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Park Bugle

St. Anthony Park / Como Park
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February 2025

International Institute helps reunite immigrant families

By Yvette Higgins

The International Institute of Minnesota reunited about 500 immigrants and refugees with their families in 2024, according to its director of Refugee Services.

But whether the institute's level of reunification activity drops with President Donald Trump's starting back in office remains to be seen.

Since its creation in 1919, thousands of immigrants have become self-sufficient Americans with the help of the International Institute on Como Avenue in St. Paul, according to its website. In addition to resettlement programs, the institute offers courses in English language learning, job training, college preparation and citizenship support.

The institute serves clients from more than 100 countries around the world. Michelle Eberhard, refugee services director for the institute, said the institute has developed communities for these diverse families.

"We have really wonderful people here who do great work, and we have really wonderful people who come here for services," Eberhard said. "You put that together and you have a really strong community."

More than 300 volunteers—who tutor nursing students, assist in English classrooms and set up refugee homes—are essential members of this community, according to the website. The institute also relies on donors. It received \$1.5 million from individual contributors in 2023, which was 17% of its total revenue.

Eberhard oversees the resettlement program at the institute, assisting refugees with core services such as housing and transportation in the first 90 days after their arrival. Later, the institute helps clients gain citizenship with a 94% success rate, according to the website.

After clients are resettled, they have the opportunity to enroll in extended programs and continue working with the institute for several years. These programs help clients achieve their dreams, Eberhard said.

One client, Sandra, from Peru, enrolled in the professional development program in 2022 and is now a senior stylist for Target Corp., according to the website.

More recently, the institute helped one African man reunite with his family after they had been separated for several years.

Eberhard said her job is to remind people of their strength and capability. "The families that we work with do make our communities a really strong, beautiful place."

The institute helped more than 4,533 immigrants and refugees in 2023, which was a 38.5% increase from 2022, according to the website.

About 40% of clients in 2023 were sub-Saharan African, according to the website. In October and November 2024, 273 refugees arrived to in Minnesota from So-



The International Institute of Minnesota, on Como Avenue, has been helping immigrants serves clients from more than 100 countries around the world. Photo by Yvette Higgins.

malia, the most of any country, according to the U.S. State Department's Refugee Processing Center.

Fears for longer separations

Some clients at the institute fear they will face longer separations from their family members with President Trump back in office, according to Eberhard.

Trump plans to reinstate travel bans from his first term aimed at immigrants from several Muslim countries, including Somalia. During Trump's last presidency, refugee admission rates fell from 84,994 individuals in 2016 to a record low of 11,814 in 2020, according to the German online data-gathering platform Statista.

"On day one of the Trump presidency, I will restore the travel ban, suspend refugee admission, stop the resettlement and keep terrorists the hell out of our country," Trump said at a July rally in St. Cloud.

Eberhard said significantly fewer refugees came to the institute during Trump's presidency. Her focus during these uncertain times is serving the clients who are here right now.

"We will adapt, and we will continue to serve people," Eberhard said. ■

Yvette Higgins is an intern for the Park Bugle and a student at the University of Minnesota majoring in journalism and art.

Ramsey District 3 special board election set Feb. 11

By Scott Carlson

Voters in St. Anthony Park, Falcon Heights and several other St. Paul neighborhoods will go to the polls on Tuesday, Feb. 11, to fill the commissioner vacancy in Ramsey County Board District 3.

Vying for the seat formerly held by Trista Martinson are Joshua Bau and Garrison McMurtrey. The seat became open when Martinson resigned last summer to become executive director of Ramsey/Washington Recycling & Energy.

The winner of the special board election will serve out the remainder of Martinson's term, which expires in 2026.

The two-man race pits Bau, a food shelf manager at Merrick Community Services, versus McMurtrey, a DFL activist and current

district office director for U.S. Congresswoman Angie Craig.

The following are sketches of the two candidates:

Joshua David Bau

A resident of St. Paul's Eastside, Bau said, "I am running for this office because I care about my community. I want it to continue to be strong and continue to get better for all residents.

"I want to make St. Paul safer, cleaner and greener. We can do all these things if we work together, listen to each other and find common sense solutions to our common issues.

Bau noted, "There are currently no voices from the Eastside on the council. I believe that it's important for someone who has lived in Ramsey District 3 board election to p. 15



Joshua David Bau.



Garrison McMurtrey

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CITY FILES

St. Anthony Park and Como community councils news

District 10
Community Council

Blizzard Breakfast Feb. 18

Join St. Paul Parks and Recreation and the Como Community Council for a pancake breakfast and winter activities from 10 a.m. to noon on Saturday, Feb. 18 at the North Dale Recreation Center, 1414 St. Albans St.

Try snowshoeing, cross country skiing and skating before you warm up with a bonfire and s'mores. After all the outdoor fun, head inside for a pancake breakfast, sponsored and served by St. Timothy and Como Park Lutheran churches, Karol Coffee and various neighborhood resources.

Also back this year is a local makers market where vendors will have booths selling their goods – help support local artists, bakers, plant enthusiasts and more at this event! Visit the District 10 website: District10ComoPark.org/sd3event to check out this year's booths.

Results from the 2024
Como Curb Cleanup

Back in October and November, District 10 Como Park continued the work started by the Como Active Citizen's Network and partnered with the Capitol Region Watershed District to lead the Como Curb Cleanup, a coordinated effort to remove fallen leaves from the storm water system.

Then in December, participants were asked to report their cleaning efforts. With 83 participants reporting, District 10 calculated how much algae overgrowth was prevented with our community effort. Here are the results:

- Total responding participants: 83
- Total feet cleaned: 40,078
- Number of miles cleaned: 7.6
- Equivalent number of times around Como Lake cleaned: 4.5
- Phosphorus estimated in 1 ft of curb: 0.0003125 lbs.
- Total lbs. of phosphorus prevented from reaching Como Lake: 12.52lbs.
- Tons of curly leaf pond weed this phosphorus amount could produce: 3.13

District 10 on-demand

Want to be in the neighborhood loop but aren't able to attend District 10's monthly meetings? Through the miracle of modern technology, most of Como community meeting presentation recordings are available to view on our website.

We have 14 recordings from 2024 alone, and many have links to the presentation slides and other resources. You can find them on our website here: District10ComoPark.org/Recorded-Presentations.



