



Holiday Guide

Page 8



Birdman of Lauderdale

Page 17



Cougar sports

Page 20



Park Bugle

St. Anthony Park / Como Park
Falcon Heights / Lauderdale

parkbugle.org
December 2024

Presidential vote offers a 'bubble' surprise in SAP

By Jay Weiner
Analysis

You're reading the Park Bugle but live in the Park Bubble.

In the aftermath of Donald Trump's victory over Kamala Harris in the United States' presidential election, an almost unanimous funk blanketed our neighborhoods, from St. Anthony Park to Lauderdale, from Falcon Heights to Como Park.

A data dive into the Bugle circulation area's election results reveals some things, perhaps obvious but worthy of reminder.

First, we are nearly unanimous in our voting choices compared to the rest of Minnesota.

Second, our hyperlocal numbers demonstrate how symptomatic we are of the insulated state and national electorates.

Eleven precincts comprise the Bugle's readership area: eight in St. Paul's St. Anthony Park and the Como Park areas, two in Falcon Heights and one in Lauderdale. These make up most of State Legislative District 66A.

Here's how our bubble exists in the larger universe:

Nationally, Trump won the popular vote by about 3 million and percentage points, 50.3 percent to 48 percent. He won 30 states to Harris's 20.

Statewide in Minnesota, Harris won by 138,000 votes, 51 percent to Trump's 47. But she won in only nine of the state's 87 counties, indicating that her victory in Minnesota was due to a handful of bubbles like ours. Seventy-eight different kinds of bubbles went for Trump.

Harris's percentage in our Ramsey County was the largest—70.2 percent—of any county in the Minnesota, even larger than Hennepin, home to Minneapolis.

A local look

On to our local bubble, State District 66A. Harris won 18,470 to 3,754, or 81 percent to 16 percent of votes cast.

That means we were in the top nine most Harris-supporting dis-

tricts statewide. Only eight others among the state's 134 districts exceeded us, including St. Paul's Merriam Park and Macalester-Groveland neighborhoods and a cluster in south Minneapolis.

Finally, to our collection of micro-bubbles, north St. Anthony Park's Ward 4, Precinct 1, the Luther Seminary polling location, saw 91.5 percent vote for Harris over Trump.

In Precinct 2, the Langford Park precinct, Harris garnered 87.4 percent of the vote.

Moving to the Como Park neighborhoods, Harris also topped 80 percent, with Trump's support never exceeding 9 percent. Lauderdale was the most Trump-leaning, with 18 percent of the vote for him versus Harris's 78 percent.

Margins aside, we were part of a troubling statewide voting statistic. While Harris outperformed Biden's 66A result from 2020 by one-half of a percentage point, turnout this year was lower across the Bugle area and by nearly 3 percent in the Harris-heavy Seminary polling place.

Across Minnesota, voter turnout



was down almost 4 percent. The "existential threat to democracy" on the ballot didn't motivate all our neighbors.

In the end, these numbers might not seem all that surprising. And, for most of us, there's pride, not regret, in voting for Harris.

Pundits have asserted many things about the election's outcome. Developing a persuasive call to action will be for others. This is just a numerical gaze into the Bugle area's mirror.

What's reflected is simply who we are. Over our shoulders are the many other, different bubbles staring back at us. ■

Jay Weiner is a St. Anthony Park resident and veteran journalist and writing consultant.

Our voting 'bubbles'

Nation
Trump 50.3% | Harris 48%

Minnesota
Harris 51% | Trump 47%

Legislative District 66A
Harris 81% | Trump 16%

**St. Paul Ward 4,
Precinct 1**
Harris 91.5% | Trump 6%

Como Zoo announces birth of Amur tiger cubs Marisa & Maks

By Janet Wight

Twin Amur tiger cubs were born at the Como Zoo on Aug. 29, the first such tiger cub births at the zoo in more than 40 years.

Amur tigers, formerly known as Siberian tigers, are classified as endangered by the International Union for Conservation of Nature (iucnredlist.org), so this was a landmark event.

The cubs were named Marisa and Maks by two longtime zoo volunteers, according to Como senior zookeeper Jill Erzar.

Erzar praised all of the Como zookeepers involved in the tiger cubs' births since they were instrumental in this successful outcome.

"There are only about 100 Amur tigers in captivity. It is such a thing to celebrate," Erzar said, especially since both Bernadette and father Tsar are first-time parents.



Marisa (left) and Maks (right). Photo courtesy Como Zoo and Conservatory.

Surprisingly, Como zookeepers had no way to confirm whether mother Bernadette was pregnant until the babies arrived.

Female Amur tigers exhibit cycling behaviors which indicate

their receptivity to males. These behaviors include vocalizing, laying down and rolling on the ground. Since Bernadette had mated in

Como Zoo tigers to p. 5

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

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

CITY FILES

St. Anthony Park and Como community councils news

District 10

Community Council

Como curb cleanup

The District 10 Como Community Council partnered with Capitol Region Watershed District on this year's Como Curb Cleanup.

A big thank you to everyone who participated in the 2024 curb-cleaning efforts to reduce the nutrient flow of leaves into local drains and Como Lake.

Tracking pollution-reduction results helps support future efforts! Once the latest data is collected, District 10 will share the results in its newsletter.

If you participated in curb cleaning—even if you didn't register with us—you can report your efforts at: District10ComoPark.org/Cleanup before Dec. 16.

Soap Box Derby time

St. Paul Parks and Recreation is in the early planning stages for its 2025 Soap Box Derby.

Derby construction is tentatively scheduled for mid-March. The rec center will have materials and directions but are seeking volunteers to help 9- to 13-year-olds learn how to build soap box derbies. The recreation centers will have staff assigned to guide the sessions and help keep kids stay on task.

The volunteer commitment would be about one and a half hours per week for 6 to 8 weeks. A training session will be scheduled where all the volunteers build a car together so they are familiar with the project.

Volunteers need not be master carpenters but just be comfortable with tools and willing to help.

The derby race will be held in late May with participating St. Paul recreation centers; the top 3 teams will go on to compete with Minneapolis recreation centers.

Questions? Interested volunteers should contact ari.dahlager@ci.stpaul.mn.us.

Como Neighborhood Honor Roll nominations

Know someone who makes the Como Park area a better place to live, work or play?

Nominate them for the District 10 Neighborhood Honor Roll. The

Honor Roll pays tribute to everyday people who make a sustained, lasting impact in the Como neighborhood or St. Paul, as a whole.

You can see past Como honorees and submit your 2024 nominations at District10ComoPark.org/Honor-Roll. Submission deadline is no later than Sunday, Jan. 13. The District 10 Como Community Council board then selects three nominees to recognize for 2024.

Join the Saint Paullinators

District 10 and the Saint Paullinators of South Como have been planting Native gardens in south Como since 2022 under a state grant from the Minnesota Board

of Water & Soil Resources' (BWSR) Lawns to Legumes program.

District 10 was recently awarded funding from a BWSR Pollinator Pathways grant as part of the "Bee Line and Beyond Project." District 10 is seeking neighbors of all abilities and backgrounds to help plan and implement the projects under this new grant. No garden experience is necessary.

For further information, reach out to Organizer@District10ComoPark.org.

District 10 meetings

- **District 10 community meeting:** 7 p.m. on Wednesday, Dec. 4
- **District 10 community meeting:** 7 p.m. on Tuesday, Dec. 17

District 10 meetings are hybrid on Zoom and at the Como Streetcar Station, 1224 Lexington Parkway. You can find meeting details at District10ComoPark.org.

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

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

District 12

Community Council

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 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.

To apply for the board, visit bit.ly/sapccvotes and join us in building a stronger, more inclusive neighborhood.

Upcoming meetings

All District 12 committee meetings are open to the public. RSVP to receive the agenda and Zoom link by visiting bit.ly/sapccvolunteer.

- **Land Use Committee:** 7 p.m. on Thursday, Dec. 5
- **SAPCC Council/District 12:** 7 p.m. on Thursday, Dec. 5
- **Equity Committee:** 6:30 p.m. on Thursday, Dec. 26

Submitted by District 12/SAPCC Outreach & Communications.

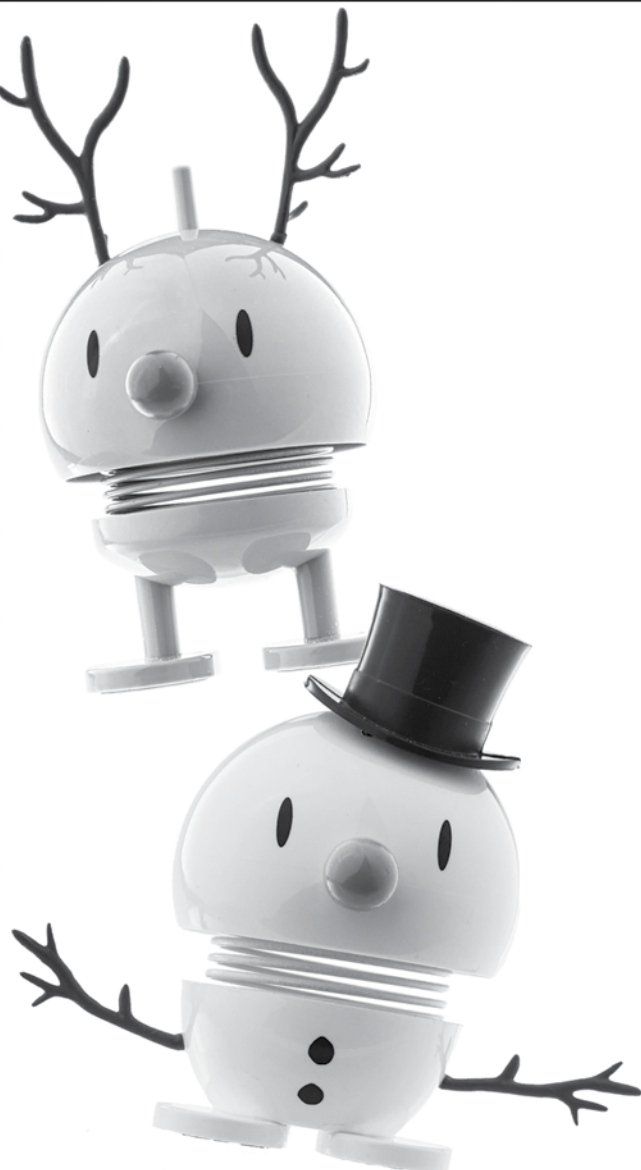


Meet Evie: all-electric carshare for the Twin Cities. Trips by the minute, hour or day.



boreal
GIFTS & GOODS

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

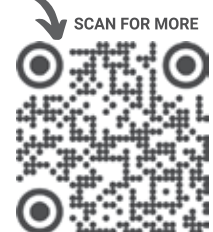


DISTRICT 12 | SAINT PAUL

Get Involved, Get Connected
— We're Your District Council.

Learn More:
www.sapcc.org

**MEET
YOUR
NEIGHBORS!**
Sign-up & Volunteer!



St. Anthony Park Area Seniors

Grab Bars and Handrails

Make living in your home safer!

Through a grant from the MN Dept. of Human Services, we are offering discounted or free materials and installations of grab bars and/or handrails for qualifying seniors. Many seniors qualify!

Available at *Discounted Rates*

www.sapaseniors.org 651.642.9052

The SAP Community Foundation at 25

By **Julie Drechsler**

More than 150 community members and representatives from local nonprofits gathered to celebrate the 25th anniversary of the St. Anthony Park Community Foundation.

Founding members, former board members, recipients of the Michael Brasel Spirit of the Park award and former staff were recognized during the event held on Thursday, Oct. 24.

It was a night to remember!

The night was a buzz of good conversations, hearty food, social drinks and celebrating all things St. Anthony Park with trivia and recognitions all topped off with live music provided by local band, Too Many Tonys.

Twenty-five years is a major milestone for the foundation, and

worth celebrating. It didn't happen without the dedication of former board members and past Executive Director, Jon Schumacher.

The foresight of our founding members continues to benefit the community with the establishment of four endowed funds.

The vision of the foundation is to "foster St. Anthony Park's unique community assets to ensure a strong, vibrant and inclusive neighborhood, today and for future generations."

It supports local nonprofits, schools and community groups in the areas of community development, environment, education, aging in place, business development, arts and culture and youth development.

Local community partnerships are developed and facilitated through the support of the foundation by convening, collaborating



The St. Anthony Park Community Foundation 25th anniversary planning committee (left to right): Andy McNattin, Lisa Sackreiter, Kate Galle, Anita Severt and Julie Drechsler. *Submitted photo.*

and responding to community and nonprofit needs.

Small community grants are available to support local initiatives. In 2024, \$42,000 was awarded to 18 local programs and organizations.

Since the creation of the grant program in 1999, more than \$1.1 million has been awarded to over 60 community groups and local nonprofits.

Our impact is deep. We continue to look for new ways to strengthen partnerships for better community outcomes and build our endowed funds to increase available grant funds.

The foundation has also been instrumental in supporting the establishment of the Creative Enterprise Zone (CEZ) and Transition Town, and continues to support current

and past community-building activities across District 12. Those include the 4th in the Park, the SAP Arts Festival, Progressive Dinner, Park B4 Dark, Shop Home for the Holidays and the Chroma Zone Mural & Arts Festival in the Creative Enterprise Zone.

More support is needed for the foundation to kick off the next 25 years of service to our beloved community.

We urge community members to dig deep and invest locally with a donation to the foundation, providing financial sustainability and enabling continued work across our neighborhood.

Donations can be made by visiting the foundation website, sapfoundation.org. ■

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

Falcon Heights contracting for St. Anthony police service

By **Anne Holzman**

Nearly a decade after a St. Anthony police officer fatally shot Philando Castile in Falcon Heights, the two cities will resume their shared policing under a new arrangement that will also help St. Anthony finance updated headquarters for its force.

In early November, St. Anthony

Village and Falcon Heights were finalizing a multi-year contract under which limited patrols and 24/7 call service will begin March 1, 2025, with a goal of ramping up to 24-hour patrols in 2026.

City leaders emphasized that Falcon Heights callers will receive emergency responses from the beginning, at any time of day.

The limited service in 2025 will give St. Anthony time to hire more officers and reconfigure its staffing. Falcon Heights extended the current contract with the Ramsey County Sheriff's Office to supply policing services through Feb. 28, 2025.

The City of Lauderdale also receives police services from St. Anthony Village.

Falcon Heights City Administrator Jack Linehan said the city's budget for 2025 will reflect the more limited services. Monthly police expenses will grow as services are added.

Linehan told the Bugle, "Our adopted preliminary levy in September used \$1.85 million as our budget estimate, so residents will likely see a final levy that is [about] \$150,000 to \$200,000 less than we initially proposed thanks to the savings in the agreement."

In a brief discussion before unanimously voting to move forward in October, Falcon Heights council members thanked staff and



community members in both cities. Each spoke in turn about their relief in settling the matter.

"I'm optimistic about this partnership moving forward," council member Eric Meyer said, "and I'm honored to have played a small part in it." ■

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

Falcon Heights, Lauderdale weigh cannabis rules

By **Anne Holzman**

The Falcon Heights and Lauderdale city councils are considering rules for cannabis businesses, with moratoriums in both cities ending at the end of 2024.

Lauderdale has a study underway that might lead to consideration of a municipal dispensary.

"Whether to get into the retail cannabis space won't be decided for some time," City Administrator Heather Butkowski told the Bugle in early November. Falcon Heights is not considering that option.

