

### Local election candidates

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### Cougar sports

Page 20



# Park Bugle

St. Anthony Park / Como Park  
Falcon Heights / Lauderdale

parkbugle.org  
November 2024

## Institute primed to grow new immigrant mentoring program

By Kathy Henderson

Spurred by volunteers seeking more opportunities to welcome refugees to the Twin Cities, the International Institute of Minnesota's Immigration and Refugee Services last May launched a pilot mentoring program.

The initiative began with a refugee family of seven. Now, the nonprofit Institute is gearing up to dramatically increase the pilot program called Side by Side.

At a breakfast meeting on Oct. 4, institute officials unveiled plans to beef up their volunteer corps by tapping into community and faith-based groups to expand the program.

The institute expects to "resettle 750 people over the next 12 months," up from the 303 resettled refugees recorded in its 2023 annual report.

Leading the recruiting push for more volunteers are Micaela "Micki" Schuman, senior program director, Immigration and Refugee Services, and Sarah Burbage, volunteer coordinator, Refugee Services.

"We've had a mentor program at the International Institute for many years," Schuman said. "In expanding to develop the Side by Side Co-Sponsoring program, we considered feedback from our volunteers, researched similar national models, looked at how they measured success and then adapted their programs and outcomes to create Side by Side.



The newly launched Side by Side Co-Sponsoring Program was among the "Stayed Connected" opportunities presented to volunteers and community members during the International Institute of Minnesota's Oct. 4 breakfast meeting. Photo by Kathy Henderson.

"Our pilot program showed success in both building connecting relationships and achieving self-sufficiency," she said.

Volunteers with Side by Side will have a mentoring and friendship role, not "doing for" but "doing with" is how Burbage describes it, "teaching them to understand U.S. culture and how to function in the community, supporting the family

in the goals that the family sets for themselves."

Here are some details on how the program will work:

#### Program overview

- A group of six to eight volunteers from a civic or faith-based organization will be matched by the International Institute of Minnesota (IIMN)

with a refugee family. A team coming from one organization usually already has friendships with each other, often are familiar working with each other and are aware of each other's strengths, abilities and interests.

- The volunteer commitment is for six months with at least one visit per week.
- The sponsoring group will also make a financial donation to IIMN to support the program and the family. The financial donation will vary depending upon family size and other aspects that IIMN will discuss individually with each potential volunteer group.
- The volunteer assistance will include housing set up (cost and preparation) in an apartment with basic furnishings secured by the IIMN. Other assistance would include airport pick up; a warm, culturally appropriate meal on the family's first day; and ongoing mentoring by introducing and accompanying the family on many of its daily living needs in becoming oriented to America.

Immigration Services to p. 7

## Ben Quie & Sons open new headquarters with a flair

By Helen B. Warren

When Ben Quie and son Sam celebrated the opening of the new headquarters for their design-build remodeling firm, the duo did so with a bit of flair: They used a battery powered saw for their ceremonial ribbon cutting.

As the ribbon fell away, Ben said, "I feel really proud of what Sam and I have built." He was also grateful many friends shared the milestone on Oct. 8 with them in the move from Energy Park Drive to 2448 Larpenteur Ave.

Ben Quie & Sons new headquarters boasts a bigger footprint that includes a carpentry bay, meeting rooms, offices and even a shower for staff who bike to work.

Designed by Kyle Huberty, AIA, of Saunter Architects, the building

exemplifies a key concept of the design-build process: Those who imagine and design spaces ought to work right alongside those who build those spaces so that practical considerations (cost, efficiency, convenience) can temper and strengthen the grand plans that are imagined.

Accordingly, the Quies wanted the work areas for carpentry, design and project management to be integrated, so that design staff, carpenters and firm managers can confer easily. Actual or prospective clients can also view these areas as they confer about their home projects. The integration is achieved with interior windows, short hallways and open stairways.

The headquarters also features simple craftsmanship, a hallmark of Ben Quie & Sons projects.



Ben Quie (right) and his son Sam cut the ribbon for the recent opening of their new headquarters. Photo by Helen B. Warren

Founded in 1988, Ben Quie & Sons specializes in vintage and historical home remodeling.

Ben Quie & Sons to p. 5

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## CITY FILES

## St. Anthony Park and Como community councils news

## District 12

## Community Council

## Reviving Raymond Avenue Rain Gardens

Over the past nine months, two community rain gardens along Raymond Avenue have undergone a complete transformation, thanks to the efforts of nearly two dozen dedicated volunteers.

Neighbors, Ramsey County Master Gardeners and Minnesota Water Stewards all came together to weed and plant more than 300 native plants.

Special thanks to the Capitol Region Watershed District, whose generous grant made it possible to hire Earth Wizards, a local eco-restoration company, to assist with the clean-up and provide essential resources like mulch and plants.

Thanks, too, to all the volunteers and champions who helped make this project a success, including those who donated their time, energy and passion for improving the community's shared green spaces.

The last rain garden maintenance day for this season is scheduled from 10 a.m. to noon on Thursday, Nov. 7. All are welcome to help with this garden maintenance. For more details, visit [sapcc.org](http://sapcc.org).

## Join the District 12 Board

The St. Anthony Park District 12 Community Council is seeking members from all corners of the neighborhood to serve on the board and help make decisions



Volunteers are shown helping spruce up community rain gardens along Raymond Avenue. Photo by Kerry Morgan.

that reflect the diverse needs and hopes of the community. No prior experience is required—just a commitment to getting involved and helping make a difference.

Whether you're a renter, long-time resident, business owner or someone passionate about local issues, your perspective is valuable.

To apply for the board, visit [bit.ly/sapccvotes](http://bit.ly/sapccvotes) and join us in building a stronger, more inclusive neighborhood. For more details, visit [sapcc.org](http://sapcc.org).

## Upcoming meetings

All District 12 committee meetings are open to the public. Share your ideas with the community. RSVP to receive the agenda and Zoom link by visiting [bit.ly/sapccvolunteer](http://bit.ly/sapccvolunteer).

- **Land Use Committee:**  
7 p.m. on Thursday, Nov. 7

- **SAPCC Council/District:**  
7 p.m. on Thursday, Nov. 14
- **Transportation Committee:**  
7 p.m. on Tuesday, Nov. 26
- **Environment Committee:**  
7 p.m. on Wednesday, Nov. 27
- **Equity Committee:**  
Meeting canceled due to holiday.

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

## District 10 Community Council

## Planning for 2025

While most of the details are still barely a glimmer in our eyes, District 10 is setting preliminary dates for most of its 2025 outreach and cleanup events. Its goal is to in-

crease opportunities for collaboration with the city of St. Paul and other community partners.

District 10's events calendar for 2025 will kick off on Feb. 8 with its annual Blizzard Breakfast at North Dale Recreation Center, 1414 St. Albans St. N.

Stay tuned for more details or connect with District 10 at its community meetings at 7 p.m. on the first Wednesdays of the month to help with planning.

For further information on the special breakfast and the latest information on other events, check out [District10ComoPark.org/Events](http://District10ComoPark.org/Events) or reach out to [organizer@district10comopark.org](mailto:organizer@district10comopark.org).

## Monthly Como socials

For a year now, District 10 has been putting down the gavel once a month for a social gathering. This agenda-free meet-up happens at 6 p.m. between our two monthly meetings, typically on the second Wednesday of each month.

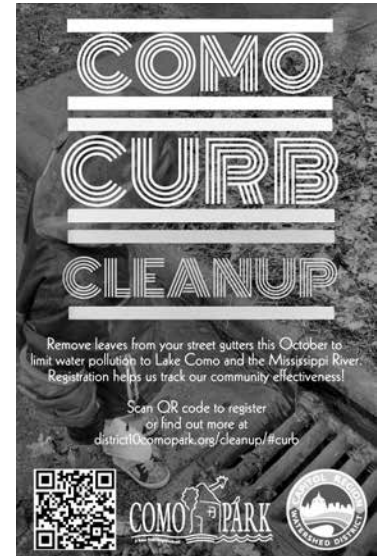
After meeting at the Como Lake-side Pavilion during the summer, District 10 is returning to its winter location, the Half-Time Rec, 1013 Front Ave. Look for District 10 tables on the east side of the bar (by the dartboards). All are welcome.

For further details, check the weekly District 10 newsletter or log on to [District10ComoPark.org/D10Social](http://District10ComoPark.org/D10Social).

## Como curb cleanup

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

Join more than 100 neighbors in sweeping your curb once a week through November to help keep



Lake Como clean. You can learn more and register as an "official" participant, which helps track the effectiveness of the cleanup program.

Once District 10 has collected leaf cleanup data, results will be shared in the District 10 newsletter and on its website: [District10ComoPark.org/Cleanup#curb](http://District10ComoPark.org/Cleanup#curb).

## District 10 meetings

- **District 10 community meeting:**  
7 p.m. on Wednesday, Nov. 6
- **District 10 community meeting:**  
7 p.m. on Tuesday, Nov. 19

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

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

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

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# Doggone sweet—blessing of the animals

By Kathy Henderson

The Revs. Christopher Rogers and Dave McEachron, accompanied by Rogers' dog Cuthbert and McEachron's dog Brave, officiated at St. Matthew's Episcopal Church's Blessing of the Animals on Oct. 6 at College Park, Carter and Raymond avenues.

People gathered in a circle for prayer beneath the leaf canopy of the immense Bur oaks by Doswell Avenue. Some people stood, some sat on lawn chairs, and a few comfortably rested on a University of Minnesota maroon and gold plaid blanket. Their dogs of various sizes, breeds and ages were close by, calmly by their owners' sides or straining on their leashes eager to explore the parkland.

Traditionally, Blessing of the Animals services take place in Christian faith communities around the St. Francis of Assisi Feast Day, Oct. 4.

Known as the patron saint of

animals and ecology, St. Francis is often portrayed in paintings in a garden setting in the company of birds, a dog or lambs.

Popular items, St. Francis of Assisi memorabilia can be found in the garden aisle at big-box stores as well as at religious gift shops.

St. Matthew's Blessing of the Animals service reflected this connection to St. Francis with the hymn "All Creatures of Our God and King"—a 1919 English Christian hymn by William Henry Draper based on a poem by St. Francis—along with the reading of "St. Francis and the Lambs" and reciting the "Prayer of St. Francis" that begins with oft recognizable phrase "Lord, make me an instrument of your peace."

The Blessing of the Animals portion of the service began with a general blessing for all the dogs present, followed by Rogers and McEachron's blessing each dog individually: "Fellow creature, friend and companion..." Cats

were also blessed, although only in photo representations that were held by their owners.

At the picnic supper after the blessing, worshipers shared humorous stories of blessings attended at various places and times in the past where people brought chickens and a child held a hamster in a cage. The picnic was courtesy of parishioner Karen Pfeifle.

Having the Blessing of the Animals take place outside provides a welcoming place for community members who may not be coming to church every Sunday, Rogers said.

St. Matthew's church, 2136 Carter Ave., also hosts the Community Sing on the third Monday of the month and the St. Anthony Park Seniors "Equal Portions: Food, Friendship and Fun" on the third Thursday of the month. ■

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



Along with her dog Scooter, Gwen Odney brought homemade dog biscuits to the blessing, Oct. 6, 2024. Photo by Kathy Henderson

## Car rummagings reported in SAP

By Sarah Burke

Residents in the St. Anthony Park area of Ludlow Avenue and Keston Street reported having their cars "rummaged through" and doors attempted to be opened in the early morning of Sunday, Sept. 29.