Mike Ireland (left) and Lizzy Cantley (right) were among dozens of people in the Como Lake area who helped in the Como Curb cleanup program in 2024 to reduce the number of fallen leaves getting into the lake's storm water system. Photos submitted by District 10 Community Council.

Come join District 10 board

With the New Year comes the opportunity to serve on the District 10 Community Council board of directors: Several seats are up for election in April.

Consider attending a board or committee meeting (see schedule below) to see if serving on the board is something that interests you before deciding whether to commit to a board position.

Board members serve two-year terms, through April 2027. To get on the ballot, fill out an application at District10ComoPark.org/Elections. That's where you can also learn more about the roles and opportunities of board members.

The filing deadline is Tuesday April 1. The election ends April 14. If you have any questions or want to know more about being a board member you can reach out to district10@district10comopark.org.

Upcoming 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.

- 7 p.m. on Wednesday, Feb. 5
- 7 p.m. on Tuesday, Feb. 18
- 7 p.m. on Wednesday, Mar. 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

Special County Board election

District 12 reminds everyone of the special election on Feb. 11 for Ramsey County commissioner District 3. Early voting is already underway,

and regular polling places will be open on that date. Be sure to vote!

Rethinking I-94 update

At its January meeting, the District 12 board passed a motion to send a letter to Minnesota Gov. Tim Walz and the state Department of Transportation (MnDOT) expressing support for keeping the at-grade options under consideration in the Rethinking I-94 process into the next phase—which is the environmental impact statement phase.

MnDOT announced in late December it planned to remove about half of the 10 alternatives, including the two at-grade options.

Community garden update


Positive changes are in store at the St. Anthony Park Community Garden.

Garden members are working on planning and fundraising to add fruit trees and shrubs along the north side, screening the garden from the rail road yard and providing pollinator and bird habitat. It will be a multi-year project, so watch for more news as it progresses.

Submitted by District 12 board member Pat Thompson.

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SCAN FOR MORE



Community Park work scheduled this summer

By Anne Holzman

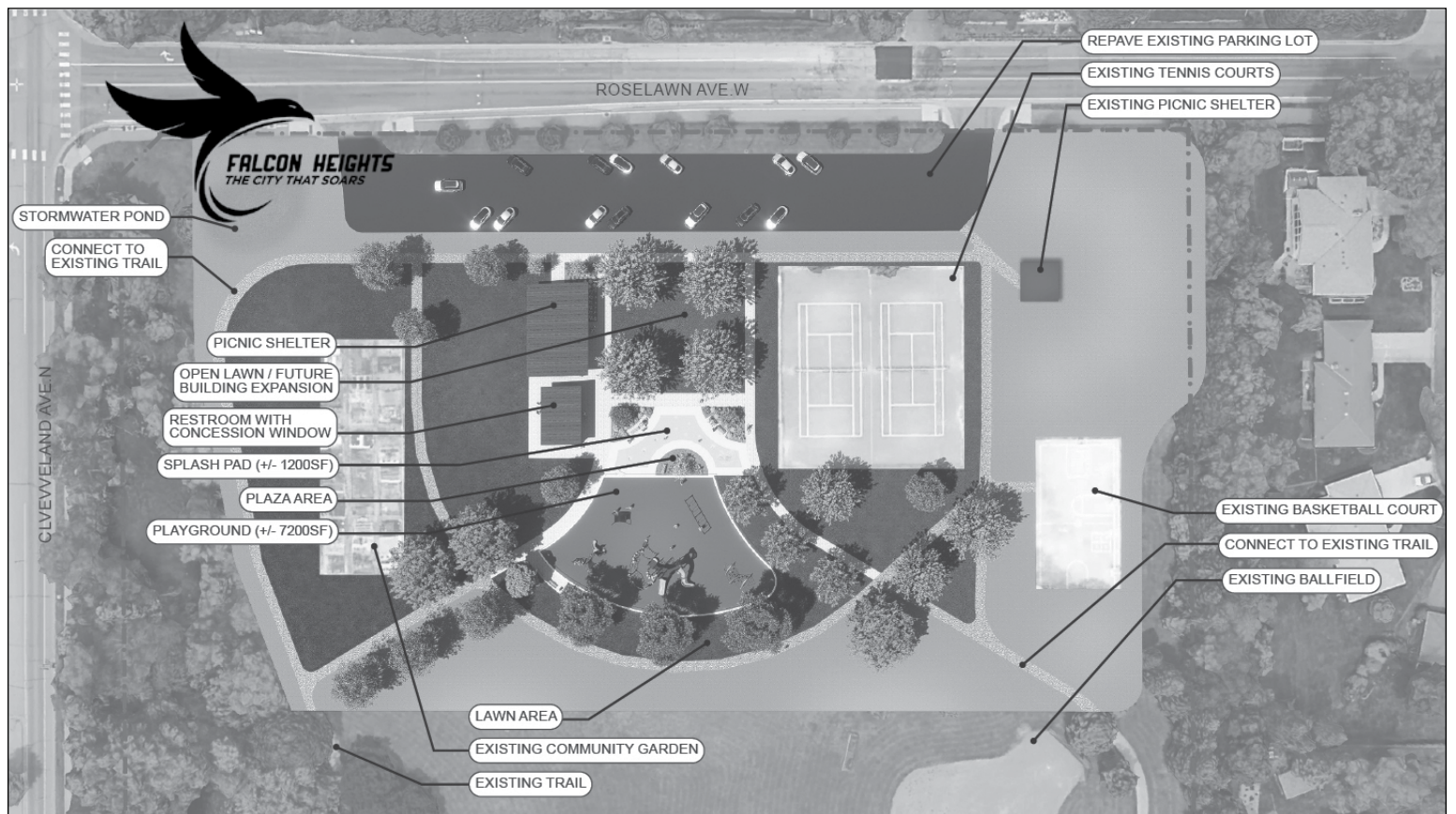
A redesigned playground at Community Park in Falcon Heights will offer better access for visitors with disabilities, patches of shade and more activity areas than the old park footprint, according to city officials who settled on the plan in December.

Plans for a new shelter and bathrooms are also shaping up, scaled back somewhat from earlier plans due to inflation and other funding considerations, city officials said.

Northland Recreation won the playground project bidding against six other vendors who offered a total of 11 designs. The city council on Dec. 23 authorized spending up to \$250,000 for Northland to build the playground this coming summer.

The Parks and Recreation Commission has devoted many hours of meetings over the past several years to planning Community Park renovations.

