update can be seen in PDF format at st.paul.gov/bikeplan.

Upcoming meetings

St. Anthony Park Community Council committee meetings are hosted via Zoom and are open to the public. Visit sapcc.org/event for more information about each meeting.

- **Land Use Committee:** 7 p.m., Thursday, Feb. 1
- **District 12 Board:** 7 p.m., Thursday, Feb. 8
- **Transportation Committee:** 7 p.m., Tuesday, Feb. 27
- **Environment Committee:** 6:30 p.m., Wednesday, Feb. 28
- **Equity Committee:** 7 p.m., Thursday, Feb. 29

Submitted by Hailey Dickinson, District 12 Outreach and Communications Coordinator.

boreal

GIFTS & GOODS

1-651-560-9900
hello@boreal.life
f i s boreal.life
2276 Como Ave



Clinical Excellence for over 40 years!

Dr. Nate Cogswell, DDS
Dr. Allison Forbes, DDS
Dr. Paul Kirkegaard, DDS
Dr. Nadine Yacoub, DDS

Phone/Text: 651-644-9216
Email: frontdesk@sapdentalcare.com

We provide most dental treatments in office, including wisdom teeth, IV-sedation, implants, orthodontics & CPAP alternative oral appliances.

sapdentalcare.com

Your neighbors in St. Anthony Park



**ST. ANTHONY PARK
DENTAL CARE**

2278 Como Avenue / St. Paul

Tag us on social media!

f i s @parkbugle j @park_bugle

Proposed Amber Flats apartment moves forward

By Anne Holzman

In a 3-2 vote, the Falcon Heights City Council has approved a revised plan for erecting a new apartment building next to the Amber Union apartments at Snelling and Larpenteur avenues.

When Buhl Group purchased the old TIES building from the city, the developer also acquired the parking lot area west of it. Buhl has renovated the former TIES building, renamed it Amber Union and filled it with tenants.

Now Buhl is seeking to build Amber Flats, adjacent to Amber Union, which has 125 apartments.

The first Amber Flats proposal was turned down last spring due to neighbors' and council members' concerns about parking and population density in the area.

Buhl worked with the Planning Commission and came back on Dec. 13 with a revised proposal, reducing the number of units by four to 96 and adding parking spaces to reach 121.

Buhl representatives also told the council they would add parking safety features, including a stop sign and speed bumps, to the existing lot.

Councilmembers Eric Meyer, Yakasah Wehyee and Jim Wassenberg voted in favor of the revised Planned Unit Development (PUD) for Amber Flats. Councilmember Melanie Leehy and Mayor Randy Gustafson voted no.

City Administrator Jack Linehan said it is hard to predict a

timeline, but speculated that the developer's likely next step is to assemble financing for the proposed housing. ■

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



Developers of Amber Union (pictured above) are planning an addition to the site called Amber Flats. Photo by Lou Michaels.

SAP Community Foundation seeks new board members

By Julie Drechsler

The St. Anthony Park Community Foundation, whose mission is to build a vibrant neighborhood for future generations, is seeking new board members.

Anyone who lives and/or works in the St. Anthony Park neighborhood can serve on the St. Anthony Park Community Foundation Board or be a member of one of its committees.

If you are interested in learning more about the foundation, board membership and how you can support the community, please contact executive director Julie Drechsler at sapcommunityfoundation@gmail.com.

The SAP Community Foundation Board meets every two

months and supports initiatives, organizations and activities in north and south St. Anthony Park through, among other things, assembling partnerships and dispensing grants.

The foundation's outreach includes working with and supporting the District 12 Community Council, 1666 Coffman, the Uni-

versity of Minnesota-St. Paul campus and the Fulham block of Lauderdale. It also has four endowment funds whose assets support programs, organizations and activities in St. Anthony Park. ■

Submitted by Julie Drechsler, executive director of the St. Anthony Park Community Foundation.



Strengthen and supporting our community, together.



keystoneservices.org
651-645-0349

Lynden Realty is a matchmaker

As seasoned professionals our team delivers value to the complex process of selling your home.





Reach out for your private consultation.


Barbara Swadburg 

651-271-8919

barb@lyndenrealty.com

Elmhurst Cemetery

Serving the Community Since 1858



Affordable Memorialization Options

Have Questions? We're Here to Help.

Please call for a no-obligation appointment.

1510 Dale Street North, Saint Paul, MN 55117

651-489-1707 | elmhurstcemetery.org

February All Month

Customer Love

We Love Our Customers! A Full Month of Pure Love!

20% OFF Everything



YES! YES! VINTAGE MARKET + BOUTIQUE

2242 CARTER AVE, ST. PAUL • SAT. 11am-4pm & SUN. 11am-3:30pm

Park Bugle

P.O. Box 8126, St. Paul, MN 55108
www.parkbugle.org
651-646-5369

Managing Editor

Scott Carlson
651-646-5369
editor@parkbugle.org

Freelance writers

Sarah CR Clark, Eric Erickson,
Anne Holzman,
Kathy Henderson, Janet Wight

Freelance photographers

Lou Micheals

Obituaries Editor

Mary Mergenthal
612-670-8510
mary.mergenthal@gmail.com

Subscriptions & billing

Fariba Sanikhatam
accounting@parkbugle.org
Subscriptions are \$30 for one year.
Send payment to P.O. Box 8126,
St. Paul, MN 55108

Event submissions

calendar@parkbugle.org

Copy editor

Bill Brady

Proofreader

Mary Hegge

Social Media Specialist

Laura Adrian

Webmaster

Jenny Plott

Graphics/Layout/Design

EH Design

Advertising Sales Representatives

Sonia Ellis
651-226-1274
sonia.ellis@parkbugle.org

Roald Sateren
651-468-4040
roald.sateren@parkbugle.org

Classified advertising

classifieds@parkbugle.org

Next deadline: Feb 14, 2024

Publication date: Feb 27, 2024

Distribution: 5 to 10 business days

The Park Bugle is a monthly non-profit community newspaper serving St. Anthony Park, Lauderdale, Falcon Heights and Como Park. The Bugle covers 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.

Opinions expressed in the Bugle by the editor, writers and contributors do not necessarily represent the opinions of the board of directors, Park Press, Inc. Copyright 2023, Park Press, Inc. All rights reserved.

The Park Bugle is published by Park Press, Inc, a 501(c)3 nonprofit organization guided by an elected board of directors.

Currently serving on the board are:

Beth Breidel, Rosann Cahill,
Michelle Christianson,
Jennine Duda, Connor Nelson,
Steve Plagens, Seth Richardson,
Helen Warren, Kristin Wiersma

Facebook Instagram Twitter @parkbugle
TikTok park_bugle

EDITORIAL

From the desk of the editor

By Scott Carlson

Sharing gems

Each edition of the Bugle is an opportunity to paint a tapestry of interesting stories on the blank pages of our newspaper.

We think our February issue presents readers with a pretty vibrant mix of stories. Consider our lineup:

On page 1, we chronicle unique honors for a staffer from St. Anthony Park Elementary School. Freelance writer Sarah CR Clark reports that Errol J. Edwards, licensed school counselor at SAP Elementary School, was recently named Minnesota's Elementary School Counselor of the Year for 2024.

Sarah writes about why Edwards is so special and the role that good counselors play in helping students through school.

Ever wonder what that business is in Lauderdale off of Larpenteur Avenue and Eustis St. that's a beehive of activity for semis and flatbed trucks? Bugle freelancer Anne Holzman tells us in her business profile on the Corval Group, a large-scale manufacturer of various pipes and materials for large buildings.

Who knew Corval's roots date back to 1921 and it's a privately held company whose annual revenue is more than \$125 million?

Our journalistic smorgasbord also includes: a look at the cheerleading team at Como Park Senior High School, an update from Minnesota's largest food hub—The Good Acre—and a reader's commentary on what everyone could do to dramatically ease the world's climate crisis.

Also noteworthy is freelance writer Kathy Henderson's compelling story on how Como Park

resident Raymond Wilson teamed with Bruce Richardson, of St. Louis Park, to write about their experiences serving the U.S. during the Vietnam War. Their new book is called "Brothers" and it's worth checking out Kathy's story.

We hope there are plenty of interesting stories to please your reading palate.

Bugle is award winning

We are pleased to report the Bugle has won awards in a number of categories in the Minnesota Newspaper Association's latest annual Better Newspaper Contest.

The association informed us in early January that the Bugle was a winner in advertising excellence, general news excellence, self-promotion or house ad and typography and design.

We expected to learn what work earned awards and in what places

at the MNA's Feb. 1 awards banquet. Individual honorees are Eddie Hofmeister, Sonia Ellis, Wendy Holdman, Gustav Demars and Scott Carlson.

We will share more information in the March Bugle.

Coming:

Annual Bugle poetry contest

Just an early heads up: The Bugle's annual poetry contest is coming up for our April issue in conjunction with National Poetry Month.

This year we will be asking contestants to draft poems drawing inspiration from the words "civility" and "gratitude." The deadline for all poems, which must be submitted by email, will be March 7.

More details will be shared in the next issue of the Bugle. ■

Scott Carlson is the managing editor of the Bugle.

Update: Bugle fundraiser draws strong donor support

An outpouring of year-end charitable giving is showing strong individual and business donor support for the Bugle.

As the Bugle marks its 50th anniversary, the newspaper's healthy operations are greatly buoyed by the solid support of scores of individual and business donors.

As of Jan. 10, the Bugle received \$50,610 in donations for fiscal 2023-24.

Thanks to everyone for your financial support 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.

Haven't made a donation yet? There still is time. You can give online at parkbugle.org or with a check sent to The Park Bugle, PO Box 8126, St. Paul MN. 55108. Every gift matters.

Donors who have contributed to the Bugle from Dec. 14 to Jan. 10:

Individuals

Steve & Cynthia Ahlgren
Jean Alexander
Nina Archabal
Laura Baker
Richard Beeson
Richard & Gail Bohr
Mary Boyd-Brent
Bill & Kirsten Bromaghim
Francis & Barbara Bulbulian
Kathleen Canright
Winston Cavert & Carol Witte
Kenneth Dahlberg
& Mari Espeland
Marjorie Davis
Christine DeMars
Vincent & Kathleen Digiorno
John Eaton & Audrey Estebo
Jon Farnsworth
David Faust
Bjorn & Britt Gangeness

David Gates & Mariah Reynolds
David Griffin
Kristina Halvorson
Mark & Brenda Hansen
Erik Haugo
Nancy Hendricks
Tom Hysell & Susan Swanson
Brian & Meg Isaacson
Emi Ito
Victoria Iwanij
Paul & Heidi Jensen
Jennifer Johnson
Sandra Johnson
Wendy Johnson
Nick Jordan & Debbie Smith
Mera Kachgal
Christopher Kalla & Judy Grew
Joanne Karvonen
Jeffrey & Gretchen Lang
Noel Larson
Thomas Lohse

Ian & Katharine McRoberts
Eamonn & Alisa Mee
Brad Meinhold & Susan Stacey
Neill Merck & Sue Gibson
James & Linda Merrell
Paul & Genevieve Nakanishi
Diane Niemela
Walter & Karen Norhrup
Catherine O'Dell
Clarence & Elizabeth Ooten
Thomas Ososki
John Pellegrini
Judy Peterson
Kerby & Justin Pettinelli
Eileen Pinto
Jamian Polk
David Porter
Rebecca Rassier
Christopher Reeves
& Mary Ann Nord
Ann Ricketts

Max Sanders & Sarah Reuter
Roald & Shelley Sateren
Derk Scholtz & Yvonne Godber
Jon Schumacher
& Mary Briggs
Mark Seeley & Cynthia Bevier
John Seltz & Catherine Furry
Joan Shrum
Wayne & Ann Sisel
Frank Steen & Lisa Habeck
Justin Steen
Robert & Mavis Straughn
Bill & Karen Van Schyndel
John Ward & Anke Reinders
David & Mary Ann Wark
Deborah Warren
Elizabeth Weber
Michael Webster
Judy Wehrwein
Jay Weiner
& Ann Juergens

Arthur Wineman
& Debbie Musolf
Ned Wuertz
Garry Yazell & Michele Dunning
Nevin & Diane Young
Kathleen Zieman
Mary Zorn

Businesses

Boreal
Lehman Consulting
Microsoft
Sunrise Banks

LETTER TO THE EDITOR

Hosting exchange students

Have you ever considered hosting an exchange student? This experience can be very rewarding for you and/or your whole family.

It's an opportunity to teach your new family member about your culture and watch them experience many new things for the first time.

Additionally, the students bring a bit of their own culture into your home to share. Hosting is open to single (with or without children), married, partnered and retired adults, and is conducted through the Council for Education Travel, USA (CETUSA).