Meanwhile, both cities are considering how to use zoning and license approval to affect the

scope and locations of allowable businesses.

Under Minnesota state law, cities have to allow a retail cannabis business for every 12,500 people living there. Both cities are well below that figure, so would have to allow one each.

Beyond that, they can approve more at their discretion. Cities are included in the state's regulatory process but do not issue the actual licenses, though they will be involved in enforcement of the rules.

As of early November, Falcon Heights had a draft ordinance restricting placement within 1,000 feet of an elementary school or 500 feet of a daycare, although those

distances may not matter if zoning steers the businesses farther away.

The Falcon Heights Planning Commission considered the options in October and suggested the Snelling-Larpenteur business district would be the most appropriate area to allow cannabis businesses. The commission also considered limiting hours of business as permitted by the state.

Lauderdale city staff was expected to bring an ordinance affecting cannabis businesses to their city council in late November. ■

Anne Holzman is a freelance writer for the Bugle covering Falcon Heights and Lauderdale government news



Mim's Café
 Middle Eastern, American Food and Coffee Cafe

ORDER ONLINE: mims-cafe.com/place-order
 Mim's offers catering services for larger events

HOURS: Mon-Fri: 7:00am-9:00pm • Sat: 8:00am-9:00pm
 Kitchen opens at 11:00am daily

www.mims-cafe.com
 1437 Cleveland Ave N, Saint Paul • 651-646-0456



LYNGBLOMSTEN


Healthcare,
 Housing & Services
 for Older Adults
 since 1906



St. Paul

www.lyngblomsten.org • (651) 646-2941  

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




BOLÉ
 ETHIOPIAN CUISINE

Ethiopian food is one of the most exciting cuisines in the world
BOLÉ GIVES YOU THE REAL TASTE OF ETHIOPIA!

COMO AREA

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



Park Bugle

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

Managing Editor

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

Freelance writers

Sarah CR Clark,
Eric Erickson, Anne Holzman,
Kathy Henderson, Janet Wight,
Gwen Willems and Jenni Wolf

Freelance photographers

Kathy Henderson and Lou Micheals

Obituaries Editor

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

Subscriptions & billing

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

Event submissions

calendar@parkbugle.org

Copy editor

Bill Brady

Proofreader

Mary Hegge

Social Media Specialist

Laura Adrian

Webmaster

Jenny Plott

Graphics/Layout/Design

EH Design

Advertising Sales Representatives

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

Road Sateren
651-468-4040
road.sateren@parkbugle.org

Classified advertising

classifieds@parkbugle.org

Next deadline: Dec 11, 2024

Publication date: Dec. 23, 2024

Distribution: 5 to 10 business days

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

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

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

Currently serving on the board are: Beth Breidel, Michelle Christianson, Jennine Duda, Allison Eklund, Steve Plagens, Seth Richardson, Andy Sackreiter, Helen Warren, Ian Wreisner

Facebook Instagram X @parkbugle
TikTok park_bugle

EDITORIAL

From the desk of the editor

By Scott Carlson

A tribute to Clay Christensen

For parts of three decades—some 20 years altogether—Clay Christensen has been penning his noteworthy “Birdman of Lauderdale” column for the Park Bugle.

Clay, of Lauderdale, wrote his first column on birding adventures for the Bugle in 2004. Some 80 columns later, he is wrapping up his ornithological musings in this issue.

“I like the serendipity of birding,” Clay told me. “I never know what I’m going to see on a particular outing. It’s usually very interesting and enriching.”

“Lately though, I’m not comfortable doing the hiking and standing,” Clay, 85, said. “And my cane seems to interfere with binocular use.”

In the October 2024 Bugle, Clay said that since 1987, he had seen 312 species of birds and some 1,038 worldwide. “That’s a respectable amount, and I’m happy with it,” he

said. “And that’s about where my life count is going to finish.”

A native of Wisconsin, Clay lived his first 12 years there; then spent a year in Des Moines and Sioux Falls before landing in Minnesota.

After his college days at St. Olaf and the University of Minnesota (where he earned a bachelor’s degree in chemistry), Clay enlisted as a naval officer, serving in a computer facility in Washington, D.C.

He then spent a year with IBM in Endicott, N.Y., then came back to Minnesota in 1966 to work for Control Data.

Christensen has lived in Lauderdale for more than 30 years. He and his wife, Jean, raised three children there.

But Clay didn’t take up birding until after he retired in 2004.

“I became interested in birds when my wife, Jean, and I walked around Lake Como during lunch and watched large black birds come in and land on the lake. They were the size of loons, but not quite right.

“I looked them up in my Golden Guide and found out they were cormorants,” Clay recalled. “I decided we should get to know more about birds and learned about St. Paul Audubon’s field trips. We went out to look for owls one night and it all started there.”

In the years that followed, Clay fulfilled a bucket list dream by writing a book, which he titled “The Birdman of Lauderdale.”

As for his Bugle writing, Clay said, “My favorite columns are those that include my late son, Drew. I miss him very much.

“He became my birding buddy after my retirement,” Clay continued. “We had a lot of adventures together: sunrise surveys, night-time owl counts, weekends in Frontenac, sandhill cranes in Nebraska, and boreal owl winter trip to the Boundary Waters.”

I should note that Clay has had a national following for his Birdman column. It’s been an unexpected feather in our cap for the Bugle.



Clay Christensen. File photo.

We’ve let Clay know he can come back any time the spirit might move him to write an occasional column.

To that, Clay modestly replied, “I’ve been grateful to the Park Bugle for letting me write for them. It’s been fun and interesting. It’s a great paper; I appreciate it.” ■

Scott Carlson is the managing editor of the Bugle.

Bugle launches online Business Spotlights

By Laura Adrian

Earlier this year, I was asked to develop a grant proposal idea for the Bugle’s social media. I wanted to come up with something unique that could add value to the community.

Thanks to a grant from the St. Anthony Park Community Foundation, I have the opportunity to create “Business and Community Spotlights” on our social media platform, which will feature video content for local businesses and organizations.

I want to leverage the unique aspects of social media platforms through video and audience interaction. Join us on Instagram and Facebook to see some fun and engaging videos that spotlight key members of the community from business owners to organization leaders. This will be a great way to get the inside scoop on what’s going on and to interact in digital spaces.

The first content you’ll see is pre-recorded short-form videos from businesses and community members. This could involve

taking some footage in a store, recording feedback from a customer, or employees talking about what’s new this season. These are only 60 seconds and they’re meant to be fun and informative.

The second type of content you’ll see is live Q&As on either Facebook or Instagram. With this option, I’ll ask the interviewee questions such as, “How did you start your business?” “What’s new this season?” “What is your favorite thing about owning a business?” and will also source questions from Bugle readers! This will then live

on the platform and people can watch it at their leisure.

My hope for Business Spotlights is to create an opportunity for relationship building between businesses and Bugle readers. It will be a fun way to interact, build community and learn. ■

Laura Adrian lives in St. Anthony and is the social media specialist for the Bugle. To find out more about the Bugle’s “Business Spotlights” program, contact Laura at laura.adrian@parkbugle.org.

A sweet treat for Murray teachers

By Rita La Doux
Commentary

Strolling the neighborhood in late October with my grandson, we came across a bright blue mini-school bus parked in front of Murray School.

As one does with a two-year-old, we discussed who might be on that bright blue bus.

Then we noticed it was not a school bus at all, but a food truck! And better still, an ICE CREAM truck! Handing out treats!

Sweet Fruci’s owner, Kristin Howatt, was there, giving refreshing ice cream to all the Murray staff. The teachers were excited to enjoy the treats.

One teacher wanted a coffee drink to get through the day—especially since she would be doing an after-school program. Another wanted a root beer float—it reminded him of his own childhood favorites.

Kristin Howatt was happy to share the joy of ice cream with the teachers because her own children are students at Murray and she wanted to thank them for helping her raise her children.

Generous neighbors like Kristin remind us of how much we need and support each other. We’re all in the village. Share the joy! ■

Rita La Doux lives in St. Anthony Park and is on the St. Anthony Park Library Board.



Sweet Fruci ice cream truck recently appeared at Murray Middle School with sweet treats for school teachers.



Kristin Howatt is owner of Sweet Fruci’s. Photos by Rita La Doux.

Park Bugle deadlines

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

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

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

January 2025

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

February

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

March: Wellness Guide

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

PEOPLE IN YOUR NEIGHBORHOOD: Douglas Beasley

By Gwen Willems

By phone from Wisconsin, photographer and teacher Douglas Beasley declared, "I'm enjoying a beautiful weekend with a friend at my cabin and watching the river flowing by. Life is good. I'm in my happy place."

A long-time St. Anthony Park resident, Beasley is seeing the pace of his life pick up again.

Before the pandemic, Beasley was extremely busy:

"I was travelling extensively worldwide, Iceland, Italy. I was having exhibits in Italy, teaching workshops in Japan and China and Ireland, all over the world."

Then the pandemic hit, (in 2020) everything stopped and Beasley found he loved taking a break from traveling. He got married for the first time in 2021 and now he and his wife Julia have "a wonderful two-year-old I'm absolutely in awe of. I'm loving being a father. That's been a wonderful journey."

The Beasleys have a couple cabins in Wisconsin that they rent out as Airbnbs. In addition, they recently bought another 44-acre piece of land north of St. Croix Falls that they are slowly developing into a retreat called Samsara Ridge.

Julia, who was a Montessori



A student making a photograph on a workshop in Italy. Photo by Doug Beasley.

teacher, and Douglas bring children from the Twin Cities to enjoy nature. Julia believes "kids need unstructured time in the woods," Beasley told me. "She takes them out and they build bonfires, sleep in tents, experience the outdoors more directly with unstructured time, which is fairly rare for kids these days."

"All that has kept my focus on other things besides my life as an artist, photographer and teacher," Beasley said. Four years after the hiatus, he's a self-described "accomplishment junky" who is refreshed and happy getting back to work pursuits, but more consciously and at a slower pace.

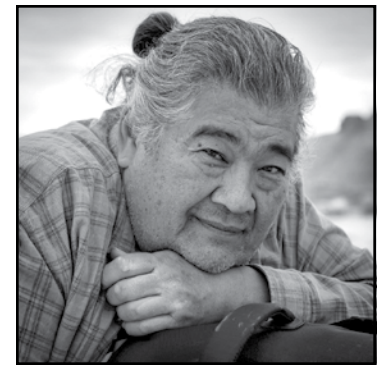
Beasley explained his spiritual approach allows students to explore and express their own beliefs and those of others, and also be in touch with their emotional selves rather than just making beautiful photos. "You can learn technique anywhere, but there are very few places that will let you delve into the spiritual side of photography," he said.

One of Beasley's students, Marti Corn, participated in his workshops in Oregon and Wisconsin. She noted "The Buddhist-inspired process Doug Beasley uses to teach photography has spilled into my daily life. With or without my camera, thanks to Doug, I see things

both visually and emotionally with more intention."

Beasley's upcoming workshops are on-site in South Dakota, Maine and Wisconsin, as well as in three countries, including his 25th workshop in Guatemala and his 10th in China and Tibet. Here's a rundown:

- Spirit of the Middle Kingdom, Southwest China and Tibet, Mar. 18–29
- Touching the Divine: A Spiritual Approach, 8-week eCourse, Mar. 23–May 25
- Spirit of Place: Ancient Southern Italy, Padula, Italy, Apr. 23–30
- A Spiritual Approach to the Nude, Badlands of South Dakota, May 21–26



Douglas Beasley, photo taken when leading a workshop in the Badlands of South Dakota. Photo by EE McCollum.

- Creative Renewal: Maine Media, Rockport, Maine, June 30–July 4
- Earth, Sky, & Water: Figure in Landscape, Wolf Creek, Wisconsin, Sept. 17–21
- Guatemala: Spirit of the Maya, Antigua & Lake Atitlan, Nov. 13–22

Among Beasley's published writings are three books: *Japan: A Ni-sei's First Encounter*; *Zen & the Art of Photography and Earth Meets Spirit*. He is owner/publisher of *SHOTS magazine*, a fine arts magazine based in St. Anthony Park.

Check out Beasley's website, douglasbeasley.com, to learn more about him and about locations, itineraries, lodgings and costs for his upcoming workshops. ■

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

Como Zoo tigers from p. 1

mid-May, and was not exhibiting cycling behaviors, pregnancy was a real possibility, Erzar explained.

Some tigers are seasonal cyclers while others cycle year-round. Since Bernadette just arrived at the Como Zoo in October 2023, the zookeepers were not certain which type of cyler she was. Although she wasn't very interested in food the day before the birth, that is not unusual for carnivores. Since tigers do not gain much weight during pregnancy, the staff remained unsure about her status until the birth.

Knowing that Bernadette could be pregnant, a written birth plan was developed based on the median pregnancy duration (104 days) for captive Amur tigers.

A cubbing den was prepared inside of the tiger building well before the potential birth. This was both a familiar and comfortable space for the mother since she had been fed and trained at that site, Erzar said.

Once the cubs were born, the zookeepers watched anxiously to confirm that Marisa and Maks were successfully nursing, since an insufficient milk supply is always a concern with first-time tiger mothers, Erzar said.

Because zookeepers never share space with adult tigers, they relied on video cameras to monitor Bernadette and her interactions with her cubs.

The Como Zoo participates in the Species Survival Plan (SSP) which is managed by the Association for Zoos and Aquariums. This steering committee provides suggestions for breeding pairs.

"It is like Match.com, but they are looking for genetic traits instead of personality traits," Erzar explained. This led to Bernadette's arrival last year to Como Zoo.

Erzar hopes the cubs will be put on display in mid-December after receiving their final round of vac-

inations. Exactly when the cubs are eventually put on display depends on the weather and if they can climb up and down the steep banks of their enclosure, she added.

The customary plan would be to keep Marisa and Maks at the Como Zoo for two to three years. At that time, the SSP would recommend a long-term move to another facility for each of them.

However, with Como's plans for a new cat complex underway, it is possible that all of the animals will need to be placed in other facilities within the next few years.

Zoo visitors gain an understanding of these wild animals by making a connection with them, Erzar noted. "It is important to understand what our purpose is, and that is to educate and tell our story." ■

Janet Wight is a regular freelance writer for the Bugle.

Now in Roseville!

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



KARTA THAI

Order online at KartaThai.com 651-756-7173

1889 Perimeter Drive, Roseville
Drive-through and pickup available

SUNRISE BANKS

Your dreams can grow here.


Get lower down payments and flexible repayment terms with an **SBA loan** from Sunrise Banks.

Learn more at sunrisebanks.com/sba

You can support a good cause by visiting the coffee bar in our lobby!

This month, your donations will support the **Down Syndrome Association of Minnesota**. Learn more about the organization at dsamn.org

Visit us at 2300 Como Avenue



Member FDIC
NMLS #640909

Warm wishes for the holiday season

My team and I want to wish you happy holidays. We hope this holiday is joyous and peaceful for you and yours.



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

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



State Farm • Bloomington, IL

Read the Midpoint Report

ONLINE AT PARKBUGLE.ORG

SCHOOL NEWS

School news around the town

Compiled by Caroline Weier

Twin Cities German Immersion School

Submitted by Paige Yurczyk, communications and outreach director

Cross-country team places second in state Girls and Boys Class A



The Twin Cities German Immersion School's cross-country teams celebrated an outstanding 2024 season, finishing second in state Girls and Boys Class A.

