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# Park Bugle

St. Anthony Park / Como Park  
Falcon Heights / Lauderdale

parkbugle.org  
January 2025

## Girls join St. Anthony Park Boy Scouting program

By Emily Lemmenes

The Scouts BSA in St. Anthony Park welcomed outdoor-loving Troop 7017 to its program in the spring of 2024.

The new troop is the first in the local program to include girls.

The Troop 7017 girls said being a part of Scouts BSA is giving them an opportunity to learn skills they couldn't learn elsewhere.

Since the troop's formation, assistant scoutmaster Amy Cram Helwich said the troop has embarked on many new adventures. Those have included three camping trips, making and selling wreaths for the BSA Scouts fundraiser and marching in a neighborhood parade.

Boy Scouts of America allowed girls to become scouts in 2019, according to a timeline posted by the Laurel Highlands (Maryland) Council. Alongside this, the organization changed the name of its flagship program from Boy Scouts to Scouts BSA. To further bolster inclusivity in its programs, the organization will officially rebrand to Scouting America in February of 2025, Scouting News Room reported.

In St. Anthony Park, Scoutmaster David Cram Helwich said being an Eagle Scout in his younger years was a formative experience. He said he formed Troop 7017 because he wanted his daughter Maddie to have the same opportunities he did while in scouting.

At a Court of Honor ceremony for scouts, troop member Ingrid Bollman earned the Tenderfoot



Troop 7017 is a girls endeavor. (Above) Members of Troop 7017 reciting the Scout Oath. *Photo by Emily Lemmenes.* (Top right) Scouts BSA supply closet in the United Church of Christ in St. Anthony Park. *Photo by Emily Lemmenes.* (Lower right) Troop 7017 at Tomahawk Scout Camp. *Photo by Amy Cram Helwich.*



rank. She said the requirements for her new rank taught her not only important outdoors skills, but life skills such as first aid and leadership.

Amy, who is David's wife, said Troop 7017 is partnered with the over 100-year-old local boys Troop 9017. She said the two troops are separate entities that meet at the same time, which is convenient for parents who have children in both groups.

Ingrid Bollman said the longstanding boys troop is supportive of her newly founded troop. She said she appreciates partnering with the boys to do big events like potlucks and camping trips.

David said Scouts BSA troops are typically required to have at least five members. Troop 7017 currently has four. He said one of the new troop's goals is to expand its numbers.

Though the troop is few in

numbers, their passion for scouting is big and the girls have grand aspirations.

For example, Larkin said she wanted to be in Scouts BSA because she hopes it will help her one day achieve her goal of becoming an astronaut. ■

*Emily Lemmenes is a third-year journalism student at the University of Minnesota who lives in the Como neighborhood.*

## On the menu at El Aguila Restaurante: Mexican cuisine and more

By Janet Wight

When El Aguila Restaurante opened for business at 1552 Como Avenue in July 2023, it marked the fulfillment of a lifelong ambition for its owners.

Owners Jose Landaverde and Ana Vargas had always dreamed of owning their own restaurant and serving delicious food, Vargas said. Their restaurant is located in the space formerly occupied by Lisu's Thai Taste, which was previously the home of Bascali's Brick Oven for many years.

Landaverde moved to the United States from El Salvador in 2001. Vargas, a native of Honduras, followed in 2004. They each have 20

years of experience in the restaurant business in Minnesota, although this is the first restaurant they have owned.

Aguila is the Spanish word for eagle. The couple wanted to use this name for their restaurant since it symbolizes strength and also because eagles are frequently mentioned in the Bible, Ana explained.

El Aguila's extensive menu features familiar Mexican dishes as well as authentic flavors unique to El Salvador and Honduras. Specialties include el aguila platillo (potato pastelitos, flank steak and shrimp), tipico Salvadoreno (tamales, pupusas and grilled cactus) and molcajete (flank steak, chicken, shrimp and grilled cactus).



Ana Vargas and Jose Landaverde are co-owners of El Aguila. *Photo by Janet Wight.*

Breakfast favorites include classic dishes like huevos tradicionales (eggs, refried beans and plantains) and tamales Salvadorenos (tamales filled with pork or chicken served with a carrot salad).

*El Aguila Restaurante to p. 12*

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CITY FILES

# St. Anthony Park and Como community councils news

## District 10 Community Council Happy New Year!

Thanks to everyone who participated in District 10 Como neighborhood activities in 2024.

By the numbers, District 10 published 52 weekly newsletters in 2024 and held 23 hybrid community meetings with more than 400 attendees.

Shevek McKee, District 10 executive director, said, "We coordinated 20 community events where we counted over 3,500 attendees! We're pumped to invite everyone back in 2025 to these mostly annual events around the neighborhood.

"We've been planning ahead at D10 and it's bearing fruit not only in increased engagement, but in building deeper connections and

additional opportunities for partnerships and funding."

### 2025 Como Community calendar forming

District 10's committees have begun planning for most of their 2025 outreach and cleanup events.

The first activity will be the Como Blizzard Breakfast on Feb. 8 at the North Dale Recreation Center, 1414 St. Albans St. N. Stay tuned for more details, or connect with us at our community meetings on first Wednesdays at 7 p.m. to help with planning!

If you have any questions or would like to know more about our upcoming events you can view the latest information on our website at [District10ComoPark.org/Events](http://District10ComoPark.org/Events) or reach out directly to organizer@[district10comopark.org](http://district10comopark.org).

### 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.

Explore past Como honorees and submit your 2024 nominations at [District10ComoPark.org/HonorRoll](http://District10ComoPark.org/HonorRoll). Submission deadline is Sunday, Jan. 19. The District 10 Como Community Council board then selects three nominees to recognize for 2024.

### Como Community blood drives

District 10 Como Community Council has partnered with the American Red Cross and the Como Zoo & Conservatory to host community blood drives at the zoo since 2021.

The next blood drive is from 9 a.m. to 3 p.m. on Wednesday, March 5. Space is limited, reservations required.

Other dates for blood drives in 2025 are May 22, Aug. 5, Oct. 21 and Dec. 17.

There are also opportunities to volunteer at the blood drive check-in table. The drives are split into two shifts of two volunteers each, 9 a.m. to noon and noon to 3 p.m. It's light work and a great way to connect with another neighbor. Find registration and more de-

tails at [District10ComoPark.org/BloodDrive](http://District10ComoPark.org/BloodDrive).

### District 10 meetings

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

- **District 10 community meeting:** 7 p.m. on Tuesday, Jan. 21
- **District 10 community meeting:** 7 p.m. on Wednesday, Feb. 5

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

Submitted by *District 10 Community Council*.

## District 12 Community Council

### Cleveland Avenue traffic speeds up

The District 12 Transportation Committee gathered information from Ramsey County Public Works on driver speeds before and after the recent Cleveland Avenue reconstruction.

As the committee predicted, the wider, smooth roadway has led to increased median speeds. Measured at Carter Ave. next to the St. Paul campus lawn, the speeds in 2024 compared with 2019 were 17.5% higher northbound and 5.6% higher southbound.

Other areas measured also showed increases, though smaller than at that location.

"If you drive, you can help to counter this by obeying the speed limit," said Zev Radziwill, District 12 Community Council executive director. "Almost all our neighborhood's 'arterial' streets like Cleveland—the ones with traffic signals at major intersections—are now 25 mph, while side streets are consistently 20 mph. Let's make the streets safer for everyone."

### Upcoming meetings

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

- **Land Use Committee:** 7 p.m. on Thursday, Jan. 2
- **SAPC Council/District:** 7 p.m. on Thursday, Jan. 2
- **Environment Committee:** 7 p.m. on Wednesday, Jan. 22
- **Transportation Committee:** 7 p.m. on Tuesday, Jan. 28
- **Equity Committee:** 7 p.m. on Wednesday, Jan. 30

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

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# Eustis Street project scheduled for summer 2025

By Anne Holzman

The stretch of Eustis Street in Lauderdale between Larpenteur and Hoyt avenues is scheduled for repaving this coming summer, with a sidewalk planned for the east side from Hoyt to Idaho Avenue.

Temporary traffic lights at the intersection of Eustis and Larpenteur will likely limit turns for vehicles and cause traffic disruptions on nearby streets for six to eight weeks during construction.

Lauderdale and Ramsey County staff have been planning the project for more than two years, including extensive negotiations over payment and ongoing maintenance.

County officials initially attempted to persuade Lauderdale to assume ownership of the stretch, but the city rejected that request as too costly given its limited budget.

The county then reduced the scope of the work and proposed charging the city some \$600,000, citing the city's ownership of Eustis north of Larpenteur, which is affected by work at that intersection by various state and county policies for charging cities for road work.

