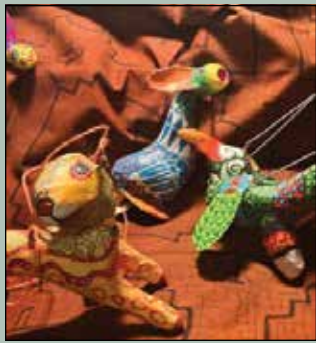




## Food & Drink Guide

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## Puppet workshops

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Page 20

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# Park Bugle

St. Anthony Park / Como Park  
Falcon Heights / Lauderdale

parkbugle.org  
October 2024

## Vintage shop June Room comes to Milton Square



A sidewalk placard announces the arrival of the June Room at Milton Square. Photo by Kathy Henderson.

By Kathy Henderson

Ever since the Midway Investment Co. established Old Fireside Inn in the early 1900s, later christened Milton Square by Mary Ann Milton in 1957, shops and services have opened and closed for a variety of reasons in the retail and residential complex at Como and Carter avenues that anchors St. Anthony Park's business district.

Yet, as one's favorite shop closes its doors there — be it Micawber's, Muffuletta, Cat aMEWsement — another soon-to-become favorite — Yes! Yes!, the Makery, Marigold, Bob Mitchell's Fly Shop — opens.

Recently, the Milton Square courtyard welcomed the vintage shop June Room, which has its

roots in previous vintage stores that once operated in the complex.

As Practically Magical, which relocated to Minneapolis over the summer, had emerged from Thistle's closing, June Room blossomed from its owners' experiences as vendors at Practically Magical.

June Room's three owners — Hillary Weeks, Michaela Kramer and Heidi Vetter — started out as Practically Magical shoppers and ended up as vendors there. When Practically Magical became a solo operation, they decided to get together and open a pop-up vintage and art shop for just one day in June.

"The June Room name is based on our original plan to only be open on the first of June for the St. Anthony Park Art Fair," Vetter explained. "The 'room' part was a nod to our hosts of the space that day, the Tamarack Room (in the Milton Square courtyard)."

That one day "stretched into the next weekend," which stretched into "let's keep doing this through July," which turned into their current five days a week (10 a.m. to 5 p.m., Wednesdays–Sundays) as a Tamarack Room sublet.

"If you asked me three months ago, six months ago if we'd still be here, we wouldn't have thought that possible," Weeks said.

"What makes it different being the owners of June Room, rather than being Practically Magical vendors, is that we've been able to expand on, curate and dive deeper into the items that excite us," Vetter said. "The June Room allows us to express our unique personalities more fully."

While the three owners have unique personalities, interests, talents and skills, they also have a similar vision for the store, work well together and appreciate what each, individually, brings to June Room.

"We complement each other,"

Weeks said. "We teach and learn from each other."

Along with their passion for vintage and their extensive business experiences, each also brings a scholarly background, with academic degrees in art history (Kramer), interior design (Vetter) and textile, apparel and accessories design (Weeks). Their wide-ranging expertise is reflected in their individual booth contents: Kramer, mid-century modern, cool furniture, matchbooks, quality ash trays; Vetter, classic, traditional, original art; Weeks, tactile, handmade, whimsical (e.g., a display shelf of various items united by a theme of each being green).

The interior of June Room is arranged with individual booth areas for Vetter, Kramer and Weeks and their six other vendors around the perimeter of a large room with a stone fireplace. A shared theme-related space is in the center.

This was the former Tamarack Room banquet area, one of the two historic community gathering social halls (Tamarack Lodge and Old Fireside Inn) that architect Franklin Ellerbe included in the complex design as it was being built in 1909, with the retail shop area along Carter Avenue added in 1912.

June Room to p. 6

## Combs named phy ed teacher of the year

By Sarah CR Clark

The Minnesota Society of Health and Physical Educators (MNSHAPE) has named DeWayne Combs, physical education teacher at Murray Middle School, as the Minnesota Middle School Physical Education Teacher of the Year.

Combs has been a phy ed teacher at Murray for six years. In his role, Combs leads a bicycling program using mountain bikes obtained through a multi-year grant as well as providing yearly downhill skiing opportunities for Murray students. He also coaches basketball at Murray.

According to Murray's website, Combs will be honored on Nov. 4 in an award ceremony during MNSHAPE's state conference at Lakeville South High School.

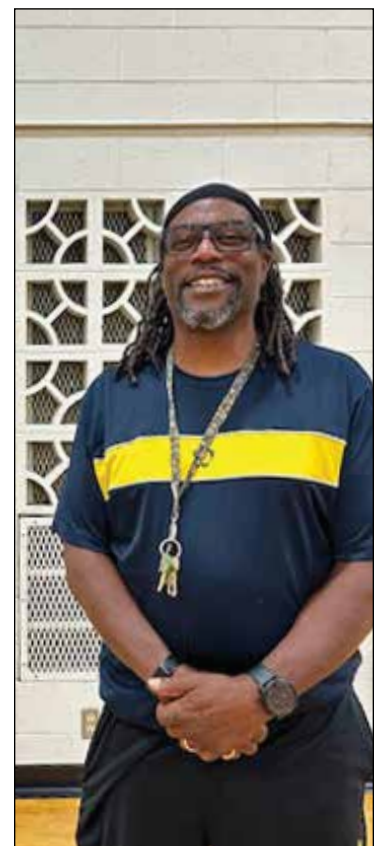
This isn't the first time that Combs has received academic honors. In 2022, the St. Paul Alumni Association of Concordia University named Combs as alumni Educator of the Year.

Each year, the Concordia Alumni Association awards alumni who are making a difference in their community and hosts a ceremony for all award recipients.

And in 2020, Combs was a finalist for the Minnesota Teacher of the Year award.

Murray's principal Jamin McKenzie shared his delight with the Bugle, "Congratulations to our very own Mr. DeWayne Combs! Well done, Mr. Combs!" ■

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



DeWayne Combs. Submitted photo by Murray Middle School.

## CITY FILES

## St. Anthony Park and Como community councils news

## District 10 Community Council Como curb cleanup



People of all ages are welcome to help with the Como Lake curb cleanup. Submitted photo by District 10 Community Council.

The Como Community Council is partnering with Capitol Region Watershed District again for the 2024 Como Curb Cleanup program.

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

### Alley captains conference Oct. 5

The St. Paul Public Works Department is planning a Snow Summit on Oct. 5 that kicks off with an Alley Captain Conference from 10 a.m. to noon. The meeting is scheduled at the Dale Street Municipal Garage, 891 Dale St. for those who organize the required annual snow clearing of shared alleys.

This special free forum brings together St. Paul residents who are currently serving as the alley (or block) captain to learn from and connect with other alley captains. The conference is open to current as well as prospective alley captains.

From 11 a.m. to 2 p.m., community members can also visit with different exhibitor groups, organizations and city departments to learn about winter preparedness and check out winter equipment.

The event details are still being worked out, but Public Works is asking interested Alley Captains (and wannabe Alley Captains) to RSVP to secure their spot and help them plan. Find out more at [StPaul.gov/SnowSummit](https://StPaul.gov/SnowSummit).

### Join Como community writers

Do you like researching history or getting to know your neighbors?

Then you could be exactly who District 10 is looking for to help with its Know Your Como project.

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

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

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



Karol Coffee camper is at site of the shop's address, 1503 Hamline Ave. Photo courtesy District 10.

### Karol Coffee opening

Karol Coffee Co. has announced it has successfully closed on the building at 1503 Hamline Ave. (former Language and Arts Preschool).

Owners Nate and Megan Whipple have moved into the upstairs of the building and plan to have their coffee camper open at the site here and there as they renovate the building, with hopes of opening the new shop Nov. 1.

Follow them on Instagram (@KarolCoffeeCo) to see updates and times the camper will be serving.

### Join Como community writers

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

The stories are posted our weekly newsletter and on the District 10 website. You can find all the articles

at [District10ComoPark.org/KYC](https://District10ComoPark.org/KYC). Email [district10@district10comopark.org](mailto:district10@district10comopark.org) if you would like to join the volunteer team.

### District 10 meetings

• **District 10 community meeting:** 7 p.m. Wednesday, Oct. 2

• **District 10 community meeting:** 7 p.m. Tuesday, Oct. 15

District 10 meetings are hybrid on Zoom and at the Como Streetcar Station, 1224 Lexington Parkway. You can find meeting details at [District10ComoPark.org](https://District10ComoPark.org).

All District 10 community meetings are open to the public and have space for community members to bring topics for discussion.

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

## District 12 Community Council

### Call for District 12 board candidates

The St. Anthony Park Community Council (SAPCC) is now accepting applications for new board members. We're looking for candidates from all over the neighborhood who are passionate about community health, safety, equity and inclusion.

No matter your status, if you are simply eager to make a difference, this is your chance to help shape the future of the Como community. We desire a board that reflects the diversity and strength of the community we serve.

Applications can be submitted online at [bit.ly/sapccvotes](https://bit.ly/sapccvotes).

The District 12 annual meeting is scheduled to take place in early November. Stay tuned for more details.

### Two new members

The St. Anthony Park District 12 Community Council welcomes two new members for this year!

Lucid Thomas joins us in partnership with HomeLine MN as a tenant organizer. Over the next year, Lucid will develop an online tenant rights course to inform renters of their rights and responsibilities, while also holding community training sessions and addressing issues facing our renter community.

In addition, Dorothy "Dee Dee" Neihart joins us in partnership with Ampact as a climate impact project coordinator. Dorothy will work with the community on projects related to climate sustainability, clean transportation and community gardens.

"We're thrilled to have both Lucid and Dee Dee on board," said Zev Radziwill, District 12 executive director. "Their work will make a significant impact in supporting our neighborhood's renters and advancing sustainability initiatives."

### Upcoming meetings

District 12 committee meetings are open to the public. If you're interested in attending, RSVP at [bit.ly/sapccvolunteer](https://bit.ly/sapccvolunteer) to receive an agenda and Zoom link before the meeting.

- **Land Use Committee:** 7 p.m. Thursday, Oct. 3
- **SAPCC Council/District:** 7 p.m. Thursday, Oct. 10
- **Environment Committee:** 6:30 p.m. Wednesday, Oct. 23
- **Transportation Committee:** 7 p.m. Tuesday, Oct. 28
- **Equity Committee:** 7 p.m. Thursday, Oct. 31

Submitted by District 12 / SAPCC Outreach & Communications. Contact us at: [outreach@sapcc.org](mailto:outreach@sapcc.org).

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# Falcon Heights moves on climate plan

By Anne Holzman

A team of Falcon Heights citizens presented an ambitious Energy Action Plan to the Falcon Heights City Council at their Sept. 11 meeting. At the same meeting, the city authorized hiring a consultant to develop a Climate Action Plan over the next six to eight months.

The energy plan sets a goal of 50% reduction in the city's greenhouse gas emissions by 2030.

The Energy Action Team worked

with Xcel Energy and the Center for Energy and Environment for six months, holding open houses and workshops with interested neighbors.