The Loons began with endurance and hill training in Roseville's Reservoir Woods, competing in the Como Relays weekly. They excelled in multiple Twin Cities meets, including top finishes at the Minijack Invite and victories at the Simley Invitational.

At the Muddy Water XC Conference Championships, TCGIS dominated, winning three of the four team trophies across all grade

levels. Their season culminated in the Minnesota Junior High State Championships, where the girls' team finished second and the boys earned the silver trophy.

"This cross-country season has been exceptional," said Paige Yurczyk. "TCGIS is celebrating the second-place team wins along with a fantastic season!"

Enrollment application open

TCGIS enrollment applications for the 2025-26 school year are now open. Families can apply until 4 p.m. Feb. 15. No prior German language proficiency is required to enroll at Twin Cities German Immersion School.

Research studies indicate that learning a second language enhances first language development and that immersion students often perform as well as or better than their monolingual peers. TCGIS offers a comprehensive education delivered in German, focusing on preparing students for global citizenship.

In addition to academics, students can engage in art, drama, music, sports and recess through grade eight.

As a public charter school, TCGIS is tuition-free and located in Como Park, with busing avail-

able for families across Minnesota. The school also offers an international exchange program in the eighth grade.

Learn more at tcgis.org.

St. Anthony Park Elementary School

Submitted by Principal Barbara Evangelist

Fifth grade field trip

Fifth grade students enjoyed a day at Belwin Nature Center on Nov. 1, participating in a variety of courses including nature photography, radio tracking and orienteering. Thanks to parent volunteers who assisted in the field trip.

Fall Fest

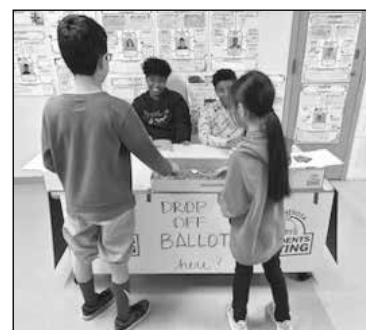
Third grade students celebrated fall with sack races, a pumpkin roll and craft making on Oct. 30. The cel-



ebration provided an opportunity for students to engage in outdoor activities, express their creativity and enjoy the outdoors with parents and faculty.

Student voting

Students participated in a school-wide voting event where the fifth-grade class "judged," accepted, counted ballots, distributed "I Voted" stickers and reported presidential vote results to the Students Voting program through the YMCA.



Murray Middle School

Submitted by Principal Jamin McKenzie

Upcoming Events

Students, families and friends can purchase a wide variety of books and good reads at the Murray Barnes and Noble Bookfair on Wednesday, Dec. 4, with a portion

of the proceeds going to support the school.

Community members are also invited to attend Murray's Winter Band and Orchestra concert at 6:30 p.m. Tuesday, Dec. 17, to hear student musicians showcase what they've learned this fall.

Faculty highlight



Murray Middle School science teacher Nick Altringer is among 18 science teachers in the St. Paul Public Schools

who have been selected for a National Science Foundation (NSF) Project that aims to improve student access to high-quality science education across the district.

The five-year, nearly \$3 million grant is sponsored by NSF in partnership with the University of Minnesota, Hamline University and BSCS Science Learning, and will equip science teacher leaders with equitable teaching strategies for the classroom, according to the U.S. National Science Foundation. ■

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



St Paul's largest independent bookstore

Come in and ask us for recommendations.

www.nextchapterbooksellers.com

38 S Snelling Ave, St Paul MN • 651-225-8989
Open Mondays-Saturdays 10:00 am-5:00 pm and Sundays 12:00 pm-5:00 pm

Clinical Excellence for over 40 years!

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

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

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

sapdentalcare.com

Your neighbors in St. Anthony Park



ST. ANTHONY PARK
DENTAL CARE

2278 Como Avenue / St. Paul

Como Park High School News

By Eric Erickson

AVID Wilderness Inquiry

Ninth grade AVID (Advancement Via Individual Determination) students spent a warm October day outdoors at Como Lake to experience canoeing, water quality testing and team building games.

The AVID classes partnered with Wilderness Inquiry, a local non-profit that connects people to the outdoors. Learning to paddle together in large, 10-person canoes was an example of AVID's emphasis on collaboration.

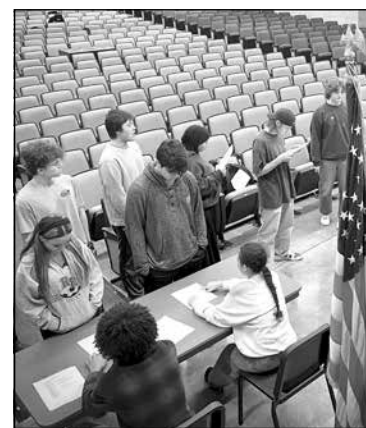
AP Government class in action

Como seniors studying AP Government facilitated a school-wide mock election for federal offices on the ballot.

More than 700 students reported to the school auditorium to cast their votes. The results of the presidential race were: Kamala Harris 55% of the votes, Donald Trump 30% and the remaining 15% for all other candidates.

Fifteen AP Government students served as election judges at precincts throughout the city on Nov. 5. Students were trained in the nonpartisan role by Ramsey County Elections staff.

Eighteen of the students in the



Como students cast their votes in the mock election held in the Como Auditorium on Oct. 30.
Photo by Eric Erickson

class are preparing for a week of study in the Close Up Washington D.C. program during the last week of February.

For fundraising, participating students bagged groceries for customers at the Larpenteur Avenue Cub Foods on Nov. 23 and will do so again on Dec. 14.

More JROTC success

The Marine Corps Junior Reserve Officer Training Corps, or JROTC, followed up their national recognition (as reported in last month's Bugle) with a win in a local drill competition.

The Como cadets took first place in the North Branch Viking Challenge, which was the first big event of the year.

On Nov. 7, the cadets gathered for the Marine's Birthday Ball at Herbie's on the Park in downtown St. Paul. Several alumni and Como staff joined the formal affair which celebrated the 249th birthday of the U.S. Marine Corps.

Theater shows in December

The Como Park Theater Department is presenting two plays with upcoming performances on Dec. 7 and 8 in the Como Auditorium. Showtimes are noon and 7 p.m. on Saturday Dec. 7 and 2 p.m. on Sunday, Dec. 8.

The plays will be *Property Rites* by Alan Haehnel and *The Seussification of Romeo and Juliet* by Peter Bloedel. The cast and crew are working hard, learning the processes of rehearsing and set design.

Como junior Lila Kopp is the stage manager. Teachers Michael Youle and Huy Tran are the co-directors.

Visit comoparkhs.brownpapertickets.com for tickets. ■

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

Follow us! @parkbugle @park_bugle

Library Corner
sponsored by
St Anthony Park Branch
Library Association



LIBRARY CORNER

A St. Anthony Park Christmas 1951 Memory

By Ted Spreigl

Editor's note: Ted Spreigl, co-owner of *Tim & Tom's Speedy Market* in St. Anthony Park, wrote this fictional story for the *Bugle* about Christmas in the early 1950s. We hope you enjoy it!

The snow had settled onto the marcescent leaves of the oaks that lined College Park.

Murray had let out for Christmas vacation, leaving my friends and I to our own devices as we waited for the upcoming Tuesday—Christmas Day. The Holy Grail of our year.

Easter was for the ham and scalloped potatoes my mother would make every year like clockwork. Halloween was for the candy.

But Christmas was something else entirely.

We waited every year, anticipating what would await under that beautiful coniferous tree in the front parlor of our house on Grantham, its lights of differing hues sparkling like diamonds against the emerald greens of the tree.

Until that day though, we had no choice but to wait.

This Christmas, I had taken a shine to a Tower Reflex camera in the Sear's catalogue that had come out the prior month. I circled it in my mother's copy and even ripped out the page from my friend Roger's family catalogue and taped it to our bathroom mirror.

I so desperately wanted it, but my mother balked at the price tag. At \$9.50, it was too steep a price for just me. What, she asked me, would my brother and sister get?

I dug my feet in, and we had several arguments, to the point that I was close to getting nothing at all. I could tell my mother was reaching her breaking point, my father tiring of hearing the arguments.

The frigid air blew through the park, quiet if not for the howl of the wind and the distant honk of a car beyond the trees on Como. I scanned the horizon, where dunes of snowbanks dotted my vision.

Without warning, a frozen sphere of packed snow, fresh and dense, whistled past my ear. Another volley soon followed as I saw a figure clad in a heavy burgundy snowsuit flank to the right of my winter trench.

I was the lone soldier left on my side in the arctic war of childhood boredom and wonderment. I had no direction to go but down. I slid down the embankment behind me, a steep and icy path that, although coated with freshly fallen snow, was packed down to a sheen of light blue—the fading daylight reflecting the fireball hidden by thick and ethereal dust that filled the sky.

I slid down at what felt like the speed of the fighter planes prom-

inently featured in the posters pasted on my bedroom wall. It was a bumpy, slow and painful slide down one of nature's glacial chutes.

Waiting for me at the bottom of the hill was my friend, Jimmy Callahan. Without even saying a word, he threw a snowball that hit me square in the chest.

"Gotcha, Axe," Jimmy shouted.

I had lost the Battle of College Park, everyone on my team already taken out by snowballs from Jimmy's team. It was not exactly the way I wanted to start my Christmas vacation.

While the rest of our group splintered, with some going to each other's houses and others choosing to stay in the park and build a snow fort that surely would never see completion, Jimmy and I decided to head down to Miller's Pharmacy and get a few root beers with the savings from our piggy banks.

Upon walking into the pharmacy, there was no one in there besides Bear, a twenty something employee who towered over us. Jimmy and I grabbed some root beer bottles and after paying, sat down at the counter.

The root beers were sweet and refreshing after a day of battling each other in the park. In that mo-

ment, we all felt like our parents, unwinding after doing yard work in the summer and drinking from those brown bottles that we were forbidden from taking from the icebox. The bell above the door rung as Jonas Erickson walked in, a kid in the grade below us. We didn't know him well, but everyone knew his story.

Jonas was born in November 1940. His mother and father had moved into St. Anthony Park shortly before his birth, just a few houses down from my family. They had settled down to raise Jonas when the attack on Pearl Harbor occurred.

Jonas' dad enlisted in the army and was assigned to the Air Force. He flew many successful missions overseas until he was shot down over Germany shortly before Christmas 1942. I couldn't have been more than five at the time, but I remember my mother getting together with others in the neighborhood and making hot dishes and meals for Jonas' family. It was a strange and sad Christmas.

Jonas seemed to just wander around the store. I fumbled around my pocket and pulled some more money I had and handed it to Bear. I called Jonas over and told him I'd buy him a

root beer. Jonas was shy, but he kindly and quietly accepted.

We sat and talked about the upcoming holiday and what we were looking forward to. I talked about the camera I had wanted, and Jimmy talked of racing cars he had seen in the same catalogue as my camera.

Jonas was silent, but he listened intently as we went on about all the gifts we wanted. We turned to him and asked what he wanted for Christmas.

"For my mom to be happy and to just spend the day with her."

Jonas' words were succinct, wise beyond his years, and powerful. The answer hit us like a ton of bricks. Here we were talking about these toys and complaining about how our parents wouldn't get it for us or couldn't afford to give us something at the sacrifice of gifts for our siblings.

There was silence among the three of us.

Jonas apologized for bringing us down, but we quickly told him it was fine. In that moment, the camera I wanted didn't seem to matter anymore, I just wanted to be with my family for holiday and give back to them.

I ran across the street to Blomberg's and with my remaining piggy bank savings purchased three fruitcakes, a popcorn tin, and some chocolate bars.

I raced back home, but first made a stop at my grandmother's house over on Valentine. I sprinted up the steps and enthusiastically rung the doorbell, much to her annoyance.

Grandma opened the door, and I gave her a hug and a kiss and offered her the fruitcake. Whatever

St. Anthony Park Christmas to p. 19

**GRAND OPENING SATURDAY
DECEMBER 7TH
2238 CARTER AVE, ST PAUL MN**

JUNE ROOM IS A CURATED
BOUTIQUE OF HOMEWARES, ART,
CLOTHING, JEWELRY AND MORE!

OPEN WED-SUN 10AM-5PM

INSTAGRAM: @JUNEROOMMN JUNEROOMMN@GMAIL.COM

St. Anthony Park Lutheran Church
Welcomes you

COMMUNITY DINNERS
Wednesdays, Dec. 4, 11, 18
5–6:30 p.m.

SUNDAY WORSHIP
Dec. 1, 8, 15, 22, 29
9:30 a.m.

LONGEST NIGHT/BLUE CHRISTMAS
Wednesday Dec. 18, 6:30 p.m.

CHRISTMAS EVE
Tuesday, Dec. 24
3:00, 5:00, & 9:00 p.m.

CHRISTMAS DAY
Wednesday, Dec. 24
10:00 a.m.

2323 Como Ave W, St. Paul | 651-645-0371 | saplc.org

SAP Kids
An afterschool program
for lifelong learners

Happy Holidays

**Preschool Enrollment
Open House 2025:
Sunday, January 12th: 1-3 p.m.**

www.sapnurseryschool.com www.sapkidscare.com

St. Anthony Park Branch Library Association
2nd Thursday Forum

**Holiday Sing-Along
with Dan Chouinard**

Join Twin Cities-based pianist, accordionist, storyteller, and vocalist Dan Chouinard for a community holiday sing-along.

Thursday, December 12, 6:30–7:30 pm
Library Auditorium | 2245 Como Ave.
More information can be found at sapbla.org.

Holiday Guide

Holiday & Winter Events in the Neighborhood

Compiled by Kathy Henderson

'Tis the season, whether you are looking to attend special concerts, shop craft shows and bazaars, or savor festive treats, the Bugle area offers a wide variety of events for the holiday season.

Music

Dec. 6

Holiday Concert

Centennial United Methodist Church, 2200 Hillside Ave.

This St. Anthony Park Seniors program of piano and flute music is also available for streaming at facebook.com/sapaseniors. Contact the SAP Seniors office 651-642-9052 for more information. Friday, 2 to 3 p.m. Free.

Dec. 11

Star of the North Concert Band Holiday Concert

Landmark Center, 75 5th St. W. A festive holiday ensemble concert. Wednesday, 7:30 to 9 p.m. Free.

Dec. 12

Songs of the Season

Landmark Center, 75 5th St. W. Courtroom Concert with Minnesota-based Kaleidoscope Quartet. Thursday, noon to 1 p.m. and 6 to 7 p.m. Free.

Dec. 12

Holiday Sing-Along with Dan Chouinard

St. Anthony Park Library, 2245 Como Ave. Join Dan Chouinard for a holiday sing-along. Sponsored by the St.

Anthony Park Library Association. In-person or watch the live stream. sapbla.org. Thursday, 6:30 to 7:30 p.m. Free.

Dec. 12-14

Christmas Together

Cathedral of St. Paul, 239 Selby Ave. Steven C. Anderson's annual concert. Special guests include vocalists Jack Cassidy, Kathryn Budzien and Jillian Anderson. Debut of Anderson's newly commissioned piece, "Cathedral Fanfare for Piano and Organ." Thursday-Saturday, 7 p.m. \$12.

Dec. 13

Bach's Christmas Oratorio

St. Paul's United Church of Christ, 900 Summit Ave. Orchestra of the Bach Society of Minnesota and the VocalEssence Ensemble Singers. Friday, 7:30 p.m. Tickets at minnesotaorchestra.org, \$45-\$24.75.