At 6:27 a.m., St. Paul Police were notified of a female-appearing person rummaging through cars and trying the doors on Ludlow Avenue. Shortly after at 6:56 a.m., this person was reported to be doing the same thing on Keston Street. By the time police arrived, the suspect was gone. No items were reported stolen to the police.

Later that week, Frattalone's Hardware & Garden Store manager William Plante found a man behind the store on top of a box of possibly stolen items. It is unclear if these items were connected with the car rummagings from Sunday morning.

Sergeant Mike Ernster, public information officer for the St. Paul Police Department, encourages

people to call in and report events like these.

"Our advice would be to call the police anytime they see something suspicious, and if something is actually broken into," Ernster said. "We rely on those reports to know what's going on within our community."

Community members can also use resources like the St. Anthony Park Community Council and the SAPark group on groups.io to share what is happening in the neighborhood.

St. Anthony Park District 12

Community Council Executive Director Zev Radziwill said the council is open to find solutions for any community need.

"As a council, we're here to talk about everything that the neighbors want to talk about," he said. "If crime safety is the issue that's out there ... I would welcome that opportunity to talk to neighbors about that and come up with strategies together to make us all feel safe." ■

*Sarah Burke is a new resident of St. Anthony Park and is a freelance writer for the Bugle.*

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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.

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

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## EDITORIAL

### From the desk of the editor

By Scott Carlson

#### A plug for Small Business Saturday

With the Thanksgiving holiday knocking on our calendar's doorstep this month, the start of the retail holiday season is nearly at hand.

The official retail kickoff to the holiday season is Black Friday, the day after Thanksgiving. It's billed as the biggest shopping day of the year and has been largely the domain of big-box retailers and shopping malls.

But 2010 saw the birth of a new retail phenomenon—Small

Business Saturday. Sandwiched between Black Friday and Cyber Monday, Small Business Saturday is observed across the nation, seeking to support small businesses and their towns, according to the U.S. Chamber of Commerce.

Since American Express created Small Business Saturday in 2010, consumers have reported spending an estimated \$184 billion at small businesses on the day, based on an aggregate of average spending as reported in consumer surveys commissioned by American Express since 2012, according to the U.S. Chamber of Commerce. "The

event helps to connect the small businesses with their communities."

Look for plenty of businesses in St. Anthony Park, Falcon Heights and Lauderdale to participate in Small Business Day sales and promotions. Many of them are regular advertisers in the Bugle.

Remember, when you shop local, you also help to support the businesses that also support the Bugle.

#### Giving thanks

On Thursday, Nov. 28, Americans will celebrate a national day of Thanksgiving, a holiday estab-

lished in 1863 by U.S. President Abraham Lincoln.

This holiday has come to represent a time when families gather for bounteous dinners and fellowship. It's a holiday that we all can celebrate regardless of religion, nationality or political party.

The board and staff wish you and your family a peaceful and joyful Thanksgiving and the best to you in this year's holiday season. ■

Scott Carlson is the managing editor of the Bugle.

## LETTER TO THE EDITOR

#### Supports Mulrooney

To the Editor:

Some of the most consequential races on our Minnesota ballots are judicial elections. And yet most people, understandably, do not know much about the candidates. Many people do not vote in judicial races, or they vote blindly.

I am a retired attorney and referee in the Fourth Judicial District (Hennepin County), where I served with Judge Timothy Mulrooney when he was a referee there.

Judge Mulrooney has been an

attorney for 30 years, a referee for eight years and a judge in Ramsey County for the past eight years. He is smart, thoughtful and fair. He has proven to be a highly competent judge, well-respected by attorneys and litigants alike.

Judge Mulrooney is facing a challenge by Winona Yang, who graduated from law school in 2021. She has not practiced law.

Yet she seeks to unseat a seasoned and highly competent judge. Her lack of experience is breathtaking.

Most citizens who find themselves in court because of a divorce or custody contest, a civil lawsuit, as a defendant in a criminal case or another matter want an experienced judge, one who knows the law because they have spent years practicing, researching and applying it in a variety of areas. Judge Mulrooney has that experience and knowledge. Litigants can have confidence when their cases are in his capable hands. Conversely, litigants may well worry if a judge handling their case has never prac-

ticed law nor touched a real case with real people whose lives or financial resources are on the line.

I urge you to vote to re-elect Judge Timothy Mulrooney. He is an excellent judge who serves the citizens of Ramsey County and the state of Minnesota with distinction. And his opponent is simply not qualified to assume such a weighty and important role in our justice system.

Patty A. Moses,  
retired attorney and referee  
Roseville

## Support local journalism during the Park Bugle fall fund drive

By Helen B. Warren

It's November, and the Park Bugle fund drive is underway.

At press time, more than 110 donors have contributed approximately \$22,000 to support community journalism since the start of our 2024-25 fiscal year. Their support is gratifying.

The staff, writers and board members of the Park Bugle offer their warm thanks for this support.

To honor the Park Bugle's 50th anniversary, we asked donors to make a special gift in 2024. At press deadline, 52 families had donated \$9,520 for our special 50th anniversary fund appeal. We'll use these funds to replenish our cash reserves, which were tapped during

the pandemic and as we launched our social media presence.

These readers understand that reliable, accurate reporting of local news is essential. They test the truth of our reporting against their own knowledge and in conversations with folks they trust.

They engage us with their questions and suggestions. Their support affirms our efforts to "turn readers into neighbors."

Perhaps you set aside our letter requesting support or scrolled past the online appeal. Maybe you are already stretched supporting election campaigns, disaster relief, medical research or emergency assistance for the homeless and hungry.

Or maybe like me, your fridge

died, and funds that might go to the Bugle had to help you replace it.

If you don't think you can afford to support the Bugle this year, consider this: If 1/10 of our 8,000 readers each gave \$25, their gifts would total \$20,000. Believe me, that goes a long way at the Bugle.

So, if you can't manage a big gift, make a small one. And then tell your friends and neighbors that you made it.

Your influence over their choices is almost certainly greater than mine. The fact that you support local journalism will likely incline others to do the same. ■

Helen Warren lives in St. Anthony Park and is presiding officer of the Park Bugle board of directors.

## Norris supports the Bugle and here's why

By Scott Carlson



Bugle, as we launch our annual fall fund drive:

Mary Norris, owner of Yes! Yes! Vintage Market + Boutique in Milton Square, shares why she supports the Park

#### How do you connect with the local community?

How lucky I am to be in St. Anthony Park! SAP and its neighboring areas share a warmth and welcoming spirit that I haven't experienced in any other part of the Twin Cities. It is truly a one-of-a-kind community.

When a customer comes into my shop and mentions that they've read a story about my shop, or have seen my ad in the Park Bugle, that immediately creates a sense of con-

nection with them. We both have the Park Bugle in common!

#### What does the Bugle mean to you?

I see it this way: Our community is the gift of each other we share, and the Park Bugle is the ribbon and bow that ties us all together!

Cheers Park Bugle, to professional, honest journalism. And here's to 50 more years! ■

Scott Carlson is managing editor of the Bugle.



### 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.

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

#### December: Holiday Guide

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

#### January 2025

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

#### February

Copy/ad deadline: Jan. 8  
Publication: Jan. 21

## COMMENTARY

# Can we talk about air-to-water heat pumps, please?

By John Horchner

There's something addicting about the hunt for the latest shiny object. You think, "This time, this is it. If I can just get this one thing, I'll be complete."

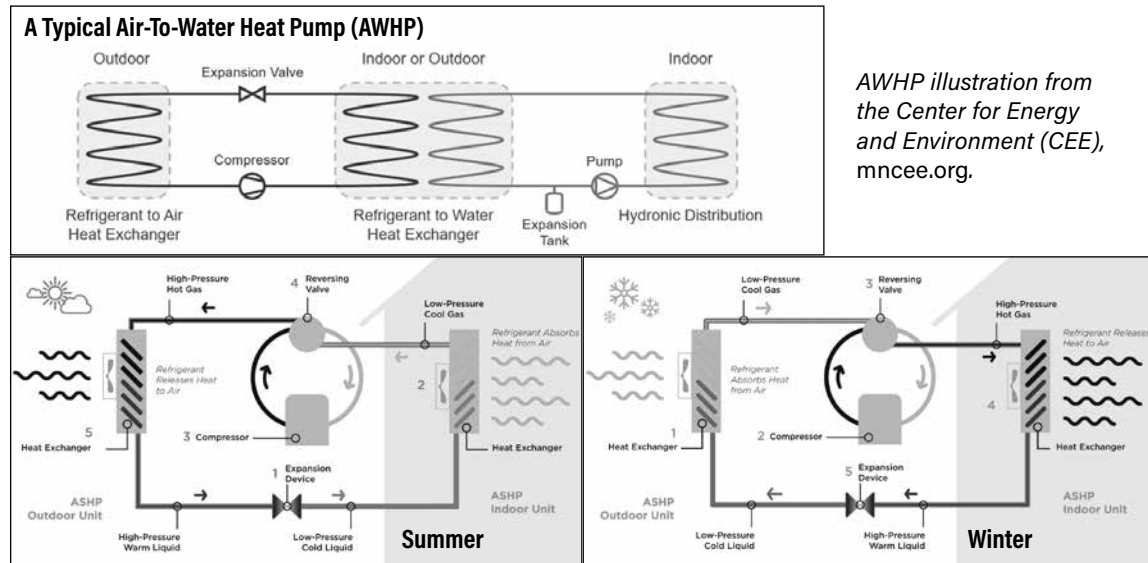
Thankfully, it's been years since an obsession like this has taken hold of me.

One of the last times for me was in 1996. The object in question was a Chevy Tahoe, with that latest model released with the first new engine design in years. I spent hours, days, trying to get one and enjoying the challenge of finding one at a dealer.

Finally, I found one, and the dealer told me he had only one left. He was driving it himself because it was an aftermarket model. Why? Because it had prom lights in the ceiling above the center console, which was teak. It was jacked up an extra few inches off the ground as well. Great story, right? Well, of course, I had to have it.

But back to a current obsession of mine—the thrill of a high-performance air-to-water heat pump.

Just to warn you, on our morning walks, my wife has developed a sixth sense—she can sniff out a heat pump conversation before I've even opened my mouth. She's taken to muttering, "Here we go again," as a preemptive strike, which I usually choose to ignore. The topic is that enthralling.



AWHP illustration from the Center for Energy and Environment (CEE), [mncee.org](http://mncee.org).

Illustrations by Massachusetts Clean Energy Center, [goclean.masscec.com](http://goclean.masscec.com).

## Popular in Europe

Air-to-water heat pumps are popular in Europe. There are some installed here in America, but mostly in commercial buildings.

Could an air-source heat pump that heats water to 130 degrees—in- stead of the 190 degrees our home is used to—power a system of radiators in Minnesota? Interesting question.

Of course, I've been eager to speak with the Canadians about their air-to-water heat pump experiences; they seem to be light years ahead of us as well.