Lauderdale staff and city council members negotiated that figure down to about \$185,000. During a 45-minute discussion at its regular meeting on Nov. 12, the council expressed frustration that cities under 5,000 population do not qualify for the state street maintenance aid that larger cities receive. They said the county's policies, unlike policies in nearby counties, ignore that disparity.

The project, likely to begin in late spring, will extend the sidewalk that stops at the city boundary north of Como Avenue, although



A stretch of Eustis Street in Lauderdale is scheduled for construction this coming summer. Map illustration from Ramsey County.

not all the way up the hill as some residents had hoped. It will address some drainage problems around the apartment buildings

on the east side of Eustis and will improve the intersection at Eustis and Larpenteur to comply with the Americans with Disabilities Act. Lauderdale Administrator Heather Butkowski said there will be "a lot of utility work" in the area around the roadway in addition to the road construction.

Butkowski clarified the state aid

issue for the Bugle in early December. "Cities over 5,000 (in population) get somewhere around \$40-\$60 per capita annually for road improvements," Butkowski said. "There is no reason residents of smaller cities should pay more for street repairs than larger city residents."

At the Nov. 12 meeting, council members expressed interest in asking the county to partner with them in seeking to eliminate the state's disparity in street aid. They also aired annoyance with what they felt was disrespect from the county.

"It sticks in my craw," said council member Evan Sayre, who has participated in negotiations. "[The county] just dictates these policies."

Mayor Mary Gaasch said, at one point, "I struggle with the contemptuous tone" from the county. But she added, "I think this project is going to be in the best interest of our citizens." ■

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

## Changing Times Book group

In "The Story of More," scientist and author Hope Jahren illuminates the links between human habits and our imperiled planet.

Join the Changing Times Book group to discuss this book from 3 to 4:30 p.m. on Saturday, Jan. 25, at the St. Anthony Park Branch Library, 2245 Como Avenue.

Subtitled "How We Got to Climate Change and Where to Go from Here," the book leads the reader through the key inventions (electric power, cars, large-scale farming) that have eased our lives in the short term, but whose climate costs are now coming due, from superstorms to rising seas.

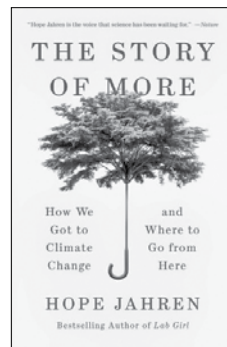
The book begins with a quotation. In 1931, Thomas Edison remarked to Henry Ford and Harvey Firestone, "The sun and solar ener-

gy. What a source of power! I hope we don't have to wait until oil and coal run out before we tackle that."

Jahren continues, "Important men have been arguing about global change since before I was born. Almost ninety years ago, the guy who invented the light bulb urged renewable energy on the guy who invented the car and the guy who invented the tire. I imagine they nodded politely, finished their drinks, and went straight back to motorizing the planet."

Over the course of the book, Jahren shows some paths forward and how to proceed with wisdom. "All of the want and suffering in the world—all of it—arises not from the earth's inability to produce but from our inability to share."

A Minnesota native and



now a geobiologist at the University of Oslo, Jahren has been called "the voice science has been waiting for" by Nature magazine.

The group is co-hosted bimonthly by St. Paul Public Library and Transition Town—All St. Anthony Park. Light refreshments served. No registration needed. Questions? Email Communications@TransitionASAP.org. ■

Submitted by Transition Town—All St. Anthony Park.

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# Park Bugle

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

Opinions expressed in the Bugle by the editor, writers and contributors do not necessarily represent the opinions of the board of directors, Park Press, Inc. Copyright 2025, Park Press, Inc. All rights reserved.

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## EDITORIAL

### From the desk of the editor

By Scott Carlson

#### Reprising 2024

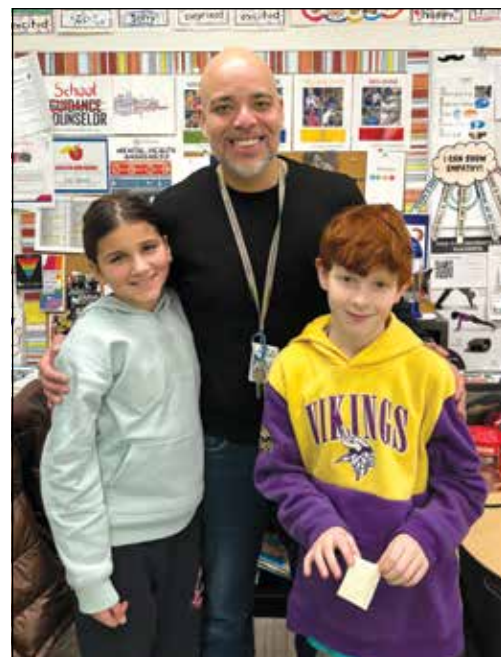
Welcome to 2025!!

This past year yielded a bumper crop of news and information during the Bugle's 50th anniversary year. Story subjects ranged from community government, local history and religion to new businesses, school activities, sports and general commentary.

Short of reprising all of our stories from the past 12 months, here are a few notable Bugle highlights:

**In February, we reported Errol J. Edwards,** licensed counselor at St. Anthony Park Elementary School, was named Minnesota's Elementary School Counselor of the Year for 2024.

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



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

**In May, we reported that Taproot,** the fledgling real estate investment cooperative in south St. Anthony Park, had closed on its first deal.

After a year of gathering community support and building organizational infrastructure, Taproot on April 8 loaned \$300,000 to Red Stone Corner LLC to support the purchase of Baker Court, the historic former school building.



St. Anthony Park residents (left to right) Sherm Eagles, Ann Juergens and Pat Thompson, key leaders of the Taproot Investment Cooperative, stand in front of the nonprofit group's first investment deal, the Baker Court Building in south St. Anthony Park. Submitted photo Taproot Investment Cooperative.

**In our June issue, we noted the first anniversary of the death of Michael Brasel,** who was murdered the first weekend in May 2023 as he interrupted an auto theft outside his St. Anthony Park home on Chilcombe Avenue.

In remembrance, several neighbors created a block-long sidewalk art installation on the side of the street where Brasel's family lives.



In remembrance, several neighbors created a block-long sidewalk art installation on the side of the street where Brasel's family lives. Photo by Lou Michaels.

**A proposal to open a homeless shelter** at the vacant Stub Hall building at Luther Seminary grabbed front pages of the Bugle in our July and August editions.

Many residential neighbors raised concerns over the Seminary's planned lease of Stub Hall to Ramsey County and the nonprofit Model Cities, maintaining the site was inappropriate for the proposed homeless shelter. Facing stiff citizen opposition, the seminary withdrew its proposed lease for the shelter.

Following the failed Seminary proposal, neighboring St. Anthony Park Lutheran Church held a community meeting to discuss the homeless shelter issue and address housing insecurity and homelessness in the area.



Community members recently gathered at St. Anthony Park Lutheran Church to discuss housing insecurity and homelessness in the area. Photo by Josie Wise.

**In September, the Bugle reported the latest news pertaining to the Creative Enterprise's Chroma Zone Mural & Art Festival.** On the walls of various commercial buildings in south St. Anthony Park and the Midway districts, vibrant murals have steadily emerged since 2019, transforming the industrial area into its own canvas.

The annual Chroma Zone Mural & Art Festival, the first and largest mural festival in Minnesota, unveiled seven new outdoor wall murals this past fall. By the end of the summer, the Creative Enterprise Zone (CEZ), became home to more than 60 outdoor murals.



The annual festival unveiled seven new outdoor wall murals. The mural above, "Flowers for the Friends Who Picked Me Up" was created by Birdcap. Photo by Lou Michaels.

**Throughout the year,** the Bugle devoted considerable space to business, chronicling the stories of new retail arrivals such as MidCity Kitchen Farmers Market (south St Anthony Park), the June Room (Milton Square in St. Anthony Park) and Karol Coffee (Como Park).

We also profiled, among others, Dreamers Vault Games, the Good Acre food hub, the Corval manufacturing company, Tax Cat Consulting and Ben Quie & Sons.

Closer to the Bugle, we celebrated our 50th anniversary with stories recalling the days of previous editors and Adam Granger's recollections of his humor columns.

Success also came to the Bugle when the Minnesota Newspaper Association last winter named our newspaper as recipient of five awards in the trade group's 2022-23 Better Newspaper Contest. We were honored for excellence in typography, advertising, house ads and hard news crime reporting.

**Finally, in our December issue, we paid tribute to veteran columnist Clay Christensen** for his long tenure as the "Birdman of Lauderdale." Clay amassed 80 columns of his ornithological musings over 20 years. His final tome appeared in our December 2024 issue.



Turkey on table! Photo by Clay Christensen.