CETUSA is certified by the Council on Standards for International Educational Travel (CSIET), with over 25 years of experience. Students originate from more than 30 different countries and their English skills are tested. The placement will be highly supervised and monitored by a well-trained local coordinator during the students' stay to ensure they are adapting well and are understanding.

Meanwhile, the volunteer host family provides a bed, meals and cultural guidance. They select a student who matches their interests and activities.

The student will attend the local high school for one or two semesters. They will have their own medical insurance and have their own spending money for expenses such as hot lunch at school, school supplies, entertainment, clothing, toiletries, etc.

If you have any questions or want to get more information, contact me, Lauren Witt, via email (witt.m.lauren@gmail.com) or phone (651-276-0151).

Lauren Witt,
Local Coordinator, CETUSA

Bugle deadlines

Here are our Bugle deadlines for the next three issues.

Please note our publication dates represent when the newspapers go out for delivery. Mail distribution of the paper may take up to several business days 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.

March: Wellness Guide

Copy/ad deadline: Feb. 14
Publication: Feb. 27

April

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

May: Home & Garden Guide

Copy/ad deadline: April 9
Publication: April 23

COMMENTARY

The Good Acre, a food hub that's growing

By Theresa McCormick

The Good Acre in Falcon Heights stands as the largest food hub in Minnesota, and our mission is clear: To unlock economic opportunities for local farmers, particularly those who have historically faced exclusion.

While many are familiar with farm-to-table, The Good Acre focuses on farm-to-community, connecting local farmers to schools, food banks and food shelves, healthcare organizations and more. Our unique approach combines personalized support with strategic market development. The results are tangible.

In 2023, The Good Acre unlocked more than \$2 million in sales for local and emerging farmers. The number of individual growers with sales of more than \$15,000 has tripled since 2020. That means not only economic growth for our farmers but also enriched and diversified local food offerings for kids eating school meals, neighbors visiting food shelves, college students, folks grabbing lunch at their office cafeteria and our community of 600-plus CSA (Community-Supported Agriculture) members.

Addressing the systemic disparities in the agricultural sector, especially for farmers who identify as Black, Indigenous and People of Color (BIPOC), is at the core of our



Funwi Tita has increased his farming efficiency by investing in equipment. Photo courtesy of The Good Acre.

work. While BIPOC farmers make up the majority of produce farmers in Minnesota, they own less than 1% of farms by acre.

TGA is actively changing this narrative by making sure that farmers of color have access to the resources and help they need to grow for wholesale markets, paving the way for economic well-being and generational wealth.

I am proud to highlight the success stories of farmers like Funwi Tita and Yee Moua.

Funwi's testimony helped secure

multi-year funding from the State Legislature for our farm-to-hunger relief program, LEAFF, and in 2022, he increased his farming efficiency by investing in equipment.

Yee Moua, who started selling his produce to TGA through our LEAFF program in 2020, has consistently increased the volume of produce supplied to TGA year after year. Last year, Moua achieved a significant milestone—owning his own farmland. These are just two examples across our network of more than 120 farm partners.

The Good Acre isn't merely about transactions.

The USDA's Local Food Impact Calculator tells us that for every dollar spent with local farmers through The Good Acre, an estimated \$1.62 is generated in economic activity and benefit.

When farmers thrive, everyone benefits. Based on this, TGA has catalyzed nearly \$10 million in local economic activity since 2020. When more of our community food dollars are directed to local farmers, it sparks a ripple effect that strengthens our community for the better.

From farmers to consumers, TGA remains steadfast in its commitment to creating a food system that works for everyone in our community. The results of 2023 are proof positive that building a just food system is not merely an idea, it's happening.

And we need you! Learn more about how you can volunteer, join our CSA, purchase local food through our wholesale program or donate to support a fairer and more connected food future at thegoodacre.org. ■

Theresa McCormick is the executive director of The Good Acre, a nonprofit food hub headquartered in Falcon Heights.

2023 By The Numbers



\$2,048,052

in total purchasing sourced from 144 farmers & food producers



33 Farms Sold Us \$15K+

44 sold us \$10K+
85 sold us \$5K+




\$1,524,111

of produce purchased throughout the year



83% of Produce

purchased from BIPOC farmers






TRUMAN

Gold & Silver Exchange

We buy and sell old, rare, numismatic coins, gold and silver bullion, gold, silver and platinum jewelry, paper money (currency), foreign coins etc.

We have over 50 years of experience in the business, an A+ Better Business Bureau rating, and have been selected Minnesota's Best 3 years in a row.

We are open 10am-5pm, Monday through Friday, no appointment needed and we always do free appraisals. Or you can fill out our online quote form on our website www.trumanrc.com.

2585 Hamline Ave. N., Suite E, Roseville, MN 55113
651-582-3865 | roger@trumanrc.com | www.trumanrc.com




Wine ♥ Beer ♥ Spirits

'Your one-stop neighborhood wine shoppe'


2305 Como Ave., St. Paul 55108
651.645.5178

M-Th 10 a.m.-8 p.m.,
F-Sat. 10 a.m.-9 p.m., Sun. 12-5 p.m.
thelittlewineshoppe.com

START THE NEXT CHAPTER OF YOUR ST. PAUL STORY.




MICHAELA TOOHEY
651.253.6830



PHILIP WAHLBERG
651.336.2410

WAHLBERG & TOOHEY



Operated by a subsidiary of NRT LLC.

wahlbergtoohey.com

COMMENTARY

Food for thought on tackling the climate crisis

By Mark Robinson

Editor's note: Mark Robinson's writing comes in response to two stories in the January 2024 Bugle that addressed aspects of the climate change crisis.

Two commentaries in last month's Bugle speak of the urgency of climate change and our collective individual responsibility to do something about it.

I especially loved when Tom Lucy wrote, "Climate touches everything, and we need to own up to that as individuals, groups and governments. We owe it to ourselves, and more importantly to our kids, to examine every decision we make through the lens of climate."

Powerful words. I couldn't agree more.

In the spirit of cooperatively trying to solve this problem, I'd like to clarify a part of the climate discussion that often gets omitted. If we could instantly stop all use of fossil fuels today, we would still not avert a climate crisis.

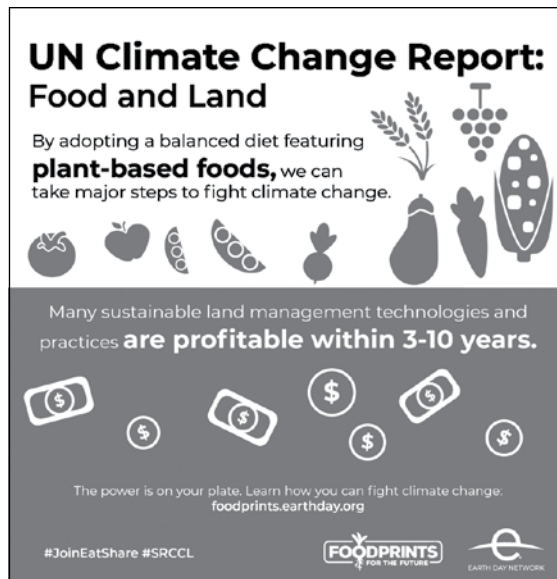
First of all, the carbon dioxide (CO₂) that is already in the atmosphere will remain with us for anywhere between 300 and 1,000 years.

Secondly, the burning of fossil fuels is not the leading contributor to the greenhouse gases causing climate change. If we don't tackle the other leading contributors, average global temperatures will still steadily increase; drought, wild fires and erratic storms will still happen.

Fortunately, the solution is



Infographics from earthday.org/un-report-plant-based-diets-provide-major-opportunities-to-address-climate-crisis.
Image credit: Lauren Sisk, EDN



right under our noses, in fact on our dinner plates: Animal agriculture contributes 51% of the world's greenhouse gases. Besides CO₂, animal agriculture produces methane and nitrogen—both much more potent greenhouse gases.

Additionally, animal agriculture is the primary reason for deforestation. Consider this: 46% of Earth's habitable land is occupied by agriculture, of which 77% is used for livestock grazing or crops to feed livestock. We need to greatly reduce the greenhouse gases of the animal agriculture sector AND give the Earth a chance to heal itself by returning land that's used to feed animals back to nature. Then the amazing CO₂-trapping abilities of forests, bogs and healthy

soil can bring down the CO₂ levels of the planet.

Stop deforestation

Currently, there are three trillion trees on the planet. If we can stop deforestation and plant another trillion trees, the carbon sequestration power of trees is so great that just the additional one trillion trees by themselves could sequester half of the world's annual GHG emissions.

Efforts like the Great Green Wall in China and a similar effort in Africa are attempting to do just that.

The same should happen in the Americas. But those efforts are hindered when the demand for beef incentivizes people to cut down the Amazon and other wild areas for grazing land.

Now, I'm not saying that people shouldn't look at ways of cutting out fossil fuels. I bike/bus to work in Bloomington four out of five days.

My point is that my biking makes a small difference compared to the three vegan meals I decide to eat every day.

Look it up on Project Drawdown's "93 technologies and practices that together can stop climate change." You'll see "plant-rich diet" at the very top of the list of CO₂ equivalent reduced/sequestered.

Taking the bus or driving an EV are much further down the list. They reduce or sequester CO₂ equivalent at a rate of 14% to 10% less than "plant-rich diet" respectively!

Don't eat meat

Amazingly, people collectively could very quickly stop 51% of the greenhouse gas (GHG) emissions of the world by just not eating meat and other animal products.

And, when people collectively do that, the practices and industries that are raping Earth will disappear, and Earth will have a chance to heal. In fact, ending animal agriculture can reverse climate change. It is the solution.

When the planet is facing a sixth mass extinction, it should come as a simple moral imperative to not kill any more animals under such circumstances.

As things stand now, only 4% of the biomass of land animals is wild animals, 34% is humans, and 62% is farmed animals! That's a disgusting example of how humans have perverted the beautiful, biodiverse bounty of the earth through our totally unnecessary traditions of eating animals.

Again, I'm very grateful to live in a community that cares about climate change and has privilege and influence to do something about it. And, I understand why animal agriculture doesn't come up in many discussions on the climate. That's not the story mainstream media wants us to hear.

The simple narrative people are being told is that no one really has to make any decisions that will require a change of lifestyle: just switch from a gas-powered to an electric-powered car; just put up solar panels.

However, if we "examine every decision we make through the lens of climate," it becomes evident that our lifestyle of eating animals and animal products has to change. Politicians don't like to say that because it's too "radical."

But as last week's graphic states, "When it comes to dealing with global climate change there are no non-radical choices."

Finally, eating plant-based is a change that is accessible to everyone—not just those who can afford a major house remodeling. Look at the cost of one pound of beef or chicken, compared to the cost of a pound of dried beans. Everyone can immediately make the switch. If they want to. If they care enough to. And, as the Lorax says, "Unless someone like you cares a whole awful lot, nothing is going to get better. It's not." ■

Mark Robinson lives in St. Anthony Park and is a high school teacher.

Your Locally Rooted Home Remodeler

Remodelers & Cabinetmakers

The Transformed Tree

ESTABLISHED 1973

NARI
State License
#1856

651-646-3996 • www.transformedtree.com

TAX CAT CONSULTING, LLC

Now accepting new tax and bookkeeping clients!

We can file taxes, manage bookkeeping, run payroll.

Helping small businesses and individuals in the area.

www.taxcatconsulting.com | 651.797.4603

BOLÉ
ETHIOPIAN CUISINE

Ethiopian food is one of the most exciting cuisines in the world

BOLÉ GIVES YOU THE REAL TASTE OF ETHIOPIA!

COMO AREA

1341 PASCAL ST N • ST PAUL, MN 55108
Boleethiopiancuisine.com • (651)-330-2492

We love our community

Hampden Park Co-op

hampdencoop.com

928 Raymond Ave | M-F: 8-8, S-S: 9-7

Read more

Ritchie, H. (2019) *Half of the world's habitable land is used for agriculture.*
Our World in Data.
ourworldindata.org/global-land-for-agriculture

The Creative Enterprise Zone primed for more gains in 2024

By Aeneas Pacheco

The Creative Enterprise Zone has big plans for 2024 and looks to build on its accomplishments of last year, says Angela Casselton, director of the south St. Anthony Park-based economic nonprofit.

More mural projects and further launching a community investment program highlight the CEZ's major goals for 2024, she said.

The CEZ is an area in the south St. Anthony Park neighborhood that pushes initiatives for advancements in arts, culture and economics. The CEZ is home to shops, restaurants, art studios and more.

"It's basically recognizing that this highly industrial area is home to many makers and creative entrepreneurs," Casselton said. "A lot of what we do is attracting and supporting creative people and businesses to be successful here."

The CEZ's initiatives include the Chroma Zone Mural and Art Festival, a celebration of the artists that bring their creativity to the area.