James Wassenberg, city council liaison to the parks commission, said in early January that Northland's proposal was a clear winner. It has ramps and an accessible merry-go-round, "a lot" of slides and shade structures and, he added, "the vendor was very flexible" about making some requested changes. "I think we will have a wonder-



Falcon Heights Community Park concept. Image from falconheights.org/residents/parks-recreation/community-park-timeline.

ful, multifunctional playground for our city's kids to use for years to come," Wassenberg said.

City Administrator Jack Linehan told the city council that he's hoping for a rubberized surface for the park's playground, which would require additional funds that he's still seeking. He's also hoping to find money for park fencing.

Those and other items might be eligible for a state Department of Natural Resources grant, which Linehan will again apply for this year after two failed attempts in previous cycles.

As of early January, plans to replace the park's old building were also near completion.

Last spring, the city was considering a four-season building with rooms to rent, but inflation in the construction industry pushed those plans beyond the city's financial means. After bids came in, the council opted to scale back the new park building to a prefabricated shelter with year-round bathrooms and concession space.

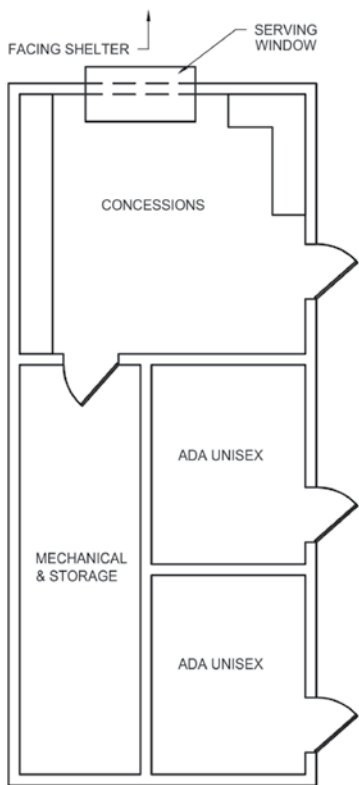
Linehan said if all goes smoothly, much of the shelter work will also be done this year.

At the Dec. 23 meeting, the three council members present adopted the Northland contract unanimously and thanked the parks commission for its work on moving the project forward.

"It looks really good," Mayor

Randy Gustafson remarked. "I can't wait to play on it!" ■

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



EXTERIOR OPTIONS:




Falcon Heights Community Park restroom with concession building floor plan layout and general exterior option. Images from falconheights.org/residents/parks-recreation/community-park-timeline.



Northland Recreation playground concept. Image from Northland Recreation's proposal found at falconheights.org/residents/parks-recreation/community-park-timeline.

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Next deadline: Feb. 12, 2025

Publication date: Feb. 25, 2025

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.

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EDITORIAL

From the desk of the editor

By Scott Carlson

Shining light in the winter darkness

Call it serendipity. Or just a bit of opportune timing.

But when St. Anthony Park Elementary said it could no longer sustain the annual winter Luminary Festival, leaders of the St. Anthony Branch Library Association stepped in to fill the void for this year.

“Neighbors who love the festival spoke up and were prepared take on the responsibility of keeping the event alive,” said Bryn Manion, an organizer of this year’s luminary which is scheduled for the weekend of Feb. 14 to 16 in Langford Park.

Manion continued, “Anna Gaeitsiwe, owner of The Makery, sits on the library board, runs the SAP Arts Festival and has had in-

stallations at the Luminary since it started. And Alissa Mee, a SAP branch librarian, has performed her crankie stories the last two years of the festival.”

Given those festival connections, “it felt natural to keep the creative energy flowing and continue to add some light to the dark winter nights!” Manion said.

Manion said the festival celebrates the SAP community by bringing light into darkness with beautiful lights and wishes for a peaceful world.

The Luminary Festival features hundreds of luminaries hanging from trees in Langford Park and several hundred bags of sand and candles lining the park’s pathway with lights.

The first Luminary Festival was held in the deepest part of winter

in 2022 after the war in Ukraine had just started, Manion recalled.

“We also just came out of a really rough patch with Covid and people were lonely, scared and frustrated. We figured hanging out together outside was the only thing we could do and making something beautiful was the only answer to the cruelty the world sometimes offers up. The lights totally transformed our local park—it turned into a different landscape with pathways and art; it was a complete perspective switch.”

Manion and other organizers hope to recapture that magic with this year’s festival, which will be the product of several planners and a crew of about 50 people to place luminary bags and help clean up.

The festival will include a hand-held lantern procession from the library to the park this year to tie

the two places together symbolically, Manion said. We welcome folks to come make a lantern at the library on Saturday, Feb. 8, so they will have their own to carry when we have our procession from the library to the park the following Saturday evening the 15th.

Besides staging a magical winter event, festival organizers hope to raise at least \$2,500 to support the St. Anthony Park Branch Library Association, which hosts several events throughout the year, supports library programming and ensures the old library building remains welcoming and in excellent shape.

For more information on the festival, check out sapbla.org/2025-luminary-festival. ■

Scott Carlson is the managing editor of the Bugle.

COMMENTARY

Are We Braver Than We Think?

By Helen Warren

Last month, 75 of our neighbors gathered at the SAP Library to consider how we can preserve bonds with people who don’t share, or who oppose, our political beliefs and values.

Sponsored by the St. Anthony Park Branch Library Association, the forum featured Bill Doherty, cofounder of Braver Angels, a national civic organization dedicated to “bringing Americans together to bridge the partisan divide and strengthen our democratic republic.”

Wendy Rahn, one of the event organizers, was surprised when two participants at the library announced their support for President Trump. She understood the bravery this disclosure required

in a neighborhood where 97% of voters marked their ballots for Harris/Walz.

The gathering needed these two folks to show up. Without them, like-minded people would almost certainly have invoked abstract principles of inclusion and civility without having to enact them.

Braver Angels can’t achieve its mission so long as folks talk about the people whose beliefs they can’t abide. To bridge partisan divides, we must talk to people who disagree with us.

Perhaps the conversation starts when we acknowledge the bravery it takes to state our views without fear, to look into dozens of eyes that see the world very differently than we do.

We are accustomed to shielding ourselves from the disapproval of

others. We skirt topics, excuse ourselves from conversations, or clam up entirely.

Rather than respond to those whose views clash with our own, we look forward to a later conversation with our tribe when we rehearse what we “should have said” to demean or mock the views we don’t hold.