Dec. 16

Minnesota Mandolin Orchestra Holiday Concert

SAP Lutheran Church, 2323 Como Ave. Community orchestra. Monday, 7 to 8:30 p.m. Free.

Dec. 16

Community Sing-A-Long with Dan Chouinard and Ann Reed

St. Matthew's Episcopal Church, 2136 Carter Ave. All voices welcome on the third Monday of the month for a sing-a-long in the parish hall. Monday, 7 p.m. Free.

Dec. 18

Blue Christmas/ Longest Night Service

St. Anthony Park Lutheran Church, 2323 Como Ave. A time and place of solace during the often-frenetic days surrounding the celebration of Christmas. Wednesday, 6:30 to 7:15 p.m. Free.



Join Mama and Papa Claus for the Tree Lighting in the Courtyard
More info at miltonsq.com
December 7, 3:30-6:00 p.m.



Milton Square
2262 Como Avenue • St. Paul, MN 55108

Christmas Trees and More

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



Hansen Tree Farm

Use our farm and forest as an escape from your routine. Visit and enjoy our forest, our fields of beautiful Christmas trees, the crisp fresh air and room to roam!

- Cut-your-own Christmas trees, 5'-10'. We provide saws and twine and tie it on.
- Balsam, Fraser & Canaan Firs, White Pine, Blue Spruce.
- Contactless entry and payment options.
- Hayrides, all day—every day.
- Private campfire sites to gather with family!
- Gift shop, live music, free hot beverages and Christmas sausage.
- Hansen-made wreaths, MN State Fair champs.

hansentreefarm.com

Mark Hansen 651-214-2305 / Dave Hansen 651-247-1952
Only 30 mins to 7440 Alpine Drive NW, Ramsey, MN 55303

POTTERS IN THE LOFT!

Holiday Gift Market

December 3-28
Boreal Art Loft
2276 Como St. Paul

 Ryan Bell Pottery	 Kevin Caufield	 Front Avenue Pottery
 Luci Haas	 Portray Clay	 Haley Macklem Art
 SHOW OPENER! Friday, Dec. 6, 5-7pm You're invited, join us!	 Lonnie Broden Paintings	 Peter Skupeko Wood



COMOCONNECTS

Providing resources and support for neighborhood seniors through:

- Grocery delivery
- Transportation to and from medical appointments
- Care-giver support
- In-home IT support
- Monthly lunch-ins
- BP clinic
- Friendly visitors
- Compassionate chaperones
- Chore support
- Spring and fall yard clean-up
- Fee-based services: income-based homemaking, non-diabetic foot care.

Happy Holidays
from all of us at
ComoConnects

To learn more, contact our office 651-642-1127.

www.comoconnects.org



Wishing you a warm and cozy Holiday Season from Ben Quie & Sons

Ben Quie & Sons

REMODELING WITH CHARACTER

BenQuieandSons.com
License BC443135

651-645-5429

Give your family a gift of
Peace of Mind

Complete Your Estate Plan This Year

Courtney
LAW OFFICE PLLC

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

www.courtneylawoffice.com

THE PARK BUGLE

Holiday Guide

Dec. 20
Solstice Circle
 Women's Drum Center,
 2242 University Ave. W.
 Co-ed drum circle offers reflective drumming and poetry reading to celebrate winter and the holidays. Drums provided. No experience necessary. Ages 16 and older. Friday, 6:30 to 8:30 p.m. Register at womensdrumcenter.org. \$15.

Markets
Nov. 20-Dec. 1, Dec. 6-8, 13-15, 20-21
European Christmas Market
 Union Depot, 240 Kellogg Blvd. E.
 A festive open-air Christkindl Market with over 70 vendors, live

entertainment, European style food, kids craft activities and festive performances. Fridays and Saturdays, 11 a.m. to 9 p.m.; Sundays, 11 a.m. to 6 p.m. Free.

Dec. 3-28
Potters in the Loft: Gift Market
 boréal Art Loft, 2276 Como Ave.
 Six local potters—Ryan Ball (Ryan Ball Pottery), Kevin Caufield (Caufield Clayworks), Luci Haai (Adorae Artworks), Alana Hawley (Portray Clay), Haley Macklem (Haley Macklem Clay Art) and Mary Jo Schmith (Front Avenue Pottery)—joined by Lonnie Broden's paintings and Peter Skupko's wood craft in the Art Loft

during boréal's regular business hours. Opening reception: 5 to 7 p.m., Friday, Dec. 6. Free.

Dec. 6-7
Horse Crazy Holiday Market
 Minnesota State Fairgrounds, Warner Coliseum
 Equine-theme marketplace. Friday, noon to 8 p.m.; Saturday, 10 a.m. to 6 p.m. Free; donations accepted.

Dec. 6-8
Julmarknad Handcraft Market & Festival
 American Swedish Institute, 2600 Park Ave., Minneapolis
 One of the region's largest handcraft markets and holiday festivals.

Happy Holidays from the Park Bugle!



Early Bird Friday
 Dec. 6, 4–6:30pm
 Limited tickets.
 Buy online, \$15.

Free admission Saturday & Sunday:
 Dec. 7, 9am–4pm & Dec. 8, 10am–2pm

St. Matthew's Episcopal Church
 2136 Carter Ave, St. Paul, MN 55108

Buy Friday tickets. Preview new gifts. Learn more: Blue-House.org



Holiday Bazaar
 Handmade & Heartfelt Gifts and Goodies

Saturday, December 7, 9 a.m. — 3 p.m.
 2129 Commonwealth Ave, Saint Paul, sapucc.org

Join us for our one-day bazaar where you will find handmade items including:

- Holiday and home decor
- Christmas ornaments
- Woodworking items
- Soaps and body care products
- Hand knits and embroidery
- Wreaths
- Gourmet baked items, assorted cookies, peanut brittle and homemade canned goods

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.




FREE ADMISSION

Outside on the East Plaza of the Historic

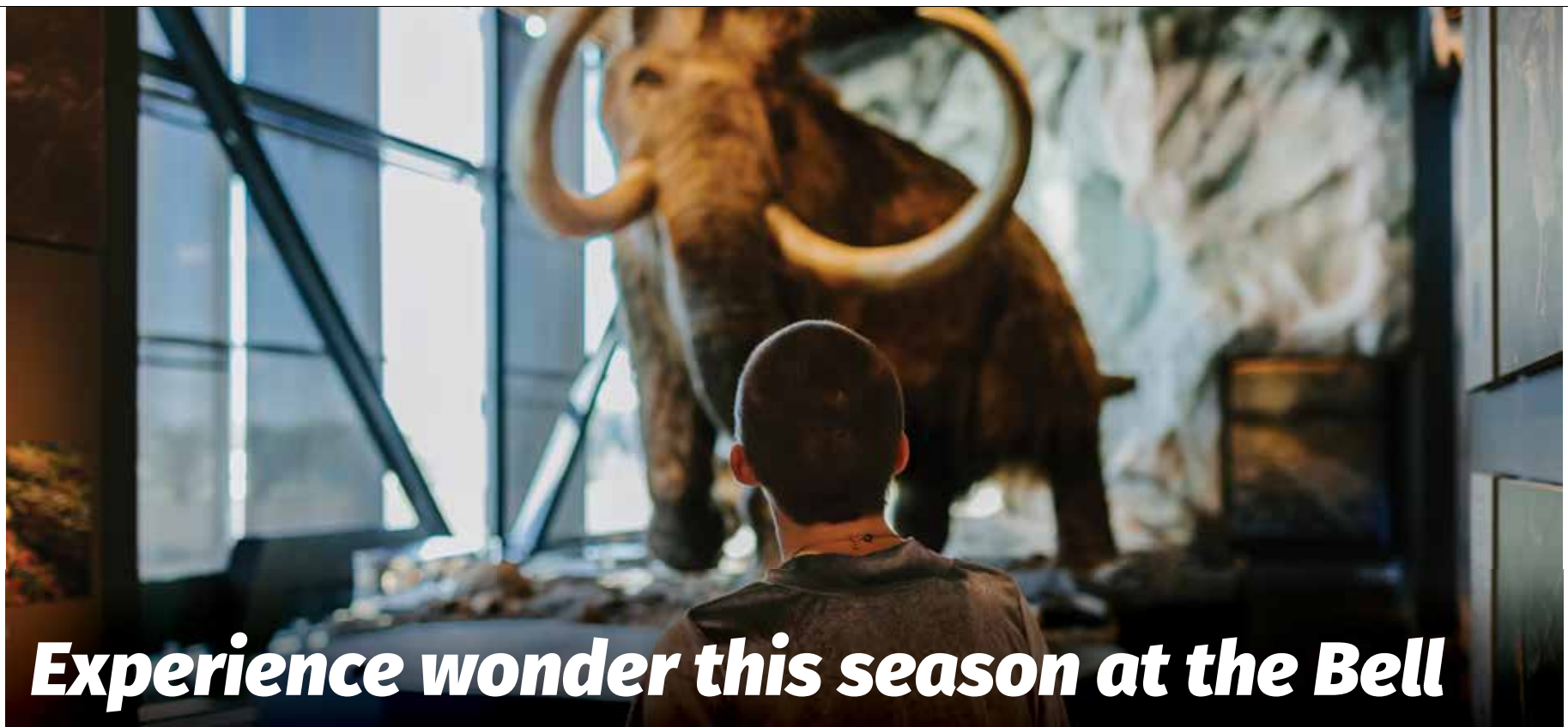
UNION DEPOT
 ST. PAUL, MINNESOTA

240 E. Kellogg Blvd,
 St. Paul, MN 55101

A CHARMING AND FESTIVE OPEN-AIR CHRISTKINDL MARKET

FRIDAY NOV 29, DEC 6, 13 & 20 11 AM - 9 PM	SATURDAY NOV 30, DEC 7, 14 & 21 11 AM - 9 PM	SUNDAY DEC 1, 8, 15 & 22 11 AM - 6 PM
---	---	--

STPAULCHRISTMASMARKET.ORG



Experience wonder this season at the Bell



Heart & Solstice
 December 18, 2024–January 5, 2025
 Celebrate the season with the Bell Museum! The winter solstice marks the shortest day of sunlight in our hemisphere—after December 21, the days begin to get longer again. We've planned a variety of programs and activities and invite you to visit the museum to enjoy them all.



Sensory Friendly Saturday
 December 21, 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.



Bell Museum Seasonal Hours
 Plan your visit
 Visit us December 26–31, 2024 and learn about Earth's past in temporary exhibitions *In Search of Earth's Secrets* and *Coring the Continents*, experience the intimate connections between sound and nature in award-winning planetarium show, *Secrets from a Forest* and more!

Holiday Guide

Friday-Sunday, 10 a.m. to 4 p.m. \$22-\$8. Register for time slot admission at asimn.org.

Dec. 6-8

Blue House Boutique

St. Matthew's Episcopal Church, 2136 Carter Ave. Shop handmade jewelry, knitwear, home décor, gourmet goodies, artwork, stationery, Christmas décor, Ugandan crafts and more! As in past years, there will be a raffle and a to-go meal of Rosa's fried rice. Proceeds benefit Blue House, a charity

in Uganda. Friday, 4 to 6 p.m. (early bird ticketed event); free admission Saturday, 9 a.m. to 4 p.m.; Sunday, 10 a.m. to 2 p.m.

Dec. 6-8

Landmark Center Holiday Bazaar

Landmark Center, 75 Fifth St. W. Unique handcrafted items by 80 area artists. Delicious treats, holiday décor and live holiday music. Friday, 10 a.m. to 7 p.m.; Saturday, 10 a.m. to 5 p.m.; Sunday, noon to 5 p.m. \$5 (cash or check only). Free ages 12 and younger.

Dec. 7

Holiday Bazaar

St. Anthony Park United Church of Christ, 2129 Commonwealth Ave. Handmade items, wreaths and gourmet baked items. Scandinavian egg coffee and cookies available all day. Saturday, 9 a.m. to 3 p.m. Free.

Dec. 7

Summit Avenue Artisan Festival

St. Paul's United Church of Christ, 900 Summit Ave. A Grand Meander event with handcrafted and food items from more than 40 local artists and artisans. Saturday, 10 a.m. to 4 p.m. Free.

Dec. 7-8

Holiday Craft Fair

Roseville City Hall, 2660 Civic Center Drive Handcrafted items by over 50 artisans including pottery, jewelry, textiles, confections, and more. In support of the Harriet Alexander Nature Center. Saturday, 10 a.m. to 4 p.m.; Sunday, noon to 4 p.m. Free.

Dec. 12-14

Cathedral Christmas Festival

Cathedral of St. Paul, 230 Selby Ave. Festive outdoor Christmas market with unique local vendors, food trucks, gluhwein, beer, hot cocoa. Thursday and Friday, 5 to 9 p.m.; Saturday, noon to 7 p.m. Free.

Dec. 14-15 & 21-22

Minnesota Merry Market

Minnesota State Fairgrounds, North End Event Center Over 70 local artists and vendors, food trucks and family fun. Saturdays and Sundays, 10 a.m. to 5 p.m. \$5/free ages 2 and younger.

Museums & Traditions

Nov. 30 - Jan 5

Holidays on the Hill

James J. Hill House, 240 Summit Ave. Experience a 1910 Christmas in the Gilded Age mansion with self-guided holiday exhibits and a 60-minute tour of Hill family holiday stories. Thursday-Sunday, 10 a.m. to 3:30 p.m. Tours every half-hour based

FALCON HEIGHTS-LAUDERDALE LIONS CLUB

Christmas Trees

Falcon Heights Community Park
Corner of Cleveland Ave N & Roselawn Ave W

\$3.00 off any tree
with this coupon

Tree lot opens the Friday after Thanksgiving

Monday thru Friday, 4:30-7:30 pm
Saturday, 10am-6pm Sunday, Noon-6pm

Proudly supporting Roseville Schools with over \$190K in donations since 1994.



Yuletide Faire at the Square

2232 Carter Ave, Saint Paul MN
December 7th 10-6 & December 8th 10-5



Join us for a Holiday Market at Milton Square!

- The Yuletide Market will feature gifts made by local artisans, and treasures for your home.
- Stroll indoors and outdoors through Milton Square and visit our charming shoppes for artwork, vintage finds, clothing, great gift ideas, food, beverage tastings, and craft workshops.
- Saturday @ 3:30-6:00 meet "Santa and Mama Claus" in the courtyard for photos, caroling and our annual tree lighting!

@miltonsquaremn www.miltonsq.com

SHOW LOCAL LOVE this holiday shopping season

A stellar afternoon in charming Saint Anthony Park:

EAT | The Finnish Bistro
A community gem with authentic European cuisine & a cozy small-town vibe.
Grab a hot cup of coffee / hot chocolate / "London Fog" and share a sweet or savory scone / "Almond Kringle" / flourless chocolate torte.

SHOP | Boréal Gifts & Goods
A creative boutique with unexpected gifts & local art.
Slow down to enjoy the handmade home goods / pet-lover regalia / puzzles, games & crafts, and find something for a special loved one or yourself! Don't forget to venture upstairs for a Minnesota-made art gallery while you're there...

BE JOYFUL | Spread the Love
Explore the neighborhood.
Enjoy the seasonal displays while you spread the local love. Discover small businesses in your neighborhood that fulfill everyday needs year-round.