One of the CEZ's major goals for 2024 is to further advance the Taproot Community Investment Cooperative, according to Casselton. Taproot's goal is to bring shared investments for local real estate into the CEZ area.

Casselton said one of Taproot's many benefits is it will enable local people to become investors in up-and-coming real estate in the area.

Another anticipated benefit of the co-op is attracting more creative people and businesses to the area, according to the Taproot website.

"You get to say my money's going local, it's going to go into real estate," Casselton said. "This benefits creative people and businesses, it keeps the money in the neighborhood."



"Coming Home" by Hend Al-Mansour, 2023, is located at 2429 University Ave. W. Submitted photo.

Taproot launched in 2023 but had a bit of a slow start, falling somewhat short of expectations, according to Casselton.

"We own the building that we currently have our office out of here on University Avenue. And so that was a big accomplishment," Casselton said. "We had hoped to add another building but that didn't happen."

Meanwhile, the future of the continuing CEZ mural initiative appears very bright, Casselton said, noting her nonprofit hopes to bring in more artists to create murals in 2024, adding to the 55+ murals already in the area.

The CEZ heavily advocates for diversity and inclusivity in the mural art. About 77% of the CEZ murals were painted by BIPOC (Black

Indigenous People of Color) artists, and about 57% were done by women.

Casselton said the process for producing the murals takes just about all year.

"What we do is choose our artists in the spring, start production in the summer, and then celebrate at the conclusion in the fall," Casselton said. "If business owners have a wall, we pay for artists, equipment and paint. They just need to give us their walls."

The 2024 Chroma Zone Mural and Art Festival is scheduled for September. ■

Aeneas Pacheco is a Bugle intern and a third-year journalism student at the University of Minnesota.



The Creative Enterprise Zone headquarters located on University Ave in St. Paul. Submitted photo.



"Sometimes Water Keeps Us Grounded" by Sydney G. James, 2023, is located at 602 Prior Ave N. Submitted photo.

Front Avenue Pottery
Give a gift of Local Fine Craft!



M-F
9-5

Roses are red
Violets are blue
You fill up my love'n cup
And you're dang foxy too!

Playfully unique stoneware pottery

FILL UP YOUR FOX'S LOVE'N CUP!

651-489-4374 Clay Studio & Gallery 895 Front Avenue St. Paul

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

Wellness Guide

Coming in the March issue!
Bugle readers shop Bugle advertisers.
Let them know how they can support your local health and wellness related businesses!



Park Bugle

If your business is on the northside of Como Avenue, contact

Road Sateren
road.sateren@parkbugle.org
651-468-4040 (voice/text)

If your business is on the southside of Como Avenue, contact

Sonia Ellis
sonia.ellis@parkbugle.org
651-226-1274 (voice/text)

Well maintained parking. 3rd floor. 1183 sq ft. \$2800k.

BUYER SEEKING HOME OF OUR DREAMS

We love the St. Anthony Park neighborhood. Help us find a match! 3+ bedrooms. 2+ bathrooms. Office. 1-2 garage. Minimal updates needed. Up to \$750k. Ready to fall in love Spring 2024.

Contact agent, Colleen Healy, if you know of a home in SAP that will be available soon.

HOME FOR SALE

1 bedroom. 1 bath.



kw KELLERWILLIAMS. INTEGRITY REALTY

Colleen Healy, Licensed Real Estate Agent
ColleenHealy@kw.com
612-232-5900

Each office is independently owned and operated.

SCHOOL NEWS



Como Park High School news

By Eric Erickson

New semester, new feel

As the first semester for students ended Jan. 25, teachers used the next day to complete evaluations of student assessments, post final grades and prepare new courses for the Jan. 29 start of second semester.

At this transitional time of the academic year, students experience changes to their daily class schedule, since many classes are one semester in length. For full-year courses, the goal is for students to keep their same teacher even though there are frequently alterations to when a class may be offered or fit into a student's schedule.

Collectively, the changing schedules create a feeling of a fresh start in school as new combinations of students emerge in classes and new daily patterns are formed.

One big change for sophomores involves Human Geography and Critical Ethnic Studies (CES). Each is a one-semester required class; half the 10th graders who had CES first semester will now take Human Geography, and vice versa.



Como has established a chapter of HOSA (Health Occupation Students of America). Photo courtesy of Como's HOSA social media team.

All seniors transition their social studies coursework from government in the first semester to economics during second semester.

Another change affecting dozens of seniors is that those who are enrolled in the Postsecondary Enrollment Options (PSEO) program are now switching to new courses

on the college campus they attend during part of their academic day.

New health club

More than 20 Como students are active members of a new club called HOSA, which stands for Health Occupation Students of America.

Como is the first St. Paul Public

School to establish a HOSA chapter. The organization is dedicated to developing the next generation of health care professionals.

Como's HOSA chapter meets on Wednesdays during the school-wide seminar session.

Several guest speakers have presented interactive lessons to

students. They include an optometrist, a lab technician, a midwife, a chiropractic radiologist and a school nurse. Many more health care professionals are scheduled to visit in 2024.

HOSA also plans to undertake community service projects and compete in healthcare competitions. Social worker Gail Grogan and science teacher Heather Norton-Bower are staff supervisors.

Spring musical coming in March

The spring musical at Como will be an adaptation of Disney's "The Jungle Book."

Performances are scheduled for March 15 and 16 in the Como Park High School auditorium. Choir director Huy Tran and English teacher Suzanne Myhre conducted auditions and assembled the cast and stage crew in January. ■

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

School news around town

Compiled by Sarah CR Clark

Twin Cities German Immersion School

Submitted by Paige Yurczyk, TCGIS communications and outreach director.

Open House set for Feb. 3

All community members and prospective families are invited to visit the Twin Cities German Immersion School during an open house from 9:30 to 11:30 a.m. Saturday, Feb. 3.

Guests are invited to explore the school and engage in conversations with teachers, board members, administrators and current parents.

Optional tours—offered at either

10 a.m. or 10:30 a.m.—will provide "first-hand insights into the innovative learning environments we provide," said Paige Yurczyk, TCGIS communications and community outreach coordinator.

The school cafeteria will serve coffee and German treats, and guests will be invited to engage in activities designed for kids and parents.

"It's a perfect opportunity to mingle, ask questions and see if TCGIS is the right place for your family," Yurczyk said.

Kindergarten spots going fast

TCGIS applications for the 2024-25 school year are open through Feb. 23.

Yurczyk reported, "We have limited spots available in kindergarten. Apply today to ensure your participation in the 2024-2025 lottery!"

For further information on the Twin Cities German Immersion School go to tcgis.org.

St. Anthony Park Elementary School

Submitted by Karen Duke, principal of SAP Elementary School.

School Read-a-Thon

St. Anthony Park Elementary's long-standing annual Read-a-thon fundraiser kicked off Jan. 16.

At the time of the Bugle's February publication, the read-a-thon hadn't yet concluded.

But if past practice is any guide, SAP Elementary students regularly read more than 175,000 combined minutes over the course of the fundraiser. Their efforts well surpass their reading goals and raise more than \$15,000 for field trips, artists in residence and other enrichment activities.

Keeping with the theme of "Reading is Magical," principal Karen Duke planned to celebrate the students' reading success on Feb. 1 by dressing as a unicorn for the day and riding a tricycle around the school. ■

Sarah CR Clark lives in St. Anthony Park and is a regular freelance writer for the Bugle.

MADE FROM SCRATCH

COLOSSAL

CAFE

Dine in or Take out Tuesday-Sunday 7am-2pm

2315 Como Ave. St. Paul 651-797-4027

www.colossalcafe.com

For every \$20 spent, receive 1 ticket

Drawing for prizes at the end of the month

PRACTICALLY MAGICAL

February Raffle

2238 Carter Ave. St. Paul, MN 55108 | practicallymagicalmn.com

HOSTED BY ST. ANTHONY PARK SCHOOL ASSOCIATION

LUMINARY FESTIVAL

at Langford Park

FEBRUARY 24 & 25

Saturday Events	Sunday Events
5:30 Illumination	5:30 Illumination
6:00 Procession	Enjoy the lights at your own pace!
7:00 Entertainment	

FREE ADMISSION; DONATIONS ENCOURAGED; HOT COCOA & ENTERTAINMENT SATURDAY ONLY

CARTER AVE

FRAME SHOP

Twin Cities' Trusted Picture Framing Since 1975

(651) 645 7862

www.carteravenueframeshop.com

HOURS

Weekdays 10:00 a.m. - 5:30 p.m.

Saturday 10:00 a.m. - 4:00 p.m.

The beauty of SAP Elementary student art

This fall, students have been learning different art techniques. Submitted photos by SAP Elementary art teacher Mara Schriver. ■



Valentines, sharing the love!

Sam—
Will you be
my Valentine?
XO, XO, XO
—Abby

♥ To: Residents in Saint Anthony Park ♥
Is it possible to fall in love with a neighborhood—
the shops, stores, neighbors, parks, and schools?
♥ I say YES. 45 years of counting! ♥
♥ From: Ted Bowman ♥

Happy Heart Day
To Gene and Judy Probst
From Your Neighbors
on Commonwealth Avenue
No flowers or blather,
Just glad to call
You two
Our Neighbors

♥ Thor & Ivan, ♥
Roses are Red
Dragons are scaly
Sugar is Sweet
We love you on the daily!
Happy Valentine's Day!
♥ Love, Mom & Dad ♥

♥ Thanks Kristin ♥
♥ FOR TEACHING SO MANY OF US ♥
SO MUCH ABOUT SAP HISTORY. ♥
HAPPY VALENTINE'S DAY, MARY MERGENTHAL

Shannon,
Happy Valentine's Day,
sweetheart. You make
every day so wonderful.
Love you forever,
Andy

Versace—
U said I was 2 frugal
2 declare my love in the Bugle
Lovers will leap
2 columns? Cheap!
It's w/ the rhymes that I struggle
— Madisynn

Dear Milo, ♥
Thank you for being
my forever Valentine.
I love you more and more
every single day. You, me,
and the Doob forever.
♥ Love, Bonnie ♥

To the man of my dreams
who cautiously met me in
the snow five years ago.
Thank you for loving me.
♥ love, your wife

Happy Valentine's Day, Marcia and Ezra!
I love you both so much. ♥
Our family is awesome. ♥
Yours always, Elizabeth aka Mom

Will, We met via news-
print in the year 2000,
and I wanted to celebrate
that in newsprint in 2024!
Happy Valentine's Day!
Love, Sara



♥ Warmest Valentine's wishes ♥
to our amazing neighbors! ♥
♥ Thanks for your smiles and friendly nods ♥
when we meet on our walking paths. ♥
♥ R&D ♥

Roses are red, ♥
this one is for Emmy, ♥
who has my heart and ♥
keeps it beating aplenty. ♥
Be my valentine, this year ♥
and the next twenty? ♥
-XOXO ♥
My ♥

Austin—
We love you! ♥
Thanks for being ♥
the best husband ♥
and dog dad ever! ♥
—Love, Megan, ♥
Beerzy & Pippi ♥

LIBRARY CORNER

Library Corner
sponsored by
St Anthony Park Branch
Library Association



Como Park man pens “Brothers” with Vietnam era buddy

By Kathy Henderson

Over the years, when the idea about writing his life story as a personal record for his family would come up, Como Park resident and former Vietnam War helicopter pilot Raymond Wilson had good intentions that someday he'd get around to it.

What Wilson never imagined was when he finally put words onto paper, he'd end up co-author, with Bruce Richardson of St. Louis Park, on their recently published memoir titled “Brothers.”

The book title and their co-author experiences are especially noteworthy because Wilson and Richardson aren't really brothers. And they didn't meet until 2017, when recruiting for Twin Cities PBS/TPT's “The Telling Project: Minnesota Remembers Vietnam” brought them together at a Dunn Brothers Coffee shop in Minneapolis.

Discovering they both served in the Vietnam War and knew the Army's base camp at Cù Chi could have ended in a one-time coffee shop conversation for the two veterans.

Instead, it actually started a lasting friendship between Wilson, an Army helicopter pilot in 1970-71, and Richardson, who was an Army airborne ranger in artillery in 1969-70 in Vietnam.

Parallel life adventures

As their conversation and connections continued, Wilson and Richardson discovered they had

several parallel life experiences. Those common situations led to them writing their memoirs. At each life juncture, Wilson first tells his story, Richardson follows with his account and then “together” they bring their stories to the present time, reflect, provide lessons learned or offer friendly mentoring advice to their readers.

When the two men met, Richardson, a graduate of the U.S. Military Academy at West Point, was serving his fourth four-year term as a member of the St. Louis Park School Board. Since 1999, he had been invited by teachers to talk to their students about his days at West Point and Vietnam service or add a personal perspective to a class studying Tim O'Brien's well-known book “The Things they Carried.”