**Miss any of these stories or others in 2024?** Look for them in the archives of our Bugle website at parkbugle.org.

Now, we are getting geared up to cover a new year of newsmaking and newsmakers. We look forward to connecting with more readers including those in arts, business, schools, nonprofit organizations and many more.

So Happy New Year. May 2025 be a great year for all. ■

Scott Carlson is the managing editor of the Bugle.

◆ ◆ ◆ ◆

As we welcome a new year, we're grateful for our wonderful community of readers, supporters, and local businesses. Thank you for being part of our journey!

HAPPY  
New Year!

◆ ◆ ◆ ◆

FROM THE

Your award-winning nonprofit community resource

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# Bugle now offering social media ads for local business

By Laura Adrian

About six months ago, the Bugle launched a new initiative to help local businesses and organizations expand their reach through targeted social media advertising.

This service leverages our established platforms—Facebook, Instagram, Twitter and Threads—to promote a variety of needs, such as upcoming events, seasonal updates and special sales.

The Bugle’s social media platforms reach a community-focused audience that values supporting local businesses. With over 2,500 followers, our ads are crafted to make your message stand out. Whether

you’re highlighting a grand opening, launching a new product or offering a holiday promotion, we can help you create engaging content that connects with community members.

Several businesses have already embraced this opportunity, and you may have noticed their ads while scrolling. On average, each ad reaches about 600 viewers per month across our platforms. The cost is \$30 if you provide the image and caption, or \$60 if you’d like us to handle the creative aspects, including image design and copywriting.

One of the biggest benefits of using the Bugle’s social media ads is

their hyperlocal focus. They connect your business directly to the surrounding community.

A common question we hear is, “Does my business need a social media account to participate?” The answer is no! Your ad can run even if you don’t have an account.

However, if you do, we can link the ad to your profile, making it easy for you to reshare and enhance your visibility. This can also help you build stronger relationships with your audience online.

Ready to give it a try? ■

*Laura Adrian lives in St. Anthony Park and is the Bugle’s social media specialist.*

# SAP Progressive dinner is back!

A familiar St. Anthony Park event is making a comeback: the annual progressive dinner.

The 2025 event will be held on Saturday, March 8, when participants can reconnect with old friends, meet new neighbors, and share delicious food in host homes throughout the neighborhood.

Participation is easy. Register by Friday, Feb. 28. Then make just one course: appetizer, salad, main dish or dessert. As a host, you will welcome 6 to 10 guests for the evening.

The progressive dinner took a hiatus during the period of the Covid 19 pandemic.

More details will be coming in the February edition of the Bugle.

To participate, send an email to [progressivedinnersap@gmail.com](mailto:progressivedinnersap@gmail.com) to receive a link to the online registration form.

If you prefer to register by phone or need a paper form, please indicate that in the email, or call/text Breanna Mueller at 651-235-8110.



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651-226-1274

## 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.

<p><b>February</b> Copy/ad deadline: Jan. 8 Publication: Jan. 21</p> <p><b>March: Wellness guide</b> Copy/ad deadline: Feb. 12 Publication: Feb. 25</p> <p><b>April</b> Copy/ad deadline: Mar. 12 Publication: Mar. 25</p>	
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## COMMENTARY

# Resolved in 2025: Remodel historic home to fight climate change

By John Horchner

In 1885, on the advice of a physician Dr. Godfrey living in St. Paul, Mr. H.O. Hall and his brother Edward left Rochester, New York, to consider a new site for their business in what is now the industrial zone in south St. Anthony Park.

Back then, the area was under the joint development of the Transfer Company, which owned the new rail yard, and the St. Anthony Park Company, which was selling commercial and residential land nearby.

Satisfied with what they saw, the Hall brothers sold their existing business for \$30,000. Along with a few other partners, they established this area's first manufacturing company in 1886: the Saint Anthony Park Furniture Company.

Before we purchased our St. Anthony Park home in 2016, one of the previous owners, Mary Lerman, pointed to a framed building permit on the wall, which indicated that Edward Hall was the original owner. She offered me a two-seater couch from his furniture company and also handed me a cardboard box filled with research.

While searching historical directories from that era housed at the Ramsey County Historical Society's library, I learned that around 1905, Edward Hall turned his interest from furniture making to real estate. Eventually, he opened

an office at Como and Carter avenues, most likely the current site of Milton Square.

I remember reading that the Hall family wanted to help develop north St. Anthony Park, which had largely been stagnating up to that point.

According to the building permit, our house cost \$5,000 to build in 1916. I imagine Hall built our house on speculation during a downturn in the market due to World War I. The house sat vacant after it was finished until the war ended.

In an article Mary found from the July 13, 1919, edition of the Minneapolis Morning Tribune, the house's architect, D.C. Bennett, describes it as "Dutch Colonial Style Bungalow Allows Good Taste at Low Cost."

Our house, one of many built in north St. Anthony Park at the time, was marketed as luxury for the middle class. This strategy was embraced by the area's developers after the initial plan, designed in 1872 by the towering Twin Cities historical figure Horace Cleveland, fizzled.

Cleveland, who subsequently designed most of the major parks and parkways in the Twin Cities, originally designed St. Anthony Park to accommodate large estate homes. These proved out of reach for most buyers.

The remarketing of St. Anthony

Park to the middle class started in the late 1800s, with the same street and landscaping layout indicated by Cleveland, but with smaller home lots. This proved successful, and I am happy to report that our house has stood the test of time and still has many luxurious features, like hardwood floors, that could never be replicated.

## Historic but not energy efficient

However, what our historic home doesn't have is energy efficiency.

Home performance professionals often point to the attic, basement, and walls as the order in which energy efficiency projects should be tackled in old homes. For a deep retrofit, one that reduces carbon footprint by 50% or more, the process usually involves dismantling and then reassembling parts of the house.

For example, in our case, when we arrived, the attic still contained sheets of brown horsehair insulation nailed to the rafters.

Like the old saying goes, don't look a gift horse in the mouth—unless it's hanging from your ceiling. We decided to have it removed along with the rest of the fiberglass batts that lined the floor. We replaced the knob-and-tube wiring that was up there as well before we blew in cellulose to R-55.

In the basement, asbestos pipe wrap lingered. The rim joists remain untouched, allowing for significant air leakage, which contributes to what building scientists call the "stack effect," which is cool air being sucked in the bottom of the house and pushing warm air out the top.

As for the walls, they were last insulated with mineral wool in 1933, which took advantage of the recently invented blow-in machines. I know this only because of two building permits issued by the St. Paul Electrical Department



Saint Anthony Park homes like this one feature sturdy, historic construction but lack modern energy efficiency and decarbonization measures. Learning how to safely retrofit them and meet these standards is the next step in their evolution. Sketch courtesy of Fred Foster.

for the work, which I found at the historical society. We can't add to this, though, until the knob-and-tube wiring that lurks in the walls is removed.

Lastly, we have an oversized boiler—which replaced the coal/steam one and the oil one. It now runs on relatively cleaner natural gas. But it is about four times larger than it needs to be, and the time is fast approaching to replace it—with perhaps an air-to-water heat pump system?

It's amazing how long these inefficiencies have persisted.

We've known in a vague way that older homes like ours contribute to energy waste and the climate crisis. Yet no one has done enough about it.

And we're not alone: most American homes built before 1970 are in the same boat.

In 2011, the Home Energy Score tool—a program introduced by then-Vice President Joe Biden—was used by a contractor for the DOE to assess our 1899 home in Pittsburgh as part of a pilot program. Today, there's a demonstration version of the software available to all that I have been playing around with.

My target is to plan for basement air sealing and insulation, along with a new electric heat pump to

handle heating, cooling and hot water. I hope this will yield 60-70% in carbon reduction, surpassing the state's climate goal of 50% by 2030. I anticipate working with the St. Anthony Park Transition Town Climate Action Group to implement my plan and help others create their own.

Thanks to IRA rebates and tax credits, there's going to be significant financial support for this work starting this year as well.

This is a historic opportunity. Is it bigger than plowing the fields, plotting the land, making the sales and building the structures that created St. Anthony Park and the rest of St. Paul in the first place? Only time will tell.

For a major retrofit like ours, it helps to work with a trusted builder or remodeler, someone who can help coordinate all the pieces. One general contractor I interviewed for our house, Joseph Timm of Minneapolis, told me: "It just seems so possible now."

It is, and I urge you to put this kind of project on your list of New Year's resolutions.

And let's be sure our efforts to retrofit and revitalize homes don't leave anyone else behind. ■

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

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# Update on Bugle annual fundraiser

The Bugle's annual fall fundraising campaign is soon drawing to a close with scores of donor contributions helping boost and maintain our healthy operations.

As of Dec. 16, the Bugle had received nearly \$39,000 in donations from individuals, businesses and grants in the first five and a half months of fiscal 2024-25.

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 by turning readers into neighbors.