Very few public figures reward bravery with respect. Our elected officials, our comedians, our opinion leaders typically resort to sarcasm and diatribe when it is their turn to talk. These responses magnify differences and animosity.

Bill Doherty says that behind every person is a story. Curiosity about how that narrative unfolds can counter the pressure to avoid or attack. Instead of interrogating, or lecturing, or diagnosing those



Braver Angels

“wrongheaded” people, perhaps we inquire about them and draw out their stories. The stories likely include moments we recognize because they resemble moments in our own lives. Affinities emerge and hostility is harder to maintain.

To learn more about these possibilities, visit sapbla.org to see a recording of Bill Doherty’s remarks. Or visit braverangels.org. ■

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

LETTER TO THE EDITOR

Support McMurtrey

There is an important special election on February 11 to fill the vacancy created on the District 3 Ramsey County Board (our district) by the resignation of former Commissioner Trista Martinson last summer.

Worn out from the past national election, you may not have been aware of it or noticed that early voting started in late December. But we all need to pay attention to this race.

Many of you perhaps remember some of the challenging concerns we’ve raised with county projects, in particular the 3-year resurfacing of Cleveland Avenue.

However you felt about the engagement of the former commissioner, or lack thereof, getting to know and build a relationship with whoever takes her place is critical for our communities.

District 3 runs from Minneapolis all the way to Hwy 61 including parts of Wards 1, 4, 5 & 6, as well as Falcon Heights, so it’s a big area and what happens in it has a large impact.

I am supporting DFL-endorsed candidate Garrison McMurtrey for this consequential position. Currently, Garrison serves as the District Director for the Office of U.S. Congresswoman Angie Craig. Prior to joining the Congresswoman’s office, he worked on the Public Affairs team at Target Corporation.

Before his time at Target, he was an outreach director to U.S. Senator Amy Klobuchar, where he led community engagement in the areas of business, workforce development, communities of color and consumer protection.

Outside of work, Garrison has previously served as chair of the St.

Paul DFL and a commissioner on the St. Paul Planning Commission.

Garrison lives in St. Paul’s Como Park neighborhood with his wife, State Senator Clare Mou Verbeten.

He is clearly well-connected and very qualified to effectively serve on the county board.

Garrison has built strong relationships over the years in both public and private communities. He knows how essential it is to include and respect the voices of communities affected by county decision-making. He’s knowledgeable, thoughtful and passionate about public service.

Whoever you support, please make sure to vote before or on Feb. 11.

Jon Schumacher
St. Anthony 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.

March: Wellness guide
Copy/ad deadline: Feb. 12
Publication: Feb. 25

April
Copy/ad deadline: Mar. 12
Publication: Mar. 25

May: Home & Garden guide
Copy/ad deadline: Apr. 9
Publication: Apr. 22

SAP area churches offer “Faithful Hospitality” to asylum seekers

By Bill Brady

Churches across St. Anthony Park and Como have joined an initiative to serve the overflow of asylum-seeking families in the metro who have yet to find stable housing.

Launched last spring by Interfaith Action of Greater St. Paul, “Faithful Hospitality” works with congregations to offer overnight shelter inside their buildings and provide volunteers to stay with the families. The houses of worship commit to hosting up to 20 adults and children for a month at a time.

Though funded by the state through Hennepin County, close to two dozen Ramsey County sites have participated so far by offering space or providing volunteers. Those include at least five churches in the Park Bugle coverage area: St. Anthony Park Lutheran, St. Anthony Park United Church of Christ, St. Matthews Episcopal, St. Cecelia’s Catholic and St. Timothy Lutheran of Como Park.

St. Anthony Park Lutheran may be among the most active of the participants, having hosted guest families during four separate months—August, September, November and December. Congregation member Lisa Sackreiter was among the 50-plus volunteers who helped welcome the guests.

“Some nights were very quiet,” she said. “The guests arrived around 7 p.m. and headed straight to their private rooms (converted classrooms). Other nights were much more social with guests, especially the kids, and volunteers hanging out doing craft projects, playing games, chatting in Spanish or using Google Translate to communicate until bedtime at 9.

“On weekday mornings families were up and out before 7 a.m. On weekends they stayed until 8.”

During the day, family members who aren’t working or going to school are taken to a full-service day center located at Central Presbyterian Church in downtown St.

Paul. There, trained social workers from Interfaith Action provide the families with “wraparound” services, including workforce training, legal assistance, language skills, financial classes, family reunification support, a dining room and a day care for preschoolers.

Careful screening of families

All asylum-seeking families are screened and referred by Hennepin County to ensure they are eligible for the program, with priority given to families with young children who demonstrate a commitment to achieving self-sufficiency.

“Faithful Hospitality is a powerful example of how faith communities can combine compassion and practicality to create lasting change,” said Liliana Letran-Garcia, Interfaith Action’s chief executive officer. “It’s not just about providing shelter. It’s about offering a holistic path to self-sufficiency, dignity and hope.”

Trepidation, then exhilaration

When the opportunity to host overnight guests was first presented, the St. Timothy congregation had what its pastor, Hans Jorgensen, called “A vibrant mix of responses—excitement, anxiety and of course, lots of questions, ranging from big ones about immigration to nitty-gritty ones about cleaning bathrooms.”

Ultimately, the congregation decided to “Lean into this thing that made us a little uncomfortable, as a way of listening for God’s living voice.”

Then they met the families.

“Oh, my goodness!” Jorgensen recalled with a smile. “The children stole the hearts of our overnight volunteers, whether blowing bubbles or playing with balls or col-



St. Anthony Park Lutheran volunteers Breanna Mueller (seated with glasses on left), Molly Breen (standing at back) and Kristin Shardlow (seated in rear at right) mingle with Faithful Hospitality guests on a recent evening at the church. Photo courtesy St. Anthony Park Lutheran Church.

oring or crafts. We didn’t know much Spanish, so we learned to be beautifully awkward together. The Google translation app got quite a workout.”

At the same time, he continued, “We also witnessed the incredibly hard work of the parents, who had come through treacherous miles from Ecuador and Venezuela to make a better life in Minnesota. They worked hard to learn English, to learn how to bank and save and get around on public transportation. We saw the glory of God in these human beings.”

Hopeful future

State funding for Faithful Hospitality is set to end in March 2025. Beyond that, the program’s future will depend on securing additional resources. Letran-Garcia says Interfaith Action is “hopeful and committed” to finding ways of continuing the program.