Not long after meeting, Wilson accepted Richardson's invitation to join him in the schools.

“My presentation was good, but Ray's contribution made it great,” Richardson said. Until the COVID-19 pandemic, they teamed up for presentation at schools in St. Louis Park, St. Paul and Edina.

Richardson said the idea of writing a book together germinated from the times “when we spoke to the students in schools and other forums, and we realized that we had a lot to say about dreams, success and failure, and equity and justice.”

The two men found the students were interested in more than their formal history-oriented presentations. Often the white students

surrounded Wilson, who is Black, with questions, while the Black students were asking questions of Richardson, who is white. It was apparent that the students wanted more than a war narrative from them.

Thus, “Brothers” became more than a war narrative, although 63 pages of the 216-page book take place in Vietnam and present a realistic portrayal of combat action. Spoiler: Each was shot down in a helicopter, an experience that Richardson said “brought him back to God.”

Their lives before and after Vietnam service take unanticipated twists and turns and are covered in chapters such as “Dreams,” “Education,” “Awakening to Be Leaders” and “Building Our Communities,” details of which are best saved for the reader to discover.

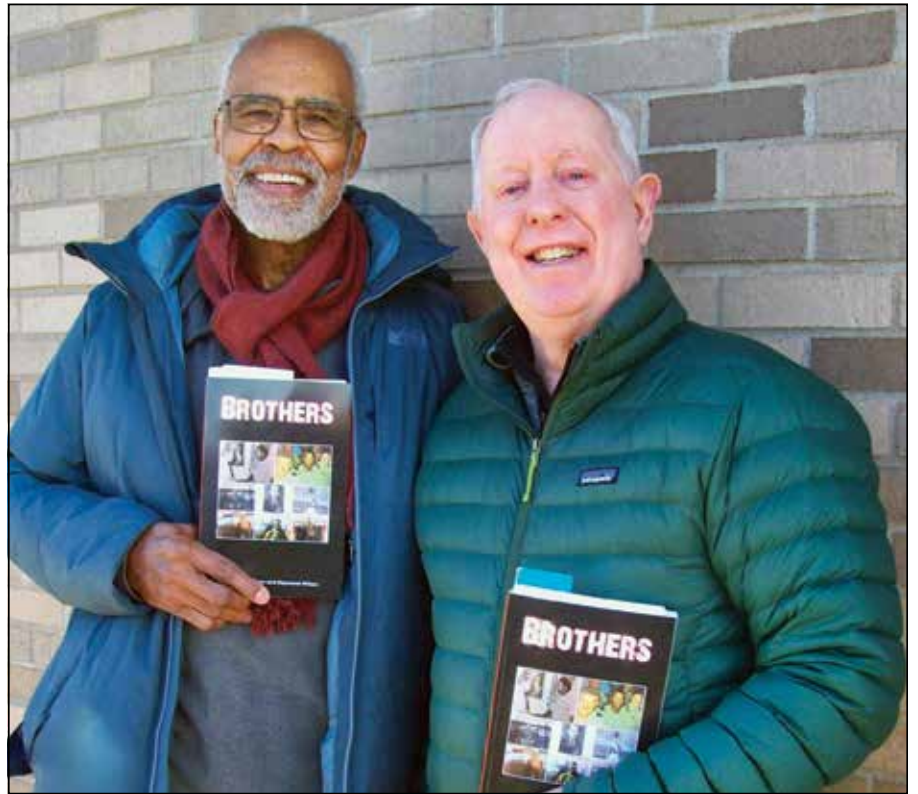
It took three years before they were ready to submit their book for publication and landed Austin Macauley as their publisher.

Wilson credits Richardson with the drive to push it through to completion. Both credit the support and encouragement they

received from their wives and families. They also joke they spent so much time discussing their planning and progress over Dunn Brothers' coffee that that's where the title “Brothers” came from.

However, a more realistic explanation


“Brothers” to p.19



Raymond Wilson (Como Park neighborhood) and Bruce Richardson (St. Louis Park) are the co-authors of the book “Brothers,” a memoir with mentoring highlights. As described in the book, “Vietnam brought us together. Combat experience cemented our bonds. Equity and justice woke up that brotherhood in us.” Photo by Kathy Henderson.




Their two photos from Vietnam War era service—although slightly faded and showing age—depict Raymond Wilson (helicopter pilot, 1970-'71) and Bruce Richardson (airborne ranger, artillery, 1969-70) in almost identical poses. © Photos contributed by “Brothers” co-authors Wilson and Richardson.



St. Anthony Park Branch Library Association
presents the
2nd Thursday Forum

Navigating Next Steps in Elder Care

Don't wait for a crisis to come up with a plan. When you or your aging parents need care, your family may need to step in to help. Learn practical, medical, and financial factors you and your loved ones should consider when preparing to make a transition.



Featuring Dr. Benjamin Rosenstein, Academic Geriatrician, Associate Professor, University of Minnesota's Department of Family Medicine & Community Health

February 8, 2024 | 6:30-7:30 pm
Library Auditorium | 2245 Como Ave.

More information can be found at sapla.org.



2310 Como Ave, St Paul | 651-645-7360
Open Daily 8AM-7PM

VALENTINE'S DAY IS WED, FEBRUARY 14TH!

WE'VE GOT EVERYTHING YOU NEED TO MAKE IT THE PERFECT DAY!

FLOWERS! CHOCOLATES! CARDS!
AND ALL THE FIXINGS FOR A GOURMET DINNER!

SHOP ONLINE AT: timandtomsspeedymarket.com



[timandtomsspeedy](https://www.instagram.com/timandtomsspeedy)
Tim and Tom's Speedy Market

St. Anthony Park Library events

St. Anthony Park Library's calendar for February contains special events as well as familiar favorites. Unless specified, registration is not required.

Special events

The Second Thursday Forum presents Navigating Next Steps in Elder Care

6:30 to 7:30 p.m., Thursday, Feb. 8.
Making decisions regarding housing and caregiving for aging or medically complex parents shouldn't happen at a moment of crisis.

Learn when and how families can make decisions regarding long term care with information from



Dr. Benjamin Rosenstein, an academic geriatrician and associate professor at the University of Minnesota

Department of Family Medicine and Community Health.

The Thursday Forum is sponsored by the St. Anthony Park Branch Library Association.

If you can't attend in person, request a Zoom link to the program at sapbla.org.

Beginning Watercolor Painting for Adults

2 to 3:30 p.m., Saturday, Feb. 3.

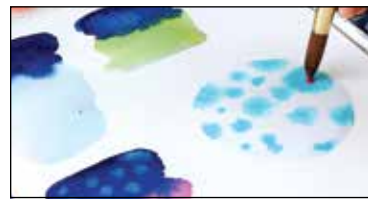


Award-winning artist Nanci Yermakoff will teach two adult watercolor classes in February at the St. Anthony Park Library, 2245 Como Ave. Registration required.

The Feb. 3 class is for beginners, and it will be repeated March 2. These are good classes for people who may be curious about trying watercolors but don't know how to get started, Yermakoff said. The Feb. 10 class is for those wanting to learn more.

Participants will get to explore painting materials, brush handling and basic watercolor techniques in this introductory class. All materials will be provided.

For adults, ages 18+. Registration required. To learn more, visit spl.org/events.



Beyond Beginning Watercolor: Color Mixing

2 to 3:30 p.m., Saturday, Feb. 10.



Learn how to mix a range of colors using only four pigments, and practice getting different effects by mixing colors on your palette and on your paper in this introductory class taught by Nanci Yermakoff. For adults, ages 18+. Registration required. To learn more, visit spl.org/events.

Ongoing programs

Indoor Family Storytime

10:15 to 10:45 a.m. or 11:15 to 11:45 a.m., Tuesdays.



The same story will be offered twice each Tuesday morning, and the library's auditorium will be the place for stories, songs, rhymes and puppets. Family storytime is

designed for children ages birth to 5, their caregivers and siblings.

Fun Lab!

2:30 to 3:30 p.m., Wednesdays.



Make cool stuff at the library! Featuring crafts, science experiments, engineering projects, video games and more, this STEAM drop-in program takes place in the library auditorium and is designed for ages 7-11.

English Conversation Circle for Adults

4 to 5:30 p.m., Thursdays.



Join the University of Minnesota Retirees Volunteer Center and the Partners in English program for free English language practice at the library. All levels of English language skill are welcome.

Shake Your Sillies Out! Playtime
10:30 to 11:30 a.m., Fridays, Feb. 2, 9 and 16.



Come to the library's auditorium for a story, stretching, movement and lots of fun! Little ones can jump, crawl, balance and twirl with activities specifically designed for them. Playtime is appropriate for children ages 2 to 5, with an adult caregiver. Adults must remain with their children for the duration of playtime.

Adult Book Club

6:30 to 7:30 p.m., Monday, Feb. 26.

Join library staff and fellow book lovers in the library's auditorium for lively conversation and refreshments. Stop in or call the library (651-642-0411) for more information or to pick up a copy of the book.

Holiday closing

The library will be closed on Monday, Feb. 19, for the Presidents Day holiday. ■

Submitted by Alisa Mee, SAP Library associate; compiled by Kathy Henderson, Bugle freelance writer.



Secrets from a Forest

Daily show times through February 16

Don't miss the innovative new planetarium show, *Secrets from a Forest*, led by the artistic vision of award-winning nature photographer Jim Brandenburg, award-winning director Neil Lucas, and featuring members of the Minnesota Orchestra. The original production illuminates the creation of the Stradivarius violin and tells an inspiring story of the intimate relationship between artistic expression and the natural world.



Space Fest 2024: Celebrating our Star

February 16-18

Have you ever wondered how hot the Sun is or what makes our star special? Explore these questions and more at the Bell Museum's sixth annual Space Fest! We'll have hands-on activities, guest speakers, and demonstrations throughout the weekend as we celebrate our closest star.



Space Fest Sensory Friendly Saturday

February 17, 4:30-6:30 pm

Join us during Space Fest for a special late afternoon Sensory Friendly Saturday! Explore the museum, play interactive games to learn more about the Sun, and enjoy a brief planetarium show at 5:30pm—all with lowered lighting, quieter sounds, and fewer visitors.

EVENTS AND MORE

Compiled by Kathy Henderson

History highlights

A Minnesota Historical Society program about Black Regulars (Buffalo Soldiers) at Fort Snelling will take place from 1 to 1:45 p.m., Saturday, Jan. 27, at Historic Fort Snelling, 200 Tower Ave.

Learn about the 25th Infantry "Buffalo Soldiers" and their amazing 1880s bicycle experiment, in which they rode 1,900 miles on single-speed bikes loaded with all their gear and provisions. Various regular site admission prices (\$12-free) are listed at mnhs.org/fortsnelling. Daily parking: \$6; MNHS members, \$4.

boréal Art Loft



Cabbage Lady by Lena Wolf Rothman

Lena Wolf Rothman, who is trained in classical techniques of painting and drawing, is the February artist featured at boréal's Art Loft through

Thursday, Feb. 28.

Open during regular store hours: 10 a.m. to 5 p.m., Monday through Saturday and 10 a.m. to 4 p.m. on Sunday at 2276 Como Ave. shop.boreal.life.

Women's Drum Center

Curious about drumming? Give the Drum Basic class a try. It will take place from 5 to 6 p.m., Monday, Feb. 12, at 2242 University Ave. W. The focus is on fun, and drums are provided.

Instructor Jo Klein will lead easy, energizing exercises for both hand and stick drumming. \$15. Registration required: women drumcenter.org.

Bell Museum

"Secrets from a Forest" planetarium show continues through Friday, Feb. 16, at various days and hours at the Bell Museum, 2088 Larpenteur Ave. W. Recommended for ages 8+. Schedule and admission (\$10-free) details are available at bellmuseum.umn.edu.

Community sing

Musician Dan Chouinard and singer-songwriter Ann Reed will lead a community sing-along at 7 p.m. Monday, Feb. 19, at St. Matthew's Episcopal Church, 2136 Carter Ave. SE.

Community sing was launched at St. Matthew's in December and will continue for the foreseeable future on the third Monday of the month. It is a community sing, not a choir; all singing abilities welcome. Free.

Marbling art

"The Magic of Marbling" exhibit, with artwork from Minneapolis-based Midwest Marbling artist members, continues through Monday, Feb. 19, in the Community Room at St. Matthew's Episcopal Church, 2136 Carter Ave. SE. Viewing times are 9 a.m. to noon on Sundays, 10 a.m. to 3 p.m. on Wednesdays and Fridays, or by appointment (651-645-3058). stmatthewsmn.org.