Team members included students from the University of Minnesota, which would be a key partner in achieving the city's goal.

An important aspect of the work will be to update older buildings, both residential and commercial, "alleviating the energy burden" and reducing energy bills. Reduc-

ing emissions from the State Fair and reining in the idling of vehicles throughout the city would also be top goals.

Energy savings and emissions reductions would come from a combination of improving efficiency and switching to cleaner power sources.

Strategies include focusing on energy education at Falcon Heights Elementary School, recruiting energy liaisons from different neighborhoods and increasing

participation in existing Xcel Energy savings programs.

The report, 66 pages in draft form, will be available online when finalized.

Hannah Lynch, the city's community development coordinator, participated in drafting the Energy Plan and also presented at the Sept. 11 meeting a proposal to hire a Climate Action Plan consultant, with most of the \$50,000 cost covered by a grant from the Minnesota Pollution Control Agency. The purpose of the grant is to help communities adapt to extreme weather events and a changing climate.

Lynch said the work is grounded in the city's climate crisis declaration of January 2023. A next step was creating the energy plan, and it's "a natural progression" from the energy plan to hiring a climate action consultant. "Our Climate Action Plan will likely reference and incorporate a lot of the Energy Action Plan as we move forward," Lynch said.

After accepting bids from three consulting firms, city staff pro-



posed working with a company called paleBLUeDot to develop a climate action plan. The council approved the proposal 5-0.

The team at paleBLUeDot consists of Ted and Colleen Redmond, a married couple based in Maplewood, who took inspiration from Carl Sagan's call to "preserve that pale blue dot" in reference to the Earth.

The consultants will assess vulnerabilities to climate change such as flooding, diminished air quality and impacts on public health; assess resiliency features such as tree canopy; and develop a plan including suggested policies for the city to consider. The project is expected to run through May 2025. ■

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

# SAP history talks resume for third year

By Mary Mergenthal

The monthly series of St. Anthony Park history and architecture presentations resumes for a third year at St. Anthony Park Lutheran Church, 2323 Como Ave.

The first talk of the season is scheduled for 7 p.m. Tuesday, Oct. 8, at the church. Kristin Anderson, an Augsburg University professor emerita, will lead a discussion on the architectural works of Edwin Lundie, much admired for his creativity and craftsmanship.

Lundie designed homes that were customized for individual clients and were sensitively fit into their specific sites. Famous for the Minnesota Landscape Arboretum and the Lutsen Resort, as well as for cabins in northern Minnesota, Lundie also designed many houses for neighborhoods around the Twin Cities, including St. Anthony Park and adjoining University Grove.

Anyone unable to attend the his-




The F. E. Balmer House, 1922-23. Photo by Kristin Anderson, used by permission.

tory talk in person can view the presentation online, with a recording available for one week following Oct. 8. Use the SAPLC 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 live-stream link. ■

Mary Mergenthal is a former editor of the Bugle and remains the Bugle's obituaries editor.



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

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## EDITORIAL

### From the desk of the editor

By Scott Carlson

#### The beauties of Como Zoo

Sometimes it is easy to forget what a treasure we have in the backyard of Bugleland when it comes to Como Zoo & Conservatory.

In early September, Como Zoo announced the birth on Aug. 29 of two critically endangered Amur tiger cubs at the zoo.

Zoo officials, in a news release, said the two cubs, one a male, the other a female, were the first tigers born at Como Zoo in more than 41 years, marking a historic moment for the zoo and its conservation efforts.

"The cubs' mother, Bernadette, is 7 years old and was born on September 14, 2016 at the Milwaukee County Zoo in Wisconsin. She joined Como Zoo from the Oregon

Zoo in October 2023," Como Zoo officials said. "The father, Tsar, is 11 years old, born on July 6, 2013 at the Sedgwick County Zoo in Kansas. Tsar has been a resident of Como Zoo since February 2019. This is the first time both Bernadette and Tsar have become parents."

The pairing of Tsar and Bernadette was made following a breeding recommendation from the Association of Zoos and Aquariums (AZA) Amur Tiger Species Survival Plan (SSP), a program dedicated to the management and conservation of Amur tigers in accredited institutions across the country, Como officials said.

"This is an extraordinary milestone for Como," said Michelle Furrer, Como Park Zoo & Conservatory's director. "The birth of these tiger cubs is not only a

testament to the dedication and expertise of our animal care team but also a beacon of hope for the conservation of Amur tigers worldwide."

Zoo officials noted both mother and cubs are in good health and will remain in their private, calm maternity den for the next few months. This period is crucial for mother-cub bonding and for the cubs to grow strong enough to explore their outdoor habitat safely.

#### Other community treasures

A community treasure of another kind is the St. Anthony Park Community Foundation.

In this issue, Executive Director Julie Drechsler highlights the foundation celebrating 25 years of service to the community. She traces the origins of the foundation

and how its financial outreach is strengthening various neighborhood nonprofits and bringing them together. See Julie's commentary on page 5.

#### Hitting food sweet spot

October also marks the Bugle's annual Food & Drink guide. Our guide signifies the importance food plays in our lives and how it helps build and bind together community.

This year we feature three businesses — Mac's Fish & Chips, Abogados Café and Stout's Pub & Grill. You will find those stories on pages 10 to 12. May you enjoy our culinary reading delights. ■

Scott Carlson is the managing editor of the Bugle.

## LETTER TO THE EDITOR

#### Advocating for clean energy

In the wake of growing climate change concerns, a group of motivated St. Paulites have been working together to create more sustainable and budget-friendly energy solutions, block by block.

SP350 and Unidos have partnered to advocate for Thermal Energy Networks (TENs) throughout the city to provide community means of heating and cooling.

TENs use water source heat pumps and underground pipes to repurpose thermal energy for heating, cooling and hot water. The heat is moved throughout the system and balanced to create comfortable

atmospheres. This process can be done through deep boreholes that access consistent temperate ground temperatures or by redistributing waste heat from large refrigerated buildings such as ice rinks, industrial buildings or grocery stores.

This reduces dependence on oil and gas for heat. TENs and geothermal systems are already underway in St. Paul at The Heights housing development and several buildings at Como Zoo.

The St. Paul school district has also committed to transitioning its school buildings to geothermal heating and cooling, starting with Johnson High School.

SP350 and Unidos are working to implement TENs in neighborhood sites throughout the city of St. Paul toward a vision of total decarbonization. Groups met with their city council members and advocated for this priority during Mayor Carter's budget listening sessions. The plan includes new revenue from franchise fees, that is, fees collected by cities from utility operators for using public rights-of-way to deliver their services.

Since 1979, these fees were not allowed to be charged in the winter months in the City of St. Paul. But this prohibition has recently been removed, resulting in this crucial

new source of revenue that could be invested in decarbonizing by 2050.

To share this vision for community-scale climate action with our neighbors and elected officials, SP350 and Unidos will be hosting a "People's Climate Action Summit" from 10:30 a.m. to noon on Saturday, Oct. 5, at Academia Cesar Chavez (1801 Lacrosse Ave). Registration and further details can be found by following this link: [tinyurl.com/sp350summit](https://tinyurl.com/sp350summit).

Claire Klein, District 10,  
St. Paul

## Bugle donors answer call on special appeal

The Park Bugle board of directors this summer invited readers to join us in celebrating the newspaper's 50th anniversary by making a special gift of \$50. That's a buck for every year the Bugle has delivered local news not available

anywhere else. Stories about our neighbors ... our children ... our elders ... and the celebrations, controversies and common good we share.

The following list represents donors who have made special gifts, as well as others who have

made regular contributions since the start of July 1, our 2024-2025 fiscal year.

In the weeks ahead, we will be launching our annual fall fundraising campaign.

Thank you for your continuing support.

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# SAP Community Foundation marks a quarter century of service

By Julie Drechsler

An important milestone will take place on Thursday, Oct. 24 when the St. Anthony Park Community Foundation celebrates 25+ years of service to the community.

In 1998, a group of local business and community leaders came together, concerned about widening funding gaps for local schools and nonprofits. After many conversations, the St. Anthony Park Community Foundation was established with the key mission of securing a strong and vibrant neighborhood for future generations.

Founding members included many high-profile community members, including Andy Boss, former Sunrise Bank president, who served as the first chair of the foundation.

Other Board members serving during the inaugural years were Grant Abbott, Lis Christenson, Kent Eklund, Roxy Freese, Joan Hershbell, Anders Himmelstrup, Jerry Jenkins, Gerald McKay, Phil Shively, Ellen Watters, Steve Welington and Ann Wynia.

What incredible foresight these local community leaders had. So many local community groups, businesses and nonprofits have benefited from their dedication and commitment to providing coordinated leadership and extra funding over the last 25 years.

I'm sure they would be thrilled

at the impact the foundation has made in education, the environment, economic development, arts and culture, aging in place and community development."

The work of the foundation is not always easily identified. It is often in the background, supporting and promoting the work of the local nonprofits and community groups. Its main role is to convene, catalyze and steward, responding to identified local needs and bringing partners together to support an even larger impact for the residents of St. Anthony Park.

Providing grants has also been a large focus throughout the years. The first grant was awarded in 1999, and to date over \$1.1 million in grants has been provided to local community groups and nonprofits. This is a major achievement considering the size of both the foundation and the Saint Anthony Park community.

The Saint Anthony Park Foundation is unique, being the only "neighborhood" community foundation in the state.

Although the grants are relatively small, they can make a big impact. Rebecca Froehlich, from Minnesota Urban Debate League, comments on the benefits of receiving one of the grants, "Saint Anthony Park Community Foundation helps us fulfill our mission in the St. Anthony Park neighborhood and beyond!"

The St. Anthony Park Area Seniors organization is also happy to receive support from the foundation. "The financial support from the SAP Community Foundation has allowed us to continue offering service and activities to seniors living in our neighborhood," states Program Director Katharine Tondra.

Grants are provided through annual distributions from the endowed funds that are managed by the St. Paul Minnesota Foundation. Two of the funds are named after founders Andy Boss and Gerald McKay. An additional fund was established last year to honor Michael Brasel, who was tragically killed in May of 2023.

Community members, past board members, donors, grant recipients and local business owners are encouraged to join in the celebrations.

Twenty-five years is an important milestone for the foundation; we want to celebrate, honor and recognize the impact of the foundation, past board members who provided valuable leadership and kick off the next 25 years of service. We really want to encourage everyone who has contributed to or been touched by the foundation to join in the celebrations, join in recognizing past leaders and help us secure the next 25 years!

The community event will take place at 6 p.m. Thursday, Oct. 24,



at Urban Growler. It will include food, live music, recognition of supporters and a raffle to raise additional funds for the foundation. Prizes have generously been donated by local businesses, with top prizes being a \$1,000 gift card from Tim and Tom's Speedy Mart and a \$500 gift card from the Carter Ave

Frame Shop. For more information on attending the event or purchasing raffle tickets, contact the foundation, sapcommunitfoundation@gmail.com. ■

Julie Drechsler is executive director of the St. Anthony Park Foundation.