I reached out to Michael Ridler,

a Canadian who conducts training for installers of air-to-water heat pumps on behalf of his firm, Eden Energy. He also is a presenter during an equipment conference they put on, and I found recordings of his presentations on YouTube.

Ridler wrote back, saying, "The air-to-water market is rapidly developing, especially as we see a race to replace boilers with more efficient options."

I decided to call one of the manufacturers of the systems he profiled in one of his videos. Enertech Global makes an air-to-water heat pump for cold climates right here in Mitchell, South Dakota.

I asked why the Canadians were so far ahead on the air-to-water heat pump market and the customer service representative said the strongest regions in the United States for their air-to-water systems are in the northwest and northeast United States. She didn't know why it wasn't bigger in the Midwest.

CEE, a prominent Minnesota energy efficiency nonprofit, has studied air-to-water heat pumps, including one made by Entertech. It seemed to perform well even in Minnesota's cold climate, but I had to really dig for the information.

Because these systems are so

new here, they're usually sold in packages for easier installation and include heat loss design services.

## Science gathering in Pine City

Attending a building science gathering in Pine City, aptly named "BS and Beer," was enlightening.

What did I discuss?

You guessed it—air-to-water heat pumps. There was someone there who works with and is installing the Arctic brand in a cabin he's building for a client.

But that is a rarity.

St. Anthony Park resident and climate activist Tim Wulling and I are working on an energy efficiency and decarbonization course for homeowners supported by the St. Anthony Park Community Council and Transition Town. We expect to release the course later this year.

Already, we've learned that air-to-water heat pumps have the promise to help—if you tighten up your house, if you can find the right system, and if you can find someone to install it.

But we prefer to handle the heat loss calculations ourselves. Just ask us. I have to warn you though, you might find the topic dangerously engaging. ■

John Horchner is a professional writer who lives in Saint Anthony Park.

## Ben Quie & Sons from p. 1

The deep green cement exterior of the new building features large windows with black trim. Inside, windows separate the workspaces, instead of solid walls. Both the windows and upper-level light fixtures came from Bauer Brothers Salvage in northeast Minneapolis.

The custom-built display cases and cabinets show clients what they can expect to see in their homes. Well placed lighting and neutral tile surfaces and fixtures complement the rich color palette.

At the back of the building is a large two-story carpentry bay with a garage door, wood storage, sawdust collection and exhaust sys-

tems, and large worktables. Here millwork is prepped and custom projects are built.

The first floor contains offices for designers, meeting rooms, displays for fixtures and hardware and a video display for design sessions with clients. In one corner of the reception area is a display of antique woodworking tools that Ben and his wife, Ginny, have collected.

The second floor contains offices for Ben and Sam, the latter of whom was recently named CEO and project manager.

Ben Quie noted it was "quite different" to be the client in this renovation project.

"There was a lot to figure out in transforming a warehouse to represent who we are and what we do," Ben said. "But Kyle, our architect, embraced it, and we worked together to come up with a space and feel that we love."

After the festivities, Ben said, "This building will be such a wonderful home, allowing us to serve our community for decades to come." ■

Helen Warren lives in St. Anthony Park and is chairperson of the Park Bugle board of directors.

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# Candidates vying for two seats on Lauderdale Council

By Anne Holzman

Voters in Lauderdale will choose two council members from a field of five candidates. The candidates are Michael Brindamour, Jeffrey Dains, Josh Dirksen, Duane Pulford and Greg Williams.

They will also choose a mayor. Running unopposed is Mary Gaasch.

## Council

**Jeffrey Dains** has served on Lauderdale City Council since 2016 and previously as mayor. "I have worked hard for successful improvements

that support our unique small-town feeling, make our city safe and help it thrive," Dains said.

Dains said he would address climate change, transportation and financial and social sustainability.

"We need to expand bus services on Route 3 and increase the frequency of service on Route 61 to better serve our residents. Ramsey County needs to finish reconstructing Eustis Street and, in the future, Fulham Street," Dains said.

For the future, "I see Lauderdale maintaining climate equity," Dains said, "[via] better transit routes for commuters, better walkways and bike paths [and] a more robust commercial district."

**Josh Dirksen** is running for elective office for the first time. He works as a supply chain manager.



Dirksen said his main reason for running is concern about the city's policing contract with the city of St. Anthony, which has been renewed through 2025.

"I believe that the police need to be woven into the culture of Lauderdale. Every citizen needs to be served and feel safe within our city limits," Dirksen said.

He said he wants to "build a vibrant and inclusive small-town culture," promoting and expanding city events. "A citizen-led community event planning team to bring people together in Lauderdale is one of my initiatives," Dirksen said. "Bringing people together in their community builds

strong ties, breaks down barriers and promotes public safety."

**Duane Pulford** is running for a second term on the Lauderdale City Council. He said maintaining transparency in government is important to him.



In a second term, he would address ongoing transportation challenges. "We need to have good bus service to both downtowns and other parts of the Twin Cities," Pulford said. "This would allow families to have one vehicle, and it would also be good for the environment."

Pulford favors continuing the policing contract with St. Anthony. "It is a good deal for our city," he said.

Pulford said he would continue to look for opportunities for development, including Eustis south of Larpenteur. "There may be a few city lots that could have a new home or business on them. Also, the redevelopment of the Rosehill gas station."

**Greg Williams** has served on the Ramsey County Parks and Recreation Commission and has experience in facilities management at the University of Minnesota.



Williams said his council campaign is centered around three key pillars: community engagement, sustainable growth and environmental protection.

"By prioritizing these values, I aim to represent the interests of our community while ensuring that we maintain our small-town charm and natural environment," he said.

Williams said he supports the upcoming Eustis Street reconstruction project, contending "it's a vital collaboration between Lauderdale and Ramsey County to ensure the safety, sustainability and accessibility of our infrastructure."

"With major reconstruction set to address worn pavement, utility upgrades and pedestrian safety, the project reflects the kind of strategic partnership that cities like ours need to thrive.

"One of my core focuses is ensuring that projects like these not only meet immediate needs but also lay

the groundwork for long-term sustainability and equitable access for all residents," Williams said.

The Bugle was unable to reach City Council candidate **Michael J. Brindamour**, who did not appear to have a campaign website.

## Mayor

**Mary Gaasch** is running unopposed for a fifth term as Lauderdale's mayor. Her main concern is the ongoing battle with Ramsey County



about who will pay to repave and maintain Eustis Street south of Larpenteur, which is currently a county road.

"They want to charge Lauderdale a great deal of money for this work, more than half our annual budget," Gaasch said. "And our citizens have already paid taxes to the county for this road! My goal is to work with Ramsey County on an equitable and just process that will work for the citizens of Lauderdale." ■

Anne Holzman lives in the Twin Cities covers Lauderdale government news for the Bugle.

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# Candidates for Minnesota House of Representatives

By Findlay Drabant

Residents in state legislative district 66 will vote on Nov. 5 for their legislative representatives.

Candidates in District 66A, which includes Falcon Heights and Lauderdale, are Republican Fadil Jama and DFL incumbent Leigh Finke.

Candidates vying in District 66B, which includes St. Anthony Park and a portion of the Como neighborhood, are Republican Greg Copeland and DFL incumbent Athena Hollins.

## House District 66A

**Fadil Jama (GOP)**, a 33-year-old St. Paul resident, immigrated to the United States as a refugee from Somalia. Today, he is a nurse and a small business owner.



In 2020, Jama founded a home care agency where he provides essential services to elderly and disabled communities.

"I'm running for office because I believe it's time for new leadership that truly understands the needs of working families and the challenges small business owners face," he said. As an immigrant, a healthcare professional and a small business owner, Jama said he believes he is uniquely positioned to understand the needs of District 66A.

If elected, Jama's top priorities include promoting economic growth by supporting small businesses, improving public safety through strengthened community policing and ensuring proper funding and resources for quality education. He also plans on addressing the housing crisis, and aims to ensure that everyone in the district has access to affordable housing.

"Overall, I want to create a more thriving, secure and united community in District 66A," Jama said.

**Leigh Finke (DFL)**, a 43-year-old St. Paul resident, is the incumbent representative of District 66A. She earned her bachelor's degree from Bethel University in St. Paul and



completed her master's degree in literature at DePaul University in Chicago. Finke has worked as a journalist, a filmmaker and a multimedia storyteller for the American Civil Liberties Union of Minnesota. She is also a political activist and organizer.

When Finke was elected in 2022, she became the first openly trans woman in the Minnesota state legislature. During her time as representative, she successfully passed statewide policies to protect LGBTQ individuals, enhance human rights protections for Minnesotans, fund the restoration of the tree canopy in the metro area and expand housing options for residents with disabilities.

"I'm excited to return to the legislature," Finke said. If reelected, she hopes to see the Equal Rights Amendment passed and moved on to the ballot for 2026. She also aims to end solitary confinement in state

prisons, make schools more inclusive for all students and ensure that transgender and queer youth are able to thrive statewide.

## House District 66B

**Greg Copeland (GOP)** did not respond to multiple requests for comment.

**Athena Hollins (DFL)**, a 41-year-old St. Paul resident, is the incumbent representative of District 66B. She completed her undergraduate



degree at Reed College in Portland, Oregon, and earned her law degree from the University of St. Thomas in St. Paul. After graduating, Hollins practiced family law and estate planning.

During her three years as representative, Hollins served on both the public safety and judiciary committees. Last term, she was the vice-chair of the rules committee and the majority whip—the third-highest ranking member of the Minnesota House of Representatives.

"I'm running for re-election because I feel like I still have more to do at the legislature," Hollins said. Her sights are set on combating climate change, and she has spent the past two and a half years working on an electronics recycling bill in pursuit of that goal.

According to Hollins, the majority of electronics waste ends up incinerated in landfills. She aims to create a universal electronics recycling program to recover the valuable materials like glass, copper and aluminum found in these devices. If the program is successful, she hopes neighboring states, like Iowa, North Dakota and South Dakota, eventually turn to Minnesota for their electronics recycling needs.

"I have a vision for Minnesota's future that we could be a regional hub for electronics recycling," Hollins said. ■

*Findlay Drabant is a third-year journalism student at the University of Minnesota and an intern for the Bugle. Her hobbies include reading, running, biking, photography and spending time outdoors.*

## Immigration Services from p. 1

- The Institute will provide mandated in-person volunteer orientation and training and ongoing support through IIMN's volunteer coordinator and overall IIMN case management and staff expertise.

## Lessons learned

During the pilot program, the Institute found that language differences were successfully managed by using Google translation apps and text message translations, along with flash cards.

Having six to eight volunteers involved did not overwhelm the family because Side by Side was set up with two lead volunteers as their main contact, and then other volunteers were introduced as their special interest or expertise was needed.

Institute leaders also found that the ability of the volunteers to have fun times with the family (summertime splash pads, picnics, parks) was a key difference from

the role of professional case managers or staff who typically can't schedule family fun activities into their work day.

Side by Side details are available on the IIMN website at [iimn.org/news/side-by-side](http://iimn.org/news/side-by-side) or by contacting volunteer coordinator Burbage at [surbage@iimn.org](mailto:surbage@iimn.org) or 651-377-8677.