Como Zoo and Conservatory

Music Under Glass: Various musicians and singers will be featured in the tropical garden from 4:30 to 6:30 p.m. at the Marjorie McNeely Conservatory, 1225 Estabrook Dr.

Scheduled: Wednesday, Jan. 31, Mother Banjo (traditional folk and bluegrass); Sunday, Feb. 4, Andrea Lyn (calming, real and engaging

melodies and lyrics); Wednesday, Feb. 7, Switchgrass (porch music, backwoods bluegrass).

The concerts are free and beer and wine will be available for purchase. No reservations required. The concerts are standing room only. Because of fire code regulations, there are no chairs set up.

Updated schedule can be seen at comozooconservatory.org/como/winter-music-series.

Senior Strolls: Time is set aside at the Marjorie McNeely Como Conservatory, 1225 Estabrook Dr., exclusively for ages 55 and older. Senior Stroll, a self-guided walk through Como Zoo and the Marjorie McNeely Conservatory, on Tuesday, Feb. 6, from 9 to 10 a.m. Senior Sunset Stroll, Marjorie McNeely Conservatory only, Tuesday, Feb. 20, from 4:30 to 6 p.m. Check-in at the main Visitor Center entrance. Admission is free. Reservations are required: comozooconservatory.org/como/senior-strolls.

Bouquets fundraiser: The annual fundraiser that features wine, beer and hors d'oeuvres set throughout the Visitor Center and gardens of the Marjorie McNeely Conservatory will take place from 7 to 9:30 p.m., Wednesday, Feb. 22, at 1225 Estabrook Dr. There will be live music, games and a silent auction. General admission: \$75. Reservations required: eventbrite.com/e/bouquets-tickets-760721367087.

Winter Flower Show: Continues through Saturday, March 17, at the Marjorie McNeely Conservatory, 1225 Estabrook Dr. Regular hours: 10 a.m. to 4 p.m. A voluntary donation of \$4 for adults and \$2 for a child is appreciated, which helps care for plants and animals. comozooconservatory.org.

Vulcan Snow Park

Organized by the St. Paul Vulcans, the snow sculpture viewing and Snow Maze continues from 4 to 9 p.m., Monday, Jan. 29, through Friday, Feb. 2; 9 a.m. to 9 p.m. on Saturday, Feb. 3; and 9 a.m. to 6 p.m.

on Sunday, Feb. 4, on the Kidway of the Minnesota State Fairgrounds, 1265 Snelling Ave N. Free. Schedule may change unexpectedly due to weather. Free. More details found at mnsnowpark.com.

Como Blizzard Breakfast

Join St. Paul Parks and Recreation and Como Community Council District 10 for a pancake breakfast and winter activities from 10 a.m. to 2 p.m., Saturday, Feb. 3, at North Dale Recreation Center, 1414 St. Albans St. N.

Weather permitting, try snowshoeing, cross country skiing and skating. Warm up with a bonfire and s'mores. Inside, there'll be kids crafts and activities (Now Make Art), a local maker's market (jewelry, pottery, baked goods, plants and more) and neighborhood resources information.

The pancake breakfast is sponsored and served by Bethel Lutheran Church. Details at district10comopark.org/sd3event.

Winter Rec Sampler

11 a.m. to 4 p.m., Saturday, Feb. 3, and 1 to 4 p.m., Sunday, Feb. 4, at Lake McCarrons County Park, 1795 Rice St., Roseville. Try kicksledding, snowshoeing, cross-country skiing, sledding and more. Equipment available for free on a first come, first served basis. Events are weather dependent and subject to change or cancelation. ramseycounty.us/content/winter-rec-sampler

Como Park Ski Center

Weather permitting, "Mount Como" is scheduled to operate on various days and times through Monday, Feb. 19, at 1431 Lexington Parkway N. Hours vary and are subject to change. A St. Paul/Ramsey County mutual cross-country ski pass is required for ages 13 and up. Purchase online or in person. Find winter season schedule and details at stpaul.gov/departments/parks-and-recreation/activities-events/winter-activities/downhill-skiing-snowboarding.

Senior activities

St. Anthony Park Area Seniors' calendar for February features a mix of in-person, virtual and hybrid activities.

In-person activities include:

- **Exercise:** 1 to 2 p.m., Fridays, Feb. 2, 9, 16 and 23 at Lauderdale City Hall, 1891 Walnut St.
 - **Movie "Charade":** 2 p.m., Monday, Feb. 12, at Centennial United Methodist Church, St. Anthony Park Campus, 2200 Hillside Ave.
 - **Blood pressure clinic:** 3 to 3:45 p.m., Tuesday, Feb. 20, at Seal Hi-Rise, 825 Seal St.
 - **Card-making class:** 9:30 to 11:30 a.m., Wednesday, Feb. 21, at Centennial United Methodist Church, St. Anthony Park Campus, 2200 Hillside Ave.
 - **Game Day:** 10 a.m. to noon, Tuesday, Feb. 27, at Centennial United Methodist Church, St. Anthony Park Campus, 2200 Hillside Ave.
- Hybrid:
- **Caregiver Support Group:** 10 to 11 a.m., Thursday, Feb. 1. In-person meeting at St. Anthony Park Lutheran Church, 2323 Como Ave., or via Zoom. Call the office at 651-642-9052 for Zoom link.
 - **Chair Yoga:** 9:30 to 10:30 a.m., Mondays, Feb. 5, 12, 19 and 26.
 - **Lunch Bunch:** Noon to 1 p.m., Wednesdays, Feb. 7 and 28.

World Day of Prayer

St. Anthony Park Lutheran Church will observe the World Day of Prayer with a prayer service at 10 a.m. Friday, March 1, at 2323 Como Ave. Fellowship and light refreshments will follow.

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



Family-owned, locally focused
business partner and neighbor
since 1984

Commercial Real Estate

wellingtonmgt.com | 651-292-9844



Our Business is Community

We are a Twin Cities-based real estate company that's in it for the long run.

wellingtonmgt.com



Come in from the cold on **Thursday, February 22, 2024** and feel your senses unfurl at this after-hours benefit for Como Park Zoo & Conservatory. **Purchase your tickets today!**

comofriends.org/events/



From Como to Cornwall

By David Bryne



Operating out of a home in Como Park, Dacey's Cornish Tours has been taking small groups to the scenic County of Cornwall, England, for almost a decade.

Dacey is the nickname of British born David Warner who is a one-man tour operator crossing the Atlantic Ocean multiple times in the summer and fall.

David landed in St. Paul after meeting his future wife on a two-year backpacking trip in Southeast Asia. They worked in England for a while, but decided the U.S. was a better place to raise a family. Also, his wife had a Minnesota history, spending her teen years in Rochester.

After high school, David worked

several jobs in England, but his favorite venue was the scenic County of Cornwall.

David saw the potential for touring the region using a minimalist approach. A standard tour bus will not go down many of the narrow roads. Often David's van will go head to head with oncoming traffic and someone will have to back up.

The first Dacey tours began in 2013. One of the things that makes the tour affordable is that all hotels provide breakfast.

The tour kicks off in London at a hotel that is one block off of Hyde Park with many pubs and restaurants nearby.

One of the tour's many highlights are stops at movie and TV shooting locations. A hotel that has been the site of frequent filming is adjacent to ruins advertised as 12th-century construction of King Arthur's castle.

The hotel is called Camelot. It is an old manor house that has seen

the filming of many movies. A 1953 period piece called "Knights of the Round Table" was filmed there. Also some "Doc Martin" TV show scenes were filmed there.

Tour stops that get public television viewers excited are towns and locations that were used in two favorite series, "Poldark" and "Doc Martin." For Poldark fans, they visit Charlestown and a local tin mine. For Doc Martin fans, they visit Port Isaac and the Camelot hotel.

Other tour stops are very eclectic. They include a mini Stonehenge, an ecology campus with three-story domes of which one is a rain forest. There is an outdoor, ocean front theater with seating on a grassy terrace. This is also a tidal island with a scenic hilltop church site.

David Warner is an amateur economist covering the industrial history of Cornwall. He notes Cornwall was once the wealthiest



Breathtaking scenery awaits tourists visiting landmarks in County of Cornwall, England. Submitted photo by Dacey's Cornish Tours.

part of Britain with tin and clay mining until the mines became nonviable in the 20th century.

Eventually Cornwall was one of the poorest regions trying to rebound with tourism and the service economy.

David's family plans have worked out as his daughter is a

National Merit Scholar semifinalist and is lettering in swimming at Como Park High. Dacey's Cornish Tours has a website with tour information. ■

David Bryne is a Twin Cities freelance writer who has gone on a Dacey's Cornish Tours vacation.

SAP 1920s and '30s history talk Feb. 13

By Mary Mergenthal

Free monthly presentations discussing the St. Anthony Park neighborhood's architecture and history continue at 7 p.m., Feb. 13, at St. Anthony Park Lutheran Church, 2323 Como Ave.

This latest monthly program will focus on buildings constructed in the 1920s and '30s.

Sponsored by the church and presented by Augsburg University professor Kristin Anderson, the monthly talks are scheduled on the second Tuesday of each month. Afterward, there will be treats and time to visit.

In addition to the in-person session at the church, readers can also access the talk live online, with a recording available for one week after the session.

To watch the presentation online, use the SAP Lutheran Church YouTube channel at bit.ly/Sap-history. You can also get to the church's YouTube channel by clicking through from saplc.org to

the Worship link, and then to the livestream link. ■

Mary Mergenthal is a former Park Bugle editor and is currently the newspaper's obits editor.



Spanish Revival house from the 1920s on Chelmsford in St. Anthony Park. Photo by Kristin Anderson and used with her permission.

FFP FERDINAND F. PETERS LAW FIRM
 651-647-6250 • www.ferdlaw.com
 ferdpeters@ferdlaw.com

Winter is late, but you are not — get going on your estate plan!

- Estate • Probate •
- Wills • Trusts •
- Entrepreneurs •
- Litigation • Business •
- Pet Law •

We're just across the High Bridge!

711 Smith Ave S
 St. Paul, MN 55107

ST. ANTHONY PARK GARDEN CLUB Vertical Garden

Tues. Feb. 6 Playing With Space
 Tues. March 5 Eloise Butler and Her Garden

6:30 Business Mtg • 7:30 Program • **EVERYONE WELCOME**
IN PERSON or ZOOM. Email sappgardenclub@gmail.com for link
 St. Anthony Park Lutheran Church, 2323 Como Ave (enter from Luther Place)

TIMOTHY FULLER architects

Design, at home in the neighborhood

Now Homes Additions Alterations Transformations

tim@timothyfullerarchitects.com
 www.timothyfullerarchitects.com

651.485.9277

Saint Anthony Park Area Seniors

A neighborhood program providing services for seniors living independently

We offer free of charge:

- Rides to medical appointments
- Exercise classes ■ Art classes ■ Speaker series
- Chore help ■ Foot care (for a fee)
- Caregiver support group ■ Respiteand more!

Always welcoming volunteers!

www.sapaseniors.org | 651.642.9052

Schubert Club • Music in the Park Series

La Morra
 Shaping The Invisible:
 Italian Music From The Time Of Leonardo

Sunday, February 25 • 4:00 PM
 Pre-concert Talk with the artists at 3:00 PM

Saint Anthony Park United Church of Christ
 2129 Commonwealth Ave • St. Paul, MN 55108

"Never fail to keep the listener's attention alive"
 — Gramophone

Tickets still available!
 schubert.org • 651.292.3268

Business spotlight: At a small site on Eustis Street, big buildings get their start

By Anne Holzman

Tucked into a space between Highway 280 and Eustis Street south of Larpenteur Avenue, the Corval manufacturing company welds heavy pipes and broad metal sheets, customizing parts for large buildings.

Semis and flatbed trucks bring enormous pipes into the multi-level shop to be shaped and fitted for facilities including oil refineries, entertainment venues and food processing plants.

The Corval Group also has its administrative headquarters at 1633 Eustis St. There, they run design workshops, project estimations and other business activities of the privately held company whose worth tops an estimated \$125 million.

The Corval Group descended from Axel Newman Heating and Plumbing, which dates back to 1921 at the corner of Snelling and Como avenues next to the Minnesota State Fairgrounds. Long-time residents may recall the building topped by a cartoonish “tin man” apparently shoving a van across the roof.

The company grew from residential services to commercial to industrial, and its name was changed to NewMech in 1978. At that time, the company consolidated operations to 1633 Eustis St. which had previously been occupied by the University of Minnesota and a copy machine company.