As we conclude the holiday season, we thank you all for

your financial support and confidence. There is always time to join in supporting your community newspaper.

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

## Donors who have contributed to the Bugle from Nov. 11 to Dec. 16:

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 Greg & Meredith Anderson  
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# History of Commonwealth Avenue is topic for January talk

By Mary Mergenthal

The latest in Kristin Anderson's monthly series on St. Anthony Park history continues at 7 p.m. on Tuesday, Jan. 14, at St. Anthony Park Lutheran Church, 2323 Como Ave.

Anderson, a longtime St. Anthony Park resident and professor emerita of Art & Design at Augsburg University, will discuss the history of Commonwealth Avenue. She has been taking neighborhood residents and friends on monthly visual tours of SAP history for over two years.

With different names over the past 140 years, Commonwealth Avenue has stretched from Snelling Avenue on the east to Hillside at its southwest end, crossing the Fairgrounds and the University of Minnesota-St. Paul campus before entering St. Paul at Cleveland Avenue.

Anderson's January presentation will focus on the St. Paul stretch of the street, which offers some very



The Arthur and Mary Reeves House (1906). Photo by Kristin Anderson.

old and also some relatively new houses, a few institutional structures, the sites of important "lost" buildings and quite a few interesting residents.

The talk is free and open to all, including interested friends and neighbors.

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

session. Use the SAPLC YouTube channel at [bit.ly/Sap-history](http://bit.ly/Sap-history).

You can also get to the church's YouTube channel by clicking through from [saplc.org](http://saplc.org) to the Worship link, and then to the live-stream link. ■

Mary Mergenthal lives in St. Anthony Park and is a former editor of the Bugle. She is also the Bugle's obituaries editor.

**Add your neighborhood event to our online calendar!**  
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*Wishing you all a Happy New Year!*

**As we turn the calendar to 2025 and look ahead, now is the time for your real estate planning. Let me know how I can help make this a great year!**

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## SCHOOL NEWS

## School news around the town

Compiled by *Caroline Weier*

### Murray Middle School

Submitted by Principal  
*Jamin McKenzie*

#### Honor Band



Five Murray students performed in the Minnesota Junior Winds Honor Band. *Photo courtesy of Murray Middle School.*

Five Murray band students performed in the Minnesota Junior Winds Honor Band at Edina High School on Nov. 9.

Nominated by Murray music teacher Denae Olsen and accepted by Minnesota Junior Winds, the Murray students spent the day practicing with students from other Minnesota schools before performing during the afternoon concert.

#### Murray students on Como Swim Team

Several Murray Middle School students contributed to the Como Park High School girls swim team's success this season, participating in their St. Paul City Conference Championship on Oct. 25.

Varsity swimmer Alice Van

Keerbergen earned All-Conference honors, placing third in the 100-yard freestyle and fourth in the 50-yard freestyle.

Teammates Alana Kennedy, Sadie Kersey and Sylvie McRoberts also had strong finishes in individual events.

Junior varsity swimmers Lucia Barnes, Carter Matlock and Julia Rentmeester delivered notable performances, with Barnes placing eighth in the 100-yard backstroke, Matlock finishing ninth in the 100-yard breaststroke and Rentmeester taking 11th place in the 100-yard freestyle.

At the Section 4A championship preliminaries on Nov. 6, Van Keerbergen qualified for finals and joined Kennedy, Kersey and McRoberts in relay teams, including the 400-yard freestyle relay, which set a new school record.

### St. Anthony Park Elementary School

Submitted by Principal *Barbara Evangelist* and *Joel Van Valin*,  
*SAPSA Communications*

#### New school mascot!

St. Anthony Park Elementary welcomed a new wolf mascot to their school community during their recognition assembly in November.

The large, friendly canine joined the school patrols during their opening performance for the school, with students watching excitedly.

The soon-to-be named wolf addition is a collaborative effort between the school's Positive Behavioral Interventions and Supports team and the school's parents group.

Name for the new mascot was expected to be unveiled at the school's December recognition assembly, which was scheduled after the Bugle's January edition went to press.

### Falcon Heights Elementary

Submitted by Principal *Beth Behnke* and *Holly Menninger*

#### Upcoming Service Fair

The Falcon Heights Elementary School Parent Teacher Association and Falcon Families for Equity and Justice are co-hosting their fourth annual Family Service Night from 6 to 7:30 p.m. on Jan. 22.

Students, families, teachers and staff are invited to support community organizations through a number of hands-on volunteer projects, such as making tie blankets for kids transitioning into stable homes or laundry soap cups for families experiencing homelessness.

The event is intended to foster community and engagement among parents, students and teachers, providing students with an opportunity to help the community. Last year, more than 200 participants attended.

Donations are greatly appreciated to offset the cost of supplies



Assembling Good Night Kits for People Serving People from 2023 event. *Photo courtesy of Falcon Heights Elementary School.*

for the event. All extra money or supplies will be provided directly to the organizations.

Want to make a donation? Call the Falcon Heights Elementary School main office at 651-646-0021 or send checks to:

FH PTA c/o Falcon Heights Elementary School, 1393 Garden Ave. W., Falcon Heights, MN 55113.

For checks, note in the subject line it is for the 2025 Family Service Night.

### Twin Cities German Immersion School

Submitted by *Paige Yurczyk*, *communications and outreach director*

#### Openhaus for prospective families

Prospective families and community members are invited to visit the Twin Cities German Immersion School from 6:30 to 8 p.m. on Jan. 29 for an "openhaus."

There will be a 30-minute tour of the school followed by a Q&A with a panel of staff and current students. To RSVP visit [tcgis.org/school-tours](http://tcgis.org/school-tours).

#### TCGIS enrollment applications

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

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

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

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

#### Coming: Third annual TCGIS Festival of Cultures!

Community members are invited to celebrate the diverse cultures of TCGIS families from 5:30 to 7:30 p.m. on Feb. 20 at the Twin Cities German Immersion School, 1031 Como Ave.

The multicultural celebration will feature performances, hands-on activities and delicious food showcasing the vibrant traditions of their community. The event is free and open to the public. ■

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

## Como Park Senior High School news



Mitch Pelzer as Romeo and Tylena Davis as Juliet on stage with other cast members of Como's one act play in the school auditorium. *Photo by Kong Yang.*

By *Eric Erickson*

#### One act play

Three successful performances of "The Seussification of Romeo and Juliet" took place in the Como Auditorium during December. Co-directors were choir teacher *Huy Tran* and English teacher *Michael Youle*.

Audiences viewed a whimsical take on Shakespeare featuring rhythmic lines, clever props and kinetic energy on stage. The set design was colorful, and the show was a treat for people of all ages.

Cast members included *Daleeya Logan*, *Genevieve DeGaetano*, *Mitch Pelzer*, *Tylena Davis*, *Danaya Evans*, *Amelia Raabe*, *Laura King*, *Lilly Werner*, *Zachary Prince*, *Ana Thao*, *Klay Paw*, *Chris Pittmann*, *Charlie Ernst*, *Ethan Imbertson*, *William Fable* and *Nijia Wheeler*.

Stage managers *Lila Kopp* and *Clara Dunne* led the tech crew consisting of *Millie Huth*, *Levi Kallhoff*, *Alex Buhr*, *Sarah Paw*, *Linnea Common*, *Charlie McCabe* and *Moo Lay*.

#### Musical events

Beyond the play, December was a busy month of for music in the Como Auditorium. The choir concert was held on Dec. 9 and the instrumental concert featuring the band and orchestra was held on Dec. 19.

Then musicians took their show on the road for holiday caroling at the Radisson Blu adjacent to the Mall of America on Dec. 20 to kick off winter break.

#### Spirit week and futsal tournament

Meanwhile, the transition into winter break at school included thematic dress up days while wrapping up coursework to conclude 2024.

The culminating event for students and staff to end the day on Friday, Dec. 20, was the "Battle of the Classes" futsal tournament in the gym. (Futsal is a soccer-like game played on a basketball court.)

Classes will resume for the second quarter of the academic year on Monday, Jan. 6, before the semester concludes on Jan. 24.

#### Clean out your closet fundraiser

The Como community is collecting gently worn and new shoes. All kinds and sizes are accepted. Drop off is available at the school's main office through February.

The shoes will be reused and distributed to those in need through #microenterprise while raising funds for Como's Family Fun Night. Contact [jamie.hoffman@spps.org](mailto:jamie.hoffman@spps.org) for questions or details.

#### Robotics fundraiser at Urban Growler

The Como robotics team will hold a fundraiser from 1 to 5 p.m. on Saturday, Jan. 11, at Urban Growler, 2325 Endicott St.