## Park Bugle deadlines

Here are our Bugle deadlines for the next three issues. We appreciate when writers and readers submit articles early.

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

### November

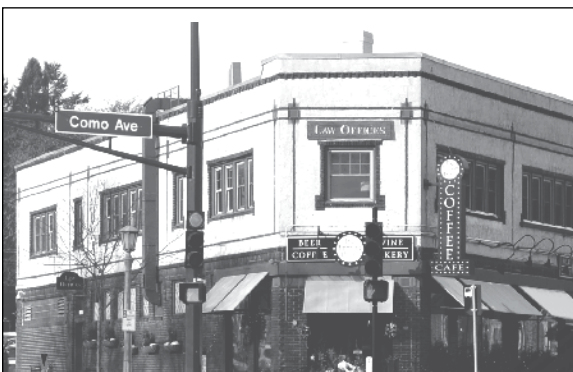
**Copy/ad deadline:** Oct. 9  
**Publication:** Oct. 22

### December: Holiday Guide

**Copy/ad deadline:** Nov. 13  
**Publication:** Nov. 26

### January 2025

**Copy/ad deadline:** Dec. 11  
**Publication:** Dec. 23



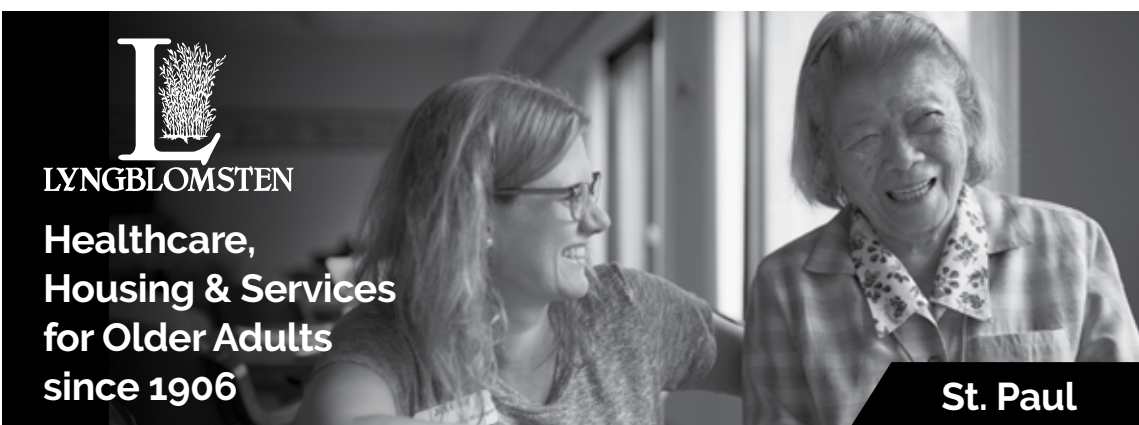
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# At any age, taking up pickleball can be a great dill

By Laura Adrian

In July, I was on a mission to both meet people and get some exercise.

For most of my life, I had been involved in sports — I ran track from kindergarten through high school. I also played soccer and competitive cross-country skiing. In my twenties, I rock climbed and practiced yoga.

I missed the joy of learning an activity and the community that comes with it. Based on a friend's suggestion, I decided to try the popular game of pickleball. I picked up two rackets and two balls at Target and met my mom to play one Saturday morning.

I immediately loved the feel of striking the wiffle ball.

My mom suggested, "If you want to meet more people to play with, you should take a lesson."

## Pickleball lessons

That same night, I signed up for a four-week series of lessons at Lang-



Pickleball is on the rise as one of America's fastest-growing sports. Photo by Aleksander Saks on Unsplash.

ford Park. The beginner class was full, so I jumped into the intermediate lessons, which still had openings. It was a bit of a leap for me, just having hit the ball around once with my mother.

Even though the other players had been playing longer (i.e., they knew the rules), I was highly motivated to catch up. I quickly learned new skills and how to improve my game.

Soon, I was playing pickleball three to four times a week with my mom and brothers. I had an eye-opening moment when I played at my uncle's cabin and tried a \$180 paddle.

"Wow, that really makes a difference," I thought.

I believe the right paddle truly impacts your play. I started with a cheap \$20 paddle but eventually upgraded to something nicer. A higher-quality paddle gives you more control and power.

About a month into playing, my ankles started to hurt. I had been wearing running shoes, which didn't offer the side-to-side support needed for the quick lateral movements and occasional backward running in pickleball.

After some research, I invested in proper court shoes with much better ankle stability. The ankle pain disappeared.

## Sense of community

One of the most pleasurable aspects of pickleball is the sense of community. During "open play," which you can join at either indoor or outdoor courts, you rotate through groups of four, which is a great way to meet new people.

Now, I play often at an indoor club, Lucky Shots, where you can choose your skill level. Recreational play is more relaxed, while the competitive levels offer a more focused experience.

There is a wide range of ages that play the sport and that can make it a multigenerational experience. Most people I've encountered have been friendly and fun. It's easy to see why pickleball is the fastest-growing sport in the U.S.!

Laura Adrian lives in St. Anthony Park and is the social media specialist for the Bugle.

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## June Room from p. 1

Some of the June Room vendors are familiar ones from Practically Magical and most, like its trio of owners, live in the surrounding area. For example, Kathy Hoaglund is there with her delightful items from childhoods past, plus merchandise embellished with her favorite strawberry motif, while Angel Guevara, originally from Paris, Texas, offers estate and new jewelry, watches and purses.

In addition, with over 20 years of experience and having earned numerous watch and jewelry industry certifications, Guevara is also ready to repair the watches and jewelry of others.

Decked out on a Sunday game day afternoon in Viking purple women's wear and standing in the midst of seasonal displays of fall sports fashions and collectables and Halloween décor, Mary Norris, owner of Yes! Yes! Vintage Market + Boutique, which is a hybrid shop of vintage, new items and assorted retro-brand candy at 2242 Carter Ave., observed how "There is a synergy among all the Milton Square and Como Avenue business owners."

Emphasizing how the St. Anthony Park business district has



Fall merchandise on display at June Room. Photos by Kathy Henderson.

become a fun destination shopping area, Norris noted that if a neighborhood business doesn't have what a customer is looking for, they will direct that customer to a nearby store that might have it in stock.

And that special St. Anthony Park neighborhood feeling among the business owners, shoppers and neighbors is something that Practically Magical proprietor Abby MacFarlane said she is going to miss, although she points out with a laugh that her new location at 2309 50 St. W. is close to a Nico's Taco Bar, just as her shop on Carter Avenue once was.

"I think the world of those women (Weeks, Kramer and Vetter)" MacFarlane said, "and how we, as women business owners, all support each other."

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



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## SCHOOL NEWS

## School news around the town

Compiled by Sarah CR Clark

### Twin Cities German Immersion School New executive director

TCGIS announced Elizabeth Zehnpfennig is its new executive director.

Zehnpfennig joined TCGIS in 2020 as middle school dean and principal and will transition into executive director for the 2024-25 school year.

Zehnpfennig earned her teaching degree from Winona State University and taught at Bonn International School before returning to the U.S. In her 25-year career, she has led exchanges with German schools and traveled with more than 400 students.

Paige Yurczyk, school communications and community outreach manager, said, "In 2023, Zehnpfen-



Elizabeth Zehnpfennig.  
Photo by Paige Yurczyk.

nig briefly served as interim executive director and is now set to fully step into the role, eager to share her enthusiasm for German language and culture with the TCGIS community."

### Playground improvements

TCGIS is undertaking playground improvements this fall. Site preparation began on Aug. 5 with the goal of finishing by mid-October. The playground improvements will

include a new play structure, new soccer and basketball goals and the installation of new sidewalks, curbs, netting and landscaping.

In a note to the school's neighbors, Yurczyk said, "We kindly ask for your understanding and patience during this period. There will be some noise and heavy equipment on-site. But these improvements will significantly enhance the playground experience for our students and the community." For more information, visit [tcgis.org/playground](http://tcgis.org/playground).

### St. Anthony Park Elementary School Fall Festival!

St. Anthony Park Elementary School's annual Fall Festival is scheduled from 5 to 7:30 p.m. Friday, Oct. 4, and is open to the community.

The festival, organized by the St. Anthony Park School Association (SAPSA), will feature games, snacks, pumpkin runs, a haunted house and more. All proceeds from this decades-long tradition support programs and supplies for SAP Elementary students.

"We recruit over 100 volunteers for this event and community participation is welcome," said SAPSA president Lisa Troutman.

To sign up for a volunteer shift and for more event details, visit [sapsamn.org](http://sapsamn.org).

### Meet interim principal

Bobbie Evangelist is filling in this fall as interim principal at St. Anthony Park Elementary School.

Evangelist is a retired St. Paul School District principal who served Como Park Elementary at the time of her retirement. She is



SAP Elementary students were greeted by encouraging sidewalk chalk messages on the first day of school on Sept. 3. Photo by Joel Van Valin.

filling in for Karen Duke, who currently is on a medical leave.

A St. Paul Public Schools media representative said, "Bobbie has enjoyed starting the year with the SAP staff, students and families and looks forward to what is sure to be an amazing fall!" ■

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

## Como freshmen focus through real world lens

By Eric Erickson

### 3DE: "three-dimensional education"

The class of 2028 commenced their high school journey on Sept. 3. The next four years of their lives will be a time of growth and change for everyone. But one common bond for each ninth-grade student within Como will be their experiential learning through "three-dimensional education," or 3DE.

Junior Achievement has been a partner connecting businesses to schools for decades. But the comprehensive four-year 3DE program, created by Junior Achievement, has been a game changer in several urban districts across the country since its inception in 2015. And now 3DE has come to St. Paul Public Schools (SPPS).

Como Park and Washington Technology Magnet are the first to launch the initiative. The funding from Junior Achievement is secure and guaranteed for years to come. SPPS has made its commitment clear. And the Como administration has prepared a schedule for successful implementation.



Junior Achievement's 3DE program (standing for three-dimensional education) has arrived to serve students at Como. Photo by Eric Erickson.

All freshman will be involved in case studies with business industry partners through their Freshman Focus class.

Le'Shon Archie will be serving as Como's 3DE Implementation Lead, guiding daily operations for the ninth-grade team and coordinating the business professionals who will work in the classrooms with students.

Archie was an English and reading teacher at Johnson High School for 15 years, experience that gives

her a rich familiarity with SPPS students. Based on her trainings and observations of 3DE, she is excited for Como's freshmen and their future.

"We are trying to connect what students are experiencing in high school with the real world," Archie said.

To make that happen, local and national businesses will bring case studies and appropriately scaffolded resources to the Freshman Focus classrooms. This year's busi-

ness partners include Blaze Credit Union, Ramsey County, API Construction and Engineering, Thrivent Financial, Arby's Restaurants and Delta Air Lines.