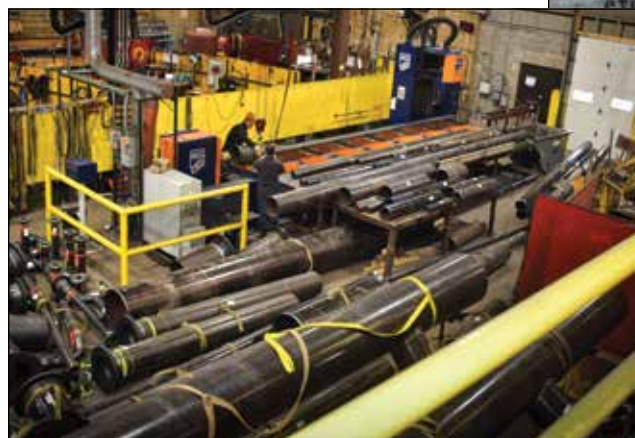


Corval President Todd Dougan and co-owners Paul Jordan and Peter Jordan. Photo by Anne Holzman.

Current owners, brothers Peter and Paul Jordan, took over from their father Larry Jordan and his partners, and renamed the company Corval in 2009.

“We take a lot of pride in being privately held,” Paul Jordan said during a recent tour of the facility. “It allows us to not have outside stockholders.”

The brothers also take pride in their own trade backgrounds, and that about 90 percent of their workers are union members.



The fabrication floor at Corval, where pipes are trucked in on flatbeds and semis, customized for various jobs and shipped back out. Photo by Anne Holzman.

“At least one of the owners has always been a former union tradesperson,” Jordan said.



The Corval Group, once Axel Newman Heating and Plumbing, was previously at Como and Snelling avenues. It was an iconic landmark with a van on its roof. Submitted photo from the Corval Group.

Across the U.S., the company has offices in Houston; Bismarck, North Dakota; and Farmington, Arizona, along with numerous project sites. Depending on the number of active projects, Corval’s workforce ranges from 400 to 850 employees nationwide, including 100 to 150 working at its Lauderdale location.

Local Corval clients include the Flint Hills oil and gas refinery in Rosemount, General Mills headquarters in Golden Valley and the University of Minnesota.

Corval has installed fire protec-

tion systems at Target Field and the Xcel Energy Center and mechanical systems at the Mall of America. The company has also done smaller projects such as an addition at Totino Grace High School.

Some of Corval’s services are ongoing; others involve new construction. It has a storage site near Rice Street in St. Paul, valued by the county at a little more than \$1 million, where cranes and other large equipment are stored. Most of the company’s manufacturing occurs at 1633 and 1631 Eustis St. ■

Anne Holzman is a Twin Cities freelance writer and a regular contributor to the Bugle.

SPIRE[®] + **Hiway**[®]
CREDIT UNION CREDIT UNION

ARE NOW

BlazeSM

CREDIT UNION

651.215.3500 • blazecu.com

Insured by NCUA

**Auto & renters.
Bundle & save.**

Call me for a quote today

State Farm[®]

Jim Roehrenbach
Agent

2190 Como Ave Ste 3
Saint Paul, MN 55108-1851

Bus: 651-644-3740
jim.roehrenbach.b5dr@statefarm
www.jrfsf.com



Availability and amount of discounts and savings vary by state.

State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company,
State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL

State Farm County Mutual Insurance Company of Texas, State Farm Lloyds, Richardson, TX

State Farm Florida Insurance Company, Winter Haven, FL



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.

Zoning updates promote flexible, equitable living options

By Janet Pope

“I wanted to turn my house into something I could get old in.”

So said Victoria Erhart, of her decision to construct an “accessory dwelling unit” in the basement of her St. Anthony Park home.

This unit type, often referred to as an ADU, was first allowed throughout St. Paul in 2018. In 2020 and again last fall, St. Paul further updated its zoning code to allow more density and more housing options across the city.

Before the 2023 updates, the St. Paul zoning code restricted over 70% of city land to single-family residences. In addition to the new ADU rules, the code now allows for two to five units throughout the city on lots where previously only one unit was allowed.

And to further encourage “missing middle” housing, up to six units are allowed in certain circumstances when affordable or family-sized units are included.

Cottage clusters and townhomes are also allowed when several adjacent lots are used. And ADU sizes can now be larger, with two ADUs allowed for each one-family dwelling on a lot.

In years past, Erhart had wanted to add an accessory dwelling for her mother to occupy—but that was before ADUs were allowed in St. Paul.

More recently, Erhart constructed her ADU to expand her own future options. “I don’t want to live alone in my house,” she explained. “Now I could house a caregiver in the future, or just rent it out so I am not alone here, as I am doing now.”

More housing on the same lot

A severe shortage of housing in St. Paul and the need to address climate change have had city officials and advocates working for several years on the zoning changes. The Twin Cities metro area is 80,000



An accessory dwelling unit of about 550 square feet was added to this two-story Como home after the 2020 amendments to St. Paul’s zoning code. Photo by Ted Benson.

housing units short, according to St. Paul zoning director Lui Pereira in a recent Finance and Commerce podcast interview.

Pereira said he hopes the recent zoning changes will help reverse the losses of 2- to 4-unit and 5- to 19-unit buildings St. Paul has experienced in recent years.

Additionally, single-family zoning has long been recognized by city planners as a tool historically used to keep most Black people—and virtually all low-income people—from large parts of city neighborhoods.

“We’ve been pricing people out of certain neighborhoods,” Twin Cities realtor Karen Rue said recently. “These changes should directly help diverse populations get into neighborhoods throughout the city.” Rue had planned to build an ADU over her garage. But she found a house that worked in Minneapolis and moved there instead.

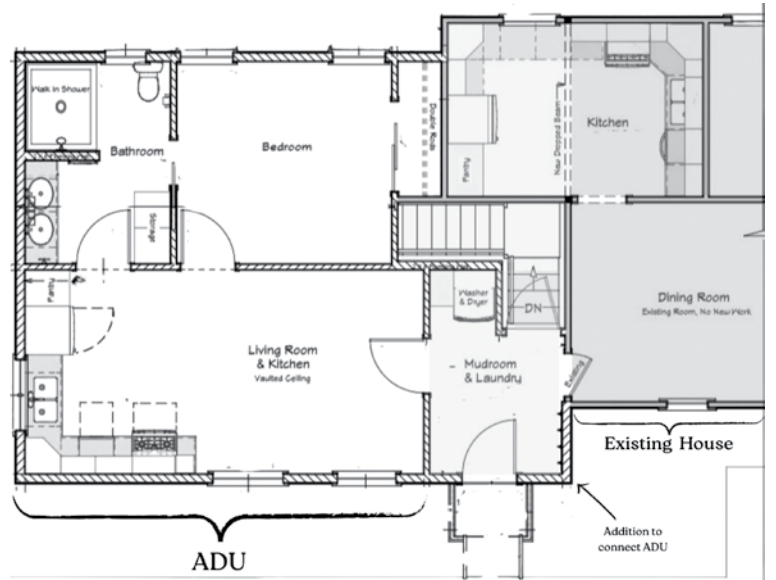
An accessory unit is added in the Como neighborhood

After looking at multiple duplexes, many of which needed lots of work, Sierra Burris and partner Joe Hundt decided to purchase a home in the Como neighborhood and add an ADU. They wanted a living space for Burris’s mom and stepdad to “call home” and easily have the flexibility to travel in retirement.

“I did a lot of research,” she explained. “We hired an architect and contractor and worked through multiple plans over about a year to receive city approvals.”

Taking advantage of 2020 ADU zoning updates, they tied the new unit’s heating and plumbing systems to the main house. The two units are connected by a mudroom. Helped by family and friends, the couple did a lot of the work themselves.

The ADU is just over 600 square



Hundt and Burris at their front entrance. Submitted photo by Sierra Burris.

The ADU floor plan offers efficient living for a couple, with a separate side entrance. Diagram by Ron Johnson, Arcola Design.

Burris also noted, “Neighbors have commented that they appreciate that we did not change the character of the neighborhood. We would not change anything. We love it.”

With more options now available, more of our neighbors can be housed in configurations that work well for them and for our larger community. ■

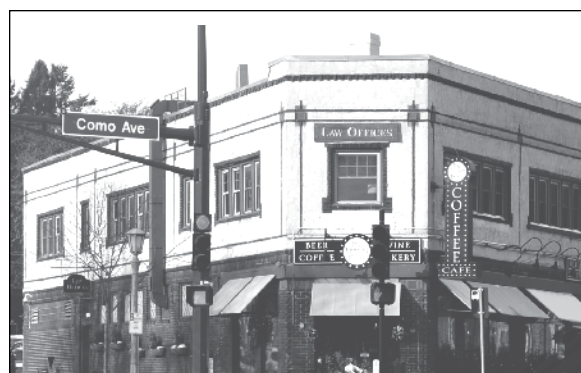
Janet Pope lives in the Como neighborhood, several blocks from Sierra Burris and Joe Hundt, whom she was happy to meet while writing this article. She is also a leader with the climate action group Saint Paul 350.

TERRA FIRMA
BUILDING AND REMODELING

Employee Owned

Committed to making our neighborhood and city a better place to live and work.

651-207-5575 terrafirmamn.com Lic:BC673777



Serving Clients in Estate Planning, Probate Administration & Elder Law

Christine B. Courtney | (612) 356-2635 | chris@courtneylawoffice.com



2239 Carter Avenue, Suite 204
St. Paul, MN 55108

www.courtneylawoffice.com

DAN BANE CPA, LLC

Certified Public Accountant

Providing Individual & Business Tax Service.



Conveniently located in the Baker Ct Bldg
(1 Blk East of 280 at corner of Territorial & Raymond)
at 821 Raymond Ave – Ste 310, St Paul 55114.

Call for an appointment **651-999-0123**
or visit my website at: www.danbanecpa.com

Edwards from p. 1

Educators. His wife, Kari Edwards, is a teaching assistant at SAP Elementary and their son is a SAP Elementary kindergartner.

"He's so passionate, so student centered. Mr. Edwards is very committed to seeing every student," noted Kelly Lynch, who is Edwards' school co-counselor. Lynch splits her work weeks between SAP Elementary and Randolph Heights Elementary.

Asked what challenges she helps SAP students manage, Lynch cited general feelings of anxiety and stress, social skills like friendship and the dynamics of coming from divorced families.

Edwards also sees students learning to deal with these same daily struggles.

"Life's going to get difficult and I want kids to be assertive; to raise their hands, to have a voice," Edwards said. "That's one thing I love and think kids really appreciate—I want kids to showcase their identity. I want them to showcase their authentic selves as they navigate this ever-changing world."

Two fifth grade SAP students, Emine and Owen (whose full names are being withheld), agreed Edwards deserves the honor of being Minnesota's Elementary School Counselor of the Year.

Emine met Edwards in fourth grade, when the counselor was new to the school. "He's one of my favorite people just to talk to," she said.

Edwards meets with SAP Elementary students in a variety of ways. Arvidson noted that elementary school counselors teach regular lessons in partnership with classroom teachers. These classroom lessons range from emotional regulation to personal safety and equity.

Edwards also meets with students in small group and individual settings.

Emine and Owen, who have both interacted with Edwards in a variety of ways, had ready responses when asked how Edwards has helped prepare them for middle school next year.

Owen said, "He has lessons about peer pressure and those will be helpful. He also will teach us how to open locks on lockers."

Emine agreed, "Yes, his peer pressure lessons definitely, and bullying lessons too."

During my interview with Edwards, his office was lined with partially built bonsai tree Lego sets. The Legos, supplied by the St. Anthony Park School Association, were part of an empathy building and cooperation lesson for his third-grade small groups.

"We want our kids to feel safe, supported, loved—I think that's really important," Edwards said. "No particular emotion is bad. It's the choices that we make. I want our kids to grow a toolbox to be able to cope with all the different

emotions they'll be dealing with throughout their lives."