The International Institute opened in St. Paul in 1919. By 1921, it was serving people from 13 countries and its staff of four caseworkers spoke German, Italian, Norwegian and Polish.

In 2019, the "Ramsey County History" publication provided a look back at its history and resettlement efforts over the years. "The Centennial of the International Institute of Minnesota" by Krista Finstad Hanson is available online at [rchs.com/wp-content/uploads/2019/05/RCHS\\_Spring-2019\\_Hanson.pdf](http://rchs.com/wp-content/uploads/2019/05/RCHS_Spring-2019_Hanson.pdf). ■

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

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# New coffee shop coming to Como neighborhood

By Janet Wight

A new coffee shop is hitting the west Como neighborhood.

Nate Whipple recently bought the building at 1503 Hamline Ave., the former Como Park Language & Arts Preschool & Child-care Center across from Chelsea Heights Elementary School, to become the home for Karol Coffee.

The coffee shop's opening date has been pushed back to sometime in December. Meanwhile, coffee is being served out of a makeshift camper until the interior space is finished.

"We're looking forward to being able to host people inside and offer tasty organic, clean, natural, delicious local goods," said Megan Whipple, Nate's wife.

Karol Coffee's menu will eventually include espresso drinks, drip coffee, tea, baked goods and possibly pre-made sandwiches. Gluten- and dairy-free options will be available.

Both washed and natural coffees will be served. Washed coffee is the standard roasting process, which is typically found in grocery stores and coffee shop chains. Alternatively, the natural process allows the taste to be strongly influenced by the flavor profile of the fruit, he said.



Nate and Megan Whipple recently bought the property at 1503 Hamline Ave. in west Como for their Karol Coffee shop. All photos from the [karolcoffeeco.com](http://karolcoffeeco.com) website.

Whipple's coffee journey began in 2022 when he started roasting coffee with a cottage food license out of his northeast Minneapolis garage.

In order to master roasting techniques, Nate did a great deal of reading and watching numerous YouTube videos. He also took a class at Mill City Roasters in Minneapolis, which was the perfect place to learn coffee roasting.

Whipple's wife Megan is also

deeply involved with the business along with friends and partners Ken Satre and Joan Stevermer.

Although Whipple started in the business by roasting coffee in his garage, "having a shop was always the goal and dream," he said. "I love learning and starting things and figuring things out," he added.

"Hospitality is our number one value ... that is why we always wanted to have a shop, to create a space for people to come and connect," Whipple explained.

Although the Whipples initially looked for a place to rent in north-



Bottles of cold brew are available from Karol Coffee. Pre-order online and pick up at Karol Coffee.



A bag of Karol Coffee.

grateful to have been so warmly welcomed and enthusiastically received.

Upcoming events include featuring a variety of local baked goods (Saturdays in November) and hosting a booth at the Cathedral of Saint Paul's Christmas Festival (Dec. 12 through 14). Updated information may be found on the company's website at [karolcoffeeco.com](http://karolcoffeeco.com).

Fun fact: according to the website, the name Karol Coffee is a tribute to the life and work of Karol Wojtyła, aka Pope John Paul II. As such, "Our coffee is a testament to truth, beauty, goodness and the dignity of human work," the website says. ■

Janet Wight is a regular freelance writer for the Bugle.



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## SCHOOL NEWS

## School news around the town

Compiled by Caroline Weier

### Twin Cities German Immersion School

Submitted by Paige Yurczyk, communications and outreach director

#### School tours for prospective K-8 families

Prospective families are invited to visit Twin Cities German Immersion School during six school tours between November and February.

The hour-long in-person tour includes visits to classrooms and a Q&A with an administrator and teacher.

TCGIS is a public charter school located in Como Park and open to all families in Minnesota. Learn more at [tcgis.org/school-tours](http://tcgis.org/school-tours).

#### TCGIS enrollment applications

TCGIS enrollment applications for the 2025-26 school year are open from now until Jan. 31, 2025. German language proficiency is not required to enroll.

Research has shown that second language proficiency has a positive effect on first language skill development and that immersion students perform as well as or better than those in a monolingual setting.

TCGIS prepares children for global citizenship and offers opportunities for students to participate in art, drama, music, sports and recess through grade eight.

Learn more at [tcgis.org](http://tcgis.org).

### Avalon School

Submitted by Tim Quealy, program coordinator

#### Avalon senior retreat



Forty seniors spent time at Camp St. Croix planning their senior projects. Photo by Avalon School.

Forty seniors departed for Camp St. Croix on Sept. 25 for three days of volunteering, team-building and planning for their senior project.

A 20-year tradition, the senior retreat helps Avalon seniors brainstorm, plan and get ready to propose their year-long, 300-hour independent project. Seniors shared their ideas with the community at Senior Night on Oct. 10.

### St. Anthony Park Elementary School

Submitted by Jordan Zahrt, assistant supervisor

#### Nature Discovery program

St. Anthony Park Elementary recently began the second year of its Nature Discovery pre-kindergarten program, with all teaching staff returning to the program.

The nature-based learning program consists of two half-day sections of pre-kindergarten and currently enrolls 34 students across

both days. Enrolled families have the opportunity to participate in Parent Education through a partnership with Early Childhood Family Education.

After receiving requests from many families with 3-year-olds last year, programming is now open to both 3- and 4-year-olds, with 3-year-olds making up 35% of enrollment this year.

In partnership with the St. Paul Public Schools Discovery Club, a full-day option is available for 4-year-olds and offers afternoon extended care and after school care. Due to Discovery Club licensing stipulations, only four-year-olds are eligible.

During a typical day at the Nature Discovery pre-K program, students spend 75-90% of their time outside participating in discovery learning, a discovery walk, nature project, large group lesson and a reflection circle.

The day begins with a morning meeting that previews the day's lesson followed by a transition to outdoor discovery learning, where teachers develop activities around what students are exploring in their environment.

Students and staff then take a discovery walk around Langford Park and find a base area for more exploration, a nature project and an outdoor large group lesson. The project is focused on the unit theme and children's interests

while incorporating art, science, math and literacy.

The group lesson focuses on songs, books, movement and guided large-group activities centered on the day's focus area.

To conclude their day, students get the opportunity to reflect on the day's learning with their peers and teachers.

### Murray Middle School

Submitted by Principal Jamin McKenzie

#### Life Science class field trip



The seventh grade Life Science classes went to Belwin Outdoor Science area on to learn about water ecosystems. Photo courtesy Murray Middle School.

The seventh grade Life Science classes recently took a trip to the Belwin Outdoor Science area in Afton to learn about water ecosystems.

Students studied about trout and what they need to live and thrive in preparation for their trout eggs to arrive in a few weeks.

Between November and May, students will watch the eggs hatch and the trout grow before they are released next spring.

#### National Principal Month



Assistant Principal Richard Terrell (right) shares appreciation to Principal Jamin McKenzie for his service during National Principal Month. Submitted from Murray Middle School.

Looking back on National Principal Month, assistant Principal Richard Terrell shares his appreciation of Jamin McKenzie.

"I want to express my gratitude to our principal for his leadership and dedication," Terrell said. "Mr. McKenzie, your commitment to fostering a positive and supportive school environment inspires both students and staff alike. Thank you for your hard work, vision and unwavering support!" ■

Caroline Weier is a journalism student at the University of Minnesota and is an intern for the Bugle.

## Como Park High School News

By Eric Erickson

### Marine Corps JROTC honors

For the seventh consecutive year, Como's Marine Corps JROTC (Junior Reserve Officers Training Corps) program has achieved recognition as a National Naval Honor School. This distinction is reserved for the top 20% of high school JROTC programs in the country.

Criteria in the annual evaluations include enrollment numbers, community service hours, academic achievement, extra-curricular activities, drill and color guard competitions, leadership camps, field trips and more.

### Engaged Citizens

Seven Como seniors studying AP Government teamed up with the League of Women Voters on Sept. 17 to encourage political participation on National Voter Registration Day.

Student leaders visited tables during lunch to pre-register U.S. citizens over the age of 16 through the Minnesota Secretary of State's page.

Twenty Como seniors will be serving as student election judges for Ramsey County on Election Day. Students receive training in advance of their duty and are paired with veteran election judges at precincts throughout St. Paul.

### Health teacher of the year

Lynn Peterson has been named the 2024 Health Teacher of the Year by the Minnesota Society of Health and Physical Educators (MNSHAPE).

Peterson has been teaching at Como since 2020, instructing classes in health education, stress management and medical career exploration while also promoting staff wellness.

### AVID Alumni Speaker

Como students in the Advancement via Individual Determination (AVID) program gathered in the school auditorium on Sept. 26 to hear motivational messages from a couple of Como alumni leaders.

Aisha Mohamed and Destyn Land both graduated from Como in 2015. Mohamed is now the coordinator of the school's Career Pathway Center.

Land is the senior health equity educator at Hennepin County Medical Center. He also is a podcaster and author of "The Rules We Live By: Stories and Reflections on Unlearning Patriarchal Masculinity," (available through Amazon and Barnes & Noble).

Land's book has been praised for examining the nature of traditional masculinity and the lessons that are taught to children. His tome promotes opportunities for heal-

ing, growing and learning together in community.

In his message to Como AVID students, Land shared some of his academic struggles from high school. Being an AVID student himself, Land told how his self-confidence improved and positioned him to be successful at Augsburg University and go on to earn a master's degree in education at the University of Minnesota. ■

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



Podcaster, author, educator and Como alum Destyn Land speaking to Como students. Photo by Photo by Molly Power-Theisen.



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## Loon's nesting hatches a book

By Dave Healy

Some people, when seeing Scott Rykken's loon pictures, might assume they've been Photoshopped.

"The first time I heard that, I wasn't even sure what Photoshop was," said Scott, a retired high school science teacher and amateur photographer. "I know a little more now, but I've never used it."

The photos in question were taken at Lake Miltona in Minnesota's Douglas County, where St. Anthony Park residents Scott and his wife, Anne, have a cabin. One attraction of spending time there is watching loons.

In 2019, Anne heard about a neighbor who builds small rafts, using PVC pipe and chicken wire, suitable for nesting loons. She and Scott got one and set it out immediately after the ice was out on the lake.

diately after the ice was out on the lake.

To their delight, a female loon started using it right away. And because migrating loons usually return to the same lake, the Rykkens are pretty sure that "their" female loon is the same one that's returned every year since then.

"Loons nest close to shore," said Scott, "and their eggs are more vulnerable to land predators than if a nest can be built on a raft farther out in the water."

Scott began taking photos of the nesting loon, which was joined on the raft first by basking turtles, then later by a muskrat, then two.

Usually the three species ignored each other, but one year he was amazed to watch a turtle climb onto the loon's back. More amazingly, she appeared to help the turtle avoid sliding off by extending her wing.

tle avoid sliding off by extending her wing.

A female loon is used to having something on her back, which is where she carries a chick.

"But there's a big difference between a chick and a turtle," Scott said.

Scott had been posting some of his pictures on a Facebook page: Loony for Loons. The photo of the turtle on the loon's back captivated people's interest, and Scott found himself besieged by requests for information and reprints by news outlets in the Midwest and beyond.