To help ensure the cases are relevant and delivered in an accessible, student-friendly manner, Emily Punyko is serving as the 3DE case experience director for Como and Washington. Punyko was a math teacher and work-based learning coordinator for 10 years in SPPS before taking this new role.

"3DE is relevant, authentic and

experiential," Punyko said. "The goal is to have students explore and experiment with the kind of things they want to do with their lives."

From this point forward, every Como freshman class will have that opportunity. 3DE at Como will be adding another grade level one year at a time, eventually becoming a school-wide program. ■

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

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# Food & Drink Guide

## Como neighborhood is hooked on Mac's Fish & Chips

By Janet Wight

You could say the Como neighborhood landed a keeper when Mac's Fish & Chips opened shop in a former Clark gas station at the corner of Larpenteur and Hamline avenues.

The small-scale, modest restaurant was established in 1991 by Tom McCarthy, who had been a professional hockey player for the Minnesota North Stars. Tom Flanagan and his father Dan Flanagan bought the restaurant in 2011.

Since Dan's retirement earlier this year, Tom is now the sole owner of both the St. Paul and Minneapolis restaurants.

All of the fish served at Mac's is battered and fried to order, and the "chips" (french fries) are fresh cut every day, Flanagan said.

Halibut is the most expensive item on the menu at Mac's at \$14.25 for the one-piece meal (which includes a half order of fries plus slaw) or \$21.75 for the two-piece meal (with a full order of fries plus slaw).

"It is the best fish and chips that

you will ever have in your life," he asserted, but halibut is a very expensive product.

With inflation of recent years, Flanagan decided not to "play the shrinkflation game," but instead chose to add options for budget-conscious customers.

For example, mahi-mahi was added to the menu about 18 months ago, with prices of \$7.95 for the one-piece or \$11.25 for the two-piece meal.

Other menu items include tacos, "better than the State Fair" cheese curds and poutine (composed of fries, cheese curds and gravy), he added.

Walleye, cod, shrimp and clams round out the offerings.

Beverages include standard fountain drinks along with Mexican Coke. Jarritos, Mexican fruit-flavored sodas made with cane sugar, are also available.

Spring is by far the busiest time

of year at Mac's due to the religious season of Lent, when fish and seafood are at their peak of popularity among customers of all backgrounds.



Mac's Fish & Chips located in the former Clark gas station on the corner of Larpenteur and Hamline avenues. Photos submitted by Tom Flanagan.



Mac's Fish & Chips classic cod.

Mac's rewards program has become popular in recent years. Customers placing online orders are automatically signed up to receive weekly emails containing a coupon for either a discounted or free item. Offering a robust rewards program is an important long-term strategy designed to provide real value, Flanagan said.

Running a restaurant during the height of the pandemic was a challenge.

"The COVID lockdowns just threw a monkey wrench into everything," Flanagan explained. "The reason it didn't affect us as much is that we are very small."

A majority of customers opt for takeout anyway, so once online or-



Tom Flanagan, owner of Mac's Fish & Chips.



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dering was established the restaurant was able to maintain much of its pre-pandemic business, he added.

Flanagan likes to interact with customers and staff, he said, and he also enjoys "keeping it fresh" by trying out new ideas and menu items.

For further information visit [macsfishchipsstrips.com](http://macsfishchipsstrips.com). ■

Janet Wight is a regular freelance writer for the Bugle.

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# Food & Drink Guide

## Abogados Café is testing extended hours

By Eli Dahmah

Ofelia Ponce and Inti Martínez-Alemán bought an espresso machine and started making their own coffee at home after their favorite coffee shop closed during the coronavirus pandemic.

Ponce and Martínez-Alemán own the law office above Abogados Café and had tenants renting the floor below who outgrew the space, leaving the husband and wife with a unique opportunity.

Ponce and Martínez-Alemán decided to rezone the building and gathered signatures from all of the neighbors in an effort to open something new in the space. The two were surprised to hear that the people in the neighborhood wanted a coffee shop.

Inti and Ofelia took matters into their own hands and decided to grant the neighbors' wishes by opening Abogados Café, 1053 Dale St. N, Suite 102.

The couple is very thankful for the community welcoming the café with open arms.

"It has been a great two years plus in the Como Park neighborhood and also the North End," Martínez-Alemán said. "The community has been very supportive."

Now the couple is pilot testing extended café hours into the afternoon, from 1 p.m. to 5 p.m., to see if there is sufficient demand.



Ofelia Ponce and Inti Martínez-Alemán, owners of the Abogados Café. Photo by Eli Dahmah.

Abogados Café is the only law-themed coffee shop in the country. The lattes, or "lawttes" as the couple calls them, on their menu are named after various legal terms, such as Motion Granted or Ex Parte. Even the name of the café is law themed, as abogados means "lawyers" in Spanish. The café was once featured in the American Bar Association Journal.

Abogados is also the first Latina owned coffee shop in the Twin Cities. Not only is it Latin owned, it is Latin inspired. Inti and Ofelia

designed the interior to feel like a small Latin American town.

Martínez-Alemán became interested in law as a child by going to court cases with his mother, who was a lawyer. He earned his undergraduate degree at Houghton College in New York and returned to Honduras to study law.

Inti and Ofelia met in high school in Honduras while taking French lessons. The two reconnected when Inti was living in the United States and practicing law. They married in 2018.

Ofelia's childhood dream of opening a coffee shop is alive and well. She is also the reason Inti fell in love with coffee.

"We would rather focus on hospitality rather than just serving," Martínez-Alemán said. "Anybody can make a cup of coffee, but making you feel like you are having a great coffee experience, that's what we want to focus on." ■

Eli Dahmah is a journalism student at the University of Minnesota and an intern for the Bugle.



An Abogados Café latte. Photo by Eli Dahmah.

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- 1/3 cup brown sugar
- 1/3 cup white sugar
- 1 teaspoon vanilla extract
- 3 teaspoons white vinegar

Mix and set aside.

In a second bowl, mix these dry ingredients:

- 2 1/2 cups all-purpose flour or oat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1 teaspoon salt

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# Food & Drink Guide

## Stout's Pub & Grill: a Falcon Heights hangout Food, friendly service spurs repeat patronage

By Henry Stafford

On the corner of Larpenteur Avenue and St. Mary's Street in Falcon Heights, there is a pub known for friendly service and good eats.

Stout's Pub & Grill offers a range of craft beers, cocktails and a plethora of foods including tacos, burgers and wood-fired pizzas.

Dan Zielske, 59, a nearby resident who worked in food service for over 20 years, said he enjoys the service at Stout's because he can tell the workers are treated well based on how long they have stayed and continued to work at the pub.

"They do a good job because they're taken care of," Zielske said. "They're sincere, they're friendly, and it's not contrived. So, yeah, people care about what they do."

Zielske said he feels like Stout's creates a space for neighbors to gather. "There's not a single time I come here that I don't recognize a neighbor," he said.



A few of Stout's Pub & Grill's offerings... sweet chili gouda chicken pizza, signature margarita and black and bleu burger. Submitted photos courtesy of Stout's Pub & Grill.



Kevin Schleif, 61, owner of Stout's and a Minnesota native originally from Owatonna, opened the

pub in 2011 with business partner Bob Gillen during the nationwide craft beer fad after noticing a lack of beer options in the neighborhood.

Schleif worked as a district manager for the Ciatti's Italian Grill location in the building before buying the brand with the director of operations. The two first rebranded the restaurant to Chianti Grill and moved it to a spot near HarMar Mall in Roseville. They then renovated the Ciatti's building in Falcon Heights and turned it into Stout's Pub & Grill, Schleif said.

Once Schleif and Gillen opened Stout's, the two eventually brought foods like burgers into the restaurant's menu mix.

Schleif said freshness is a priority when it comes to food at Stout's. The burgers are a customer favorite because of the way the pub cooks them on the griddle.

"The bottom line is: serve a good product, take care of your guests

and take care of your employees," Schleif said. "I mean it's not rocket science by any means."

A good customer experience is the main philosophy behind running Stout's, Schleif said. Well treated employees make happy customers, he added.

Tom Vignalo, 75, has been coming to Stout's regularly since he retired in 2015. He often orders a wild rice soup and a beer.

Vignalo said he has Irish heritage and the pub's wooden interior makes him feel at home.

Rebecca Mozdin, a bartender at Stout's for more than 10 years, said she hates when she experiences bad service at other businesses, so she aims to make customers smile.

"I want to be a friend," Mozdin said. "It makes it fun to go to work."

Chris Kelly, 61, said the comfortable atmosphere and delicious wood-fired pizzas help bring her into Stout's. Kelly said she thinks the restaurant has the best fried chicken sandwich in St. Paul.

"A place like this is always where we meet friends, meet new people," Kelly said. ■

Henry Stafford is a fourth-year journalism student at the University of Minnesota and an intern for the Bugle. He is interested in community reporting and visual media.

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# TRANSITION TOWN

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

## Food waste requires collective and personal action

By Christina Evans

Have you ever thrown out soggy lettuce from the bottom of your produce drawer or wondered if your leftover Chinese food has lingered too long in the back of the refrigerator?

If so, you're not alone.

Globally, a shocking 33% of all food produced for human consumption is lost or wasted, according to a United Nations estimate.

The term food waste refers to food that is not consumed by humans but is recycled or discarded. It's a systemic problem, with food loss occurring at every stage of the supply chain: agriculture, wholesale, retail and residential.

### The big picture

The consequences of food waste on our climate and communities are immense.

When we waste food, we're wasting the opportunity to nourish people, which is frustrating considering the numbers of Americans in need. The U.S. Department of Agriculture estimates that in 2022, 12.8% of U.S. households were food insecure. Food should feed people, not landfills.

### UNEATEN FOOD CONSUMES:



6.1%  
of U.S. GHG  
Emissions



22%  
of all  
Fresh Water Use



16%  
of U.S.  
Cropland Use  
(EPA Estimate)



24%  
of Landfill Inputs  
(EPA Estimate)

Source: ReFED/2022 Data (Published 11/23).

There is also an environmental cost.

Whatever is left uneaten has already required resources to grow, harvest and transport. On top of these greenhouse-gas-emitting processes, when wasted food reaches landfills it produces methane, a greenhouse gas 28 times more potent than carbon dioxide at trapping heat in the atmosphere.

Municipal landfills are the third-largest source of methane emissions from human activities in the U.S., according to the Environmental Protection Agency. Put another way, the greenhouse gases emitted by landfilled food waste equals the annual emissions of 15 coal-fired power plants. Our wasted food sitting in landfills is releasing an alarming amount of

harmful greenhouse gases, warming the planet.

Around the world and at home, these staggering statistics have grabbed the attention of governments, business leaders and concerned people who recognize the need for immediate and coordinated action.

Minnesota this fall will receive a \$200 million federal grant to re-

duce food waste and climate pollution across the state, helping to decarbonize food systems by electrifying farm vehicles, restoring peatlands that absorb carbon and keeping food out of landfills.

### Solutions: Small, consistent actions

While the issue is complex, individual consumers can be a real part of the solution.