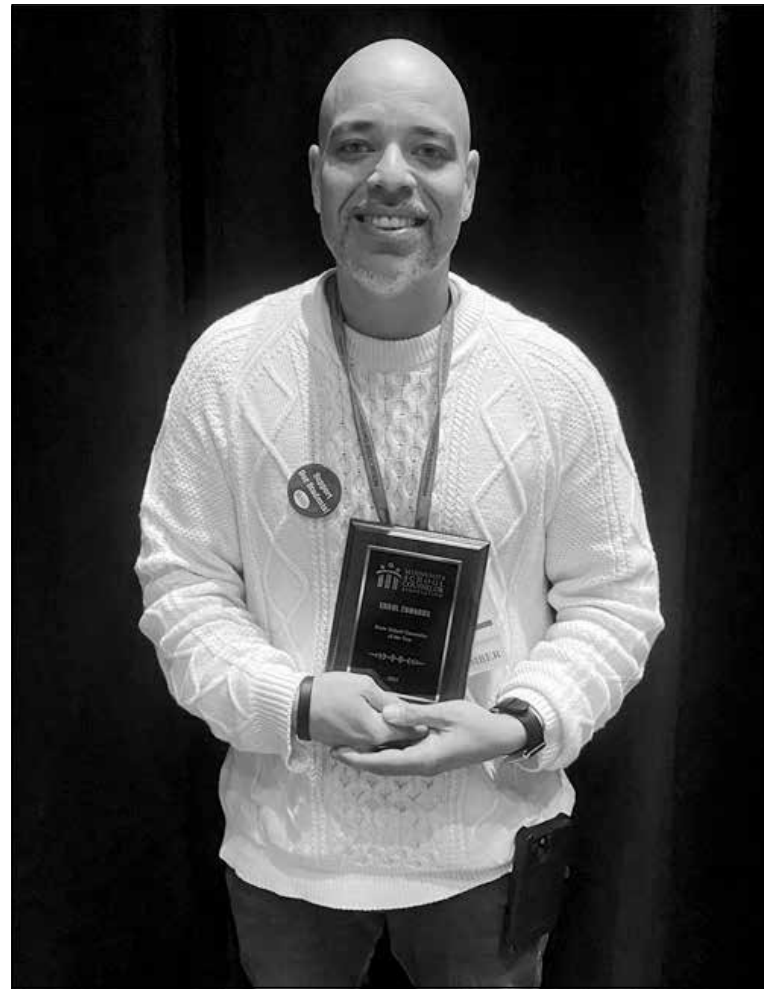
While SAP Elementary students are well cared for by their school counselors, most of Minnesota's students are not so fortunate. The American School Counseling Association recommends a ratio of 250 students per counselor, and yet the average ratio in Minnesota's schools is 570 students per counselor.

Arvidson explained, "Every traditional SPPS school has at least a full-time counselor. There has been tremendous growth in elementary counseling over the past 10 years. We are very close to recommended ratios in all schools. This has been accomplished by advocacy from SPFE as well as strong support from district leaders."

SPPS has about 150 counselors, including 54 of them in elementary schools.

Reflecting on the great demand placed upon school counselors, Edwards said he is motivated by a deep sense of purpose and urgency.

"I had to build trust," Edwards said, reflecting on his first days at SAP Elementary and Michelle & Barack Obama Elementary. "Building trust and relationships with students and their families and caregivers opens the doors to communication and it opens the doors to interventions that can help our students and their families. Because you can do every academic and behavioral intervention possible for a kid but if things at home aren't going well, you'll just be going around in circles. So, building that trust with students and their families is so important. We're all in this together."



Errol Edwards holds his Minnesota's Elementary School Counselor award he received in November. Photo from St. Paul Public Schools. spps.org.

Reflecting on being named Minnesota's Elementary School Counselor of the Year, Edwards said, "At the end of the day, people will recognize your authentic self and that you really are trying to do your best with the time you have on this planet. To really make it a better world for the future.

"Working late hours and continuing to follow up with families, and collaborating with

colleagues—even on those days when we want to cry—we get the sense of urgency happening in our communities. I feel more significant as a counselor and as a contributor than I ever have." ■

Sarah CR Clark lives in St. Anthony Park and is a regular freelance writer covering school news for the Bugle.

Now is the time to plan your next trip!

Make an appointment to stop in. Ask us about tailoring an itinerary for you. Call on our experience creating travel memories.

Como Rose®
TRAVEL



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

Now in Roseville!

Happy Hour Everyday 3:00-6:00pm
\$2.00 Off Appetizers • \$3.00 Drinks

KARTA THAI

651-756-7173

Order online at
KartaThai.com

1889 Perimeter Drive, Roseville
Drive-through and pickup available

HEALTHCARE PROFESSIONALS

St. Anthony Park Dental Care

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

Skon Chiropractic

651-644-3900 • www.skonchiro.com

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



We bring community together!

Pick up the Park Bugle, sit back . . . and enjoy!

Tell our Park Bugle advertisers you saw their ad here! Better yet, shop local and support them! They're a big part of why we can provide the neighborhood news you need for FREE!

Your award-winning neighborhood community resource

Park Bugle



CPHS COUGAR SPORTS

Como cheerleaders bring the spirit

By Eric Erickson,
Sports analysis

On a cold winter's night, energy emanates from a corner of the Como Park gym.

While basketball players compete on the court, the Cougar cheerleading team is stomping in rhythm, getting the crowd out of their seats and up on their feet.

"G-E-T, G-E-T, G-E-T! We need you to G-E-T up out your seat! What? Como Park said get up out your seat!"

It's an action cheer with choreography, and a crowd favorite along with "Let's get this beat started" and "Chile, please" (with 'e' replacing the 'd' from child).

The refrains are familiar to Como parents and students in the bleachers, producing smiles and spirit.

The talent of the Como cheerleaders enhances the community experience for home football games in the fall, and both boys' and girls' basketball games during the long winter season.

To reach the level of impact the cheer team strives for, commitment is critical. Accountability is high. And leadership is essential. Dr. Tamara Mattison and her daughter Jasmine Mattison provide the guidance needed as Como's cheerleading coaches.

Called "Dr. T" or coach by the girls, Dr. Mattison grew up cheering in Ohio. She went on to earn her doctorate in organizational management and leadership, currently serving as a senior administrative manager for Hennepin County.

Mattison began coaching cheerleading at Como when Jasmine joined the team. After Jasmine's graduation in 2008, Dr. T stepped down before returning to co-coach the Cougars with her daughter in 2016. Their presence has kept the program consistently positive—visibly on game nights and behind the scenes.

"We try to create a sense of community amongst ourselves and



The Como Senior High School cheerleading team in action at a recent basketball game. Photo by Eric Erickson.

empower the girls to be leaders," Jasmine Mattison said. "Whether it's in their jobs or in school, we work on problem-solving, decision making de-escalation, and you see the impact that it makes on their behavior as well as on those around them."

"We definitely promote sisterhood, collaboration, teamwork, respect, integrity and we really push their academics," Dr. Mattison said. "We have high expectations for them. They are examples and need to set the standard (for responsibility) and self-control."

With a laugh, Dr. Mattison added, "They think I'm really hard. When they become adults, they'll thank me. But now, they're questioning me."

Senior captains Naomi Joshua and Amorie Northington have grown up in Como's cheerleading team. They echo their coaches when discussing program values.

"It's more than cheering," Northington said. "It's about relation-

ships. Cheerleading's taught me patience. I know how to handle situations. Coaches are like two moms that we have. If it wasn't for cheering, I wouldn't be where I am academically."

"We can come to our coaches about stuff," Joshua said. "They give us good advice—even times we don't want to hear it. And now that I'm older, it's cool to lead by example for the younger girls."

The winter basketball squad is primarily composed of younger girls. So, the senior captains are busy leading cheer instruction and being role models. There were 16 girls for football season, which is significantly shorter with fewer games.

The current basketball cheer season requires two practices a week, two home games a week, and selective road games. With that intense schedule and the high academic standards, there are 11 girls on the roster.

Beyond the captains, the squad includes sophomores Jayda Ferrell, Rose Prieto and Charez Watson; freshmen Loriana Williams, Aki-ra Kelly, Casselyn Neely and Alani Schubert; plus middle-schooler Samone Mattison and fifth-grader La'Vae Jenkins.

Collaborative practices among a wide range of ages allow the multi-generational feel of family to flourish. Creativity is encour-

aged with new ideas accepted by all in what Joshua said is a "judgment-free zone."

Dr. Mattison noted she cheered in a time of traditional routines including stunts and flips. Como's style today is based on stomps and beats.

"With our stomp and shake we put more soul into our cheers," Jasmine Mattison elaborated.

Spectators notice the tight coordination and athleticism. There's a strong level of fitness required to perform with the energy they exert. Because of that, practices also involve stretching, lifting and cardio work to increase stamina.

Cheerleading is unique because performance doesn't correlate directly with a game's results. Sometimes there is shared joy, but on its own Como cheerleading doesn't win or lose. They're not in competition. But they know when they're good.

"We're very self-aware. Our whole point is to make everyone feel welcomed and hyped." Northington said. At the same time, it's nice to be recognized.

When fans from other schools compliment Como cheerleading, it's meaningful. When referees say, "You're the best," it's affirming. When players and fans ask, "Will the cheerleaders be at the away game?" the impact of Como cheerleading is clear. ■

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

Your event destination

TAMARACK ROOM

at Milton Square

Event Space. Classes. Workshops. Pop-ups. Custom Parties.

www.tamarackroom.com

Facebook, Instagram, Twitter icons and @Tamarackroom

LANNA THAI RESTAURANT

612-470-7172
2295 Como Ave
LannaThaiMN.com

Authentic Thai Food
Open Monday-Sunday

Lunch Specials 11am-2pm
Dine-In / Take-Out / Delivery

the MAKERY

www.themakery.space - 2230 Carter Ave #8 St Paul

February Workshops

- 2/7 - Resin Series - Color Tinted Earrings
- 2/17 - Screen Printed Polymer Clay
- 2/21 - Soy Candle Making
- 2/24 - Resin Series - Color Tinted Earrings

Visit the new Free Little Craft Library at Como & Carter

Step 1
Support a good cause

Step 2
Drink delicious coffee

Visit the coffee bar in the lobby of our Como Ave. branch to support a good cause!
In January and February, your donations will support **The Link**.
Find out more about The Link at thelinkmn.org

Member FDIC 2300 Como Ave. St. Paul, MN 55108

Facebook, Twitter, YouTube, LinkedIn, Instagram icons

LIVES LIVED

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

A long-time teacher in the St. Paul Public Schools and a former 3M employee who held various managerial positions in information technology are among the people we remember this month in "Lives Lived."

Richard McCarthy Jr.

Richard McCarthy Jr., 75, died Dec. 8, 2023.

A gifted artist, Richard was a man of deep intelligence and expansive knowledge with a great love for the earth and all its inhabitants. He had a quick yet gentle wit and a generous and compassionate heart.

Richard was preceded in death by his brother Timothy. Richard is survived by five brothers and a sister, as well as by his wife of 53 years, Dana; his children Gregory (Suzy), Andrew (Lan) and Liza (Michael); and five grandchildren.

Memorial Mass was celebrated at The Church of St. Cecilia. Memorials to: Demontreville Jesuit Retreat House, 82343 Demontreville Trail N., Lake Elmo, MN 55042.

Gordon Peterson

Gordon Lee "Gordy" Peterson, 82, died Dec. 30, 2023.

After Gordy graduated from Murray High School, he attended Hamline University and received his bachelor's degree. He went on to get his MBA from Indiana University in 1965.

Gordy worked at 3M for 34 years in various managerial positions in information technology.

Gordy was preceded in death by his parents, Arvid and Orvella Peterson; and half-brother Harlan Hozerland. He is survived by his wife of 60 years, Dawn Peterson; children Mark, Jeff and Cherie (Kyle) Bertelsen; seven grandchildren and two great-grandchildren.

A service was held. Memorials to St. Mark's Lutheran Church, North St. Paul, or a charity of your choice.

Robert Sutherland

Robert "Bob" Sutherland, 75, died Dec. 11, 2023.

Bob taught in St. Paul Public Schools for 36 years, built or re-

habbed many Habitat for Humanity Homes, supported medical research and stepped up in simple ways to make his corner of the world a better place. He was a hard worker who valued a job well done.

Bob is survived by his wife, Mary; children, Molly Brott (Justin) and Patrick (Megan); three grandchildren; sister Nancy Gerkovich; and brother Gary. He was preceded in death by his parents, Naomi (Olson) and Philip Sutherland, and brother Doug.

Funeral Mass was celebrated at The Church of St. Cecilia. Memorials preferred to The Nature Conservancy, Habitat for Humanity or War Legacies Project.

Sally Walfoort/Jacobsen

Sally Walfoort/Jacobsen, 90, died Dec. 6, 2023.

Sally was preceded in death by husbands Carl Jacobsen and Herb Walfoort and grandson Sean Jacobsen. She is survived by sons Mark (Debbie), Brad, Ron (Sue), Ross (Stacy) and Clark; stepchil-

dren Sheryl (Blaine) Haywood and Richard (Cindy) Walfoort; and many grandchildren.

Sally devoted her life to caring for her family and friends. Her beautiful smile and great sense of humor would light up every room she entered. Sally was a very generous Christian and donated to many charities making a difference in many people's lives.

Funeral Mass was celebrated at The Church of the Holy Childhood.

Jeanne Weyandt

Jeanne (Hansen) Weyandt, 94, died Jan. 5, 2024.

She was preceded in death by husband, Mark and infant daughter, Patrice. She is survived by children Greg (Ellen), Nancy (Frank) Marshall, Joe (Jodi), Marcus (Barb) and Dana (Blue) Faber, as well as 15 grandchildren, 11 great-grandchildren and brother Terry Hansen.

Mass of Christian Burial was celebrated at The Church of St. Cecilia. Memorials preferred to your local food bank.