“The need remains significant,” she said. “Families seeking asylum face unique challenges, making programs like Faithful Hospitality essential to helping them transition to stability and self-sufficiency.” ■

Bill Brady, copy editor for the Park Bugle, also serves on the board of directors for Interfaith Action of Greater St. Paul.



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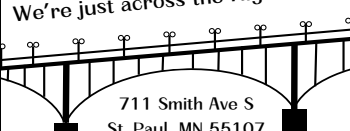
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SCHOOL NEWS

Como Park Senior High School news

By Eric Erickson

Transition to second semester

Como students and staff were back in school for three weeks after winter break to wrap up the first semester of the 2024-2025 academic year, which finished Friday, Jan. 24.

After students completed exams and culminating projects, teachers transitioned from evaluating demonstrations of learning to preparing for new courses in a fresh grading period.

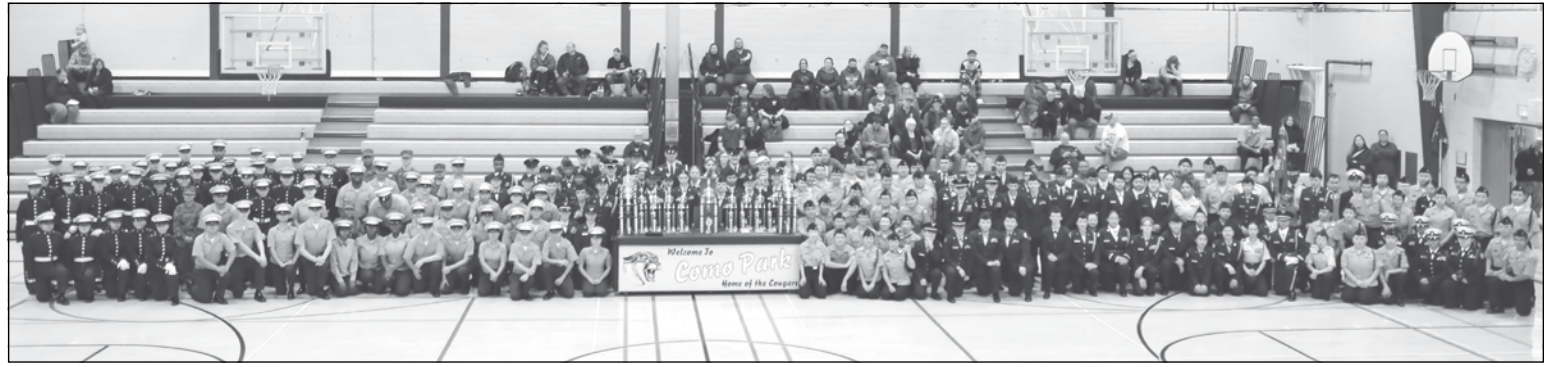
For full-year courses, the content will continue toward year-end standards. For semester-long courses, there are frequently new combinations of teachers and students that accompany schedule changes.

Marine Corps JROTC

Como's cadets hosted their annual Devil Dog Drill Competition on Dec. 14. Eight JROTC (Junior Reserve Officer Training Corps) schools from across the Midwest made their way to St. Paul, participating in a dozen events throughout the day.

Cadet Sergeant Nally See, a junior at Como, earned the Best Unit Leader Award.

In another December tradition, Como's cadets conducted their Toys 4 Tots Drive, sorting and packing thousands of toys at the Mall of America for those in need.



Como's Marine Corps JROTC hosted eight schools for their annual drill competition in the Como gym on December 14. Photo courtesy of Sgt. Major James C. Kirkland.

3DE Case Study with API group

Ninth-grade students will continue their 3DE (three-dimensional education) programming through their Freshmen Focus classes.

As reported in the October 2024 Bugle (page 7), conducting case studies with partnering businesses and organizations form the foundation of the 3DE experience.

In December, Como hosted the APi Construction Group in the school auditorium for the culminating event of this year's third case study where the students presented their solutions to a real-world business challenge,

"The event went really well," said Como's 3DE coordinator Le'Shon Archie, adding that APi Group leaders noted how impressed they were with the ninth-grade students.

The student group with the winning presentation for the Case 9.3 APi Challenge was **Azariah Freeman, Amethyst Gibson, Vivienne Dankert and Anna Peltier.**

College Knowledge Night

Como's seniors enter second semester navigating two worlds, their familiar one in high school but also their life after high school.

For most, that includes college planning.

Although most college-bound seniors have completed their applications, choosing among schools that have accepted them and making sense of the financial obligations can be challenging.

Como's Career Pathway Center Coordinator **Aisha Mohamed** and Get Ready Coordinator **Mai Chue Ozcan** will facilitate "College

Knowledge Night" for seniors and their families from 4 to 7 p.m. on Wednesday, Feb. 19.

Presentations will focus on financial aid and scholarships. Individual advising support will be available. ■

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

School news around the town

Compiled by Sarah CR Clark

St. Anthony Park Elementary School

Submitted by Barbara Evangelist, interim school principal.

Fourth grade class puppet show

St. Anthony Park's fourth grade classes worked with the talented artists from Hinterhands Puppet Company for eight days in early January.

Students created paper mache masks and props for an adapted performance of Paul McCartney's book "Hey Granddude!" on Jan. 15. St. Anthony Park's School Association financially supports artist residencies for all grade levels.



St. Anthony Park Elementary School's new mascot, Frost, welcomed students back to school after winter break. Photo courtesy of Barbara Evangelist.

Twin Cities German Immersion School

Submitted by Paige Yurczyk, community relations director

Third annual Festival of Cultures

Neighbors are invited to join in the Festival of Cultures being held from 5:30 to 7:30 p.m. on Thursday, 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 festival is free and open to the public. ■

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

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Friday, February 14 - Lovers' Luminary Stroll
Saturday, February 15 - Luminary Procession
6:30 Luminary Procession from Library to Langford Park
7:00 - 8:00 Library Crankie traditional storytelling
8:00PM - Family Skate at Langford Park Rink

This event is all about community! We have several ways for supporters of the library and neighbors to work together to create this magical event. For more information on how you can help out, visit:

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Langford Park hockey goes Wild for one night

By Bill Brady

The Langford Park Pee Wee C team was selected as one of two participants in this year's Minnesota Wild Youth Hockey Spotlight game.

In this game, youth hockey players are given a game experience much like an actual NHL game, courtesy of the Wild.