Tickets are \$25 and include one drink ticket and three raffle tickets. There will be two live bands, games, raffle baskets and more. All proceeds support the Cougar Robotics program. Contact [2855beastbot@gmail.com](mailto:2855beastbot@gmail.com) for tickets or more information. ■

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

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LIBRARY CORNER

# Seeking a few Braver Angels in season of political discord

By Kathy Henderson

As the winter holiday season is waning, have you avoided contentious encounters when it comes to maddeningly misguided political viewpoints espoused by your family, friends or associates?

If your answer is no, head over to the forum taking place from 6:30 to 7:30 p.m. on Wednesday, Jan. 8, at the St. Anthony Park Library, 2245 Como Ave. If your answer is yes, same recommendation.

Bill Doherty, co-founder of Braver Angels, will be there sharing his ideas on how to keep your post-election emotional balance while navigating and maintaining relationships in the months and years ahead.

In this era of rising partisan segregation and opposing political righteousness, it is almost inevitable that if you didn't find yourself in a contentious situation over the holidays, such an encounter is probably in your future. It is best to be prepared.

So, who is Bill Doherty and what makes him such an expert to be giving you advice on how to get along with others?

Lots, actually.

Doherty is co-founder of Braver Angels, described as the largest non-profit movement dedicated to bridging the partisan divide. The national organization teaches skills and moderates workshops that help people engage in constructive non-combative conversations.

However, long before Braver Angels emerged in 2016, Doherty was already a highly-respected professor of family social science at the University of Minnesota-St. Paul campus and an esteemed family and marriage therapist. Upon his approaching retirement last spring after 38 years with the U of M, the "Minnesota Daily" described him as "being among the pioneer

researchers defining marriage and family therapy theories ... collaborating with colleagues and community to help couples better navigate decisions about divorce through discernment counseling. Doherty's research has empowered individuals, couples, families and communities."

To put it succinctly, when it comes to building and rebuilding bridges, Doherty knows his stuff.

But don't show up at the library on Jan. 8 expecting Doherty to present a Braver Angels infomercial. Instead, be prepared for him to be a wellspring of ideas for coping with conflict.

"We can't predict with certainty what will happen in the future," Doherty said. "We have little influence on our own over Washington. But we have a lot of influence over our own lives."

About three years ago, Harry Boyte, a parishioner at St. Matthews Episcopal Church in St. Anthony Park, brought Braver Angels to the attention of his congregation.

Since then, "Braver Angels has taught us skills and how to use those skills," said Dan White, who has become a trained moderator. "It is not a method of winning arguments; it is about how can I better understand another person, find areas of commonality."

Months before the 2024 Presidential Election, Randy Atchi-

son, a member of St. Matthew's leadership team, helped initiate a series of ongoing Braver Angels conversations—urban/rural, red/blue—with members of the Area Churches Together, a six Lutheran parish group known as ACT located near Kerkhoven in the Willmar area, Swift County. (Election results example: St. Paul Ward 4 Precinct 1, Luther Seminary polling location, 91.5% Harris; Kerkhoven, 70% Trump.)

"As an English priest pastoring an American church during this year's election campaign, I was just a little nervous," admitted the Rev. Christopher Rogers, the rector at St. Matthew's. "The Braver Angels has been an answer to prayer for me and for the whole community, as the group has built our skills in listening to those across the various divides in our society."

If you are interested but unable to attend the forum on Jan. 8, it will be available for viewing online for a couple of weeks after the event on the St. Anthony Park Library Association's website under "2nd Thursday Forum" at [sapbla.org](http://sapbla.org).

Braver Angels e-learning skill building courses, including "Managing Difficult Conversations," are available free online at [braverangels.org/what-we-do/take-an-ecourse](http://braverangels.org/what-we-do/take-an-ecourse). ■

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



St. Matthew's Braver Angels and ACT Parish at St. John's Lutheran Church in Pennock, Minnesota. The group met five times in 2024 to overcome the political and rural/urban divides. Photo contributed by Anne Atchison.



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St. Anthony Park Branch Library Association  
presents the  
January Library Forum

Managing emotions and relationships  
in a polarized era



Many of us are struggling with how to retain our emotional equilibrium while navigating relationships with loved ones who make different political choices. Family therapist Bill Doherty will share his ideas about how to keep your emotional balance and not lose relationships in the months and years ahead.

Bill Doherty, Professor Emeritus of Family Social Science at the University of Minnesota, is cofounder of the grassroots movement Braver Angels, with the mission of bringing Americans together to bridge the partisan divide and strengthen our democratic republic.

Wednesday, January 8, 6:30-7:30 pm

In partnership with the SAP Library

Library Auditorium | 2245 Como Ave.

More information at [sapbla.org](http://sapbla.org).

# St. Anthony Park Library events

There are special programs, along with familiar favorites, on the January calendar at the St. Anthony Park Library, 2245 Como Ave.

## Holiday closings

In recognition of the New Year's holiday, the library will close at 5:30 p.m. on Tuesday, Dec. 31, and be closed on Wednesday, Jan. 1. It will also be closed on Monday, Jan. 20, in recognition of the Martin Luther King Jr. Day holiday.

## Holiday light recycling

Bins for recycling of holiday lights, electric cords and even telephone cords are located on both levels of

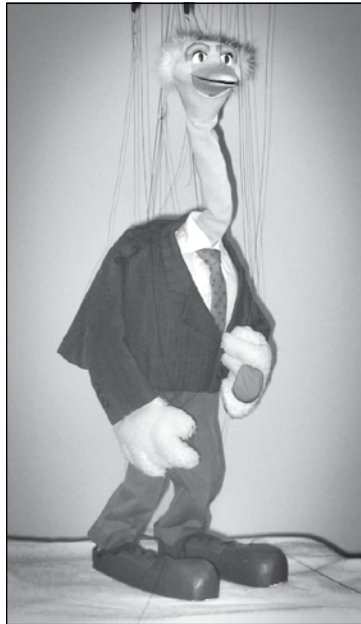
the St. Anthony Park Library. The following items are not accepted: cord adaptors, battery packs, plastic rope lights and CFL lights. Collection continues during regular library hours through Jan. 22.

## Special events

### Hunter Marionettes

10:30 to 11 a.m. on Friday, Jan. 3. An assortment of intricate marionettes are the featured performers in this amusing and eclectic showcase. Each handcrafted marionette reflects the years that puppeteer Kurt Hunter has spent perfecting his craft. This program is sponsored

by the St. Anthony Park Library Association. All ages welcome.



Kurt Hunter's Orville the Ostrich marionette. Photo from huntermarionettes.com.

## Wednesday Forum

6:30 to 7:30 p.m. on Wednesday, Jan. 8. That's not a typo! The usual Second Thursday Forum moves to a Wednesday this month.

Enter 2025 revived with new skills and outlooks, as family therapist and Braver Angels cofounder Bill Doherty shares ideas about how to retain your emotional equilibrium while navigating relationships with those who have opposing political viewpoints. Sponsored by the St. Anthony Park Branch Library Association.

## Stories Sing with the Minnesota Opera

10:30 to 11:30 a.m. on Saturday, Jan. 18. Children ages 3-8 with their caregivers will discover opera arias taking place within the library, as Minnesota Opera teaching artists present a live performance of "Barber for Children," a playful summary of the plot of Gioachino Rossini's famous "The Barber of Seville."

## Ongoing programs

### English Conversation Circle for Adults

4 to 5:30 p.m. on Thursdays, Jan. 2, 9, 16, 23 and 30. Join the University of Minnesota Retirees Volunteer Center and the Partners in English program for free English practice at the library. All levels of English language skill are welcome.

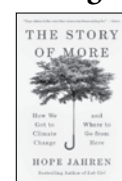
## Family Storytime

10:15 to 10:45 a.m. or 11:15 to 11:45 a.m. on Tuesdays, Jan. 7, 14, 21 and 28. Designed for children ages birth to 5, their caregivers and siblings, the same storytime, featuring stories, songs, rhymes and puppets, is offered twice each Tuesday in the library's auditorium.

## Paw Pals: Read with Enzo

10:15 to 11:15 a.m. on Saturday, Jan. 11. 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. Call 651-642-0411 or stop by the circulation desk to register your young reader.

## Changing Times Book Club



3 to 4:30 p.m. on Saturday, Jan. 25. Hosted by the library and Transition Town-All St. Anthony Park, this reading group meets

bimonthly on the fourth Saturdays to discuss fiction and nonfiction books related to environment and social justice. January selection: "The Story of More: How We Got to Climate Change and Where to Go from Here," by award-winning geobiologist and Minnesota native Hope Jahren. Open to all. Light refreshments. Find more details at [TransitionASAP.org/changing-times-book-group](http://TransitionASAP.org/changing-times-book-group).