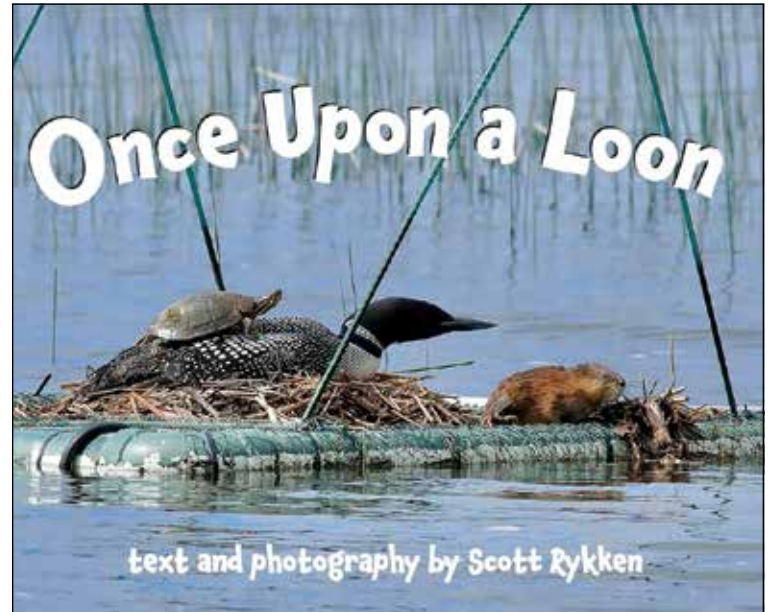
He began thinking that his photos, properly arranged, could lend themselves to a story, including imagined conversations among loon, muskrats and turtles.

He decided that the main character, the female loon, needed a name, and she became Lucy. Lucy's new-found friends help her watch the two eggs and even oversee the second one's hatching.

Anne added her graphic design skills to make a book prototype, and in 2021 "Once Upon a Loon" was published by Mission Point Press. It's for sale online at Amazon and Barnes & Noble.

Many Minnesotans have never seen a loon. And none of us are likely to see what Scott and Anne have seen, but his amazing photos and charming story bring welcome attention to our state bird. ■

Dave Healy lives in St. Anthony Park and is a former Bugle editor.



Book cover of "Once Upon a Loon": Lucy the loon invites a friendly turtle to share her perch. Photo by Scott Rykken.



A pair of loons swim in Lake Miltona in Minnesota's Douglas County with their chick. Photo by Scott Rykken.

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Photo by Travis Novitsky

To view the documentary: [cgee-hamline.org/SeaChange](http://cgee-hamline.org/SeaChange)

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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).

## Ready to retire your gas-powered leaf blower?

By Kerry Morgan

It's November, and the earthy smell of fall surrounds us as leaves and other plant materials slowly decompose in our lawns and gardens.

Helpful bacteria in the soil and surrounding environment are at work, releasing volatile organic compounds and molecules that contribute to this signature smell.

Just as distinctive is a far-too-common sound of fall—the din of gas-powered leaf blowers.

Although the City of St. Paul's noise ordinance prohibits their use between 10 p.m. and 7 a.m., their high-decibel and specific low-frequency noise is a nuisance and health hazard at any time of day or night. The sound can travel long distances and through building walls, penetrating even protective ear coverings.

### Ongoing concerns about public health, the environment

For almost as long as gas-powered leaf blowers have been marketed in the U.S., they have raised public health concerns.

As early as 1975 the City of Carmel, California, prohibited their use. Today, more than 150 munic-



Gas-powered leaf blowers pose many health and environmental risks.

Photo by Dean Hochman from Overland Park, Kansas, Wikimedia Commons; Graphics by Kerry Morgan.

ipalities across the country have banned them seasonally or entirely, from Washington, D.C., to Portland, Oregon.

California has prohibited the sale of all new gas-powered lawn equipment, and other states are

considering it. (In Minnesota, similar House and Senate bills were introduced in 2023 but neither made it out of committee.)

Of all fossil fuel-powered lawn equipment, the lightweight two-stroke engines that power hand-

held equipment like leaf blowers are the worst polluters, especially of fine particulates. Even the more efficient four-stroke models lack the advanced emissions controls found in cars.

*Transition Town to p. 17*

### Resources to help you switch to electric

**American Green Zone Alliance:**  
[agza.net](http://agza.net)

**Quiet Clean Alliance:**  
[quietcleanalliance.org](http://quietcleanalliance.org)

**Quiet Communities:**  
[quietcommunities.org/](http://quietcommunities.org/)  
[quiet-landcare](http://quiet-landcare)

**Xerces Society:**  
[xerces.org/leave-the-leaves](http://xerces.org/leave-the-leaves)

Associated Press, "U.S. Bans on Gasoline-Powered Leaf Blowers Grow, as Does Blowback From Landscaping Industry," June 20, 2024

Erica Walker and Jamie L. Banks, "Characteristics of Lawn and Garden Equipment Sound: A Community Pilot Study," *Journal of Environmental and Toxicology Studies* 1(1), Nov. 3, 2017

Hannah Wallace, "The Movement to 'Make America Rake Again,'" Jan. 18, 2024



## Ignite curiosity at the Bell Museum



### Collectors Day 2024

November 9, 10 am – 3 pm

Join us at the Bell Museum for our third annual Collectors Day, a day long event where members of the community are invited to share and showcase their own personal collections. Interact with collectors as they share stories about their gathering process and their passion and enthusiasm for their collections.



### Sensory Friendly Saturday

November 16, 8 – 10 am

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



### Planetarium Shows

Catch a show!

Tour the cosmos and beyond in the Whitney and Elizabeth MacMillan Planetarium. Learn about seasonal constellations and visible planets in *Minnesota Night Skies*, dive into the solar system's lesser-known residents in *Comets, Moons, and Asteroids Revealed*, and more!

[bellmuseum.umn.edu](http://bellmuseum.umn.edu)



# St. Anthony Park Library events

You'll find familiar favorites, along with special programs, in the November 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 Monday, Nov. 11, Veterans Day, and on Thursday, Nov. 28, Thanksgiving.

## Special events

### Second Thursday Forum

A Sea Change for Lake Superior: The Warming of the World's Largest Lake. 6:30 to 7:30 p.m. on Thursday, Nov. 14.



Famously frigid Lake Superior, which holds 10% of the world's fresh water, is now among the fastest warming lakes in the world. Guest John Shepard, "A Sea

Change" producer and writer, will share insights on the documentary and present ways to help keep Lake Superior cold, clear and clean.

The Center for Global Environmental Education at Hamline University produced the documentary, which explores the implications of this change and how citizens can help sustain the earth's freshwater resources. The project is a co-production with PBS North. View the one-hour documentary and find details at [cgee.hamline.edu/current-initiatives/sea-change-for-lake-superior](http://cgee.hamline.edu/current-initiatives/sea-change-for-lake-superior).

Sponsored by the St. Anthony Park Branch Library Association, the Second Thursday Forum is a monthly program that focuses on topics of interest in the community.

### Changing Times Book Group

"A magnificent debut novel that's both an important cautionary tale and a deeply compelling family story. Although set in a stunningly well-imagined future in the aftermath of a climate apocalypse, *The Great Transition* is electrifyingly relevant."

That's how local author William Kent Krueger described this novel by Nick Fuller Googins, the next pick for the Changing Times Book Group. While published as a young-adult novel, *The Great Transition* speaks to all ages.

The Changing Times Book Group meets bimonthly at the library to discuss books related to environmental and social justice, both fiction and nonfiction.

Hosted by the St. Paul Public Library and Transition Town—All Saint Anthony Park. All are welcome to the discussion.

The next meeting is from 3 to 4:30 p.m. on Saturday, Nov. 23 at the St. Anthony Park Branch Library, 2245 Como Ave. Refreshments served; no registration needed. More details can be found at [TransitionASAP.org/changing-times-book-group](http://TransitionASAP.org/changing-times-book-group).

## Ongoing programs

### Storytime in College Park

10:30 to 11 a.m. on Tuesdays, Nov. 5 and 12 at College Park, 2223 Carter Ave. Bring a blanket and get ready for stories, songs, rhymes



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. on Thursdays, Nov. 7, 14 and 21. 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. on Saturday, Nov. 9. Youth ages 5 to 12 can read to a friendly dog that loves to sit and listen to stories. A single reading

session will be a maximum of 15 minutes (to give opportunities for others to read.) Call 651-642-0411 or stop by the circulation desk at the St. Anthony Park Library to register your young reader.

**HANDIWORK @ The Library**  
10 a.m. to noon on Thursday, Nov. 14. Drop in at the St. Anthony Park Library on the second Thursday of the month to knit, crochet, embroider and socialize with your neighbors. Bring your own supplies. This program is designed for adults and is co-hosted by the St. Anthony Park Library and the St. Anthony Park Area Seniors.

### Adult book club

6:30 to 7:30 p.m. on Monday, Nov. 25. 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. All are welcome. ■

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

# A Veterans Day reading list

Compiled by Kathy Henderson

In recognition of the Veterans Day holiday, two local veterans, who coach and encourage other veterans to write their own stories, provide nonfiction reading recommendations.

The books listed are available via the St. Paul Public Library or MNLink systems.

**Paul Van Dyke:** Army veteran; founder and instructor, Veterans Telling Stories [vetstellingstories.com](http://vetstellingstories.com). Van Dyke kicks off his list with what he calls the "tried and true" and gives a shout out to Joel

Turnipseed who guest authored a VTS class last September:

- "The Last True Story I'll Ever Tell: An Accidental Soldier's Account of the War in Iraq" by John Crawford (2006).
- "What it is Like to Go to War" by Karl Marlantes (2012).
- "The Things They Carried" by Tim O'Brien (2009), a Minnesota author.
- "Here, Bullet" by Brian Turner (2005), poetry.
- "Baghdad Express: A Gulf War Memoir" by Joel Turnipseed (2003), a Minnesota author.

**Chante Wolf:** U.S. Air Force veteran; poet, photographer; facilitator, Warrior Writers MN. Wolf recommends some Minnesota authors who focus on women in service and the challenges they face.

- "We Are Not Invisible: Twenty-six women veterans from varied branches of the service share the enlightening stories of their lives before, during and after their military service" by S. Fabian Butalla (2019).
- "Sisterhood of War: Minnesota Women in Vietnam" by Kim Heikkila (2011).
- "Waging Peace: One Soldier's Story of Putting Love First" by Diana Oestreich (2020).
- "Honor Betrayed: Sexual Abuse in America's Military" by Mic Hunter, Minnesota

licensed psychologist and marriage and family therapist (2007).

### Lest we forget

- "The Hello Girls: America's First Women Soldiers" by Elizabeth Cobbs (2017).
- "Valiant Women: The Extraordinary American Servicewomen Who Helped Win World War II" by Lena S. Andrews (2023).