Pee Wee C players had no idea beforehand. They were only told to gather at the Langford Park Rec Center at 5 p.m. on Jan. 8 and to dress nicely, on the premise that they were going to be interviewed by the Park Bugle for a story about what the kids call "ODR"—outdoor rink hockey.

In fact, the Bugle did conduct player interviews, but it was just a ruse to throw them off. Soon, the players were loaded onto a bus and headed for Northeast Ice Arena on Central Avenue Northeast to take on the Minneapolis Titans in a pro-style atmosphere.



Supporters of the Pee Wee C players greeted the players for their special Minnesota Youth Hockey Spotlight game. Photo by Langford Park Hockey.



The Langford Park Pee Wee C hockey team poses with its opponent, the Minneapolis Titans, at the Minnesota Wild Youth Hockey spotlight game. Photo by Langford Park Hockey.

The SAP hockey players were greeted there by a mob of cheering fans, including parents and players from every level of the Langford Park program. Next, the Pee Wee C players were ushered into a locker room, where they were issued special uniforms with their names

stitched on the back. That was followed by a pep talk from their designated celebrity coach, former Wild defenseman Nate Prosser.

Then it was onto the ice, where the PeeWee players were introduced individually by Minnesota Wild public address announcer

Adam Abrams, high-fived by Minnesota Wild mascot Nordy and even stood for the national anthem by Wild anthem singer John deCausmeaker.

Oh, and they watched Langford Park Hockey President Laura Mays as she joined her Minneapolis Ti-

tans counterpart in leading the iconic "Let's Play Hockey!" pre-game cheer.

It was almost incidental that Langford Park won the game 5-1—the fans who jammed the arena had a great time long before the first puck dropped.

"It's like a party!" said Ann Ruth-Reinhardt, whose husband Brian Reinhardt is head coach and whose son Johnny is a defenseman. "This is such a nice thing for our kids.

"Our program is intentionally simple. The kids have used equipment to keep costs down. They don't have names on their backs because the name on the front is what counts. So, to get something fancy like this is a just wonderful." ■

Bill Brady lives in Falcon Heights and is copy editor for the Bugle.

Reprising Creative Enterprise Zone's 2024

Since 2009, the nonprofit Creative Enterprise Zone (CEZ) has been working to attract and support creative people and businesses to "Make it Here!" a unique district of creativity and innovation in St. Paul's south St. Anthony Park and Midway neighborhoods.

The CEZ enumerated these highlights from 2024:

- Welcoming new people and businesses—MidCity Kitchen and Farmers Market, Hey Bear! Cafe and more—while saying goodbye to a few as well.
- Expanding the CEZ's tree canopy with two community planting days, a legion of dedicated volunteers and 100 donated trees.
- Caring and weekly watering of new trees with two AmeriCorps members.
- Advocating, educating and promoting through the festival, tours, media, community representation and public engagement.


- Commissioning CEZ wayfinding to promote area businesses and community amenities (slated for installation in spring 2025).
- Partnering with St. Paul's Department of Neighborhood Safety on a Crime Prevention Through Environmental Design (CPTED) study.
- Commissioning seven murals, hosting events and programs, paying artists, and driving tourism and awareness with the Chroma Zone Mural & Art Festival (Save the date for this year's festival: Sept. 18 to 20).

- Exploring shared ownership models with property owners and Taproot Community Investment Cooperative to prevent displacement of existing businesses and residents.
- On-going partnerships with area businesses, sponsors and funders!
- Leading with a values-first approach to equitable community, cultural, and economic development in Saint Paul. ■

Submitted by the Creative Enterprise Zone.

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Shedding light on eating disorders

By Jenni Wolf

As a dietitian specializing in the field of eating disorders and disordered eating, I know many people will feel uncomfortable just even reading the first sentence of this article, let alone talking about this subject.

The clients I work with often feel the same way. Unfortunately, eating disorders are no different from the other mental health diagnoses that our culture believes are too shaming and taboo to discuss.

However, as Eating Disorders Awareness Week (Feb. 24 to March 2) approaches, it's a time to better understand eating disorders and challenge the stigma around them so we can acknowledge and reduce their impact.

As a dietitian, I do a lot of myth-busting with individuals and their supports—helping to shed light on the reality of eating disorders so we have the best chance to interrupt and prevent them. I thought it would be useful to “bust” some of the most common myths in celebration of EDAW and spread knowledge about eating disorders.

Myth: Only adolescent females suffer from eating disorders.

Fact: It is estimated that 9% of the American population will have an eating disorder during their lifetime, including individuals of all ages, gender identities, body sizes and shapes, races and ethnicities.

Eating disorders don't discriminate. However, eating disorders are less often screened for and diagnosed in the male-identifying and BIPOC communities¹. As a provider I have personally cared for individuals ranging from pre-teen to 70+ years old. When the above myth is supported, it creates barriers to care for individuals that do not fit the “eating disorder stereotype.”

Myth: You must be underweight to have an eating disorder.

Fact: Only 6% of individuals with an eating disorder are actually “underweight” or fit the low-weight stigma eating disorders carry. In

fact, individuals in larger bodies are at increased risk for eating disorders².

With that, atypical anorexia (a diagnosis that does not require an underweighted BMI) is more common than anorexia nervosa—the only difference between the two? Weight criteria.

Yep, you read that right—it is more common for someone to exhibit anorexic behaviors and be in a “normal-weighted” or larger-sized body than be underweighted¹. Again, this myth often keeps individuals out of treatment because they may believe they are not “sick enough” because they do not live in a small body.

Myth: Anorexia nervosa and bulimia nervosa are the most common and only life-threatening or severe eating disorders.

Fact: There are eight formal eating disorder diagnoses in the diagnostic manual: anorexia nervosa, bulimia nervosa, binge-eating disorder, other-specified feeding or eating disorder (OSFED), unspecified feeding or eating disorder (UFED), avoidant-restrictive food intake disorder (ARFID), pica, and rumination³. All have increased mortality and suicide rates compared to their peers without eating disorders¹.

Binge-eating disorder and OSFED are the most common eating disorders in the United States¹.

Myth: People with eating disorders do not eat.

Fact: Most do. And most eat in a way that seems normal.

Eating disorders are very sneaky and manipulative; they thrive in secret and isolation. Most supports are surprised, often even in doubt, to learn of a loved one's eating disorder diagnosis because they appear to eat normally around them.

While most do eat, individuals with eating disorders often need a condition to eat (or not eat) and experience mental preoccupation around food. Many also experience guilt and shame associated with eating and food choices.