Health & happiness,
Wellington Management
wellingtonmgt.com




Scan the QR code with a smartphone camera for The Finnish Bistro menu.




THE PARK BUGLE

Holiday Guide

on availability. Reservations recommended at mnhs.org. \$25-\$16/free 4 and younger. Minnesota Historical Society members, 20% off.

Dec. 5-6, 12-13, 19-20, 26-27
Candlelight Christmas

Alexander Ramsey House, 265 Exchange St. S. Journey through this decorated 1872 mansion by candlelight. Thursdays and Fridays, 5:30 to 7 p.m. Reservations at mnhs.org. \$20-\$16/free 4 and younger.

Dec. 7 and 8

Christmas in Germany

Germanic-American Institute, 301 Summit Ave. Experience German holiday traditions with food, drinks, music, seasonal goods, a model train exhibit, and crafts. Saturday and Sunday, 10 a.m. to noon; noon to 2 p.m.; and 2 to 4 p.m. Timed-entrance ticket required at gaimn.org. \$10-\$5/ children ages 3 and younger are free but still require a timed-ticket.

Dec. 7 and 8

Celtic Holiday

Celtic Junction Arts Center, 836 Prior Ave. All-ages Irish party with music, stories, step dance, caroling. Friday, 7 to 9 p.m.; Saturday and Sunday, 1 to 3 p.m. and 6 to 8 p.m. \$30-\$25; limited free youth tickets. Pre-purchase tickets at celticjunction.org.

Dec. 21

The Harp and Holly

Celtic Junction Arts Center, 836 Prior Ave. Hannah Flowers performs carols and songs from Ireland on a harp. Saturday, 7:30 to 9:30 p.m. \$30-\$25; limited free youth tickets. Pre-purchase tickets at celticjunction.org.

And Much More

Dec. 2

Cookies & Cocoa with Kris Kringle

Cedarholm Community Building, 2323 Hamline Ave. N., Roseville Capture a photo of the kids (ages 2-10) with Santa. Enjoy hot cocoa and create holiday crafts. Parents must accompany children throughout the event. Saturday, 9 to 10:15 a.m. or 10:45 a.m. to noon. Pre-register online at cityofroseville.com; by phone at 651-792-7110; or in person at Roseville Parks Dept., 2660 Civic Center Drive. Limited space. \$12.

Dec. 18

Winter Wonderland

North Dale Rec Center, 1414 St. Albans St. N. Fun activities for ages 12 and younger: games, crafts, food and perhaps even a visit from a certain jolly old elf. Wednesday, 6 to 8 p.m. Free.

Dec. 31

Ring in the New Year on Ice

Guidant John Rose MN OVAL, 2661 Civic Center Drive Celebrate the new year skating or playing open hockey. Tuesday,

2 to 9 p.m. Admission \$10; skate rental \$5.

Through Feb. 2025

Night Trains

Twin City Model Railroad Museum, 668 Transfer Road See specially-lighted train models set in holiday-themed towns. Saturdays from 3 to 7 p.m. Santa makes an appearance on Saturdays, Dec. 14 and 21. \$15/free ages 4 and younger. Tickets sold for two-hour time blocks at tcmmr.org. ■



CARTER AVE
FRAME SHOP

Give a gift that lasts.

Happy Holidays

Small Business Saturday Art Sale!
25% Off All Artwork
20% Off Framing of Art Purchases

Twin Cities' Trusted Picture Framing Since 1975
651 645 7862 | CarterAvenueFrameShop.com
Weekdays 10:00 a.m. - 5:30 p.m. | Saturday 10:00 a.m. - 4:00 p.m.



Celebrate the season
with exclusive holiday offers and pampering services designed just for you.

Wishing you joy, beauty, and self-care this festive season.

Thank you for being a part of our salon family!

salongeorge
www.salongeorgestpaul.com



When you are ready to fulfill your holiday dreams we are here for you. Please call us at (651) 646-8855.

Como Rose
TRAVEL

ASTA

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



Your event destination

TAMARACK ROOM
at Milton Square

Event Space. Classes. Workshops. Pop-ups. Custom Parties.
www.tamarackroom.com
@Tamarackroom



FFP Ferdinand F. Peters Law Firm

GIVE THE GIFT THAT KEEPS ON GIVING

Get Your Estate Plan Done Today!

• ESTATE PLANS
• TRUSTS
• WILLS
• PROBATE

To: Your Dearest Loved Ones
651-647-6250
ferdpeters@ferdlaw.com
www.ferdlaw.com



TOGETHER, WE CAN

ENSURE EVERYONE HAS FOOD, SUPPORT, AND CONNECTION!

GIVE HOPE TODAY

Keystone
COMMUNITY SERVICES

keystoneservices.org



HAPPY Holidays FROM the MAKERY

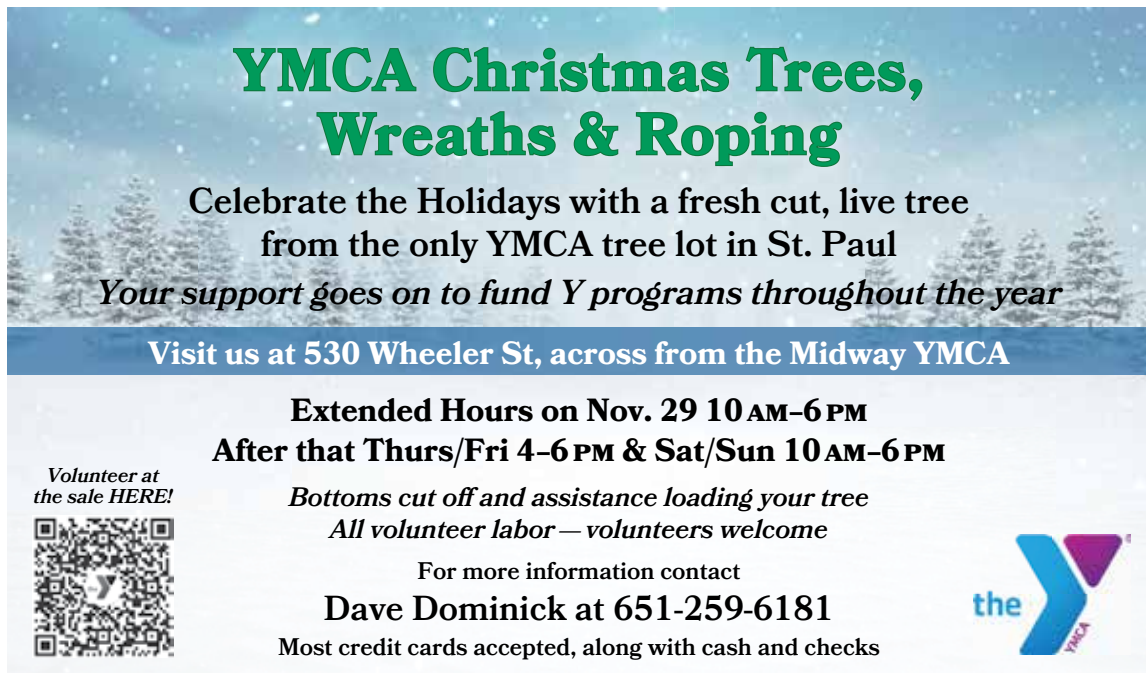
www.themakery.space




Happy Holidays from

TERRA FIRMA
BUILDING AND REMODELING
Employee Owned

2350 Territorial Ave, St. Paul 55108
651-207-5575 **terrafirmamn.com** Lic:BC673777
Committed to making our neighborhood and city a better place to live and work



YMCA Christmas Trees, Wreaths & Roping

Celebrate the Holidays with a fresh cut, live tree from the only YMCA tree lot in St. Paul
Your support goes on to fund Y programs throughout the year



Visit us at 530 Wheeler St, across from the Midway YMCA

Extended Hours on Nov. 29 10 AM-6 PM
After that Thurs/Fri 4-6 PM & Sat/Sun 10AM-6 PM

Bottoms cut off and assistance loading your tree
All volunteer labor — volunteers welcome

For more information contact
Dave Dominick at 651-259-6181
Most credit cards accepted, along with cash and checks

Volunteer at the sale **HERE!**

Holiday Guide

Table talk check-in during holiday season

By Jenni Wolf

As we wrap up one holiday (Thanksgiving) and swing right into a few more, I wanted to share a little more about a relevant topic that comes up in many of my one-on-one sessions with clients,

working as a dietitian, that I call “table talk”.

Table talk refers to the conversations we have around food, dieting and nutrition while preparing and eating a meal (or snacks) together. These conversations, comments and dialogues are often present in

our culture around any ol’ eating time. But they seem to occur even more around the holidays. For some reason, we Americans really like to talk about what we are or aren’t eating.

I’ve found table talk comments tend to be negative and promote shame—either for the speaker or the audience or both. Who has ever heard someone comment on their “misbehaving” because they enjoyed another donut from the work breakroom? Or share that they will pass on the mashed potatoes because they aren’t eating carbs right now?

Or maybe you’ve heard your aunt rationalize eating an extra slice of pie because it is a “guilty pleasure”?

If you’ve heard these things, how do they make you feel?

Do you partake in the discussion? Maybe you’ve spoken similar thoughts? Or maybe you’ve never noticed.

The truth is these comments can have a harmful impact on some people, especially those who are working on having a normal healthy relationship with food after a history of dieting or suffering with an eating disorder.

Even if you haven’t struggled with eating, hearing these kinds of comments can often make you second guess your choices (i.e. what does it mean if I ate the mashed potatoes; should I not have eaten them?) and distract you from paying attention to your body’s cues (i.e. am I full or still hungry?) and from being present with those around you—which is the actual purpose of holiday gatherings, in my opinion.

Some will argue, “But isn’t it normal to talk about food?” Yes, absolutely! However, I would also encourage you to think before you speak because we are conditioned by diet culture—a set of mythical beliefs around food, weight and health—that we may not realize what we are saying and the impact it might have on ourselves and others.

While I don’t think it is necessary or helpful to spend a lot of time rationalizing our food choices or beating ourselves up about what we choose to eat, I think it is normal to talk positively about our food experiences or preferences.

For example, instead of naming aloud why you deserve another helping, you can simply say “I am really enjoying this pie and I would like to have another slice.” Or better yet, say nothing at all—who cares if you are having another slice?!

What is actually important is that you notice whether you are enjoying the pie, whether you have room for another slice and whether that would make you feel good ... all which you can answer to yourself without saying a word.

Another strategy that I find helpful in recognizing and reducing unhelpful table talk is to ask yourself “Why am I saying this? What is my purpose in sharing this?” Taking a moment to reflect on your motivation to share might make you realize you don’t need to—that it is just a reflex brought on by cultural norms and diet culture.

I hope my column brings some awareness to all the talk around food, health and nutrition that comes up during this time of year. I know, from my experience as a dietitian, that this talk can make this season even more challenging for some people.

So, let’s be kind, enjoy the tastes of the holiday season, recognize and honor our bodies’ needs. In short, let’s spend more time connecting with family and friends and less time thinking and talking about the things on our plate. ■

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



CAFFE BIAGGIO

Your neighborhood Italian restaurant for more than 20 years. Dine in homestyle. Full bar. Off street parking.

— HOURS —
 Tuesday–Wednesday–Thursday 4:00–8:00 p.m.
 Friday–Saturday 4:00–9:00 p.m.

Give a gift card for delicious Italian food this Holiday Season

2356 University Ave. St. Paul
 651-917-7997 | 651-917-9899

caffebiaggio.com



Happy Holidays from The Little Wine Shoppe!

Join us Saturday, December 7, 1-4 p.m. and Thursday, December 19, 4:30-7 p.m. for our free in-store wine tastings.

2305 Como Ave., St. Paul | 651.645.5178

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



Happy Holidays

Lanna Thai

AUTHENTIC THAI FOOD

Now Serving Beer and Wine
 Dine-In / Outside Seating / Take-Out / Delivery
 Open Monday–Sunday / Lunch Specials 11am-2pm

LannaThaiMN.com

2295 Como Ave | 612-470-7172



wishing you a happy

Holiday Table

Hampden Park Co-op

hampdencoop.com

928 Raymond • M-F: 8-8, S-S: 9-7



BRIGHTSIDE Online FARMERS MARKET

For the person on your holiday list who has everything!

Give the gift of a 4 week subscription

- Fresh produce + your choice of locally grown or made add-on products
- Proceeds help BrightSide bring fresh food to Twin Cities food deserts

GREAT FOOD FOR THE GREATER GOOD

www.brightsidempls.org



MERRY CHRISTMAS from

Tim & Tom's Speedy Market

OUR FAMOUS CHRISTMAS SAUSAGE AVAILABLE NOW!

Tim & Tom's Speedy Market
 2310 Como Ave, Saint Paul
 651-645-7360
 Open Daily 8AM – 7PM

timandtomsspeedymarket.com

Holiday Guide

Como High student returns to Children's Theatre Co. stage

By Kinsey Gade

The Children's Theatre Company (CTC) welcomes back Como Park Senior High School student Harriet Spencer in *Dr. Seuss's How the Grinch Stole Christmas*.

Spencer, a junior, takes on the role of Max, the Grinch's dog sidekick, in her third CTC production, which runs through Jan. 5.

Spencer has appeared in the productions of *Alice and Wonderland* and *Corduroy* at CTC, but her interest in theater began in a first-grade production of *Three Little Pigs*. Spencer said she has always been enamored with and involved in theater. "The art pulled me in," Spencer said.

The musical, accessible to all audiences, displays the classic tale of "A miserly and miserable, ever-so-cantankerous Grinch (who) has observed the despicable Christmas joy of the Whos with disdain, from a distance, for decades," according to the CTC website.

Spencer said the role of Max, an innocent child-like character who wants to do the right thing but doesn't always know how, has been more physically demanding than her past roles.

"This role has challenged me to access the physical realm of storytelling," Spencer said.

Dean Holt, the play's director, chose Spencer for the role of Max because of her bravery, curiosity and willingness to try new things.

Despite long and tiring rehearsals, Spencer said participating in the play has been a joy and an unforgettable experience. Spencer said that being a part of CTC and working in a professional setting has been unreal.

"Every time I walk into CTC I think, 'How did this happen?'" Spencer said.

This is the 12th year CTC has produced *How the Grinch Stole Christmas* since its premiere in 1994. Holt, who has been with CTC for 30 years, said this year the musical will look a little different.

"We are honoring the legacy with new music, new set pieces and audience engagement," Holt said.

For the past 50 years the CTC, the nation's largest and most ac-



Reed Sigmund (as the Grinch) and Harriet Spencer (as Max) in Childrens Theatre Company's 2024 production of Dr. Seuss's *How the Grinch Stole Christmas!* Photo by Glen Stubbe Photography.

claimed theater for young people, has adapted classic children's stories to a multigenerational audience, according to the CTC website.

Holt said children's theater helps cultivate the next generation of artists like Spencer.

"Children's theater is important because it gives kids and families a safe environment to explore thoughts, feelings, emotions and imagination," Holt said. "It serves as a generational bridge to imagination and creativity."

Spencer said she is proud to be a part of this tradition.

"Coming into the theater, you should expect a ton of fun," Spencer said. "Be open to laugh and cry in this show." ■

Kinsey Gade, a University of Minnesota student majoring in journalism, is an intern writer for the Bugle.