### Really short reads

You'll find "Story Stones" located in the southern half of the Minnesota State Capitol Mall. Representing each Minnesota county, the 87 large stones hold excerpts from correspondence between Minnesota soldiers at war and their family members dating back to the Civil

War. They are part of the Minnesota Military Family Tribute memorial that was dedicated in 2015. Story Stone sampler:

- *I never realized what love of country was until I was on foreign soil.* — 1919 Cottonwood.
- *Dear Mom: I've gone off to fight. Not because I like to but for a cause so just and right.* — 1945 Big Stone.
- *Pray for Peace.* — 1970 Kanabec.
- *I'm 1/3 way around the world, but every day someone recognizes the Red Bull patch on my uniform and asks me what part of Minnesota I'm from.* — 2005 Chippewa. ■

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



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St. Anthony Park Lutheran Church, 2323 Como Ave (enter from Luther Place)



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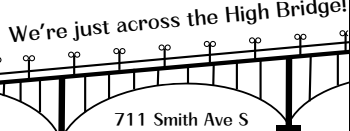
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# SEASON'S EATING: What you need to know about winter squash

By Jenni Wolf

I hesitate to mention the “W word”, winter, because it is not here yet—we technically have until Dec. 21, right?!

However, I don't want to delay talking about one of my favorite foods of the season—winter squash.

These brightly colored, uniquely textured orbs have been showing up on farmers market tables, grocery store shelves and maybe even in your CSA box for at least a month now, begging to be included in your cool-weather meals.

There are myriad varieties of this fruit (yep, it's technically a fruit!) and endless ways to enjoy it, so many that sometimes it can be hard to know where to start.

Let's chat about some of my favorite approaches for how to pick 'em, how to store 'em, and how to enjoy 'em.

Winter squash is harvested in late summer through fall and can be stored for months into winter because of its hard exterior shell. When selecting squash, look for a fruit that is firm, heavy for its size, free from soft spots and is a deep, but dull or matte color.

Also check the stem. It should be dry and could be frayed or have the appearance of cork. These are all signs that the squash was left to ripen on the vine and then cured appropriately for winter storage. Once you get your squash home, store it in a cool, dry place and plan to use it within the month.

The most common types of winter squash available in Minnesota are butternut, acorn, delicata, and spaghetti – but there are many more too! All squash varieties are rich in fiber, potassium and antioxidants, among other things,



Stuffed squash: Try your favorite curry or stew recipe—but serve it in a squash! Photo by Jenni Wolf.

making them a nutrient-dense choice. They are lower in starch or carbohydrate compared to a potato but do offer more than summer squash.

As a dietitian, I view winter squash as either a vegetable or a starch on my plate, making them easy to include in a balanced meal.

Squash can be roasted, sautéed or steamed. If sautéing or steaming, peel your squash first—unless it is a delicata, in which case

the skin is delicate enough to eat if you'd like. Roasting is my favorite method as it does not require peeling, although you can peel and cube prior to roasting if you prefer.

Wash and dry your squash to ensure it is clean before cutting. Then cut the squash in two with a long, sharp knife lengthwise to create two halves. Use caution, as this may be difficult due to the hardness of the outer skin. You can microwave your squash for a few

minutes to gently soften the skin and make cutting easier – just be sure to poke a few holes in it so that it doesn't explode.

Next, scoop out the seeds of the squash – you can roast these if you'd like for an easy snack or salad topper. Season the flesh of the squash with olive oil or butter and seasonings of your choice.

Place squash cut-side down on a lined baking sheet and bake at 400 degrees until flesh is tender. The

length of time will depend on the size of your squash. Don't worry if the skin blisters and blackens—you won't be eating it anyway and the higher oven temperature allows for caramelization to occur.

When the squash is tender, scoop out the flesh and eat it as is or puree to use in a soup or casserole.

Another favorite preparation method of mine is to “stuff” the roasted squash halves with a pilaf of quinoa, roasted chicken, sautéed veggies, dried cranberries and pecans – it's fall in an edible bowl!

Squash also makes an excellent addition to many classic favorite winter dishes – add caramelized, sautéed squash to a hardy kale salad, simmer some in your go-to chicken noodle soup recipe and replace your favorite mashed potatoes with a mashed-squash variety.

Leftover cooked squash can also find its way into breakfast—throw some into a quick hash with eggs or puree and stir into oatmeal, yogurt or pancake batter to lean into its natural sweetness.

So, cozy up and get to cooking; winter can't get us down, we've got squash on our side! ■

Jenni Wolf, a registered dietitian, writes about food and nutrition for the Bugle.

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## EVENTS AND MORE

Compiled by Kathy Henderson

**boréal Art Loft**

The boréal Art Loft hosts the works of the late local legacy artists Don Biehn (rural and city landscapes) and James Wrayge (abstract compositions). Opening reception: 2 to 4 p.m. on Saturday, Nov. 2.

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. on Sunday, at 2276 Como Ave. shop.boreal.life.

**Roseville Library**

**Disappearing Local News! Part 2:** 1 to 3 p.m. on Sunday, Nov. 17. Panel discussion: Ben Toff, University of Minnesota associate professor, Hubbard School of Journalism & Mass Communication, and director of the Minnesota Journalism Center; Nora Hertel, Project Optimist (digital news); and Max Nesterak, Minnesota Reformer. Sponsored in collaboration with the League of Women Voters of Roseville. Community Program room, 2180 Hamline Ave. N., Roseville.

**Bell Museum**

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

**Collectors Day 2024**

10 a.m. to 3 p.m. on Saturday, Nov. 9. Community members share and showcase their own personal collections. Included with admission.

**Petri Dish—Relocating to Mars: How will we transform lunar landscapes to support life?**

6 to 8:30 p.m. on Wednesday, Nov. 13. Panel discussion and curiosity-driven conversations exploring biodiversity and the potential implications of bringing plants, animals and other life forms to these environments. Recommended for adults. \$5. Registration requested.

**Como Zoo Conservatory**

10 a.m. to 4 p.m., daily at 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**

Nov. 1-16, with a golden color scheme inspired by Como Zoo lions Mumford and Maji. The Sunk-en Garden closed Oct. 28-30. Due to construction, there will be no Holiday Flower Show.

**An Insider's Look**

8:30 to 10 a.m. on Saturday, Nov. 9. Opportunity for adults to explore the Zoo and Conservatory before regular hours and to go behind the scenes in the greenhouse. \$30. Register at comozooconservatory.org.

**Senior Strolls**

4 p.m. on Tuesday, Nov. 12 and 9 a.m. on Tuesday, Nov. 19. 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.

**Orchard Odyssey**

8:30 to 10 a.m. on Sunday, Nov. 17. Opportunity to discover rare and stunning orchids in the greenhouse and gain tips from expert horticulturists on how to keep your own orchids thriving. \$30. Register at comozooconservatory.org.

**University of Minnesota****Mini-Medical School:****Bones Across the Ages:**

5 to 6:30 p.m. on Wednesdays, Nov. 6, 13, 20. Geared for the general public, view informal online presentations from the U's orthopedic surgery faculty. Free. Register at clinicalaffairs.umn.edu/bones-across-ages.

- Nov. 6: Growing Strong: Advances in Pediatric and Adolescent Orthopedics.
- Nov. 13: Sports Medicine: Maintaining Musculoskeletal Health.
- Nov. 20: Innovations in Geriatric Bone Health and Joint Care.

The programs are also recorded and will be available for viewing at clinicalaffairs.umn.edu/mini-medical-school.

**St. Anthony Park Garden Club Growing Grapes for Wine and Table**

Guest speakers John and Jenny Thull, University of Minnesota Horticultural Research Center. 6:30 p.m. meeting; 7 p.m. social time; 7:30 p.m. program. Tuesday, Nov. 5, St. Anthony Park Lutheran Church, 2323 Como Ave. Enter the building via Luther Place door.

**Women's Drum Center**

**Introduction to Taiko drumming (Co-ed):** 6:30 to 8 p.m. on Friday, Nov. 15 at 2242 University Ave. W. Sandi Likely from Taikollaborative will teach students, ages 16 and older, the basic hits and stance of this form of Japanese drumming. \$15. Space is limited; register at womensdrumcenter.org.

**Community sing**

7 p.m. on Monday, Nov. 18. 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 November features a mixture of in-person and virtual activities. Unless specified, registration is not necessary. Office phone number: 651-642-9052.

In-person activities include:

- **Game day:** 10 to 11:45 a.m. on Friday, Nov. 1, and Tuesday, Nov. 26, at Centennial United Methodist Church, 2200 Hillside Ave.
- **Defensive driving class for seniors:** 1 to 5 p.m. on Wednesday, Nov. 6, at 2200 Hillside Ave. Contact office to register.
- **Poetry group:** 9 to 10 a.m. on Friday, Nov. 8, at 2200 Hillside Ave. Contact office for more information.

• **Pound Fit:** 10 to 11 a.m. on Tuesdays, Nov. 12, 19, 26, at 2200 Hillside Ave. Contact office to register.

• **Tai Ji Quan:** Moving for Better Balance exercise class. 2 to 3 p.m. on Tuesdays, Nov. 12, 19, 26, and Thursdays, Nov. 7, 14, 21, at Lauderdale City Hall, 1891 Walnut St. Call the office to register.

• **Handiwork group:** 10 a.m. to noon on Thursday, Nov. 14, at St. Anthony Park Library, 2245 Como Ave.

• **Equal portions, luncheon presentation series:** Noon to 1:30 p.m. on Thursday, Nov. 21, at St. Matthew's Episcopal Church, 2136 Carter Ave. Contact office to register by Nov 13.

Virtual:

• **Chair Yoga:** 9:30 to 10:30 a.m. on Mondays. Call the office for Zoom link.

• **Lunch Bunch:** Noon to 1 p.m. on Wednesday, Nov. 13. Call the office for connection instructions.

**Holiday arts and craft shows**

**Peggy's Holiday Boutique:** Nov. 2-10; 10 a.m. to 8 p.m. Monday-Friday; 10 a.m. to 6 p.m. on Saturdays; 10 a.m. to 4 p.m. on Sundays, Roseville Skating Center, 2661 Civic Center Drive, Roseville.

**Harriet Alexander Nature Center Holiday Craft Fair:** 10 a.m. to 4 p.m. on Saturday, Dec. 7, and noon to 4 p.m. on Sunday, Dec. 8. Roseville City Hall, 2660 Civic Center Drive, Roseville.

**Landmark Center Holiday Bazaar:** 10 a.m. to 7 p.m. on Friday, Dec. 6; 10 a.m. to 5 p.m. on Saturday, Dec. 7; noon to 5 p.m. on Sunday, Dec. 8. \$5, each day. Landmark Center, 75 Fifth St. W., downtown St. Paul.

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

**Christmas Trees and More**

Nov. 22-24, Nov. 29-Dec. 1, Dec. 6-8 and Dec. 13-15  
9 a.m.-5 p.m.



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Scandinavian egg coffee and cookies available all day.

*Proceeds will support the ministry of the church and Wildflyer Coffee with its mission of ending youth homelessness by creating employment opportunities for youth experiencing homelessness and housing instability through the cultivation of life skills and personal empowerment.*



# Neighborhood paper history

**“Read all about it!” A brief history of neighborhood newspapers in the Twin Cities**

By Jane McClure

More than 50 years ago, St. Paul and Minneapolis neighborhood newspapers played a unique role in fighting forces that threatened their communities.

Neighbors throughout the Twin Cities organized against an array of issues including freeway construction, slumlords, crime and what were seen as bad public policy decisions.

How could fledgling neighborhood associations and activists communicate and organize in those pre-email and Internet days?