Myth: Poor body image causes eating disorders.

Fact: While negative body image and low self-worth can contribute to the development of an eating disorder, they are never caused by one, isolated thing.

Research supports a variety of biological, social and psychological risk factors including genetic predisposition (i.e., history of eating disorder or other mental illness in the family), perfectionistic personality traits, ADHD and other neurodivergent diagnoses, and history of trauma, substance-use disorders, isolation and dieting⁴.

Myth: One can choose to stop “doing” their eating disorder.

Fact: If this were true, we wouldn't have two major eating disorder treatment facilities in our metro area and there wouldn't be many others around the country.

Eating disorders are mental illnesses. Just like someone can't choose to stop being depressed, one cannot choose to stop their eating disorder.

Eating disorders always serve a function for an individual. To interrupt eating disorder behaviors, one must identify that function and learn to meet those needs in another, non-maladaptive, life-giving way. This is hard work, one that requires a team of professionals including a therapist and a registered dietitian and often a medical provider and psychiatrist as well.

There is no timeline for recovery and the process is not linear. It is not unusual for people to enter treatment or need support multiple times throughout their lives or for this process to take 10-plus years.

Reviewing the facts around eating disorder prevalence, diagnoses and treatment will help break down the barriers to accessing treatment and support that exist in our society. ■

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

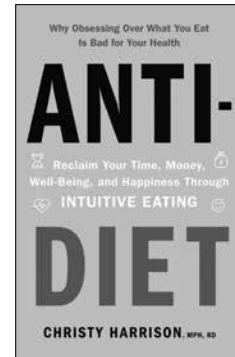
Footnotes for this story are in the grey-shaded copy block on the lower righthand corner of this page.

Resources to Learn More



Food Psych podcast with Christy Harrison

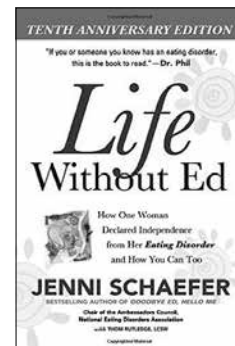
A podcast dedicated to critiquing diet and wellness culture. Conversations about making peace with food, healing from disordered eating and dieting, (re)learning intuitive eating, and more.



Anti-Diet: Reclaim Your Time, Money, Well-Being, and Happiness Through Intuitive Eating

by Christy Harrison

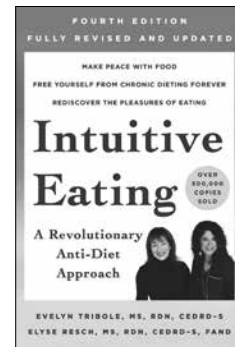
A radical alternative to diet culture, and helps readers reclaim their bodies, minds, and lives so they can focus on the things that truly matter.



Life Without Ed: How One Woman Declared Independence from Her Eating Disorder and How You Can Too

by Jenni Schaefer

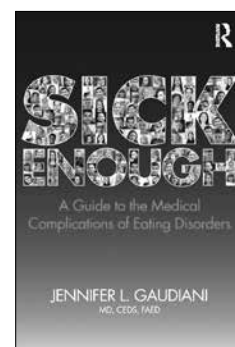
A memoir and self-help guide that chronicles the author's journey to overcoming an eating disorder by personifying it as “Ed” and breaking free from its control.



Intuitive Eating: A Revolutionary Anti-Diet Approach

by Elyse Resch and Evelyn Tribole

A guide that encourages a healthy relationship with food by rejecting diet culture, honoring hunger and fullness, and trusting your body's innate wisdom.



Sick Enough: A Guide to the Medical Complications of Eating Disorders

by Jennifer Gaudiani, MD, CEDS, FAED

An accessible exploration of the medical realities and complexities of eating disorders, offering critical insights for patients, families, and healthcare providers.

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Footnotes:

1. Deloitte Access Economics. *The Social and Economic Cost of Eating Disorders in the United States of America: A Report for the Strategic Training Initiative for the Prevention of Eating Disorders and the Academy for Eating Disorders*. June 2020. Available at: www.hsph.harvard.edu/stiped/report-economic-costs-of-eating-disorders.

2. Flament, M. F., Henderson, K., Buchholz, A., Obeid, N., Nguyen, H. N. T., Birmingham, M., & Goldfield, G. (2015). Weight status and DSM-5 diagnoses of eating disorders in adolescents from the community. *Journal of the American Academy of Child & Adolescent Psychiatry*, 54(5). <https://doi.org/10.1016/j.jaac.2015.01.020>

3. American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders (5th ed.)*.

4. Dennis, A. B. (2024, May 24). *Eating Disorder Risk Factors- National Eating Disorders Association*. National Eating Disorders Association. www.nationaleatingdisorders.org/risk-factors.

Library Corner
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LIBRARY CORNER

'Milton Square: A Neighborhood Love Story'

By Mary Mergenthal

The St. Anthony Park Branch Library Association (SAPBLA)'s February Forum picks up the Valentine's Day theme with "Milton Square: A Neighborhood Love Story."

The presentation will be held at St. Anthony Park Lutheran Church, 2323 Como Avenue, at 7:00 p.m. on Thursday, Feb. 13, with neighborhood resident and historian Kristin Anderson discussing the iconic neighborhood complex.

Anderson is professor emerita in the Department of Art & Design at Augsburg University in Minneapolis. She has been giving presentations and walking tours focused on St. Anthony Park architecture and history since the fall of 2022.

A neighborhood landmark identifiable to many people outside of St. Anthony Park, the mixed-use complex known as Milton Square was built in three phases, starting with the Como-facing building in 1909.

The structure facing Carter Ave-

nue was built in 1912, and the middle building facing the courtyard was added in 1914. Each of the first two buildings included apartments on the upper floors, retail space at street level and community halls on the lower level.

The buildings were designed by Franklin Ellerbe, a city building inspector for many years. He began designing houses and other buildings at this time, and the buildings at Como and Carter avenues were among his first buildings as an architect.

Ellerbe had been a St. Anthony Park resident since 1894, living first on Hillside, then Carter, and finally moving to Bourne Avenue in 1900. He knew the community, watching it grow and develop at a time of significant transition.

Anderson's session for the library association is free and open to the public. As is the case with the monthly SAP architecture and history talks, the presentation can be accessed live via the SAPLC YouTube channel at bit.ly/Sap-history.