## Adult book club

6:30 to 7:30 p.m. on Monday, Jan. 27. Join library staff and fellow book lovers in the lower-level auditorium for lively conversation and refreshments. Stop in or call the library at 651-642-0411 for more information. All are welcome. ■

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

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[www.comoconnects.org](http://www.comoconnects.org)

## A Musical Snowstorm

10:30 to 11:15 a.m. on Saturday, Jan. 4. Join the MacPhail Center for Music for this winter-themed musical program for babies, toddlers, preschoolers and their caregivers. As the children have fun, the adults will learn how music can develop pre-literacy skills in young children, capture their attention and sustain their focus.



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# EVENTS AND MORE

Compiled by *Kathy Henderson*

### Bell Museum

2088 Larpenteur Ave. W. See website for regular museum hours and registration: [bellmuseum.umn.edu](http://bellmuseum.umn.edu).

**Minnesota Youth Symphonies** presents a gallery musical performance to highlight the planetarium show "Secrets from a Forest." Saturday, Jan. 4, from 1:30 to 3:30 p.m. No registration necessary. Included in the cost of regular admission (see website for details). Limited seating is available on a first come, first served basis.

### Winter camps

Two-day sessions, 9 a.m. to 4 p.m. each day, Thursday, Jan. 2, and Friday, Jan. 3.

- **STEM Safari** for grades 1 and 2: Engineering and Astronomy
- **Snow Much Fun** for grades 3-5: Weather and Engineering

\$145 for Bell members and \$160 for nonmembers. Register online at [bellmuseum.umn.edu](http://bellmuseum.umn.edu).

### St. Paul Parks and Recreation Parents Night Out

5 to 8 p.m. on Friday, Jan. 3. Open gym and game room time. Pizza and juice available or kids can bring their own dinner. Ages 7-12. \$15-\$10. Langford Recreation Center, 30 Langford Park. Learn more and register at [stpaul.gov/winter-events](http://stpaul.gov/winter-events).

### Como Park Ski Center

Two rope tows, a 150-foot vertical drop on 15 skiable acres, over 5K of groomed cross country trails, lessons for all ages and skill levels, and ski and snowboard rentals at 1431 Lexington Parkway N.

The chalet is located inside the golf course clubhouse. A St. Paul/Ramsey County mutual cross-country ski pass is required for all St. Paul ski trails. Various hours are weather-dependent and subject to change.

For hours, lessons, costs, rental equipment and free ski clinic information, visit [stpaul.gov/departments/parks-and-recreation/activities-events/winter-activities/downhill-skiing-snowboarding](http://stpaul.gov/departments/parks-and-recreation/activities-events/winter-activities/downhill-skiing-snowboarding).

### Ice skating lessons

Various recreation centers, including Langford Park and North Dale, starting Jan. 4. Find locations, costs and hours (lessons and recreation) at [stpaul.gov](http://stpaul.gov). Weather dependent and subject to change.

### Women's Drum Center

**Drum Basics:** 6 to 7 p.m. on Monday, Jan. 13, at 2242 University Ave.

W. Explore both hand and stick drumming utilizing easy, energizing exercises to build skills. The focus is on having fun. Instructor: Jo Klein. Drums provided. \$15. Register at [womensdrumcenter.org](http://womensdrumcenter.org)

### Como Zoo Conservatory

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

### Music Under Glass

Free concerts in the Sunken Garden from 4:30 to 6:30 p.m. on select Sundays and Wednesdays from Jan. 12 to Feb. 13.

Due to fire code regulations, seating is not provided. However, the music is simulcast into other areas of the gardens where additional seating is available. While the zoo closes at 4 p.m., the Conservatory remains open for guests to enjoy the concert.

- **Curt Obeda with Brian Z,** New Orleans style blues. Sunday, Jan. 12.
- **CORDA,** Jacqueline Ultan (cellist) and Pavel Jany (guitarist) blend together elements of jazz, classical music and a variety of international music styles. Wednesday, Jan. 15.
- **Dan "Daddy Squeeze" Newton** (accordion) teams up with **Pat Donohue** (fingerstyle guitar) and **Richard Kriehn** (mandolin). Sunday, Jan. 19.
- **Kashimana** (rich soulful blues voice) accompanied by **Brad Draper** (percussionist), blend of folk, blues and R&B, enriched with spoken word. Wednesday, Jan. 11.
- **Jeff Ray** (slide guitarist) with **Mikkel Beckmen** (one-man rhythm section), acoustic blues with world music influences. Wednesday, Jan. 29.

### Senior Strolls

4:30 to 6 p.m. on Tuesday, Jan. 14, and 9 to 10 a.m. on Tuesday, Jan. 21. 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](http://comozooconservatory.org/como/senior-strolls).

### Community sing

7 p.m. on Monday, Jan. 16. Join musician Dan Chouinard and singer-songwriter Ann Reed for a sing-along on the third Monday of the month in the parish hall at St. Matthew's Episcopal Church, 2136 Carter Ave. All voices welcome. Free.

### Next Chapter Book Seller

6 to 7 p.m. on Thursday, Jan. 23. Book signing by Andrea Gilats, author of "Radical Endurance: Growing Old in an Age of Longevity." 38 Snelling Ave. S.

### Ramsey County Libraries

**Wednesdays with a Scholar** 2:30 to 4 p.m. Register for Zoom link at [rclreads.org](http://rclreads.org).

- **"Critical Political Realignment and the 2024 U.S. Elections"** with David Schultz, Hamline University professor and expert on government election law, economics and all things political. Wednesday, Jan. 22.
- **"Hubert Humphrey's Quest for a More Just America"** with James Traub, noted historian, journalist, scholar and author of "True Believer: Hubert Humphrey's quest for a more just America" (2024). Wednesday, Jan. 29.

### Senior activities

The St. Anthony Park Area Seniors kicks off the New Year with a mixture of in-person and virtual activities. Unless specified, registration is not necessary. Office phone number: 651-642-9052.

In-person activities include:

- **Game day:** 10 to 11:45 a.m. on Friday, Jan. 3, and Tuesday, Jan. 28, at Centennial United Methodist Church, 2200 Hillside Ave.
- **Pound Fit:** 10 to 11 a.m. on Tuesdays, Jan. 7, 14, 21 and 28,

at 2200 Hillside Ave. Contact office to register.

- **Tai Ji Quan:** Moving for Better Balance exercise class. 2 to 3 p.m. on Tuesdays, Jan. 7, 14, 21, 28 and Thursdays, Jan. 9, 16, 23, 30 at Lauderdale City Hall, 1891 Walnut St. Call the office to register.
- **Handiwork group:** 10 a.m. to noon on Thursday, Jan. 9, at St. Anthony Park Library, 2245 Como Ave.
- **Poetry group:** 9 to 10 a.m. on Friday, Jan. 10, at 2200 Hillside Ave. Contact office for more information.
- **Equal portions, luncheon presentation series:** Noon to 1:30 p.m. on Thursday, Jan.

16, at St. Matthew's Episcopal Church, 2136 Carter Ave. Contact office to register by Jan. 8.

Virtual:

- **Chair Yoga:** 9:30 to 10:30 a.m. on Mondays, Jan. 6 and 13. Call the office for Zoom link.
- **Lunch Bunch:** Socializing and BINGO. Noon to 1 p.m. on Wednesday, Jan. 22. Call the office for connection instructions.

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

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# Five healthy, non-diet habits for 2025

By Jenni Wolf

The New Year buzz is in the air.

I can feel it—fresh starts, new beginnings, changes all around.

We don't need to wait until the New Year to reflect on and assess how we are living our lives and taking care of ourselves.

But if you are part of the roughly 75% of the population setting health-focused goals and making changes to improve wellness in 2025, here are a few options to consider that—shocker!—have nothing to do with dieting:



A plated dinner, eaten at the table, often naturally brings more mindfulness to the meal. Photo by Jenni Wolf.

## Eat at the table.

Make it a priority to eat one meal at the table each day. No matter the meal or who you are with, take time away from your desk, the TV or your to-do list to sit and enjoy a meal undistracted.

This will help support more mindfulness and connection to your body, allowing for more intuition and balance around food choices and intake, thus supporting your overall health.

## Ditch the scale.

I know this will seem controversial to many but hear me out.

How much you weigh is only one potential contributor to your health. There are many other factors at play, and frequent weighing can increase the risk of disordered eating patterns, poor mental health outcomes and weight-cycling.

Instead of housing a scale in your bathroom, pack it away in a closet and spend the year noticing how your body feels, emotionally and physically, without the number on the scale affecting your assessment.

## Join in open rec.

Check out your local recreation center or community education program listings to find open gym times for group sports and activities.

This is a fun and easy way to be active as an adult and support your physical health, while also supporting emotional and mental wellness by connecting socially and building community with others.

## Opt outside every day.

Yes, every day, even in the cold.

Even just for a few minutes.

No excuses.