ReFED, a U.S.-based nonprofit for food waste prevention, estimates that 48% of all wasted food occurs within American homes for various reasons: improper storage, oversized portions, impulsive grocery shopping, lack of knowledge on how to preserve food and more.

Here are a few things you can do to help build a healthier food system:

**Shop smarter:** Review your refrigerator, pantry and freezer and stick to your list; avoid impulse buying.

**Store food smarter:** Keep your refrigerator clutter-free; store leftovers in clear containers at the front. Keep perishables where you can see them and focus on "first in, first out": if you buy more carrots,

*Food Waste to p. 12*



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**Food Waste from p. 11**

store the newer carrots behind the older ones. Clean and prep your veggies when you bring them home so they require no additional prep.

**Learn to preserve:** Pickling, drying, canning, fermenting, freezing and curing make food last longer. The University of Minnesota Extension Program has video instructions online. Go to [extension.umn.edu](http://extension.umn.edu) and search for “food preservation.”

**Make stock:** Save scraps for broth and start a stock bag in your freezer; bones can be simmered with veggies and herbs.

**Watch your portion sizes.** Be mindful of how hungry you are and practice portion control. Share entrees at restaurants.

**Ditch the perfect fruit:** Consider buying “ugly produce,” misshapen fruits and vegetables that are perfectly good but don’t meet appearance standards. Shop with online grocery companies that are working to change those standards, such as Imperfect Foods ([| Category                              | Tons  |
|---------------------------------------|-------|
| 235M Tons of Food in the U.S. \(Total\) | 235M  |
| Eaten Food \(Excl. Donations\)          | 146M  |
| Recycled Food                         | 9.3M  |
| Donated Food                          | 1.83M |
| Food Waste                            | 77.6M |](http://imperfect</a></p>
</div>
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In 2022, the U.S. let a huge 38% of the 235 million tons in our food supply go unsold or uneaten. Overall, ReFED estimates that 33% of all food in the U.S. — 78 million tons — goes to these waste destinations. *Source: ReFED/2022 Data (Published 11/23).*

[foods.com](http://foods.com)) or Misfits Market ([misfitsmarket.com](http://misfitsmarket.com)).

**Compost:** Save uneaten food from the landfill by composting, either in your back yard or by taking food scraps to the Ramsey County Waste Recycling Site (2077 Larpenteur Ave. W. in Falcon Heights). Learn more about composting by going to [extension.umn.edu](http://extension.umn.edu) and searching for “home composting.” ■

*Christina Evans is a member of the St. Anthony Park Community Council's Environment Committee.*

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Please take a moment to hear my cautionary tale  
Since you won't find it on Netflix or Google  
It's for your benefit, my friends —  
Readers of The Park Bugle!

## My Halloween Lover

By *Mary Norris*

It was last October, on a crisp Fall Morning  
While at the library  
I was just daydreaming and actually,  
Feeling a bit solitary

Okay, honestly, I was secretly wishing for a New Lover  
Nothing kinky — maybe a scientist at the U —  
or someone working undercover — ?

Oh yes! Someone mysterious would be exciting  
Not ordinary — maybe he'd be ultra-rich — Ooohhhh — like a stock broker?  
He'd be intriguing and handsome — and looked good even in low lighting  
But how was I to know — I'd soon be channeling Bram Stoker?!

I just wanted a companion for a romantic nighttime stroll  
Or someone who was well-read  
I certainly hadn't planned on negotiating for my soul  
Let alone becoming a member of the Undead!

Later in the evening, on that same crisp Fall Day  
Almost like out of thin air —  
Suddenly standing before me — my New Lover appeared —  
From out of nowhere!

I felt underdressed on our first date when we met-up  
With him in that black cape and formal get-up  
He seemed so Gothic and yet very chic  
Not to mention his pronounced widow's peak!

Well-mannered and cultured — he truly seemed quite the Gent  
And ohmygosh WHAT — !?! Even a Transylvanian accent!

I asked if he lived around here — in Saint Anthony Park  
He smiled, winked and said “I do like Milton Square...after dark.”

I hoped we'd hit it off — I never believed in any spooky old wives tale —  
I was a modern gal, who just liked working retail  
However, with my love for vintage and retro cool —  
He truly appealed to me when he said “I was born in 1431. How's that for old school?”

I kinda thought I'd dig this new romance that seemed ‘Twilight-style’  
But all that living-at-night stuff — it could get old after a while  
I preferred Jazz — not sounds of ‘the children of the night’  
I liked sunny days — he wanted picnics by moonlight

Our courting was fun — so maybe we could take it slow and cozy  
Although, I have to admit he reminded me a bit of Bela Lugosi  
And sure, he was quirky — ordering a Bloody Mary way too often  
And insisting he sleep in that RIDICULOUS old coffin!

My family and friends thought him a bit odd and scary  
It should have been my first clue — always hanging out  
In the cemetery

And oh that smile! I'd never seen such white and perfect  
Dental canines  
He was so charming, yet I became a bit alarmed —  
I may have seen his type on an episode of Dateline!

Could he be The Prince Of Darkness?  
Well, you know me, ever the skeptic  
Of course I ignored all the red flags  
And simply refused to accept it

Truly, I felt self-centered and petty — because I have my own flaws  
I really did try — but I just couldn't look past those fangs and claws!

I remember when I asked him “Are you cursed?”  
He laughed it off and quickly changed the subject  
To October thirty-first

It was on Halloween Night he said with fiendish delight  
“You could be my bride. I just need to take a little bite.”  
I was caught off-guard  
He said it so sweetly — and so polite

Foolishly I'd said “Ah, what the heck!”  
Now in hindsight, realizing why all he ever wanted to do was neck!

My friends, heed these warning signs when looking for a soul mate  
Because it was my tragic and final mistake — when I gave in that once — too often  
And must accept my Eternal Fate  
Because now we BOTH have to sleep in that RIDICULOUS old coffin!

*Editor's note: Mary Norris, the owner of Yes!Yes! vintage retail shop in Milton Square, recently took time to pen this poem (posted above) with Halloween coming soon.*

Library Corner  
sponsored by  
St Anthony Park Branch  
Library Association



# LIBRARY CORNER

## Children's puppet workshops for MEA weekend

By Kathy Henderson

The St. Anthony Park Public Library is known for offering creative programming each October when children have a school break during the annual Education Minnesota's MEA conference.

This year is no exception. The Heart of the Beast Puppet and Mask Theatre is scheduled to return to the SAP Library during MEA school break to conduct two sessions of puppetry and mask-making workshops for children ages 6 and older.

The workshops are set for 1 to 3 p.m. on Thursday, Oct. 17, and Friday, Oct. 18, in the library au-



Community members participate in a Heart of the Beast Theater puppet-making workshop. Photo courtesy of In the Heart of the Beast Theater.

ditorium at 2245 Como Ave. No registration is required, and children can attend one or both of the workshops. Parents and caregivers are welcome, too.

The Heart of the Beast was last at the library in the early summer, helping participants create bird puppets to fly in the St. Anthony Park Fourth of July parade.

In its work with children, the Heart of the Beast has been using a familiar recipe for more than 50 years. The ingredients are: "Start with cardboard, fabric and color. Add a large measure of imagination and a dollop of artistry to make stories about our world come alive."

In addition, the Heart of the

Beast has earned a reputation for delivering exceptional learning experiences to students of all abilities and learning styles.

The teaching artists for the upcoming October library workshops will be Tara Fahey and Emma Ruddock.

This activity is made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board.

The Minnesota Educator Academy, as MEA is officially known, traditionally takes place on the third Thursday of October. ■

Submitted St. Anthony Park Public Library. Kathy Henderson is a freelance writer for the Bugle.

## St. Anthony Park Library events

St. Anthony Park Library events contain familiar favorites, along with a special program, in the October calendar for the St. Anthony Park Library, 2245 Como Ave.

Unless specified, registration is not necessary. All St. Paul library locations will be closed on Thursday, Oct. 10, for a staff training day.

### Special events

#### Nature fort building



10:30 a.m. to 12:30 p.m. Saturday, Oct. 19. The team from Now.Make Art (nowmakeart.com) will be at the library for an "All Season Forts" building workshop for children. Using natural dens and animal dwellings as inspiration, the children will be able to let their imagination take the wheel as they build creative forts.

### Ongoing programs

#### Storytime in College Park



10:30 to 11 a.m. on Tuesdays, Oct. 1, 8, 15, 22 and 29 at College Park, 2223 Carter Ave. Bring a blanket and get ready for stories, songs, rhymes and puppets. Storytime is designed for children ages birth to 5 years, their caregivers and siblings.

In case of inclement weather, the event will move indoors to the library auditorium. The decision to relocate to the library will be made by 9:30 a.m. on storytime days and posted to [sppl.org/calendar](http://sppl.org/calendar).

#### English Conversation Circle for Adults

4 to 5:30 p.m. Thursdays, Oct. 3, 17, 24 and 31. Join the University of Minnesota Retirees Volunteer Center and the Partners in English program for free English practice at the library. All levels of English language skill are welcome.

#### Paw Pals: Read with Enzo

10:15 to 11:15 a.m. Saturday, Oct. 12. Youth ages 5 to 12 can read to a friendly dog that loves to sit and listen to stories. will be a maximum of 15 minutes (to give opportunities for others to read).

Call the library at 651-642-0411 or email [SaintAnthonyPark@ci.stpaul.mn.us](mailto:SaintAnthonyPark@ci.stpaul.mn.us) or stop by the circulation desk at the St. Anthony Park Library to register your young reader.

#### Adult book club

6:30 to 7:30 p.m. Monday, Oct. 28. Join library staff and fellow book lovers in the lower-level auditorium for lively conversation and refreshments. Stop in or call the library at 651-642-0411 for more information.

Submitted by the St. Anthony Park Library; compiled by Kathy Henderson, Bugle freelance writer.



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## Fall Festival and Dance

Saturday, September 28, 1–4 p.m.

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**St. Anthony Park Branch Library Association**  
presents the  
**2nd Thursday Forum**  
Thursday, October 10, 6:30–7:30 pm

### Child-Care Ballot Initiative

**What Voters Need to Know**

This year Saint Paul citizens will vote on a ballot initiative requesting a ten-year city tax levy to provide early learning subsidies. The fund would provide financial aid on a sliding scale to families needing care for their young children.

Megan Gunnar, PhD, from the Institute of Child Development at the U of MN, will introduce critical issues of early childhood education and care for all children.

Representatives on both sides of the initiative will participate in a panel discussion moderated by Judy Woodward.

In partnership with the SAP Library

**\*\*\* PLEASE NOTE: NEW LOCATION \*\*\***  
**Saint Anthony Park Lutheran Church | 2323 Como Ave.**  
More information can be found at [sapbla.org](http://sapbla.org).