Childrens Theatre Company presents
**Dr. Seuss's
 'How the Grinch
 Stole Christmas'**
 Runs from Nov. 5 to Jan. 5.
childrenstheatre.org

HAPPY HOLIDAYS
 from S.A.P. GARDEN CLUB
Give the Gift of Membership!
 Dues Only \$20/Year
 Dec. 3: Art In The Garden • 7:30 PM
 at SAP Lutheran Church, 2323 Como Ave.
stanthonyparkgardenclub.com/membership

*Wishing you a
 Joyful holiday season!*
 Your Neighborhood Real Estate Agent

Chris Deming
 RE/MAX RESULTS
 612.414.2785
www.ChristopherDeming.com
 2190 Como Ave, St. Paul 55108

MB'S
 CLEANING SERVICES
 Residential Cleaning
 Woman owned and local
Happy Holidays!
30 YEAR ANNIVERSARY (1994-2024)
 30% off 1st Deep Clean with biweekly service
 Proud partner with Cleaning for a Reason

 Contact us for a free quote!
MBsCleaning.com
 651-225-1960 office/text

WARMEST THOUGHTS AND
*Best Wishes for
 a Wonderful Holiday*
 AND A VERY HAPPY NEW YEAR!


 Lynden Realty LTD | Barbara Swadburg | 651-271-8919 | barb@lyndenrealty.com
lyndenrealty.com/barb-swadburg

**GREAT GIFTS & FUN STUFF
 FOR THE COOL PEOPLE
 ON YOUR LIST!**
 Novelty T-Shirts • Vinyl LPs
 Vintage Coats & Clothing
 Jewelry • Perfumes • Soaps
 Stocking Stuffers • Games
 Retro Candy • Greeting Cards
YES!YES! VINTAGE MARKET + BOUTIQUE
 2242 CARTER AVE, ST. PAUL • SAT. 11am-4pm & SUN. 11am-3:30pm

Holiday Guide

A holiday gift to the planet: Learn about Regenerative Community

By Tracy Kugler

When it comes to climate action, what can we do together that we can't do as individuals?

Answer: Encourage our group wisdom to emerge. We might find we are more powerful than we thought possible.

That's why Transition Town—All St. Anthony Park is kicking off 2025 with "Collaboration Lab: Creating a Regenerative Community," a pair of events on Jan. 11 and Feb. 8, designed to gather project ideas from the community and launch ideas into action.

Alone, the challenge of climate action may seem daunting or even futile. Together, we can pool our

knowledge and skills, take on transformative projects and find joy in the process.

Projects to build a regenerative community

We're seeking practical, neighborhood-scale projects to continue the transformation of St. Anthony Park and the surrounding area.

As we confront the global "polycrisis" of climate chaos, ecosystem destruction and the many injustices of extractive economic systems, we know we have to face these challenges together.

Rob Hopkins, founder of the Transition movement, put it this way: "If we wait for governments, it will be too late. If we act as indi-

viduals, it will be too little. But if we act as communities, it might just be enough, and it might just be in time."

We invite you to think of projects that go beyond individuals and households, but that can be done within our neighborhoods without requiring major policy changes. Projects could address either mitigation (such as reducing emissions and protecting ecosystems) or building resilience for the changes we know are coming.

How can we build a neighborhood that nurtures better relationships with each other, with our more-than-human neighbors, and with broader social and ecological systems? How can we serve as a model for other neighborhoods?

Examples of some projects already underway in association with TT-ASAP include:

- Developing an online course for homeowners to phase out natural gas and electrify their homes.
- Fostering local businesses through a Local Investing Opportunity Network.
- Advocating for more eco-friendly uses of the land currently occupied by the University of Minnesota Les Bolstad Golf Course.
- Learning about greener end-of-life options together.

Group concept mapping

Thanks to a grant from the St. Anthony Park Community Foundation, the events will be structured using the Group Concept Mapping (GCM) framework developed by groupwisdom (groupwisdom.com). GCM is designed to gather ideas from a community, then organize the ideas and reflect them back to the community to help make decisions.

Much of **Part 1: Brainstorming** will be spent generating ideas in conversation with your neighbors. You'll then sort the ideas into related groups and rate each idea on its urgency and its feasibility.

Between the January and February events, TT-ASAP volunteers will use GCM software to create visualizations, such as cluster maps identifying common themes and "go-zone" charts that display ideas based on how participants ranked them on urgency and feasibility.

In **Part 2: Embarking**, we will present the results and visualizations to participants. The group will use the information to select ideas for short- and long-term action. A key goal is to launch working groups around one or more ideas to move forward in 2025.

Join us!

Both events will be held in the community rooms at Zvago Cooperative Living, 2265 Luther Place,



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.

St. Paul, with food from Mim's to fuel your thinking.

• **Part 1: Brainstorming**, Saturday, Jan. 11, 2–5 p.m.

• **Part 2: Embarking**, Saturday, Feb. 8, 2–5 p.m.

Feel free to come to either or both events. For now, put your thinking cap on and come with an idea or two to share. Or just show up with a willingness to collaborate for a better future in St. Anthony Park!

For more details and registration, visit TransitionASAP.org/collaboration-lab. ■

Tracy Kugler lives in the Como Park neighborhood and loves trees, birds and maps. She is a research scientist in the Institute for Social Research and Data Innovation at the University of Minnesota.

Happy Holidays
from your Good Neighbor



Jim Roehrenbach
Agent, 651-644-3740
www.jrrsf.com

2190 Como Avenue, St. Paul



Celebrate Advent and Christmas at St. Matthew's Episcopal Church



Lessons and Carols
Sunday, Dec. 15, 5pm

Christmas Eve with Living Creche
Tuesday, Dec. 24, 4pm
Kids help tell the story of Jesus' birth
All welcome, No preparation needed

Traditional Christmas Services
Dec. 24, 10pm; Dec. 25, 10:30am

stmatthewsmn.org




MAKE SELLING YOUR HOME A "SNAP" THIS HOLIDAY SEASON

Contact me today for a free, no pressure market analysis of your home!



kw KELLERWILLIAMS. INTEGRITY REALTY

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




Each office is independently owned and operated.

Kendall's ACE Hardware

"The Friendliest Stores In Town"

Get Everything on your Holiday List!


We sell Great Brands like Treager, Toro, Ego, Weber, Milwaukee, Dewalt, Mrs. Meyers and much more in store and online at Acehardware.com

Free Shipping to Store!
Free Local Delivery on Grills and Power Equipment!




978 Dale Street, 651-489-3210 • 840 Payne Avenue, 651-776-6996
www.kendallshardware.com

Elmhurst Cemetery





Order your Christmas wreath now!

\$40.00 plus tax | Call 651-489-1707

Wreaths will be placed at gravesite after Thanksgiving and removed before Spring by our staff.

1510 Dale Street North, Saint Paul, MN 55117 | elmhurstcemetery.org



Commercial Real Estate

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

wellingtonmgt.com | 651-292-9844

EVENTS AND MORE

Compiled by Kathy Henderson

St. Anthony Park Garden Club Art in the Garden

Guest speakers Mietek Glowka and Ann Sisel. 6:30 p.m. meeting; 7 p.m. social time; 7:30 p.m. program. Tuesday, Dec. 3, St. Anthony Park Lutheran Church, 2323 Como Ave. Enter the building via Luther Place door.

Bell Museum

2088 Larpenteur Ave. W. See website for regular museum hours and registration: bellmuseum.umn.edu. Here are some activities of note:

Gallery musical performances highlight the Nov. 23 return of the planetarium show “Secrets from a Forest.” Minnesota Youth Symphonies: 1:30 to 3:30 p.m. on Saturdays, Dec. 7 and 21 and Jan. 4. Walker West Kamoinge Strings, 1:30 to 3:30 p.m. on Sunday, Dec. 8. No registration necessary. Included in the cost of regular admission. Limited seating is available on a first come, first served basis.

Two-day Winter camps

9 a.m. to 4 p.m. each day.

- **STEM Safari** for grades 1 and 2: Chemistry and Biology: Thursday, Dec. 26, and Friday, Dec. 27. Engineering and Astronomy: Thursday, Jan. 2 and Friday Jan. 3.

- **Snow Much Fun** for grades 3-5: Chemistry and Biology: Thursday, Dec. 26, and Friday, Dec. 27. Weather and Engineering: Thursday, Jan. 2, and Friday, Jan. 3

\$145 for Bell members and \$160 for nonmembers. Register online at bellmuseum.umn.edu.

Como Zoo Conservatory

1225 Estabrook Drive. The Holiday Flower Show will not take place this season due to construction.

Senior Strolls

4:30 p.m. on Tuesday, Dec. 10, and 9 a.m. on Tuesday, Dec. 17. 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.

Minnesota History Center

345 Kellogg Blvd. W. See website for hours and admission costs: mnhs.org.

History Hijinx

11 a.m. to 3 p.m. on Friday, Nov. 29; Saturday, Nov. 30; and Sunday, Dec. 1. Explore the “Girlhood (It’s Complicated)” exhibit from the Smithsonian Institution and create a friendship bracelet. Included with regular site admission.

History Forum

Half American: The Epic Story of African Americans Fighting World War II at Home and Abroad: 11 a.m. to noon on Saturday, Dec. 7. Originally from Minneapolis, Dartmouth College professor Matthew Delmont tells stories of the Black Americans who helped win the war abroad while battling racism at home. Tickets: \$15-\$20. Free student rush tickets with student ID, K-12 and college (as space allows).

Free Thursdays

Free admission and parking: 4 to 8 p.m., Thursdays, Dec. 5, 12, 19 and 26.

Senior activities

The St. Anthony Park Area Seniors’ calendar for December 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:

- **Pound Fit:** Exercise class. 10 to 11 a.m. on Tuesdays, Dec. 3, 10 and 17, at Centennial United Methodist Church, 2200 Hillside Ave. Contact the office to register.
- **Tai Ji Quan:** Moving for Better Balance exercise class. 2 to 3 p.m. on Tuesday, Dec. 3, at Lauderdale City Hall, 1891 Walnut St. Call the office to register.
- **Game day:** Coffee and board games. 10 to 11:45 a.m. on Friday, Dec. 6, and Tuesday, Dec. 17, at 2200 Hillside Ave.
- **Dinner theater:** “Singin’ in the Kitchen.” 10:15 a.m. to 5 p.m. on Wednesday, Dec. 11. Transportation provided. Call the office or email sc@sapaseniors.org to register.

- **Handiwork group:** 10 a.m. to noon on Thursday, Dec. 12 at St. Anthony Park Library, 2245 Como Ave.

- **Poetry group:** 9:30 to 10:30 a.m. on Friday, Dec. 13, at 2200 Hillside Ave. Contact the office for more information.

- **Equal Portions:** Luncheon presentation series. Noon to 1:30 p.m. on Thursday, Dec. 19, 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, Dec. 2, 9, 16 and 23. Call the office for Zoom link.

- **Lunch Bunch:** Noon to 1 p.m. on Wednesday, Dec. 4. Call for connection instructions.

Hybrid:

- **Holiday piano and flute performance:** 2 to 3 p.m. on Friday, Dec. 6, at 2200 Hillside Ave., and streaming online at facebook.com/sapaseniors.

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

SAP history talk to focus on Langford Park

By Mary Mergenthal

Kristin Anderson, St. Anthony Park resident and professor emerita of Art & Design at Augsburg University, has another treat in store for local history buffs.

Anderson will continue her monthly St. Anthony Park history series at 7 p.m., Dec. 10 at St. Anthony Park Lutheran Church, 2323 Como Ave., discussing the topic “Langford—the park, the lake and the streets.”

Nathaniel Langford was one of

the leaders in the 1870s St. Anthony Park project. His name lives on at Langford Park and the surrounding streets.

Until the early 1940s, Hillside Avenue was named for Langford, and the early plans for the neighborhood also show that the eastern part of Como Avenue bore his name.

For a time, there was even a neighborhood lake—in the park, of course—that was named for Langford. Come to SAP Lutheran Church on Dec. 10 to explore all things Langford.

Besides the in-person session at the church, Anderson’s talk can also be accessed live online, with a recording available for one week after the session.

Use the St. Anthony Park Lutheran Church YouTube channel at bit.ly/Sap-history. You can also get to the church’s YouTube channel by clicking through from saplc.org to the worship link, and then to the livestream link. ■

Mary Mergenthal is a former editor of the Bugle.



Once along the lake and now facing the ballfields and ice rinks, these 1880s houses were among the earliest in the neighborhood. These two houses with mirror-image facades, at 21 and 35 Langford (both 1889), were designed by prolific St. Anthony Park architect Charles Buehl. Photo by Kristin Anderson.

St. Anthony Park Library events

You’ll find familiar favorites, along with special programs, in the December 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 Tuesday, Dec. 24, and Wednesday, Dec. 25, in recognition of the Christmas holiday.

The library will close at 5:30 p.m. on Tuesday, Dec. 31, and be closed on Wednesday, Jan. 1, in recognition of the New Year’s holiday.

Special events

Second Thursday Forum

Holiday sing-along with Dan Chouinard. 6:30 to 7:30 p.m. on Thursday, Dec. 12. For a Zoom link to the program, contact sapbla.org.

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.

Ongoing programs

English Conversation Circle

4 to 5:30 p.m. on Thursdays, Dec. 5 and 12. Adults are invited to join the University of Minnesota Retirees Volunteer Center and the Partners in English program for free English practice. All levels of English language skill are welcome.

Baby Storytime

10 to 11 a.m. on Fridays, Dec. 6 and 13. Storytime is designed for babies up to age 1 and their caregivers to learn and socialize together. They will read books, sing songs, do baby bounces and have age-appropriate toys to play with afterwards.

HANDIWORK @ The Library

10 a.m. to noon on Thursday, Dec. 12. Come knit, crochet, embroider and socialize. 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.

Paw Pals: Read with Enzo

10:15 to 11:15 a.m. on Saturday, Dec. 14. 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.

Hunter Marionettes

10:30 to 11 a.m. on Friday, Jan. 3. A special winter-break, all-ages performance.

A Musical Snowstorm

10:30 to 11:15 a.m. on Saturday, Jan. 4. Toddlers and their caregivers join the MacPhail Center for Music at the library to sing, play and learn. ■

Compiled by Kathy Henderson from the St. Anthony Park Library website at sapl.org/locations/sa.



Our Business is Community

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

wellingtonmgt.com



Bugle annual fundraiser continues

The Bugle's annual fall fundraising campaign is continuing, with scores of donor contributions helping boost and maintain our healthy operations.

As of Nov. 15, the Bugle had received more than \$26,000 in donations from individuals, businesses and nonprofits in the first four and a half months of fiscal 2024-25. Plus

\$10,630 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.

As we head into the holiday season, we thank you all for your financial support and confidence. There is still plenty of time to join in supporting your community newspaper.