This is an action step that has a very low physical hurdle and one with a high potential payoff. Getting up and out not only supports an active lifestyle, it also helps reduce isolation that, in turn, can support an improved mood.

And when we are feeling well, we tend to make choices that better support and are in line with our body's needs.

## Review your social media.

Unfollow, unfriend and unsubscribe from content that is not serving you.

And do this regularly!

Set a time each week to audit your feed and time spent on socials and consider setting a boundary around usage. Doing this can help



Getting outside, even in winter, can help boost your mood, awareness and activity level. Photo by Jenni Wolf.

pull you back into present life—the here and now—and keep you from avoiding reality.

It can be easy to get stuck in “all-or-nothing thinking” around health and wellness when consuming content. Not to mention, it is hard to stay focused on your health goals and wellbeing if you are distracted and living in social media land!

We all know that much of what

we see online is not real and that this can be easy to forget.

So, pick one goal, one habit, one action to start slowly with, remembering you can always add on more as the year goes. In fact, maybe I'd better plan for a check-in column mid-year! ■

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




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[sonia.ellis@parkbugle.org](mailto:sonia.ellis@parkbugle.org) or 651-226-1274 (voice message/text)

## El Aguila Restaurante from p. 1

Vegetarian food is available and there are also many gluten-free options.

The couple decided to locate their restaurant on Como Avenue due to its neighborhood setting. Vargas enjoys the beauty of the area and added that everyone has been very friendly.

There have been many challenges in running their business. “Attracting new clients is the biggest challenge,” she said, “but with faith, everything is possible.”

When asked why they came to America, Vargas was reflective. Landaverde came here with a lot of dreams, she said.

“I came to the United States because I wanted to have money to send back to my home country,” she said.

Vargas said she relishes being a restaurant owner.

“What makes me happiest is being able to give work to others,” she said. “Dreams in the United States do come true with effort, courage and the help of God.”

Visit [elaguilamn.com](http://elaguilamn.com) for additional information. ■

Janet Wight lives in the Como neighborhood and is a regular freelance writer for the Bugle.



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# TRANSITION TOWN



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

## Solar power — without a roof

By Pat Thompson

What do sheep have to do with community solar arrays?

When Transition Town's local investment group (LION) met last fall to hear about Cooperative Energy Futures, I thought I'd learn about how co-op members could invest in CEF's latest solar gardens—those large arrays that generate electricity at community scale.

I did hear about that, and we can make those investments through July 2025.

What surprised me, however, was how much I learned about the ways community solar has changed in the past few years. That's where the sheep come in.

### Community solar for you and me

Community solar gardens are larger than home rooftop installations, but much smaller than what a utility would build to replace a power plant, like the one that Xcel recently opened in Becker.

Anyone who has an Xcel electric bill can subscribe to a community solar garden—whether you rent or own your home.

As Bryn Shank from CEF told us, "There's no upfront cost to subscribe. No credit check is needed, or minimum income. For renters who pay their own electric bill, landlord permission is not needed."

It's for people who can't have solar on their own rooftop or don't



Sheep graze at Cooperative Energy Future's solar garden in Faribault. Photo courtesy of CEF.

have a rooftop they own, but still want to get their electricity from the sun. It can even be for people who do have solar panels on their roof, if they're still paying substantial money for electricity to Xcel every month.

Subscribing saves money on your electricity costs, too, because the rate CEF charges is lower than Xcel's. So anytime the solar garden is generating electricity subscribers save money.

### Community solar today

The new things I learned at the November meeting were that community solar has become more accessible recently. Minnesotans who pay an Xcel bill can now subscribe to a solar garden anywhere in Minnesota, not just in our own county or an adjacent one.

Another change has to do with billing. Currently, subscribers get two separate bills, one from Xcel and one from their solar garden

(which is less, and results in a credit at Xcel). Because of a recent change at the Minnesota legislature, Xcel will be required to offer consolidated billing for new solar gardens in 2025.

The legislature also implemented several consumer protections, including guaranteed savings for

community solar subscribers, and no termination fees when withdrawing from a subscription.

### Subscribe now

For a limited time CEF has spots available in its upcoming Lake Elmo solar garden, which is already under construction and expecting "energization" in early 2025. There's priority registration for low- and moderate-income members.

"The Lake Elmo garden lease payments will support the nearby Sally Manzara Interpretive Nature Center," Shank said ([sminc-lake-elmo.org](http://sminc-lake-elmo.org)). And the pollinator plants below the ground-mounted solar panels will be grazed by a flock of sheep brought in periodically.

To start the process of subscribing to Lake Elmo or another one of CEF's solar gardens, such as Mankato or Midtown Minneapolis, you will need a copy of a recent Xcel bill for your house or apartment. It's easy! Go to: [cooperativeenergyfutures.com/subscribe](http://cooperativeenergyfutures.com/subscribe). ■

Pat Thompson is a member of Transition Town—All St. Anthony Park. She works on transportation, public gardening and local investing, among other community topics. For details on the next LION meeting, visit [TransitionASAP.org/economy](http://TransitionASAP.org/economy).

## Collaboration Lab: two-part event

Transition Town—All St. Anthony Park hosts Collaboration Lab: Creating a Regenerative Community, a two-part event to tap into our collective wisdom and respond as a neighborhood to the ecological and social challenges of our time.

Two Saturday afternoons, 2 to 5 p.m. at Zvago Cooperative Living,

2265 W. Luther Place, with food provided by Mim's Cafe.

- January 11: Brainstorming, using the Group Concept Mapping (GCM) framework ([groupwisdom.com](http://groupwisdom.com))

- February 8: Embarking, choosing short- and long-term projects for the neighborhood

RSVP for one or both on our Collaboration Lab page ([TransitionASAP.org/collaboration-lab](http://TransitionASAP.org/collaboration-lab)).

The Collaboration Lab is made possible by a grant from the St. Anthony Park Community Foundation. ■

Submitted by Mindy Keskinen of Transition Town-All St. Anthony Park.

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## LIVES LIVED

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



### Josephine Barnes

Josephine "Josie" Barnes, 104, died Nov. 11, 2024.

Josie's family was very important to her. She was a wonderful mother, grandmother and great-grandmother. She was an avid card player and kept her mind sharp by keeping score well into her 90s.

She was preceded in death by her husband, Ralph; daughter, Ellen Muehlegger; and sisters Helen, Betty and Irene "Babe." Survivors are children, Judy (Dick) Parkin, Tom (Shirley) and Mary Larson; son-in-law Joe Muehlegger; seven grandchildren and nine great-grandchildren.

Mass of Christian was celebrated Nov. 25 at Church of the Holy Childhood, with entombment at Oakland Cemetery. Memorials preferred to Lyngblomsten Care Center.

### Howard Bergstrom

Howard E. Bergstrom, 100, was born Feb. 4, 1924, in St. Cloud. He died Nov. 19, 2024, at home in Minneapolis.

Howard attended St. Cloud public schools, served in the U.S. Navy and earned several academic degrees, culminating in a doctorate in education from the University of Minnesota. His long tenure in administration for the Minnesota Community College system was followed by decades as a volunteer in St. Anthony Park and at Beckettwood Cooperative (Minneapolis).

He also served countless hours as a hospice volunteer at the Minnesota Veterans Home and on committees and performing outreach for his church. Howard loved fishing, boating, travel, music and woodworking.

Howard was preceded in death by parents August and Lillian (Burwick) Bergstrom and brother Willard. He is survived his wife of 66 years, Jane (Johnstone) Bergstrom; son John; daughter Martha (Paul) Brennecke; and one granddaughter.

Interment at Hillside Cemetery, Minneapolis; a memorial service is being planned. Memorials may be given to Hennepin Avenue United Methodist Church Foundation, 511 Groveland Ave., Minneapolis, MN 55403, or to a charity of choice.

### Elaine Cownie

Elaine M. (née LaCasse) Cownie, died Nov. 23, 2024, after a lengthy illness. Elaine was a Roseville resident at the time of her death, but lived most of her life in Como Park.

She graduated from Our Lady of Peace High School in 1959. She was a member of Holy Childhood Parish for over 60 years.

In retirement, Elaine and husband Richard spent winters in Destin, Florida, where they made many friends. Elaine was a devoted wife, mother, grandmother and was especially happy to become a great-grandmother.

She started playing golf in her mid-30s and played for about 50 years. She was a longtime member of Keller, Como and Phalen women's golf leagues. She won a club championship at Como as well as some state tournaments.

Elaine was also an avid bowler—she won a state 600 bowling tournament.

Elaine was preceded in death by her husband of nearly 63 years, Richard, parents Clement and Eloise LaCasse; brothers Donald and Jerome LaCasse; and sister Mary Katherine Flanigan.

She is survived by sons, David and James (Maggie); four grandchildren; one great-grandson and brother John (Wena) LaCasse.