## EVENTS AND MORE

Compiled by Kathy Henderson

**St. Anthony Park Garden Club  
Late-Blooming Pollinator-Friendly Plants**

Guest speaker Rhonda Fleming-Hayes on “Late-Blooming Pollinator-Friendly Plants.” Fleming-Hayes is a garden writer, blogger, photographer and University of Minnesota Extension Master Gardener. 6:30 p.m. meeting; 7 p.m. social time; 7:30 p.m. program. Tuesday, Oct. 1, St. Anthony Park Lutheran Church, 2323 Como Ave. Enter the building via Luther Place door.

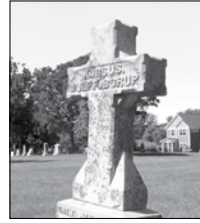
**Art exhibits  
boréal Art Loft**

For October, the art loft hosts “Dant Werks,” the fourth annual Dant family show featuring works from Esther Dant, oil painting; Michael Dant, photography; Jack Dant, oil painting; and Janet Dant Graham, silversmithing. The art loft is open during regular store hours: 10 a.m. to 6 p.m. Monday through Saturday and 10 a.m. to 4 p.m. Sunday at 2276 Como Ave. shop.boreal.life.

**Goldstein Gallery**

“Narrative Threads: Embroidered Textiles from the Donald Clay Johnson Collection” continues through Dec. 21. Techniques and traditions of embroidery originating primarily in northwestern India. 10 a.m. to 4:30 p.m. Tuesday to

Saturday, University of Minnesota—St. Paul Campus, 241 McNeal Hall, 1985 Buford Ave.

**Ramsey County  
Historical Society****History Revealed:  
Oakland Cemetery**

North tour, 1 to 2:30 p.m. Wednesday,

Oct. 16. South tour, 1 to 2:30 p.m. Wednesday, Oct. 23.

Experienced tour guide and historian Denise Wells will provide an overview of the cemetery’s history, discuss some of its legends and show the final resting places of some of St. Paul’s most famous and infamous. \$10 per tour. Register at RCHS.com.

**History Revealed:  
Architects  
on the Past,  
Present and  
Future**

Architects Alan Howell and James

Garrett Jr. share their work and talk about the past, present and future of architecture in Ramsey County and beyond. Thursday, Oct. 24, 6:30 to 8 p.m., Landmark Center, 75 W. Fifth St. Free, but register at RCHS.com.

**Como Zoo Conservatory**

10 a.m. to 4 p.m. Marjorie McNeely Conservatory, 1225 Estabrook Drive. Free. A voluntary donation of \$4 for an adult and \$2 for a child is appreciated.

**Fall Flower Show**

Part one of the Fall Flower Show, Sept. 27 to Oct. 27, features a sunset color scheme. Part two, Nov 1 to 16, will be a golden color scheme inspired by Como Zoo lions Mumford and Maji. The Sunken Garden will be closed for the mid-show change Oct. 28 to 30. Due to construction, there will not be a Holiday Flower Show.

**Senior Strolls**

4 p.m. Tuesday, Oct. 8, Conservatory only; 9 a.m. Tuesday, Oct. 22, Conservatory and Zoo. Special time reserved for adults ages 55 and older. Check-in at the main Visitor Center entrance. Admission is free, but reservations required: comozooconservatory.org/como/senior-strolls.

**Women’s Drum Center**

**Drum Basics:** 6 to 7 p.m. Monday, Oct. 14, at 2242 University Ave. W. Explore both hand and stick drumming utilizing easy, energizing exercises to build skills. The focus is on having fun. Instructor: Jo Klein. Drums provided. \$15. Register at womendrumcenter.org.

**Gibbs Farm**

Gibbs Farm, 2097 Larpenteur Ave W., is open to the public from 10 a.m. to 4 p.m. on Saturdays through Oct. 19. Tours available on the hour or explore the site on your own. \$5–\$10; free for children 3 and younger, Dakota and Indigenous visitors and RCHS members.

Free parking in lot off Cleveland Avenue.

**Fall grounds and gardens tour** 5:30 to 7:30 p.m., Wednesday, Oct. 9. The tour will make stops in the Heritage orchard, restored prairie and crop garden. The program manager will share the historical context of the gardens and talk about period-appropriate heirloom and native plants.

As the tour group walks through the site, they will be able to pick some of the seasonal bounty to take home. After harvesting fresh produce, there will be a tasting of some historic and modern style preserved foods. \$25 admission includes beer, cider, wine or non-alcoholic beverages, plus a light snack and some seasonal samples.

This is an outdoor tour and won’t be held in case of stormy weather or extreme heat. Ticket holders will have the opportunity to attend a rescheduled tour or receive a refund if the event is canceled. Register at rchs.com/event/fall-grounds-and-gardens-tour.

**Gibbs Farm Halloween  
Trick or Treat Trail**

1 to 7 p.m. Saturday, Oct. 26. Online registration begins Saturday, Sept. 21. Admission costs were not available at Bugle deadline and previous trails had timed entry. Register at rchs.com/event/gibbs-farm-halloween-trick-or-treat-trail-2.

**Bell Museum**

2088 Larpenteur Ave. W. See website for regular museum hours and admission charges: bellmuseum.umn.edu.

**October Star Party**

7:30 to 9 p.m. Friday, Oct. 25. Telescopes will be set up outside (weather permitting) and hands-on activities take place inside. An astronomy team guides patrons through the night sky and highlights cosmic sights.

The planetarium show, “Reading the Night Sky,” takes place at 7:40, 8:10 and 8:40 p.m. and requires a separate ticket, which is available at the front desk. Free, but registration required at bellmuseum.umn.edu.

**Community sing**

7 p.m. Monday, Oct. 21. Join musician Dan Chouinard and singer-songwriter Ann Reed for a sing-along on the third Monday of the month in the parish hall at St. Matthew’s Episcopal Church, 2136 Carter Ave. All voices welcome. Free.

**Senior activities**

The St. Anthony Park Area Seniors’ calendar for October features a mix of in-person and virtual activities. Unless specified, registration is not necessary. Office phone number: 651-642-9052.

In-person activities include:

- **Pound Fit:** 10 to 11 a.m. Tuesdays, Lauderdale City Hall, 1891 Walnut St. Call the office to register.
  - **Tai Ji Quan:** Moving for better balance exercise class. 2 to 3 p.m. Tuesdays and Thursdays, Lauderdale City Hall. Call the office to register.
  - **Luncheon:** La Casita Mexican Restaurant. 11:30 a.m. to 1 p.m. Wednesday, Oct. 2, 1925 Perimeter Drive, Roseville. Call the office to register.
  - **Game day:** 10 to 11:45 a.m. Friday, Oct. 4, and Tuesday, Oct. 22, at Centennial United Methodist Church, 2200 Hillside Ave.
  - **OARS:** (Older Adult Resource Series) informational presentation: “Medicare.” 2 to 3:30 p.m. Tuesday, Oct. 8, 2200 Hillside Ave.
  - **Card-making workshop:** 9:30 to 11:30 a.m. Wednesday, Oct. 9, 2200 Hillside Ave. Supplies are provided. Call the office to register.
  - **Handiwork group:** 10 a.m. to noon Thursday, Oct. 10, St. Anthony Park Library, 2245 Como Ave.
  - **Poetry group:** 9 to 10 a.m., Friday, on Oct. 11, Centennial United Methodist Church, 2200 Hillside Ave.
  - **Luncheon series:** Noon to 1:30 p.m. Thursday, Oct. 17, St. Matthew’s Episcopal Church, 2136 Carter Ave. Call the office by Oct. 10 to register.
- Virtual:
- **Chair Yoga:** 9:30 to 10:30 a.m. Mondays. Call the office for Zoom link.
  - **Lunch Bunch:** Noon to 1 p.m. Wednesday, Oct. 23. Call the office for connection instructions.

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



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# Turning 50 through the eyes of past Bugle editors

By Judy Woodward

As the Bugle turned 50 years old in July, the newspaper has had a long run of varied and multi-talented editors whose subsequent careers have taken some interesting turns.

In the beginning, the Bugle (then known as the St. Anthony Park Bugle, as if to emphasize its hyper-local roots) was a hometown newspaper, started and, for the most part, run by neighborhood residents.

In 1992, that tradition was broken when Winton Pitcoff was hired as editor. Originally from New York, Pitcoff was a brand-new Macalester graduate when he started at the Bugle.

"It was my first salaried job," he said, "making \$9,000 a year. I thought it was great." Pitcoff recalled that his co-workers, in particular layout artist Kathy Malchow, "were far more patient than I deserved. That's why the paper survived."

Pitcoff's tenure at the Bugle was brief. He went on to a career in nonprofit communications in Washington, D.C., and Massachusetts, where he currently is deputy commissioner with the state Department of Agricultural Resources.

Pitcoff has at least one vivid memory of the Bugle, however. When the rent for the Bugle offices in the old Healy building became too steep, the newspaper decided to cut costs by subletting part of their space to an unusual tenant: The late Peter Ostroushko, musician with the quintessential Minnesota radio program, A Prairie Home Companion, needed a place to practice undisturbed.

"I remember coming to the office late in the afternoon, and there would be Peter, playing the mandolin," Pitcoff recalled.

## A wake-up call

Another previous Bugle editor, David Anger, took the helm in the late 1990s, armed with prior journalistic experience. What he wasn't prepared for was the monthly meeting of the board of directors. At 7 a.m. Never a morning person, Anger reflects, "Everybody was so enthusiastic at 7 a.m.!"

For Anger, who was not a resident of the readership area, there were other things to figure out as well. Three organizations, for example, were held in such high esteem in the neighborhood that coverage was obligatory.

"The Community Council, the Music in the Park and the Block Nurse Program. They were pil-

lars of the community. I quickly learned, don't mess with any of them," he laughed.

Anger came from what he calls "a visual background" and the main changes he made to the Bugle were in terms of layout and formatting, emphasizing the center section of the paper and putting in place "a more conversational style."

In that he had great help from production manager Regula Russele. "Regula was a joy," he said. "She has such great technical skill and community knowledge."

After leaving the Bugle (for the second time) in 2000, Anger moved to Iowa where he served as senior decorating editor at Better Homes and Gardens.

Eventually, Anger realized his strength lay more in the decorating end of the business than the editing. He and his husband returned to the Twin Cities, where he started his own styling business, overseeing set design and photography primarily for advertising clients.

"It's been 18 years now," he said, since he began David Anger Design, but he still uses techniques he learned at the Bugle. "Meeting deadlines, interfacing with people, (cold) calling ... the Bugle made me skilled that way."

Now living in Edina, Anger sums up the Bugle community as "Smart, informed, lively people doing lovely things in a very lovely place."

## Black and white and red all over

Laura Pritchett was a 26-year-old graduate student "working on my big dream of becoming a writer" when she became the editor of the Bugle in 1998. She claims she learned the mechanics of turning out a community newspaper on the job.

"In the mornings, I worked on my first book, and I worked in the afternoon at the Bugle."

Asked for memories of her time at the Bugle, Pritchett recalled working up the courage to ask for her first interview. The target was a man who had restored an old fire truck and drove it around her Como Park neighborhood.