Neighborhood newspapers began publishing in the 1960s and 1970s. These papers were largely run by volunteers who wrote stories, sold ads and pasted up pages on their kitchen tables. It wasn't

unusual for activists to schedule their community meetings after a newspaper would hit the local doorsteps.

In 1974 a group of newspaper volunteers started the Twin Cities Community Press Association. That is part of a history unique to the Twin Cities. For many years, St. Paul and Minneapolis had the largest number of urban neighborhood newspapers in the country.

The Twin Cities became home to what is believed to be the first nonprofit newspaper in the country, the West Side Voice. The Voice was founded in 1974.

One person involved in the Voice's founding was young activist Jim Scheibel, who went on to serve on the St. Paul City Council, as the city's mayor and as part of the Clinton administration.

The group became the Neighborhood Press Association in 1978 and the Neighborhood and Community Press Association in 1992. Members worked on issues ranging from ad sales to distribution. The group held conferences and gave awards. Some papers shared content.

Times and means of communication changed and an urban neighborhood newspaper cohort that once had almost four dozen members dwindled to fewer than a dozen between the two cities. As newspapers closed their doors, membership dwindled and the association was gone by the early 2000s.

It's worth noting that the group of neighborhood newspapers that banded together in the 1970s isn't

our first generation of neighborhood-focused publications.

St. Paul and Minneapolis' first papers began publishing in the 1880s and 1890s. These papers joined an already thriving community of world language newspapers and some of the nation's first Black newspapers.

Interested in this history? The Minnesota Historical Society has preserved several early neighborhood newspapers. Some are online while others are on microfiche only.

You can also read a 1990s Ramsey County History article at [rchs.com/publishing/catalog/ramsey-county-history-summer-1993-colorful-sometimes-contentious-st-pauls-100-year-old-neighborhood-press](https://rchs.com/publishing/catalog/ramsey-county-history-summer-1993-colorful-sometimes-contentious-st-pauls-100-year-old-neighborhood-press). ■



Jane McClure has written for community newspapers since she was 12. In the past she edited papers for the West Side, Frogtown and North End neighborhoods. Currently, she edits Access Press and writes for community papers including the Monitor and MyVillager.

# SAP History series to highlight the 'manufacturing park'

By Mary Mergenthal

The popular St. Anthony Park History and Architecture series continues on Nov. 12 with a presentation on the old manufacturing district near Raymond and Hampden avenues.

Scheduled presenter is neighborhood resident Kristin Anderson, professor emerita in the Art & Design Department at Augsburg University. She will give her talk at 7 p.m. at St. Anthony Park Lutheran Church, 2323 Como Ave.

In this latest monthly history talk, Anderson will introduce audience members to the old manufacturing district near Raymond and Hampden avenues. Still used as industrial space today, the area was an original part of the 1885 plans for St. Anthony Park.

Companies were attracted to the site because of its excellent railroad connections, and some tracks can still be seen running through this "suburban manufacturing park," as



Saint Anthony Park, South, showing the Manufacturing District, St. Paul, from Cram's Superior Reference Atlas of Minnesota and the World (1907).

it was originally called. Although many of the historic buildings are lost, a surprising number of structures from the late 19th and early 20th centuries still stand in this area.

In addition to the in-person session at the church, the talk can also be seen live online, with a recording available for one week after the session. Use the SAPLC YouTube channel at [bit.ly/Sap-history](https://bit.ly/Sap-history).

You can also get to the church's YouTube channel by clicking through from [saplc.org](https://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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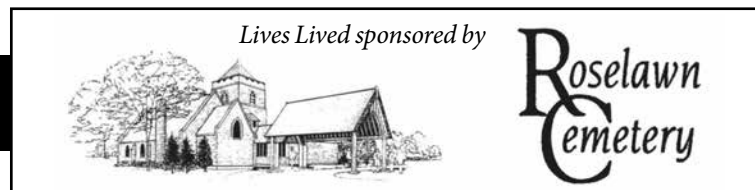
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## LIVES LIVED

The Park Bugle prints obituaries free of charge, on a space available basis, as a service to our communities. Send information about area deaths to Mary Mergenthal at [mary.mergenthal@gmail.com](mailto:mary.mergenthal@gmail.com) or call 612-670-8510.



### Veryl Andre

Veryl Kruse Andre, 94, died July 9, 2024. She was born in Minneapolis in 1930 to Walter and Gloria (Anderson) Kruse. She attended Hamline University and later lived in St. Anthony Park for some years.

Veryl earned her master's in social work at the University of Minnesota and took a position at Hallie Q. Brown House in the Rondo neighborhood of St. Paul. She retained her passion for civil rights and African-American culture. She practiced radical acceptance of other people and embraced differences.

Veryl was married in 1951 to Paul Cashman, who predeceased her, as did their son Todd Cashman, her brother, James Kruse, and her committed partner, Knowles Dougherty. She is survived by her children Tim Cashman (Sai), Kia Cashman, Kay Cahill (Nick); and eight grandchildren.

A service was held at St. Anthony Park United Church of Christ. Memorials preferred to Planned Parenthood or Minnesota Public Radio.

### Jerry Eide

Jerry E. Eide, 81, Falcon Heights, died Sept. 18, 2024. He was a retired sales rep. with Allegis Corporation.

Jerry was preceded in death by his wife, Barb; parents, Floyd and Crystal (Hoover) Eide; and brothers-in-law Curt Shelander and Ronald Johnson. He is survived by son, Brian (Erica) Eide; daughter, Michelle (Matt) Taylor; eight grandchildren; a great-grand daughter; and siblings Karen Shelander, Merle (Leslie) Eide, Gary Eide and Sharlene (Mike) Pyrski.

Funeral service has been held, with interment at Fort Snelling National Cemetery. Memorials to First Evangelical Free Church, Maplewood.

### Robert Lerfald

Robert Owen Lerfald, 87, of Lauderdale, died Sept. 12, 2024. Bob was born in Minneapolis on July 17, 1937, to Olaf Sivert Lerfald, who, at the age of 16 and alone emigrated to America from Norway, and Eleanor Lorraine Reusch Lerfald.

Bob graduated from Marshall High School in Dinkytown and went on to attend the University of Minnesota, graduating from Bemidji State University with a bachelor's degree in biology.

He married Florence (Terry) Lavery in 1960. Terry was from Belfast, Ireland. They had two sons, Erik, born in 1963, and Kyle, born in 1967. Terry died in 1986.

Bob taught at Century College in Mahtomedi for 28 years as an instructor in the dental technology program, retiring in 2001. He then substituted in the Mahtomedi school district for an additional 15 years.

Bob married Kathy Bernstrom, originally from Lauderdale, in 1988. For the last 20 years they lived in Lauderdale in Kathy's heritage home.

In his pre-retirement years, Bob attended Luther Seminary and received his master's degree in 1998 at the age of 61. He had a life-long desire to attend seminary, and his dream was fulfilled.

Bob's favorite subjects were: Christian theology, church history, Norwegian history and culture, geology, biology, American Indians, birds, the Civil War, World War I and World War II. Reading was his passion.

He also loved to fish and hunt. He was the nature expert of the family. Children knew that Grandpa/Uncle Bob knew a lot about nature, especially birds. And in speaking of bugs, he would share, "All bugs are insects, but not all insects are bugs." He was a master storyteller.

Bob was preceded in death by his parents, his first wife and two brothers. He is survived by his wife of 36 years, Kathy Bernstrom Lerfald; his sons Erik (Jessica) and family, and Kyle (Stacie).

Bob was laid to rest at Fort Snelling National Cemetery, having served in the Army. A memorial service was held on October 15 at Mill City Church in Northeast Minneapolis.

### Barbara Morton

Barbara Jean (Mayer) Morton, 83, died Sept. 7, 2024, in Toronto. She was born in St. Paul and attended Murray High School and the University of Chicago before moving to Hamilton, Ontario.

She is survived by her four children Wendy Velasco (Edmund), Brian (Jen Mansfield), Eric (Sara), and Rebecca (Eric Lee), her brothers, William (Cindy) and David (Sherla) Mayer, and four grandchildren.

Memorials to Alzheimer's Association are preferred.

### Peter Palmer

Peter (Pete) Palmer, 63, died Sept. 3, 2024. He was born Aug. 1, 1961, in Bristol, Penn., to James and Beverly Palmer. Pete attended Marietta High School there and went on to study Communications at the Ohio State University. Pete had lived in St. Anthony Park since 1988, and the neighborhood always held a special place in his heart.

Pete was a leading mind in the development of the modern-day internet and its cybersecurity architecture. He began his career at Cray Research and went on to write the Web Server Handbook, the authoritative book at the time on building a website on a home computer. Pete later co-founded

the start-up VisionShare, Inc. and was instrumental in developing it into a significant player in the healthcare information services space. After leaving VisionShare, Pete established himself as an expert in cybersecurity strategy and architecture, working in leadership roles at top banking and healthcare information services companies.

Pete was an avid gardener, amateur guitarist, live music fan, Nathaniel P. Langford historian, Turtle Man triathlete and Twins baseball enthusiast. He loved the Twin Cities, enjoying everything from attending concerts at First Avenue to running the Twin Cities Marathon to visiting the Minnesota State Fair. He was a loving father and a devoted member of the St. Anthony Park community.

Pete is survived by his father, James Palmer; five daughters, Carmen Palmer, Leah Palmer, Haley Palmer, Eve Simmons and Angela Palmer; and four siblings, Patricia Ohtake, Paul Palmer, Pamela Bott, and Christopher Palmer.

A celebration of Pete's life has been held at Alden Square on Brewster Street in St. Anthony Park.

### Brigita Robins

Brigita Robins, 94, died Oct. 3, 2024 in her home in St. Anthony Park surrounded by family. She lived in the Park for 67 years.

Brigita emigrated to the United States post-WWII after spending several years in European displaced persons' camps. Her heart ached for Latvia while making a life in the U.S. She never anticipated going back to her Soviet-occupied homeland, and yet in 1982 a family trip to Riga fulfilled that unexpected dream.

Latvia's return to independence

in 1991 brought more peace to her spirit as she was able to travel often to Latvia to see family, her beloved birch trees and the seashore.

Brigita was active in the Latvian community of the Twin Cities, and also devoted to her family.

Brigita loved the arts, particularly the theatre, dedicated to the Guthrie Theatre from its inception, but was also an advocate of other theatre groups. She was also an avid sports fan, enthusiastically watching volleyball and basketball.

In earlier years she was often at Langford Park watching softball games, endless hours of the kids skating at the rink; she was in the bleachers at Murray games and a devotee to the July 4th volleyball tournament in St. Anthony Park.

Brigita trusted the Como/Carter Mobil Station guys for decades to fix her cars, bought her spices at the Hampden Park Co-op, loved the neighborhood public library and the tortes at the Finnish Bistro.

A remarkable seamstress, she sewed everything from elaborate costumes for Murray productions to Baiba's wedding dress, from prom dresses to everyday one-of-a-kind creations.

She will be missed profoundly by her family, which is grateful for her remarkable neighbors who were supportive to Brigita and husband Janis.