Mass of Christian Burial was celebrated at Holy Childhood Catholic Church with interment at Roselawn Cemetery.

### Mary Krick

Mary Elizabeth Krick, 77, St. Anthony Park, died Oct. 23, 2024.

Mary Liz was born Sept. 11, 1947, in Grand Island, Nebraska, and grew up in nearby, O'Neill, known as the "Irish capital of Nebraska." Mary was proud of her Irish heritage as part of the McCarthy clan.

After graduating from Saint Mary's Parish school, she attended the University of St. Mary in Leavenworth, Kansas. She graduated with a bachelors in mathematics, and then moved to the Twin Cities to start graduate school at the University of Minnesota in the Physics Department. There, she met her husband, Tom.

After the births of daughters Liz and Megan, Mary continued her academic career by studying computer science. Her daughters had a strong role model for women in STEM and also with many com-

puter punch cards, which make excellent toys.

As her girls grew older, Mary transitioned from volunteer work to paid work in computers. While she often did general IT work, her specialty was databases.

Mary worked at the Newman Center Parish and at Cretin-Derham Hall High School. She then returned to the University of Minnesota as a database specialist and grant manager.

Mary loved reading and books. She was a volunteer librarian at St. Anthony Park Elementary School for many years. A former student said she was the rare adult who made a point of getting to know every kid and making them feel seen. She became a proud Minnesotan and was active in the community, including, among other things, former board member of St. Anthony Park Area Seniors.

Mary was preceded in death by her parents Jeanne (McCarthy) and C. Norman Gonderinger, and by sister-in-law Gigi (Goblesh) Gonderinger.

Mary is survived by husband Thomas Paul Krick of St. Anthony Park; daughters Elizabeth (Liz) (John) Prather and Megan (Z) Krick; two granddaughters; siblings Sue (Craig) Schoenfelder, Chuck Gonderinger, and Bob (Mary) Gonderinger; brother-in-law Larry (Joan) Krick; and sister-in-law Mary Lynne (Bill) Selsor. Funeral mass was held at the Church of Saint Cecilia.

Memorial contributions may be made to St. Anthony Park Area Seniors (2200 Hillside Ave., [sapaseniors.org/donate](http://sapaseniors.org/donate)) or the P.E.O. Foundation (P.E.O. Executive Office Treasurer, 3700 Grand Ave., Des Moines, IA 50312, [peointernational.org/make-a-gift](http://peointernational.org/make-a-gift)).

### Patricia McDonald

Patricia Ann McDonald, 91, died Oct. 24, 2024. She was born on April 21, 1933, to Martin and Florence Rathmanner of New Prague. She was the oldest of six children.

Patricia obtained her nursing degree, completing her education at the University of Minnesota and the College of St. Catherine.

Outside of work, Patricia was an active fisherwoman, who belonged to Women's Anglers of Minnesota. She shared her passion for fishing with her children and grandchildren. She also enjoyed traveling.

She was preceded in death by her parents, husband William McDonald; husband Richard Smith; brother Martin; sister Catherine; son Michael; and daughter Mary.

Patricia is survived by sisters Maryellen Steveken, Margaret Sharkey and Ann (Dan) Walker; children Margeret (David) Romero, William McDonald and Catherine McDonald; eight grandchildren and one great-granddaughter.

Funeral service was held on Nov. 29 at the Church of Saint Cecilia, with interment at Lakewood Cemetery.

### Wade Tobin

Wade F. Tobin, 101, died Nov. 7, 2024. He was born on Jan. 25, 1923, in Boardman, Wisconsin, to William and Anna (Torgerson). He lived most of his life in St. Anthony Park.

Wade was preceded in death by his wife Donna McKillop; son John (Connie) Tobin; and brothers James and Gerald. He is survived by his son Scott and daughter Jeannie (Eldon) Ukestad and two granddaughters.

A memorial service was held at Episcopal Homes. Memorials may be made to Our Lady of Peace.



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## Community Worship Directory

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

2200 Hillside Avenue, 651-633-7644  
[www.centennialumc.org](http://www.centennialumc.org)  
Worship online and in-person  
Sundays at 10:30 AM  
Find us on Facebook: *Centennial SAP* for worship schedule.

### ❖ ST. ANTHONY PARK LUTHERAN CHURCH

2323 Como Avenue West, 651-645-0371  
Pastor Daniel Tallon Ruen  
Web, Facebook and Instagram: *SAPLC*  
Sunday worship in-person: 9:30 AM  
Live stream on YouTube Channel: [bit.ly/3nWjIDD](https://bit.ly/3nWjIDD)  
Wednesday community dinners: 5:00-6:30 PM  
(beginning 1/8/24)  
Contemplative prayer Wednesdays: 6 PM  
Music for all ages: Wednesdays starting at 5 PM

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

2129 Commonwealth (at Chelmsford), 651-646-7173  
[www.sapuucc.org](http://www.sapuucc.org)  
Sunday worship: 10:30 AM in person and via Zoom  
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### ❖ ST. CECILIA'S CATHOLIC CHURCH

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

### ❖ ST. MATTHEW'S EPISCOPAL CHURCH

2136 Carter Ave. (at Chelmsford), 651-645-3058  
[www.stmatthewsmn.org](http://www.stmatthewsmn.org), Facebook: *stmatthewsmn*  
Sunday Eucharist 10:30 AM | Faith formation 9:15 AM  
Wednesday Eucharist: 12:00 NOON followed by lunch  
Contemplative worship: 1st Sunday of each month 5 PM

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

# Classifieds

Send your ad to [classifieds@parkbugle.org](mailto: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: Jan. 8, 2024.

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## Milton Square Holiday Market

Milton Square held its annual holiday market in early December with a variety of vendors selling goods, from wreaths and gently used books to home made soaps, jewelry and craft items for cats. Photos by Janet Wight.

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## CPHS COUGAR SPORTS

# Cougar wrestling enters a new era

By Eric Erickson,  
Sports analysis

On a Saturday morning in December, a group of Como Park wrestlers boarded a bus for a St. Paul city competition.

Another group of Como Park wrestlers took a different bus bound for a girls-only tournament 90 minutes west at Buffalo Lake-Hector High School featuring 160 students.

The Cougar wrestling program has welcomed female participants with opportunities to be part of the boys' team during the previous decades. But girls' wrestling was not a sanctioned sport in the state.

In the 2020s, wrestling is growing rapidly for high school girls and Como is part of the movement, with eight girls competing on this year's 2024-2025 squad.

The new era of Como wrestling still features a fixture of Cougar athletics, the ageless Roy Magnuson, who is guiding the girls' team.

The Cougar boys are in their first year of being led by Anthony Minus, a veteran football and wrestling coach in St. Paul and Minneapolis and who is in his second year as an assistant principal at Como.

The coaching staff is rounded out by Peter Yang, Mark Simmons and Thay Ler See, all experienced and accomplished wrestlers willing and able to get on the mat and demonstrate technical moves.

Practices are upbeat and energetic, with both the boys and girls training together. The weight classes are different for the genders, and girls generally grapple



Como wrestlers observed and implemented technical skills at a recent practice. The 25-person Cougar roster features eight females and reflects how wrestling is the fastest-growing high school sport for girls.  
Photo by Eric Erickson.

with similarly sized girls. But skill set is the most significant factor in determining partners.

The 17 boys and eight girls who collectively make up the Como program are becoming a cohesive group, bonded by the unique physical exertion of their sport.

"We work really hard," said Hser Poe of the 127-pound boys' division. "We run, do stairs, it's challenging."

The fitness is of course preparation for fighting the fatigue that occurs on the mat. Coach Minus has been impressed by everyone's commitment.

"They are being really receptive,"

Minus said. "We are holding them to high standards in wrestling, academically and accountability wise, but they are embracing the challenge. Each person has grown tremendously from the first day to where they are now."

Dual meets in the city are limited to boys' competition. But girls can participate in those plus their own tournaments. To the team's credit, their focus extends beyond match results.

The Como boys' roster doesn't have anyone for the three largest weight classes—an 18-point disadvantage in every match due to forfeits.

impacts the development of your partner and team."

### Lueck shines at state swim meet

Como Park junior Aleia Lueck competed in her third consecutive state meet, earning a fourth-place medal in the 50-yard freestyle and a sixth-place medal in the 100-yard backstroke.

In reaching state, Lueck repeated her performance as the section champ for the 50-yard free while setting an all-time Section 4A meet record.

She also set a new school record and career best in the 100-yard backstroke during the section meet. In fact, Lueck now holds school records for all but one individual swim race and is a record holder for all relay races.



Aleia Lueck.  
Photo by coach Lisa Sackreiter.

The Cougar girls swim team had 20 members this season including six who were new to competitive swimming. A young team without any seniors is eagerly anticipating continued success next year. ■

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

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