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

Donors who have contributed to the Bugle from Oct 11 to Nov. 15:

Individuals

Lynn Abrahamsen
Dennis Albeck
Richard Almer
Catherine Anderson
Joel & Teresa Anderson
John & Rebecca Anderson
Kevin Anderson & Erin Dooley
Kristin Anderson
Farhad Anklesaria & Krista Nelson
Anonymous
Steve & Kathryn Audette
James & Carol Avant
Charles & Marjorie Avoles
Jeannette Bach
Terry Banovetz-Gerst
Lee Barry & Margaret Hall
Alan Baxter
Joshua Becerra & Sonia Ellis
Susan Bikowsky
David & Lynnette Black
Dale Blandford
Paul Bloom & Milegua Layese
John & Frieda Boeke
Richard & Gail Bohr
John & Annamary Boler
Debra Bordsen
David Bowers & Suzanne Zander
Mary Boyd-Brent
Barry & Melissa Bridges
Kevin Brown & Donna Burch-Brown
James Bykowski
Rosann Cahill & Donna Dimenna
Shirley Campbell

Dorie Carlson
Michael Carroll
David & Phyllis Casper
Val Cervenka
Barbara Chapman
Joe Christensen
David & Michelle Christianson
Paul & Kathy Ciernia
Susan Cobin
Jonathan & Beth Commers
Judy Crane
Robert Craven & Deb Cran
Valerie Cunningham
Shel & Liz Danielson
David & Page DeLong
Arundhati Deo
Mary Dittrich
David & Alice Duggan
Mel & Georgia Duncan
Walter Dunlap
Terry Dunst & Jill Goodrich
Agnes Dynes
Sharon Dzik
John Eaton & Audrey Estebo
Emily Ebbs
Andrew & Allison Eklund
Kent & Katherine Eklund
Edward Elliott & Marla Bollig
Daniel Engstrom & Barbara Coffin
David & Maryse Fan
Paul & Georganne Farseth
Paul & Ann Fate
Cheri Fiola
Thomas Fisher & Claudia Wielgorecki

Richard & Nancy Foss
Larry & Billie Gaenzle
Fred & Barb Gaiser
Bjorn & Britt Gangeness
Rollin & Marilyn Gates
Nancy Gehrig
Daniel Grundtner
Chris Gudmastad & Kerrin Flanagan
Valetta Gyurci
Kristina Halvorson
Trude Harmon
Kent & Joetta Harrington
Erik Haugo
James Hayes
Dan & Mary Healy
David & Nancy Healy
Mary Hegge
Judith Helgen
Russell Heuckendorf
Esther Hope
Sarah Hustad
Susan Hutterer
Naomi Jackson
Mark & Paula Jelinek
Kimberly Jensen
James Jernberg
Harlan Johnson
Jay Johnson & Diane Landis
Tom Johnson
Ann Kersey
Cari Kidd
Darryn Kozak & Kim Chase-Kozak
Douglas & Beate Krinke
Robb & Janet Lageson
Daniel & Gaye Larson
Virgil & Verena Larson
Barbara Leary
David & Elizabeth Lee
Adam & Maryann Lerner
Diane Dovenberg Lewis
Ellen Longfellow
Marilyn Lopez
Alice Lorenz
John Magnuson
Margaret Malde-Arnosti

Mary McDiarmid
Mary Kay McJilton
Steve McVay
Jennings Mergenthal
James & Linda Merrell
Stephen & Camille Miller
Bob Milligan & Sharon Danes
David & Jennifer Moberg
Frederick & Lynda Morlock
Jacquelyn Morrison
Carolyn Nayematsu
Niccoli Caprice
Walter Northrup
Mark Olson & Norma Smith Olson
Dennis & Turid Ormseth
Thomas Ososki
Steven Ozanne & Linda Gesling
Garry & Mary Anne Peterson
Kerby & Justin Pettinelli
Karen Pfeifle
Eileen Pinto
Steve & Nancy Plagens
Jim & Cyndie Poppe
Jonathan & Mary Preus
Hugh Pruitt & Fariba Sanikhatam
Wilbur & Mary Jane Purcell
Amy Schneider Purdy
Wendy Rahn
Del Reed
Jim & Ann Ricketts
Ginner Ruddy
Michael & Regula Russelle
Max Sanders & Sarah Reuter
Roald & Shelley Sateren
Ken Scherber & Rose Ann Foreman
Tom & Janelle Schnadt
Duane Schriever
Anthony & Judy Schumacher
Bob & Nancy Serfass
Patrick & Kathleen Shannon
Harold & Virginia Sheff
John Shepard & Suzanne Brust
Carrolyn Shepherd
Annemarie Solon
Gary & Peggy Sparr

Tom & Kathy Staffa
Jeanne Steele
Peter & Janet Steinhagen
Sonya Steven
Patty Stolpman
Thomas & Patricia Storey
Deena Strohman
Mary Stucky
Edward Swain & Mary Keirstead
William & Kristen Swanson
Ivan & Amy Swenson
Robert Thayer & Nancy Meade-Thayer
Chuck Tracy
Cynthia Verhey
Larry Wackett & Deborah Allan
Julia Wallace
Deborah Warren
David & Ann Wasson
Sessily Watt & Catrina Ciccone
Bruce & Alisa Weber
Paul & Katharine Weiblen
Jay Weiner & Ann Juergens
Richard & Nancy Wenkel
Meg Whiston
Joe & Mary Wild Crea
Victoria Wilgocki & Lowell Prescott
Clay & Karen Williams
Barbara Woshinsky
Garry Yazell & Michele Dunning
Richard Zeyen & Carol Vanwhy
Kathleen Zieman
Debra Zimmer
Mary Zorn

Anniversary Donors

Joyce Lynon
Roald & Shelley Sateren
Jay Weiner & Ann Juergens

Businesses

Richard's Piano Studio
Sandy's Barber Shop
St. Anthony Park Transition Town



TAX CAT CONSULTING, LLC

- Bookkeeping
- Payroll
- Business Taxes
- Individual Taxes

We specialize in personal taxes, individuals with side gigs, local businesses, and rental properties. Small business taxes done by a small business.

www.taxcatconsulting.com | 651.797.4603

HEALTHCARE PROFESSIONALS



Firelight Psychotherapy
2239 Carter Avenue • 612-839-5853
Joel Grostephan, LICSW
firelightpsychotherapy.com

St. Anthony Park Dental Care
2278 Como Avenue
Nate Cogswell, DDS
Allison Forbes, DDS
Paul Kirkegaard, DDS
Nadine Yacoub, DDS
651-644-9216 (call/text)
frontdesk@sapdentalcare.com

Skon Chiropractic
651-644-3900 • skonchiro.com

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

Together, we connect community, support local businesses and organizations, tell stories that knit us together, and enhance community participation.

Support the Bugle today!

Make a difference in your local community with a financial gift to the Park Bugle today by scanning the QR code or going online to

parkbugle.org

Or mailing a check to: Park Bugle, P.O. Box 8126 St. Paul, MN 55108







THE BIRDMAN OF LAUDERDALE

Turkey vs. squirrel and a final column

By Clay Christensen

My kitchen has a corner sink with two windows above it. That gives me a great view down Malvern Street.

The other morning, I saw some black fluttering going on in a yard about a block down and wondered what was happening.

Could it be the two turkeys that had been strolling about our neighborhood this year? There was a hen and her poult who'd been wandering around all year. I hadn't seen them for a while.

I grabbed my binoculars off the table (being a bird watcher gives me a ready excuse, if I'm accused of being a busy body/snoop) and focused on the area of the flapping. Turned out it was just some black plastic sheeting that was apparently put up in the yard to divert water runoff.

Then I saw a turkey working the curb along Roselawn Avenue just up the corner from my place. As I watched, it began crossing the street.

And then another turkey appeared coming up Malvern, behind the first one. It hesitatingly went into the street behind the first turkey and then kind of shepherded it across the street. I figured this was the hen and the first bird was her poult.

They stepped rather lively after a car went by behind them, then proceeded to mosey through the yards until they were directly across from my house.

I had put some pecan halves out front on the patio table for the birds or the squirrels, whoever would make use of them. These were remnants from my late wife's cooking supplies. I've got a lot of them: walnuts, pecans, raw peanuts, banana chips and more, all well past their use-by dates. I try to remember to put out a handful on the table from time to time, especially as winter approaches.

I wondered if the turkeys could



Turkey on table! Photo by Clay Christensen.

smell the pecans from across the street. My question was soon answered when I glanced out the window and saw a turkey walking toward the patio table.

There was a squirrel on the table, munching on a pecan half. The turkey was eyeing the squirrel. The squirrel grabbed another pecan and bailed out.

The turkey was upset and chased the squirrel around the table. She couldn't corner the furry rascal, so she flew up and took up a commanding position in the middle of the table.

The squirrel was ready for combat. It stood on one of the stools by the table, put its front paws on the edge of the table, looked up

and glared at the turkey! The turkey made a feint peck toward the squirrel, which easily dodged it.

There were only a few pecan halves left, which the squirrel nabbed one after the other until they were all gone.

In this little skirmish, the squirrel had won, taking every pecan half. And I thought it showed real bravery taking on such a huge adversary.

A farewell

This will be my last Birdman of Lauderdale column. I'm hanging up my binoculars, so to speak. I've very much appreciated the editors of the Bugle. They've always been encouraging and seemed to have been appreciative of my columns.

I entered my mid-80s this year. I've found I have issues with balance while walking and standing, so I've started using a cane.

But I haven't figured out how to use binoculars while holding a cane. So, I don't get out birding as much as I used to. And I think that cuts down on the idea generation process I need to keep coming up with topics for my column.

I've enjoyed writing my Birdman column. It's been a bucket-list item for me. But I think it's time to give it a rest and let someone else make use of the space.

I wish you well.

Happy birding! ■

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

MADE FROM SCRATCH

COLOSSAL

CAFE

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

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

www.colossalcafe.com

DAN BANE CPA, LLC

Certified Public Accountant

Providing Individual & Business Tax Service.

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

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

Pierce Richards
law office

Liz Pierce Attorney at Law
Wills and Trusts

House Calls and Virtual Meetings by Appointment ONLY.

651-645-1055
pierce@prlawoffice.net | www.lizpierce.com

MHC
Morgan Home Care

Specializing in:

- Bathroom Remodels
- Kitchen Remodels
- Trim Carpentry
- Tile Work
- Flooring
- Roofing
- Additions

Call Caleb for your home improvement needs
651-260-7589

Locally located in Lauderdale. Fully insured.

TIMOTHY FULLER
architects

Design, at home in the neighborhood

Now Homes Additions Alterations Transformations

tim@timothyfullerarchitects.com
www.timothyfullerarchitects.com

651.485.9277

CARTER AVE
FRAME SHOP

Twin Cities' Trusted Picture Framing Since 1975

(651) 645 7862
www.carteravenueframeshop.com

HOURS
Weekdays 10:00 a.m. - 5:30 p.m.
Saturday 10:00 a.m. - 4:00 p.m.

We bring community together!

Tell our Park Bugle advertisers you saw their ad here!

Better yet, shop local and support them! They're a big part of why we can provide neighborhood news you need!

Your award-winning, nonprofit community resource

Park Bugle

St. Andrew's Park • Falcon Heights • Lauderdale • Como Park

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 or call 612-670-8510.

**Astrid Anderson**

Astrid (Haugan) Anderson, 94, lifelong resident of St. Anthony Park, died Oct. 6, 2024,

five days short of her 95th birthday.

Astrid was born in St. Paul and attended Guttersen Elementary School, Murray High School and the University of Minnesota. She was a home economics teacher in St. Paul for 34 years.

Astrid was a caring, giving, cheerful, smart, articulate, tough and optimistic woman who loved to travel. The family hosted many international students over the years. She was known for her cooking, her hospitality and her kind heart.

She was active at St. Anthony Park Lutheran Church and the women's group, WELCA. She was also a quilter and taught English to foreign students.

She is survived by children, Julie Anderson Glowka and Warner Anderson, both of St. Anthony Park; Joel Anderson and Laurie Anderson Johansson (Roger); six grandchildren; brother, August Haugan, Jr. (Anne Hillgren Haugan); brother-in-law, Elwood Anderson; and sister-in-law, Jean Larson Haugan.

Astrid was preceded in death by her parents, August Haugan and Hannah Robertson Haugan; husband, Ralph Anderson; siblings, Agnes Rolland, Adelheid Price, Sigurd, Rolf, Borghild Hambley, Valborg Haugan, and Roald (Babe); brothers- and sisters-in-law, Ruel Rolland, Robert Price Sr, Emma May Haugan, Louis Hambley, Quentin Anderson, Florence Anderson, Dale Anderson, Betty Anderson and Judith Anderson.

A memorial service was held at St. Anthony Park Lutheran Church, with interment at Sunset Memorial Park Cemetery. Memorials may be made to St. Anthony Park Lutheran Church.

John Bates

John Carl Bates, 78, died Oct. 31, 2024, in Billings, Montana, where he lived for over 30 years.

John grew up in St. Paul and attended Murray High School.

John was an exceptional hockey goaltender and in 1964 was honored as the best in Minnesota, later becoming a proud member of the U of M hockey team.

John had a long, successful career as a property and casualty insurance adjuster in several states. He was an enthusiastic hunter and expert fly fisherman, hunting and fishing extensively in Montana and British Columbia.

He is survived by his brothers, Bruce (Margaret) and James (Sandra).

Memorials to Trout Unlimited or The International Myeloma Foundation would be appreciated.

Dianne Grandy

Dianne Marie (née Lewis) Grandy, 89, died Oct. 19, 2024.

She was preceded in death by her husband, Eugene Sr. She is survived by her children, Eugene Jr. "Butch", Kevin (Renee), Kristie (Gary), Steven, Patty (Jon), David (Candace), Todd (Sondra) and many grandchildren and great-grandchildren.

A Mass of Christian Burial was held Oct. 30 at the Church of the Holy Childhood, with interment at St. John the Baptist Catholic Cemetery in New Brighton.

Memorials may be made to Twin Cities Pet Rescue in honor of Dianne's love for all animals.

Grace Ingulsrud

Grace L. Ingulsrud, 96, of Como Park, died Oct. 25, 2024, one day short of her 97th birthday.

From the cover of the book Grace wrote, *Heeding the Call: A Missionary Memoir* (2001): "From prairie homesteads to pioneer evangelism, from raising children in a foreign land to dealing with

the tragedy of debilitating disease, Grace's telling of this missionary story bears witness to how God strengthens and preserves those who serve Him."

Grace was born in Blumenhoff, Saskatchewan, Canada, to Jacob and Agnes Nelson. She was sixth in a family of nine children.

After high school, she attended the Lutheran Collegiate Bible Institute for two years. She and some of her sisters formed the Nelson Trio, which sang at churches and various events.

Because of the post-WWII demand for teachers, she attended Moose Jaw Normal School and taught in one-room schools in Southern Saskatchewan for about six years. She sensed the call to serve in overseas mission work. To do so, she needed more specialized training. She chose the Lutheran Bible Institute's course in missions.

When her one-year training was ending, Grace applied to the Evangelical Lutheran Church (ELC), headquartered in Minneapolis, to serve as a lay missionary. She was accepted and assigned to Japan.

Grace served in Japan for 33 years. She first spent nearly two years studying the Japanese language in which she became proficient. She then served as a parish worker in Numazu, at the foot of Mt. Fuji, for about five years.

Another missionary, Pastor Lars Ingulsrud, lost his wife to illness and was left with three children. He later proposed to Grace and she accepted.

She not only became a wife but a mother of three children: Ruth (10), John (7), and Faith (6). Soon, she had two children of her own, Joel and Leon.

Lives Lived sponsored by



Roselawn Cemetery

Once the final child was born, Grace and Lars were assigned to the city of Toyota, the site of the large auto company. There they worked with industrial workers as well as management. Grace taught English to executives of the company, together with teaching the Bible to women's groups.

After the children had left home, Grace's husband began showing symptoms of memory loss. As an experienced missionary herself, Grace began taking over her husband's work as he was less able to carry on. They retired in 1987 and moved to Forest Lake. Lars' condition worsened and in 1994, he entered the Ebenezer Home in Minneapolis.