Brigita was preceded in death by Janis, husband of 62 years, in 2013, and by their only son Maris who died in 1962. She is survived by four daughters: Baiba (Glad) Olinger, Daina Robins ((Peter von Websky), Laila Robins, and Zaiga Robins, all of whom went to St. Anthony Park Elementary School and Murray High School. She is also survived by two grandchildren and three great-grandchildren.

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Find us on Facebook: *Centennial SAP* for worship schedule.

### ❖ ST. ANTHONY PARK LUTHERAN CHURCH

2323 Como Avenue West, 651-645-0371  
Pastor Jill Rode and Pastor Daniel Tallon Ruen  
Web, Facebook or Instagram: *SAPLC*  
Sunday Worship in-person: 9:30 AM  
Live stream on YouTube Channel: [bit.ly/3nWjIDD](https://bit.ly/3nWjIDD)  
Wednesday Community Meals: 5-6:30 PM

### ❖ ST. ANTHONY PARK UNITED CHURCH OF CHRIST

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Handicap-accessible.  
Pastor John M. Hofstede  
Worship: Saturday 4:30 PM, Sunday 9:30 AM  
Weekend Mass online (on our website)  
Thanksgiving Mass: Thursday, Nov 28, 9:00 AM

### ❖ ST. MATTHEW'S EPISCOPAL CHURCH

2136 Carter Ave. (at Chelmsford), 651-645-3058  
[www.stmatthewsmn.org](http://www.stmatthewsmn.org), Facebook: *stmatthewsmn*  
Sunday Eucharist 10:30 AM, Faith Formation 9:15 AM  
Wednesday Eucharist 12:00 Noon followed by lunch  
Contemplative worship first Sunday each month 5 PM  
Thanksgiving, 11/28: worship at 10:30 AM, feast at Noon

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

# Bugle annual fundraiser now underway

This month the Bugle is officially launching our annual fall fundraising campaign.

It's worth noting that our healthy operations are greatly buoyed by the solid support we receive from scores of individual and business donors.

As of Oct. 10, the Bugle had received about \$22,000 in donations from individuals, businesses in the first three and

a half months of fiscal 2024-25. An additional \$9,550 came from our special summer appeal to celebrate the Bugle's 50th anniversary this year.

Each month, the Bugle staff strives to keep you well informed on a wide array of community news and information. We are eager to build community, turning readers into neighbors.

During this month when our nation observes Thanksgiving, we thank you all for your financial support and confidence. There is plenty of time to join in supporting your community newspaper.

You can give online at [parkbugle.org](http://parkbugle.org) or with a check sent to The Park Bugle, PO Box 8126, St. Paul, Mn. 55108. Every gift matters. Here's a list of our most recent donors:

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## Transition Town from p. 11

In an often-cited example from the California Air Resources Board, operating a commercial leaf blower for one hour emits the same amount of smog-forming pollution as driving a passenger car 1,100 miles.

And the risks are far greater for landscape workers who use the blowers for hours and days on end, inhaling exhaust fumes and particulate matter that can lead to heart and lung irritation.

In addition, there is mounting evidence that the low-frequency sound waves can lead to high blood pressure, stroke, stress and hearing impairment.

### A healthier, cleaner, quieter... and more expensive option

Switching to electric lawn equipment provides health benefits to leaf blower operators and residents by reducing noise and air pollution. And the higher frequency noise from electric leaf blowers has less severe health impact than gas blowers.

The growing zero-emissions landscaping equipment industry promotes electric models as cheaper to operate over time, needing less maintenance and no fuel, and providing the productivity and run time equivalent to gas backpack blowers. However, the upfront costs are still higher than those for gas models.

For landscape professionals committed to using electric equipment, "power output/performance, maintenance and cost" are ongoing concerns, according to Ulrich Faircloth, who runs Grounded Earth Property Services in Minneapolis.

Although he sees the power gap between gas and electric shrinking, "costs need to come down before more folks get onboard," because of the infrastructure needed to recharge and replace multiple batteries.

### "Make America rake again"

In truth, all leaf blowers are ecologically harmful when used on non-paved surfaces, like planted garden beds and lawns. Hurricane-force air strips the soil of many insects and microorganisms that keep soil fertile.

Perhaps we need to reconsider whether outdoor spaces need to be clean and tidy.

Instead of blowing an entire

lawn completely free of leaves, why not rake at least some of them onto your garden beds and under trees? Fallen leaves and twigs provide habitat for many beneficial insects, frogs, turtles and birds, and are a natural mulch for newly emerging spring plants before they decompose and enrich the soil.

Let the leaves do their thing by carpeting the ground, acting as a sponge to absorb rainwater, insulating roots and cushioning the soil. Minimize your fall cleanup — just leave the leaves! ■

*Kerry Morgan is co-chair of the St. Anthony Park Community Council's Environment Committee.*



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# Lauderdale through the eyes of Crystal Wisen

By Dave Healy

Doing your business in an out-house. Carrying water in buckets from a well to meet your household's needs.

Sounds like life on a farm.

But for Crystal Wisen it was life in Lauderdale—or what became Lauderdale in 1949. When she and her family moved there in 1936, it was Rose Hill.

The move was prompted by inexpensive land, and Crystal's parents bought a plot and built their own house.

Bob Wisen also grew up in Lauderdale, and later he and Crystal married and settled there, after brief stints in Mora and Brainerd. Their five children went to Lauderdale School, just as Crystal and Bob had.

"Lauderdale was a wonderful place to raise kids," Crystal said. "When City Hall was built and Lauderdale Park created, there were many community events that brought people together."

After finishing eighth grade, Crystal went to Murray, graduating in 1946.

"There was no bus service," she said, "so we walked to Murray, cutting through the U of M golf course and crossing the streetcar tracks. It was quite a hike, especially in winter, when we sometimes had to make our way through deep snow drifts."

Crystal and her siblings and friends used the St. Anthony Park Library, and her parents shopped at Blomberg's Grocery, the predecessor of today's Speedy Market.

"Blomberg's delivered," Crystal said, "and you could call in your order and have it brought to your house. The store kept a book for each family, recording what they purchased and what they owed."

Some Lauderdale landmarks are gone, including its water tower. Also, there used to be three bars on the corner of Eustis and Larpenteur. Crystal remembers that intersection as "a bit rowdy," and some residents weren't sad

to see the bars replaced by other businesses.

Crystal and her family have always attended Peace Lutheran Church, which started in a house, moved to a clapboard building, and finally to its current brick building.

"Back then there was a Sunday School and confirmation classes," she said. "Now the congregation is older, but the church still has many activities and does a lot of good in the community."

Rose Hill never had its own streetcar or bus service. "If we wanted to go downtown St. Paul or Minneapolis, we walked down to Como and caught the bus," Crystal said.

Lauderdale did have its own police force: a sheriff and constable. The city was also home to two dog-breeding kennels comprising opposite ends of the size spectrum: Russian Wolfhounds and Yorkshire Terriers.

"When there was a full moon, we could hear the Wolfhounds howling at the moon," Crystal said. "But we went in for something much smaller and always had a Yorkie."

"Bob's sister is the only person I knew who played golf," said Crystal, "but boys could caddy at Midland Hills and the U of M course. If they found balls that had strayed from the course, they'd set up shop with a bucket of used balls and pick up a little extra spending money."



Lauderdale School circa 1942. Photo courtesy of Crystal Wisen.

Housing has changed dramatically in Crystal's years in Lauderdale. "It's denser now," she said, "and the houses are much larger than they used to be, and there are more apartments."

Despite the changes—some welcomed and some regretted—Lauderdale has been a stable place for three generations of Wisens. Crystal's daughter Linda Sventek and

her husband, Steven, also a Lauderdale native, bought the family house from Crystal, who lives with them. The house is being remodeled, so for Crystal and her family, Lauderdale continues to represent both the old and the new. ■

Dave Healy lives in St. Anthony Park and is former editor of the Bugle.



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## CPHS COUGAR SPORTS

# Additions, adjustments and traditions

By Eric Erickson,  
Sports analysis

The 2024 fall sports season at Como has created unique experiences for some 250 Cougar student athletes. Each team's journey involves a fresh start with new opportunities, tactical adjustments along the way and continuity through successful traditions.

Those same characteristics have been revealed across the athletic department, illustrated by the following short stories:

### Dumas tennis courts

The addition of eight completely reconstructed tennis courts was celebrated on Sept. 13 with retired teacher and coach Kathy Dumas returning to campus and being honored by students, staff and alumni.

The Bugle and Pioneer Press have previously highlighted the extraordinary donation that Dumas provided. Her gift made it possible for the Como tennis program and community to have a premier playing surface.

The official dedication of the "Kathy and Dick Dumas Courts" on a warm Friday evening was an uplifting time of connection. Players she guided many decades ago brought their families to meet the



Grateful Como tennis players gather with Kathy Dumas on the courts that are now named in her honor. Photo by Eric Erickson.

coach. Colleagues of Dumas came to see their old friend, and the current generation of Cougar tennis players got to meet the legend.

Following remarks from former tennis captains Matt Olson (class of 2004) and Koua Yang (class of 1994 and current athletic director at Como), a barbeque meal was served, an official ribbon was cut and people played tennis into the early evening. A beautiful addition built on tradition.

### Homecoming

The plan for Como's Homecoming on Saturday, Sept. 28, was to have the football game versus Minneapolis Edison as the anchor event.

But the Edison Tommies canceled their season due to a shortage of players. Searches for a new opponent were unsuccessful.

So, the athletic department, Como staff, and booster club had to make adjustments. Spirit Week activities leading up to Homecoming festivities culminated with a pep fest on Friday afternoon, followed by the dance Friday night. Saturday morning's parade was spirited, and then?

Food trucks and lawn games surrounded the turf field where a "Powder Puff" flag football game between the junior and senior girls was the featured attraction. That was followed by a game of students

versus the staff. Laughs were numerous and memories were made. Great adjustment.

### Cross country running

The standard for the boy's cross-country team has become conference championships and competing in the state meet.

This year, they're adjusting to life without a senior captain. Two elite all-state runners graduated during the last two years, but this year's team of young runners and new participants is faring just fine.

Junior captains Ben Clark and Hazel Small have helped pace the team to four first-place finishes in competitive meets.

One noteworthy result was the Elk River Invitational, where the Cougars bested 15 other schools, including large programs such as Lakeville South, Anoka and Centennial.

Como's depth is growing with 22 boys working hard and having fun running. Those numbers allow for a full JV squad and opportunities to compete at appropriate levels. The girls' program is growing too, with 11 committed runners.

Margaret Spray and Lu Beckman are striving to make Como girls competing at state an annual tradition. They both qualified last

year and are putting in the work to get there again.

Spray and fellow senior co-captain Lucia Rosell are supporting their younger teammates, offering encouragement like what they received when they were the new kids.

### Mayor's Cup

An idea initiated nine years ago has grown toward being the game all soccer players from Como and Humboldt look forward to—and dream of winning.

The varsity boys and girls matches for the traveling trophies were held on Saturday, Oct. 5, at Humboldt.

Both contests were tied at the end of regulation play.

But a penalty kick shootout, with all its drama, is used to decide who takes home the Mayor's Cup. The Cougar girls prevailed in penalties 4-3. The Cougar boys won their shootout 3-2.

Those results led to joyful photos of the victors holding up their coveted prize, the Mayor's Cup, a well-established and fun tradition. ■

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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