Miriam Stohl



Miriam "Mim" Stohl, St. Anthony Park, was born on Nov. 11, 1941, in Minneapolis. She grew up in Wabasha and graduated from Wabasha High School in 1959. She attended Gustavus Adolphus College, graduating with a degree in elementary education.

After graduation, Mim married Bruce Stohl, a member of the United States Air Force. They lived on a number of bases across the United States, while Miriam taught in elementary schools and gave piano lessons to aspiring students.

Miriam moved back to Minnesota in 1978 to be near her family. She worked for the State of Minnesota for many years, finishing her career there as CFO of the Department of Commerce.

She loved bridge, golf, playing her clarinet in the SAP Community Band and attending plays, concerts, and movies with her many friends. Most of all she loved her family and every year would sew Halloween costumes for her many grandnieces. She attended most all of her grandnieces' and grandnephews' sports activities, and was always present at the many family celebrations throughout the years.

Miriam was preceded in death by her parents Alpha and Clayton Larson and her husband Bruce Stohl. She is survived by her brother, Daniel (Gaye) Larson; nieces Kim (Thomas) Holman, Kajsa (Andrew Saunders) Larson and Shestin (Leif) Czaplewski; and nephews Aaron (Cheryl) Larson and Joshua Larson; and eleven grandnieces and grandnephews.

A memorial service will be held at noon on Feb. 17, 2024, at St. Anthony Park United Church of Christ, with visitation one hour preceding the service and a lunch to follow.

Memorials to Gustavus Adolphus College, Class of 1963 Scholarship Endowment Fund or donor's choice.

LYNGBLOMSTEN
Healthcare,
Housing & Services
for Older Adults
since 1906

St. Paul

www.lyngblomsten.org • (651) 646-2941



Senior Housing with Assisted Living Services • Rehab & Transitional Care • Alzheimer's & Parkinson's Care • Long-term Nursing Care • Community Services • Caregiver Support



Check out Midpoint Report on
parkbugle.org

ROSELAWN CEMETERY

a peaceful resting place for all

FEATURED SECTION SAVINGS



CALL TODAY TO SEE
HOW YOU CAN SAVE

\$300

Not applicable to ossuary purchases.

ROSELAWN CEMETERY
803 W. Larpenteur Ave., Roseville, MN 55113
(Between Lexington and Dale)
651-489-1720 • www.roselawncemetery.com

Cannot be combined with any other offer or savings.

Expires February 29, 2024

Community Worship Directory

❖ CENTENNIAL UNITED METHODIST CHURCH—ST. ANTHONY PARK CAMPUS

2200 Hillside Avenue, 651-633-7644
www.centennialumc.org
Worship online and in-person
Sundays at 10:30 AM
Find us on Facebook: Centennial SAP for worship schedule.
We're in this together!

❖ ST. ANTHONY PARK LUTHERAN CHURCH

2323 Como Avenue West, 651-645-0371
Pastor Jill Rode and Pastor Daniel Ruen
Web, Facebook or Instagram: SAPLC
Sunday Worship in-person: 9:30 AM
Live stream on YouTube Channel: bit.ly/3nWj1DD
Ash Wednesday Worship, Feb. 14: 7:00 PM
Soup Suppers every Wednesday in Lent: 5:00 PM
Lenten Worship services Wednesdays in Lent: 7:00 PM

❖ ST. ANTHONY PARK UNITED CHURCH OF CHRIST

2129 Commonwealth (at Chelmsford), 651-646-7173
www.sapucc.org
Sunday Worship: 10:30 AM in person and via Zoom
Real Church • Real People • Real Life

❖ ST. CECILIA'S CATHOLIC CHURCH

2357 Bayless Place, 651-644-4502
info@stceciliasp.org, www.stceciliasp.org
Handicap-accessible.
Pastor John M. Hofstede
Worship: Saturday 4:30 PM, Sunday 9:30 AM
Ash Wednesday: Dispensing ashes 12:05 PM
Weekend Mass online (on our website)

❖ ST. MATTHEW'S EPISCOPAL CHURCH

2136 Carter Ave. (at Chelmsford), 651-645-3058
www.stmatthewsmn.org, Facebook: [stmatthewsmn](https://www.facebook.com/stmatthewsmn)
The Rev. Christopher Rogers, Rector
Sunday worship 10:30 AM | Faith formation 9:15 AM
Ash Wednesday service, Feb. 14 at 12:00 & 5:30 PM

To add your place of worship to the directory, contact Roald Sateren at 651-468-4040 or roald.sateren@parkbugle.org

Classifieds

Send your ad to classifieds@parkbugle.org or P.O. Box 8126, St. Paul, MN 55108. Ads are \$1 per word. Phone numbers, email addresses and websites are considered two words. Add a box or art for \$10 each. Next deadline: Feb. 14, 2024.



For Rent

OFFICE W/MEZZANINE and lower level worker/creative space available for lease at the corner of Como and Carter. For details call Wellington Management at 651-292-9844.



Home Services

BRUSHSTROKES PAINTING. Interior/exterior painting. Ceiling/wall repair. Detail-oriented and very fair prices. Tom Marron, 651-230-1272, tom.marron@yahoo.com

BURTON'S RAIN GUTTER SERVICE. Gutters cleaned, repaired, installed. Insured, bonded. 651-699-8900, burtonsraingutter.com

FRESHEN UP YOUR HOUSE WITH A FRESH COAT OF PAINT. We satisfy all your painting needs. Painting, staining, water damage repair, sheetrock, spray texture, spray texture removal, wallpaper and wallpaper removal. Small jobs welcomed. Family business

in the Park 70 years. Jim Larson, (cell) 612-309-7656, 651-644-5188

FURNITURE REPAIR AND RESTORATION. Tim Anderson. Roseville. 715-215-1400, timdanderson@hotmail.com

LOCALLY LOCATED IN LAUDERDALE. Specializing in bathroom/kitchen remodel, trim carpentry, tile work/flooring and handyman services. Fully insured. Caleb, 651-260-7589

PAINT PATCH. Wallpaper removal, caulk, stain, interior, exterior. Jim 612-202-5514

PRO TEAM PAINTING PLUS. Interior & exterior painting. Complete carpentry services. 651-917-2881

RUSS NELSON PAINTING. Affordable, quality interior specialists, 20 yrs experience, wall and trim repair, ceiling repair, wallpaper removal, basement restoration, one room or an entire interior. Local references. 651-216-8113, twincitiespainting@hotmail.com

WATER DAMAGE REPAIR. Plaster, sheetrock, woodwork & painting. Wallpaper and wallpaper removal, ceiling and wall painting. Family business in the Park 70 years. Jim Larson, (cell) 612-309-7656, 651-644-5188



House Cleaning

20/20 HOUSE CLEANING. Dependable house cleaning. Family-owned and operated. We have been serving the area for over 25 years. 651-635-9228. 2020cleaningspecialist.com

QUALITY CLEANING AT REASONABLE RATES. Serving the area over 20 years. Rita & Molly, 612-414-9241



Rotten Wood?

Moisture damaged window sills, casings & trim replaced

Hyde & Harmsen Construction
Andy 651-698-3156 Since 1975

Finn Sisu Ski and Sauna from p. 1

Each of the three new owners has substantial experience with cross-country skiing, and they have all been enthusiastic competitors over the years.

Novak started working at the store in 1992 after gaining experience at several different ski shops, both during and after college. He also taught skiing at the Como Park Ski Center.

Rhode, a former high school racer and part-time employee at Finn Sisu, decided to return after earning a degree in engineering.

After being a satisfied Finn Sisu customer for years, Weium began working part-time at the store in 2010, then incrementally increased her involvement.

Responsibility for day-to-day operations is split among the

three owners. Novak is the chief motivator and self-described fixer, while Rhode concentrates on sales of ski equipment and saunas. Weium rounds out the leadership team as the numbers cruncher and idea generator.

"We will continue to evolve—adding new products and services that will appeal to our customers," Weium said. "Ahvo had a good thing going and we don't want to stray too far from that."

Erratic winters have been the biggest challenge to the ski business for years now, Novak explained.

However, several nearby ski areas, including the Winter Recreation Area at Battle Creek, have machine-made snow trails available for Nordic enthusiasts to explore.

Anyone who would like to learn



Rebecca Kolstad shaping a ski on a bench at Finn Sisu. Photo by Lou Michaels.

more about the local ski community is invited to stop by Finn Sisu for friendly conversation and advice. ■

Janet Wight is a regular freelance writer for the Bugle.

"Brothers" from p. 10

nation for the title can be found on page 130, where they write, "Vietnam brought us together. Combat experience cemented our bonds. Equity and justice woke up that brotherhood in us."

Wilson, Richardson today

Wilson, who has lived with his wife and family in their home near Como Lake for 26 years, retired after a 22-year Army career, followed by flying for Northwest Airlines (now Delta Air Lines) and as a medical evacuation pilot with LifeLink. He plays third trumpet with the St. Anthony Park Community Band and volunteers with Ramsey County Veterans Court. Meanwhile, an opportunity

to work at an accounting firm in Minneapolis brought Richardson, now a CPA, and his wife Audrey, to Minnesota in the late 1970s. These days, you'll find Richardson not only serving as managing director of Minneapolis-based RSI Consulting, but also on stage as one of the veteran narrators when the Fabulous Armadillos rock group presents its "What's Going On: Songs From The Vietnam War Era" tribute show.

Now that "Brothers" is in print, Richardson has shifted his writing skills from memoir to working on a historical fiction story set during the Civil War.

"Brothers" is available for loan at the University of Minnesota-Twin

Cities library or for purchase from online book retail outlets.

Wilson and Richardson plan to give most of their profits to veterans organizations such as the Minnesota Assistance Council for Veterans and Veterans Treatment Court support.

You can view Wilson's 2017 TPT "Minnesota Remembers Vietnam" segment at video.tpt.org/video/raymond-wilson. Richardson's TPT's "The Story Wall" profile is available at mnvietnam.org/story/most-of-us-made-it-through-okay/index.html. ■

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

Roger's Tree Service Your Neighborhood Tree Service Since 1974
Trimming • Removals • Stumps
Licensed / Insured / Free Estimates
651 699-7022 (c) 612 414-9241 rogetree.com
CERTIFIED ARBORIST

Chris Deming
RE/MAX Results
DemingRealEstate@gmail.com
612.414.2785
www.christopherdeming.com
2190 Como Ave
St. Paul MN 55108



Ben Quie & Sons
REMODELING WITH CHARACTER
Your Old House Experts Since 1988

- Additions
- Attics
- Kitchens
- Basements
- Bathrooms

BenQuieandSons.com
651-645-5429 License BC443135

MB'S CLEANING SERVICES
MB'S Cleaning Services Residential Cleaning
Woman owned, local, 28+ years in business, employment opportunities!
New Year Cleaning Specials! Gift certificates available
Partners with Cleaning for a Reason
cleaningforareason.org
MBscleaning.com
651-225-1960 office/text



St Paul PIPEWORKS
Your Local Plumbing Experts
BETTER. CLEANER. FASTER.
We Install and Repair:
• Toilets
• Faucets & Sinks
• Plumbing & Drains
• Bathtubs & Showers
• Water Heaters
• Garbage Disposals
651-644-9400
www.stpaulpipeworks.com



Kendall's ACE Hardware
"The Friendliest Stores In Town"
FREE assembly & delivery!
Call store for details.
978 Dale Street | 651-489-3210 kendallshardware.com 840 Payne Avenue | 651-776-6996



Pierce Richards
law office
Liz Pierce Attorney at Law
Wills and Trusts
House Calls and Virtual Meetings by Appointment ONLY.
651-645-1055
pierce@prlawoffice.net | www.lizpierce.com





CPHS COUGAR SPORTS



Bugle freelance photographer Lou Michaels recently captured the hoops action when the Como boys' basketball team faced the North St. Paul Polars. The Polars handily won the game, but the Cougars put up a spirited battle.



EXPERIENCE SENIOR LIVING LIKE NEVER BEFORE

At The Pillars of Prospect Park, we're dedicated to providing a senior living experience that's truly golden. Our community offers a warm and welcoming atmosphere, exceptional care, and a range of engaging activities and amenities designed to make your golden years shine. We're proud to partner with the University of Minnesota to offer our residents unique experiences and opportunities that enhance their overall quality of life.



THE PILLARS OF PROSPECT PARK

SENIOR LIVING | ASSISTED LIVING | MEMORY CARE

PILLARSENIORLIVING.COM/PROSPECTPARK
612-623-7007 • 22 MALCOLM AVE SE, MPLS

LET US HELP YOU MOVE!

Move into the Pillars of Prospect Park and get free moving services.* Call to reserve your new home today!**

*Up to \$4,000 | **Limitations apply. Call for details.