The task of caregiving a spouse with dementia, as Grace writes in her book, was more challenging than mission work. Lars died in 1999.

In 2006, Grace moved from Forest Lake to Greenhouse Village in Roseville. There she attended classes at Luther Seminary, as well as St. Anthony Park Lutheran Church, where she was active in several women's groups.

In 2017, Grace turned 90. All her children gathered to celebrate together with many friends and relatives.

In 2018, Grace moved to The Heritage at Lyngblomsten, but less than two years later a fall made it necessary for her to move into the Care Center there.

A memorial service was held at St. Anthony Park Lutheran Church, with a graveside service at Scandinavian Cemetery, in Forest Lake.

Memorials may be made to St.

Anthony Park Lutheran Church or Luther Seminary.

Douglas Jordahl

Douglas D. Jordahl of Lauderdale, originally from Lake Benton, died unexpectedly Oct. 30, 2024. He was young at heart, always finding joy in humor and cherishing time spent with friends and family.

Doug is survived by his wife, Betty, and daughter, Katherine.

Alfred McAfee

Alfred C. McAfee, 98, of Roseville and recently of Arden Hills, died Nov. 2, 2024. He was preceded in death by his wife, Alice; son, Mark; sister, Mary Aline Oihus; and brother-in-law, William Oihus. He is survived by daughter, Sue Elle (Mike); daughter-in-law, Betsy McAfee; three grandsons; and two great-grandsons.

Funeral service was held at St. Timothy Lutheran Church, with interment at Roselawn Cemetery.

Delaine Meyer

Delaine Eloise Meyer (née Redmann), 96, of Falcon Heights, died Oct. 30, 2024, after a truly extraordinary life. She traveled millions of miles as a stewardess with Northwest Orient Airlines.

She was a devoted wife and mother. She was an avid cross-country skier with 10 Birkies, Korteloppets and Mora Vasaloppets under her belt, and she was frequently on the podium for her age group. She was an election judge for Shoreview for 12 years.

She was predeceased by her husband Peter. She is survived by her two daughters, Leslie and Andrea, and two grandsons. ■

ROSELAWN CEMETERY

a peaceful resting place for all

One Final Gift

Scatter me not to the restless winds
Nor toss my ashes to the sea.
Remember now those years gone by
When loving gifts I gave to thee.
Remember now the happy times
The family ties are shared.
Don't leave my resting place unmarked
As though you never cared.
Deny me not one final gift
For all who came to see.
A simple lasting proof that says
I loved and you loved me.

Author D.H. Crammer

Call today for a no obligation tour.

803 West Larpenteur Avenue, Roseville, MN 55113

(651) 489-1720 | RoselawnCemetery.com

HOURS: Monday – Friday | 8:00 a.m. – 4:30 p.m.,

Saturday 9:00 a.m. – 3:00 p.m., Sunday and evening by appointment

Community  Worship Directory

❖ ST. ANTHONY PARK LUTHERAN CHURCH

2323 Como Avenue West, 651-645-0371
Pastor Daniel Tallon Ruen and Pastor Jill Rode
Web, Facebook & Instagram: SAPLC
Sunday Worship in-person: 9:30 AM
Wednesday Community Dinner: 5-6:30 PM
Longest Night/Blue Christmas: Dec. 18 6:30 PM
Dec 24, Christmas Eve: 3:00, 5:00 & 9:00 PM
Dec 25, Christmas Day: 10:00 AM
Live stream on YouTube Channel: bit.ly/3nWj1DD

❖ ST. CECILIA'S CATHOLIC CHURCH

2357 Bayless Place, 651-644-4502
info@stceciliasp.org, www.stceciliasp.org
Handicap-accessible.
Pastor John M. Hofstede
Sunday, Dec 15, Taize Prayer: 4:00 PM
Tuesday, Dec 24, Christmas Carols: 4:00 PM
Tuesday, Dec 24, Christmas Eve Mass: 4:30 PM
Wednesday, Dec 25, Christmas Day Mass: 9:30 AM
Wednesday, Jan 1: New Year's Day Mass: 9:30 AM

❖ CENTENNIAL UNITED METHODIST CHURCH—ST. ANTHONY PARK CAMPUS

2200 Hillside Avenue, 651-633-7644
www.centennialumc.org
Worship online and in-person
Sundays at 10:30 AM
Dec 24, Christmas Eve Service: 3:00 PM
Find us on Facebook: *Centennial SAP* for worship schedule.
We're in this together!

❖ ST. ANTHONY PARK UNITED CHURCH OF CHRIST

2129 Commonwealth (at Chelmsford), 651-646-7173
www.sapucc.org
Sunday Worship: 10:30 AM in person and via Zoom
Christmas Eve: Family Service: 4:00 PM,
and Candlelight Service: 8:00 PM
Real Church • Real People • Real Life

❖ ST. MATTHEW'S EPISCOPAL CHURCH

2136 Carter Ave. (at Chelmsford), 651-645-3058
www.stmatthewsmn.org, Facebook: *stmatthewsmn*
Sunday Eucharist 10:30 AM | Faith formation 9:15 AM
Contemplative Worship: 1st Sunday of each month 5:00 PM
Thanksgiving worship: 11/28, 10:30 AM followed by feast
Festival of Nine Lessons & Carols: 12/15, 5:00 PM
Christmas services: 12/24, 4 PM & 10 PM, 12/25, 10:30 AM

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

Classifieds

Send your ad to classifieds@parkbugle.org or P.O. Box 8126, St. Paul, MN 55108. Ads are \$1.10 per word. Phone numbers, email addresses and websites are considered two words. Add a box or art for \$11 each. Next deadline: Dec. 11, 2024.



For Rent

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




Home Services

BURTON'S RAIN GUTTER SERVICE
Gutters cleaned, repaired, installed. Insured, bonded. 651-699-8900, 651-398-9629, burtonsraingutter.com

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

GUTTER CLEANING
Let us do the ladder work. Call Larry 651-635-9228.



HANDYMAN SERVICES
Let's do the odds and ends. Call Brandon, 612-272-8991

BRUSHSTROKES PAINTING
Interior/exterior painting & staining. Ceiling/wall repair. Detail-oriented & very fair prices. 27 yrs exp. Tom Marron, 651-230-1272, tom.marron@yahoo.com

PAINT PATCH
Interior/exterior, stain, mold, caulking, small jobs wanted. Painter Jim, 612-202-5514

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

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

SNOW REMOVAL Sidewalks, driveways, boulevards. Call Larry, 651-635-9228.

WINDOW WASHING
Inside and out...
You'll see the difference!
Call Larry, 651-635-9228.



House Cleaning

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

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



Professional Services

BILINGUAL EDITING-WRITING SERVICES
Do you or does someone you know need help writing in English/Spanish? +15 years experience, including writing centers! Matt, 651-802-5693



Rotten Wood?

Moisture damaged window sills, casings & trim replaced

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



St Paul PIPEWORKS
Your Local Plumbing Experts

BETTER. CLEANER. FASTER.

We Install and Repair:

- Toilets
- Faucets & Sinks
- Plumbing & Drains
- Bathtubs & Showers
- Water Heaters
- Garbage Disposals

651-644-9400
www.stpaulpipeworks.com

Treating your house like a home.



Painting by Jerry Wind

- Interior & Exterior Painting
- Wallpaper Stripping/Skim Coating
- Wood Stripping & Refinishing
- Plaster/Sheetrock Repair

FREE ESTIMATES!

651-699-6140 or 612-827-6140
www.PaintingByJerryWind.com





SMITH COLE

STUCCO & STONE

"BUILDING THE FUTURE—RESTORING THE PAST"™



OUR SERVICES

- MOISTURE INTRUSION -
- FOUNDATION REPAIRS -
- NEW STUCCO - STONE -
- STONE REPAIR - PATCHING -
- SANDBLASTING -
- STUCCO REPAIRS -
- STUCCO REFINISHING -
- AND RESTORATION

FREE ESTIMATES 612.709.4980
WWW.SMITHCOLE.COM

Roger's Tree Service
CERTIFIED ARBORIST

Your Neighborhood Tree Service Since 1974
Trimming • Removals • Stumps
— Hedge and Shrub Trimming —
651 699-7022 (c) 612 414-9241 rogetree.com

Bugle Classifieds work. Let them work for you.

St. Anthony Park Christmas from p. 7

annoyance she had about my cacophony of doorbell blasts dissipated. She was overjoyed with the loaf she held in her hand, fruitcake being her favorite holiday tradition. With a hug and kiss and Merry Christmas, I headed back towards home.

Before ascending the steps to my house, I went a few houses down and stopped at the Erickson's house. Jonas' mother answered the door and greeted me with a smile. I handed her the other fruitcake and wished her a Merry Christmas.

Jonas' mother accepted the fruitcake with a thank you and in retrospect, some confusion as to why this boy who she had barely spoken to was gifting her a fruitcake. We exchanged Yuletide greetings, and I ran back down the steps, jumping off the last step with a childlike leap.

Christmas morning

On Christmas morning, my family gathered around the Christmas tree. I opened my gift, which turned out to be a magic 8-ball and some other knick knacks from the catalogue.

I watched with a smile as my siblings opened their gifts, wrapped in silver gleaming paper. They were giddy with the idea of a sugar rush as they saw their chocolate bars.

My mom and dad were happy with their treats, my mom having a slice of fruitcake with her coffee and my dad unwinding after work with handfuls of popcorn.



That Christmas taught me that it will never be about the size or quantity of gifts under the tree, but rather the time spent with family and friends. You can receive the fanciest, most expensive gift in the world, but as the years go by, you won't remember what you unwrapped, but who was with you on that day.

As I realized with Jonas that day in Miller's, everything can be taken from you in an instant, and every passing Christmas might not look like the one prior.

Surrounding yourself with the peace, love and security of family and friends is the essence of Christmas. It is far more valuable than what was in the back section of a Sear's catalogue.

As the sun set on that Christmas Day in 1951, snow began to fall ever so gently outside the window. My siblings and I ran to look out.

Across the street, Jonas and Jimmy were sliding down the hill, both their mothers looked on as they drank from their coffee cups, chatting and smiling as their boys laughed and played with the sled Jonas got for Christmas. ■


TRUMAN

Gold & Silver Exchange

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

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

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



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



CPHS COUGAR SPORTS

A cross country championship and more

By Eric Erickson,
Sports analysis

Highlights from Como Park Senior High's 2023-2024 fall sports season.

Cross Country: The Como boys raced to the best season in school history. The Cougars repeated as St. Paul City Conference and Section 4AA champions. What set this group apart was their fourth-place finish in the State AA meet.

The boys have qualified for four consecutive state meets, placing 13th, 12th, and 11th before this season's big jump to fourth, made even more remarkable by the team's youth.

Sophomore **Charlie Loth** was the individual section champ and earned all-state honors by placing seventh at state. Sophomore **Arthur Anderson** was also all-state, finishing 19th out of 160 runners.

Junior captains **Ben Clark** and **Hazel Small** were next across the line at state, followed by freshman **Luna Small**, senior **Niko Turnure**, and junior **Colin Johnson**.

For the second consecutive year, two Como girls qualified for the state meet. Sophomore **Lily Coyle** and Murray eighth-grader **Lu Beckman** both finished the Section 4AA meet as top 10 indi-



Como boys' cross-country team won the Section 4AA championship and finished fourth in the state meet. Photo by assistant coach Paula Caballero.

viduals, comfortably qualifying for state. The improving depth of the team was evidenced by their third place finish out of 12 teams in the section.

Volleyball: The Cougar girls finished third in the St. Paul City Conference with a 4-2 conference record, guided by **Madison Critchley**, who was selected the conference coach of the year. The team was captained by junior **Niko Solheid**, who was first-team all-conference and junior **Aletha Keizer**, who was third-team all-conference.

Junior **Ku Mo** and Murray eighth-grader **Tsuki Solheid** also earned third-team all-conference. Freshman **Jamie Nemec** received all-conference honorable mention. Girls' volleyball is another young Como team that's already looking forward to next season.

Girls soccer: The Cougars continued to be a competitive team, finishing the 2024 season with an overall record of 5-5-2. The team was led by all-conference senior captains **Ava Lopez** and **Giselle Sanchez-Esparza**, both of whom concluded five-year varsity careers.

Beyond getting named an all-conference selection, Lopez was chosen for the all-state team and scored a goal in the Minnesota all-state senior classic. Juniors **Lucy Dietz**, **Robin Engman-Phiri** and **Sarah Oakman** earned all-conference honorable mention.

Boys soccer: Como was ranked in the state's top 10 for class AA, had an overall record of 12-5-2 and advanced to the Section 4AA final. Sophomore **Stephan N'da** was selected St. Paul City all-conference and first-team all-state.

Seniors **Taw Law Eh Hser** and

Soe Reh were also St. Paul City all-conference. Players earning honorable mention were seniors **Alle Bagula** and **Poe Reh**, and sophomore **Cyrus Vargas**.

Girls tennis: The new Como-Harding cooperative team came together smoothly and took second place in the St. Paul City Conference. The team's overall record was 14-9, highlighted by a playoff victory in the section tournament.

Sophomore **Ela Cantellano** was all-conference and became the first Como player to ever advance to the semifinals of the section singles tournament. **Tiffany Tran**, **Serenity Vang**, and **Gaozhia Vue** were also selected all-conference. Sophomore **Aurelia Haycraft** and senior **Cadence Lee** were all-conference honorable mention.

Girls swimming: Junior **Aleia Lueck** qualified for the state meet in the 50-yard freestyle and the 100-yard backstroke (taking place after the Bugle went to press). She defended her Section 4A title in the 50 free from last year and set a new meet record in that event.

Lueck, fellow junior **Hattie Miller**, freshman **Adeline Hanson** and Murray eighth-grader **Alice Van Keerbergen** set a new school re-

cord in the 400-yard free relay while taking fifth at the section meet. They also took fifth in the 200-yard medley relay.

Cougar highlights from the St. Paul City Conference meet included conference championships for Hanson in the 100-yard breaststroke and Lueck in the 50 free and 100 back. Van Keerbergen earned all-conference for third place in the 100 free and fourth in the 50 free. Honorable mentions were achieved by Miller and **Caroline Napierala**.

Football: The Cougars finished 2-6 with victories over Minneapolis South and Harding-Humboldt in the Twin Cities District.

Senior **Shawn Huberty**, junior **Jeremiah Ranson**, and sophomore **Tate Prinsen** were selected all-district. Prinsen had seven interceptions and was Skyway sub-district defensive back of the year.

Honorable mention all-district went to senior **Jamel Shaw**, juniors **Jonas Tetevi** and **Vontae Williams**, and sophomore **Charvell Rogers**. ■

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

THE PILLARS OF PROSPECT PARK

SENIOR LIVING | ASSISTED LIVING | MEMORY CARE

CALL TODAY TO LEARN MORE:

612-623-7007

22 MALCOLM AVE SE • MINNEAPOLIS, MN



WE'LL BUY YOUR SNOW SHOVEL FOR \$3,500

Take possession of an apartment
at The Pillars of Prospect Park
by 12/31/24 and save \$3,500.

Ask for details.

MAINTENANCE FREE
LIVING. LEAVE YOUR
SHOVEL AT THE DOOR.

YOU ARE
INVITED!

HOLIDAY OPEN HOUSE



DEC. 11
1-3 PM



PILLARSENIORLIVING.COM/PROSPECTPARK | 612.623.7000

EBENEZER