"I was scared and nervous," she said, and in those pre-Internet, pre-social media days, there was only one way to reach out to her subject. "I knocked on his door, and I woke him up. It was my first step as a curious journalist."

Pritchett got the firetruck story and developed the confidence to proceed where her curiosity led her. Since her Bugle days, she's published several award-winning novels as well as hundreds of short pieces.

One highlight? Pritchett wrote a nature article that featured her encounter with a hibernating bear. While accompanying a scientific research team, "I got to climb into a bear den and hug a bear and her cubs for 20 minutes.... I had (simply) called and asked if I could go on (the team's) next expedition."

Now director of the Nature Writing MFA program at Western Colorado University in her native state, Pritchett said, "I got to do that (bear story) because of the Bugle. It launched the best possible life for me."

## Between you and me and the fence post...

For Dave Healy, who held the job for a decade from 2000 to 2010, becoming editor of the Bugle was in one respect the fulfillment of a long-held ambition. At that time, the paper was housed in the since-demolished Healy Building on Como Avenue.

From the time he first moved to St. Anthony Park, Healy had told his family, "Someday I'm going to work" in the space that bore his name.

It was a short-lived satisfaction. During his editor's term, Healy (who had no family connection to the building) brought the Bugle fully into the digital age, and that meant a decreased need for office space.

After an interim move to smaller quarters, Healy said, "The paper had gone completely online and we didn't really need an office."

Asked for his most memorable article as editor, Healy recalled a feature article he did on fences.

"I drove around looking for interesting fences, then I knocked on doors and asked people about how they came to be. Luckily, people had thought about this question." He ended up with an exploration of the "social and personal implications of fences."

Since retiring as a freelance editor in 2016, Healy has become a dependable volunteer and a tireless community leader. After stints at the St. Anthony Park Home and the Branch Library Association, he currently chairs the board of directors at the St. Anthony Park Area Seniors organization. There he also teaches classes in poetry

appreciation, including a class this spring on The Poetry of War.

When asked to sum up the community for which he has labored tirelessly in so many roles over the years, Healy turns back to his story on fences.

"(Homeowner) Michael Russele put up a fence, but not so high that people couldn't look over it. Then he added a cross-bar on top, wide enough so that people could set a cup of coffee down and talk over the fence. To me, that's Saint Anthony Park in a nutshell."

One of the less convivial parts of the editor's job at the Bugle is fielding the occasional complaint. Healy said that the most memorable bit of negative feedback he ever received came, not from an article he published, but from an ad placed by the old Muffuletta restaurant, the longtime occupant of the spot where Nico's Tacos now does business.

"Muffuletta were loyal advertisers with a 'creative' ad person," Healy remembered. "In order to hype their Italian cuisine," in that less sensitive era, the ad copy inserted the loaded word "mafia."

That was enough to inflame the ethnic pride of one Italian-American reader, who called Healy to inform him in no uncertain terms of the offense caused by negative stereotypes.

Healy told the outraged caller to write a letter to the editor, "and he did." Muffuletta never responded directly to the letter, but the point had been made. Healy recalled, "That was the most vociferous complaint that I received in 10 years (as editor)."

Kristal Leebrick, who became editor in 2010, when Healy retired, also received a few complaints. But hers usually came from readers who took exception when minor neighborhood disputes occasionally spilled over into the pages of the newspaper. "The folks in Bugleland are smart and involved."

## Going social

Leebrick, who had served on the Bugle board of directors before she became editor, brought the paper further into the digital age.

"I got the social media accounts going while I was still on the board, and ... I instigated getting the Bu-



gle mailed rather than delivered to households."

An award-winning poet, Leebrick said she was most proud, of founding the annual April Bugle poetry contest.

"I liked interacting with the community that way ... and I'm glad to see (the contest) is still going," she said.

Since leaving the Bugle in 2018, Leebrick, who lives in St. Anthony Park, continues to be able to walk to work. She has worked for the University of Minnesota in various roles, currently the communications coordinator for a department in the College of Forestry, Agricultural and Natural Resources.

Leebrick is happy the Bugle still is still a strong local voice, but she regards the paper as something of an exception in the bleak landscape of modern journalism.

"I worry a lot about the lack of news coverage on the local level," she says. "We need journalists to cover our city councils, our school boards and our neighborhood community councils so that we know what's going on, what decisions are being made that affect our lives."

"We need to hold elected officials accountable, but we also need to tell the good stories, like what's happening in our schools, what the kids are doing these days. It boggles my mind that so many people I know don't subscribe to a newspaper anymore." ■

Judy Woodward lives in St. Anthony Park and is a retired Ramsey County Library reference librarian who wrote the "Ask the Librarian" column for the Bugle.

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## BUSINESS SPOTLIGHT: Associated Hearing Care

By Scott Carlson

This past spring, Associated Hearing Care grew its geographic reach, opening an expanded office at 2550 W. University Ave. near south St. Paul Anthony Park.

We recently caught up with Dr. Rebecca Younk, owner and chief audiologist at Associated Hearing Care, which has 11 offices the Twin Cities metro area. The email interview has been edited for clarity and brevity.

**Q: What does the newly expanded office mean for Associating Hearing Care?**

**Younk:** In January 2024, the build-out of our new location at Court International was completed. This doubled the space of our previous office, which allowed us to add services to help people with balance and dizziness issues in addition to our patients with hearing loss.

**Q: How old is Associated Hearing?**

**Younk:** Associated Hearing Care was established in 1975.

**Q: How has hearing care and its technology changed over the years?**

**Younk:** Since the founding of Associated Hearing Care in 1975, technology has changed tremendously. In 1975, hearing aids were made of simple microphones, amplifiers, and speakers that, by today's standards, were very large.

We used small screwdrivers to adjust how hearing aids worked for people.

Through the decades, we first saw miniaturization of technology moving from body-worn devices into small devices completely housed in the ear canal of the hearing aid wearer.

Following the miniaturization of

hearing aids, we saw the advent of digitization of hearing aids.

Devices were no longer analog, controlled by a screwdriver, but became wirelessly programmed via a computer, allowing hearing care professionals to easily make small changes to improve the function of hearing aids.

Now we are seeing the integration of hearing aids and other devices through Bluetooth technology. This integration allows hearing aid wearers to take phone calls and stream music through their smartphone devices directly into their hearing aids.

**Q: What is the market like for hearing care?**

**Younk:** The strongest predictor of hearing loss is age. It is estimated that 22% of adults 55-64 have hearing loss and that jumps to 55% for those who are over the age of 75.

Given the increased awareness of the negative impacts of hearing loss on brain health and the positive outcomes for people when they wear hearing aids, we are seeing an increasing demand for hearing care services.

**Q: What is your background and how did you become an audiologist?**

**Younk:** My passion for audiology started in my childhood while attending church with a number of people who were deaf. My minister was fluent in American Sign Language (ASL) and actively taught us all how to sign.

During my undergraduate and graduate studies, I worked in audiology clinics to gain as much experience as I could in my chosen profession.

Once I graduated, I worked in clinics and with large corporations to get as much experience as I could in the field of audiology and the business practices I needed to become a successful private practice owner.

**Q: What do you like best about your job and business?**

**Younk:** Hands down, what I like best is helping people reconnect to their friends and family with hearing technology and educating people on methods for improving communication with their loved ones with hearing loss. ■



Dr. Rebecca Younk is the owner and president of Associated Hearing Care. She holds a doctor's degree from the University of Florida and is a past president of the Minnesota Academy of Audiology. Submitted photo.

Scott Carlson is managing editor of the Bugle. Scott's journalism career spans more than 50 years, with his longest stint as a business reporter for the St. Paul Pioneer Press.

### Correction

Based on inaccurate information supplied to the Bugle, the September 2024 Transition Town story on page 7 misstated when an organics pickup program will begin.

The story should have said "After much planning... the program will be rolled out in St. Paul in the coming years."

To follow the rollout plan, more information is available on the program website: [foodscrapspickup.com/pages/phasing-plan](http://foodscrapspickup.com/pages/phasing-plan).

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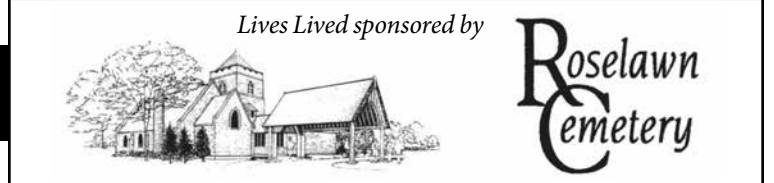
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**Jerry Anderson**

Gerald Peter "Jerry" Anderson, 86, died Aug. 10, 2024, at his home in Somerset, Wisconsin.

He was born Jan. 18, 1938, in St. Paul to Albert Sr. and Helen (Churchward) Anderson.

Jerry graduated from Murray High School in 1956. He served in the Air National Guard, then started his electrical career at Commonwealth Electric in St. Paul.

He then went on to own and operate Northern Electric in Shoreview. He retired to Lake Hattie in Pine River, Minnesota, where he was a good friend to many.

Jerry is survived by his wife, Judy; son Jeffrey; daughter Jeri Lynn (Leo) DuRand; daughter-in-law, Erin Anderson; four grandchildren; and sister-in-law Joyce Anderson. He was preceded in death by parents; sister Joanne (Robert) Renstrom; brother Albert R. Jr. "Buz;" and a granddaughter.

**Alma Maria Graff**

Alma Maria Graff, 81, died Aug. 6, 2024.

She was born to Gustavo and Guadalupe Lopez on Aug. 26, 1942, in Mexico City. The youngest of five, she was named Alma, which means "soul" in Spanish, due to her premature birth and the expectation that she would not survive.

Alma had an incredibly strong will and did indeed survive.

A loving and supportive childhood in Mexico City gave way to a progressive and modern young adulthood.

While Alma was working at a bank in Mexico City, she was offered an opportunity to further her studies with English classes abroad.

At 25, unmarried and interested in improving her career options,

Alma left Mexico for a six-month stint in the U.S. Her host family, the Petersons, lived in the small suburban town of Falcon Heights, a far cry culturally from what Alma was used to! During the last month of her stay, her host family set her up on a blind date with a man named Michael.

Surprisingly, the two opposites hit it off and for that the Graff family are eternally grateful.

A year later, Alma and Michael were wed in Mexico City and settled into life in New Brighton. After a few years, the couple moved to Oakdale, where they would welcome their two children, Elizabeth and Michael (Richard).

Alma spent many years working at banks and later as a sales rep for Latin America at Wilson Tool in Hugo. She enjoyed traveling, visiting museums, the symphony and the opera, gardening and making jewelry.

An elegant and beautiful woman, Alma sadly developed Alzheimer's and the past few years were a struggle for her and Michael, who cared for her until his unexpected passing earlier this year.

Alma is survived by her children Elizabeth (Sepehr) and Richard (Sarah), three grandchildren, and her brother Efrain.

**Jean Lohman**

Jean Marie (Marusic) Lohman, 85, of St. Paul, died Aug. 2, 2024.

Jean was born on Aug. 17, 1938, in St. Paul, and grew up in South St. Paul. She graduated from St. Agnes High School in 1956 and St. Catherine's University in 1960. Jean taught art for the Faribault and St. Paul school districts. She met Gene, a fellow teacher in Faribault, and they were married in 1962.

She focused her energies on raising their family in Roseville and Falcon Heights, was an active carpooler for the kids' various activities and volunteered in the early years of the establishment of the Kinderhaus Montessori Preschool in Roseville.

Later, Jean worked at Dayton's Department Store/Target Corporation in various roles, eventually became a payroll specialist.

Upon retirement, Jean enjoyed reading mystery novels, watching nature and British programming on PBS and spending time with her family.

Jean was known for her "feisty" temperament, beauty and style. A talented artist, she expressed her talent through cherished pieces of art she created or chose for the family home. She also loved animals and generously supported several charities.

She was preceded in death by parents Joe and Rose (Spolarich) and husband Gene. She is survived by brother and sister-in-law Joe and Linda (Lepich) Marusic; children Steve, Sue (Eric Darnall), Michelle (Neil Fleischhacker); and three grandchildren.

Memorials preferred to the Alzheimer's Association, Animal Humane Society or Twin Cities PBS.

**Dolores Picha**

Dolores Helen (Wind) Picha, 94, died Aug. 29, 2024. She was born Jan. 4, 1930.

She was preceded in death by her husband, Clarence; parents John and Anna; sisters Betty, Loretta and Helen; brothers, John, Fr. Herman, Albert, Joe, Carl, Bob, and Ben; and great-grandson Casey Pack. Dolores is survived by children Janet Novack (Dennie),

Jim (Therese), Bill (Patti), Mary Goiffon (Dan), and Ann Loveland (Phil); 15 grandchildren; and 26 great-grandchildren.

Memorials preferred to donor's choice or Holy Childhood Church. Interment at Resurrection Cemetery.

**John Thoemke**

John Tyson Thoemke, 84, of North End (St. Paul) and more recently of Como Park, died Sept. 2, 2024. A family man, devout Catholic and union organizer, John died on Labor Day, the eve of what was to be his and Mary's 64th wedding anniversary.

An active and dedicated member of IBEW Local Union 110 in St. Paul, John served as a commercial electrician, business manager and president of the local.

His passion for community was illustrated by the vast array of organizations he served including Young Democrats, president of the St. Paul Trades and Labor Assembly, North End Community Organization, North End Community Foundation, District 6 Planning Council, Rice Street Athletic Club and the St. Paul School Board.

John is survived by his wife, Mary Frances (Dannecker) Thoemke, 15 children, 29 grandchildren and seven great-grandchildren.

He is also survived by a sister and two brothers, three sisters-in-law and a brother-in-law.

John was preceded in death by his parents, three brothers; two sisters; and two brothers-in-law.

Memorials preferred to Saint Bernard's Church ([stbernardstpaul.org](http://stbernardstpaul.org)) or the North End Community Foundation ([givemn.org/donate/North-End-Community-Foundation-1](http://givemn.org/donate/North-End-Community-Foundation-1)).

**Marvin Wold**

Marvin Leigh "Marv" Wold, 67, of Columbia Heights, died Sept. 1, 2024.

Marv (a.k.a. Marvelous, MarvLS) was preceded in death by his parents, Leigh and Joyce Wold. He is survived by his wife, Joan Benning, sister Gail Wold; brothers Phil (Laura) and Tim (Leida) Wold; daughters Cheri Litsheim, Crystal Wold, Jaylin Gruenwald and chosen daughters Alina (Mark) Vizenor and Sha Na (Dana) Smith.

Marv was owner of Designed Business Systems and later Jaccs Tech. He was a man of outstanding kindness, wit, and generosity that touched us all.

A funeral service was held at Como Park Lutheran Church.

*Love is how you stay alive, even after you are gone.*

— Mitch Albom

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## THE BIRDMAN OF LAUDERDALE

# Reflections of a senior birdwatcher

By Clay Christensen

I've been listing birds since 1987. In that time, I've seen 312 species of birds in Minnesota, 1,038 worldwide.

That's a respectable amount, and I'm happy with it. And that's about where my life count is going to finish.

I don't go on birding trips anymore. Flying is fine, but airports are no fun at all.

Earlier in my birdwatching life, I went with a couple of friends to notable birding spots: Churchill, Manitoba; Nova Scotia; Costa Rica; the Peruvian Amazon; Monterey Bay, California; Ecuador (twice, northern and southern).

We'd usually be part of a group tour, led by an in-country expert. With a group, you encounter all kinds of people, not all of them as enthusiastic about birds as you are. There are identifiable types of members.

There's the one who never sees the bird to which the guide

is pointing (that was me, often enough), and then whines, "I'm not seeing it! I'm not seeing it!" I sometimes said it, but I don't think I whined it!

Then there was the lady in Costa Rica. We were with a group, hiking through the forest. Another group was some distance behind us. We were in an area where a Resplendent Quetzal had been sighted. Suddenly our leader stopped us. Above us, on a branch over the trail, was a male Quetzal, a big bird, red and green body, streaming green tail feathers, sitting quietly watching us watching him.

One woman in our group was going to do a favor to the group following us. She turned to face them, pointed straight up and hollered, "Resplendent Quetzal!" at the top of her lungs! Whereupon the bird flew off into the forest. She was very quiet during the rest of the walk.

I used to monitor the St. Paul Audubon birding hotline for sightings of birds I hadn't added to my life list yet. Then I'd head out to

try to find the bird, usually with a buddy.

But I'm not doing that anymore.

I'm happy for those who have found a rare bird. I enjoy the photos, but I'll leave it to others to actually lay eyes on the bird.

I belong to a group of birding friends who call ourselves the Monday Morning Birding Bunch, about six to 10 folks who go to a local park or nature area to see what we can see.

Each week, a different person decides where we're going to go, keeps a list of the birds seen on our trek and writes a report listing those birds. He or she is also responsible for deciding where we go for coffee — a very important responsibility!

I haven't been out with this group for several months. Walking on trails has become very dicey. I've started using a cane outside and haven't figured out how to juggle binoculars and a cane. Plus, my hearing is starting to go.

A couple of birds have been a hearing test for me over the years: the Brown Creeper and the Blue-Gray Gnatcatcher. Their vocalizations are so very soft that I always said if I could hear them, my hearing must be all right. Well, I can't hear them anymore.

Quite frankly, getting up early in the morning isn't as much fun as it used to be (indeed, if it ever was). I need to get the dog out every morning, on a leash, because I don't have a fenced yard.

So, the Monday morning routine



The face of a Sawwhet Owl, the cutest! Photo by Clay Christensen.

would require getting up around 5:30 a.m., and that's too early for me! I'm not blaming Rocky. He's just being a dog, and a great one at that.

I watch yard birds and the ones we see on our walks, but I miss having a buddy to confirm an identification for me. There's a book titled "To See Every Bird on Earth," by Dan Koeppel. I never had such a lofty goal, but I do want to identify every bird I see!

I feel crestfallen if a bird flies by and I'm not able to identify it. Anal retentive much!?

I've written a book titled "The Birdman of Lauderdale." I enjoyed

doing that and it fulfilled a life ambition.

Now when I watch birds, I try to figure out what the birds are doing. I watch the interactions among birds at the feeders, look for courting displays, one adult feeding another. And watch the shrubs and trees for migrating warblers. I use the opportunity to refresh my identification skills.

I doubt I will see a new species alighting on my feeders and so my life list of birds likely won't be growing. And as I said at the top of this column, I'm okay with that. ■

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

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## CPHS COUGAR SPORTS

# Como soccer captains appreciate community

By Eric Erickson,  
Sports analysis

The fall high school soccer season in Minnesota is relatively short

But the pace of life is fast for the busy student athletes who practice daily and play up to 16 games in the two-month regular season that concludes in the second week of October.

At that point, teams have dreams of making a run in their section tournaments to extend their seasons and make memories. Appreciating the ride with all the highs, lows, challenges and rewards that come with it is something that Como Park's soccer captains are focusing on doing.

### Boys soccer

Co-captains Taw Law Eh Hser and Henry Simmons believe they are part of a capable team that is coming together. Early season victories, and even a couple disappointing losses, have strengthened the team's resolve to maximize their opportunities.

"This team is really talented," Simmons said. "We have six or seven players that can create offense and scoring chances, so our offensive depth is really a strength. If we stop fouling in bad spots and



Boys captains Henry Simmons and Ta Law Eh Hser. Girls captains Ava Lopez and Giselle Sanchez-Esparza. Photos by Eric Erickson.

clean up mistakes, we'll give up fewer goals."

Scoring has not been a problem. Halfway through the season, the Cougars were averaging nearly four goals a game while compiling a record of 6-2.

Beyond the success on the field, the captains shared that team bonding is a special part of Como soccer.

"The coaches find the time for us to have fun times together," Hser said. "We had an event where we went to Coach Fields' dad's lake house. We were swimming, canoeing, eating, playing ping pong. It was fun."

The varsity team also took its biennial road trip to play Austin in southern Minnesota and camp out at the farmhouse of Elaine Allen and Bryan Kingsriter. It's a prime example of the community that Como soccer creates with parents of alumni from 2007 still supporting the program.

Simmons notes that the spirit of community rolls through all four teams in the program. Depth is more than a trait of the varsity team—a total of 80 players participate including junior varsity, B-team and C-team.

"Soccer is this one thing that brings so many people together,"

he said. "I like the connections that I've made throughout the program with guys on all the teams. We practice together in the summer, play futsal in the off-season with anyone who shows up. Como soccer is very welcoming. Anyone who wants to play can be a part of it."

### Girls soccer

Senior co-captains Ava Lopez and Giselle Sanchez-Esparza have grown up together on the Como varsity team. Both began their varsity careers as eighth graders, looking up to the team leaders and learning from them.

Now they've come full circle, guiding a group with several young players and passing on the traditions that made them feel like part of a family when they joined it five years ago.

"It really is a community you're immersed in with your best friends," Sanchez-Esparza said. "We help each other throughout school, even outside of soccer stuff"

The relationships among the players have been especially important for the program because Como girls' soccer has had three different coaches over the last five years. Regardless of who has been

at the helm, close-knit teammates have responded positively and sustained a supportive culture.

"All of our coaches have been very different, but staying with the same teammates has made it easier to adjust because we're all going through the same change," Lopez said.

Results have been relatively consistent through the coaching changes. The Cougars have finished third in the St. Paul City Conference every year since Lopez and Sanchez-Esparza joined the team, with an overall record hovering around .500.

"We might not be the best team in St. Paul, but we try, and I think that's what matters," Lopez said. "As long as everyone's trying, everyone's happy no matter what the results are."

"We lift each other up," Sanchez-Esparza said. "The freshmen and sophomores now have room to grow, like we did. And that's a good thing for keeping Como soccer connected." ■

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

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