An early view of Milton Square circa 1910 in St. Anthony Park. Submitted photo from Kristin Anderson.

Additionally, a recording of the presentation will be available at that site for about a week after the presentation.

The livestream and the record-

ing can also be accessed through the church website, SAPLC.org, using the Worship tab and following the livestream link. ■

Mary Mergenthal is a resident of St. Anthony Park and a former editor of the Bugle.

St. Anthony Park Library events

Compiled by Kathy Henderson

There are special programs, along with familiar favorites, on the February calendar at the St. Anthony Park Library, 2245 Como Ave. Unless specified, registration is not necessary.

Holiday closings

In recognition of Presidents Day, the library will be closed on Monday, Feb. 17.

Special events

Lantern Making Workshop
2 to 4 p.m. on Saturday, Feb. 8. All ages welcome and lantern making supplies provided. Bring your completed lantern to the St. Anthony Park Luminary Festival later in the month.

Ongoing programs

Family Storytime

10:15 to 10:45 a.m. or 11:15 to 11:45 a.m. on Tuesdays, Feb. 4, 11, 18 and 25. 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, Feb. 8. Youth ages 5 to 12 can read out loud to a friendly, trained dog that loves to sit and listen to stories. A single reading session will be a maximum of 15 minutes, ensuring every child can get a turn. Call 651-642-0411 or stop by the circulation desk to register your young reader.

HANDIWORK

10 a.m. to noon on Thursday, Feb. 13. Drop in to knit, crochet, embroider and socialize with your neighbors. Bring your own supplies. This program is designed for adults and is co-hosted by the St. Anthony Park Library and St. Anthony Park Area Seniors.

Adult Book Club

6:30 to 7:30 p.m. on Monday, Feb. 24. Join library staff and fellow book lovers in the lower-level auditorium for conversation and refreshments. Stop by 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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St. Anthony Park Branch Library Association
presents the
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MILTON SQUARE: A NEIGHBORHOOD LOVE STORY



Just across Como from the Library, Milton Square is one of the most iconic buildings in Saint Anthony Park. Join us for a history of this structure with architectural historian and neighborhood expert Kristin Anderson.



Kristin Anderson is Professor Emerita of Art & Design at Augsburg University in Minneapolis, where she taught art history and architectural history.



Thursday, Feb. 13, 2025, 7-8pm
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At Como, a winter sports update

By Eric Erickson,
Sports analysis

Cougar teams have been training in their winter sports since mid-November. The long season reaches its peak competition in late February and for some it extends into March.

Here's a snapshot of four Como programs currently in action:

Girls basketball: St. Paulites who pay attention to high school sports need to go back a decade to find the start of the Cougar girls basketball winning streak.

The last loss for Como in the St. Paul City Conference was in 2015. Since then, they've won 87 straight games.

The scheduling format has changed in recent years with city teams only playing each other once. That means twenty non-conference opponents need to be found. Como head coach **Olonda England** is happy to play anybody, anytime.

Examples include Wayzata, a school three times the size of Como that is top 10 in the state's biggest class, other large suburban teams such as Forest Lake, plus perennial private school powers Minnehaha Academy and Holy Angels.

"The girls understand the bumps and bruises are only going to make



The Cougar girls basketball team stands for the national anthem before a home game. Photo courtesy of Como Park Girls Basketball Facebook page.

them better as a team," England said. "The goal is to make it to the state tournament."

The Cougars were one point away from getting to state last year, the narrow loss coming in the Section 3AAA championship game against Minneapolis Roosevelt.

Similar to last year, the Cougars are learning from losses in their grueling nonconference games, focusing on improvement, not worrying about their overall record, and preparing to make a run at state.

The team is led by senior captains **Makya Kenney**, a small forward, and shooting guard **Cecelia Davis**. Sophomore guard **Ahmani Crump** is also a Cougar captain.

Nordic skiing: Thirty-two skiers are seeking the snow in their Como gear. Over winter break, when none was to be found, the team trained in the Upper Peninsula of Michigan. That experience provided bonding for the boys and girls of the program in addition to practice.

Como competes in the Twin Cities Conference along with Central, Highland and nine other schools that offer Nordic in our urban area. Meets are held at Wirth Park in Minneapolis.

The Cougar boys are captained by senior **Niko Turnure** and juniors **Henry Simmons** and **Ben Clark**. The Cougar girls are extremely young, guided by enthusiastic freshmen **Maeve Callahan-Schrieber** and **Nora Simmons**.

New head coach **Lawrence Simmons** says the team has a great mix of highly competitive skiers along with beginners.

"The boys' team is deep and poised to have their best conference and section finishes ever," Simmons said. "The girls are young and hungry and impressing people with their efforts and results."

Boys swimming: Como swimmers have been strong for several years and the 2024-25 team appears to be in the top-tier of the St. Paul City Conference once again.

Joey Schumacher is a junior captain who was a section champion and state qualifier last year in the 100-yard freestyle. He is also part of city conference history as a member of the fastest-ever 200-yard medley relay team. Schumacher combined with three seniors from last year's squad to set that record and subsequently qualify for state in that event too.

Noah Williamson is a sophomore captain who was part of a

400-yard freestyle relay team that qualified for state last year. The captains are demonstrating dedication to training, and a young enthusiastic group is responding. The Cougars are showing their commitment and enjoying the work as well as the camaraderie.

The dual meets in the conference will conclude in early February. Then the focus shifts to the big meets with multiple teams starting at the St. Paul City meet on Feb. 14.

For most Como swimmers, the season will conclude on Feb. 28 at the Section 4A Meet. The goal is to go out and swim a personal record.

With consistent practice, the personal bests of a few Como swimmers will likely result in qualifying for state—the premier meet in March where Cougar swimming has been represented for four straight years.

Boys basketball: The team is captained by **Contrell Jenkins** and **Hezee Bradshaw**, two junior guards who possess varsity experience along with positive attitudes. The team's leading scorer is senior **Dashawn Robinson**.

Robinson's average soared after scoring 35 points in two different games. Coach **Donnell Gibson** is seeing growth and grit from his young team. Remarkably, the Cougars played three consecutive overtime games earlier this season.

After losing the first two overtime contests including one in double overtime, the third time was the charm as the Cougars came through in the clutch to defeat Minneapolis South 79-73. That resilience propelled the team on a positive path. ■

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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Scarborough Fair planning a reopening

By Janet Wight

Scarborough Fair, a women's size-inclusive clothing and fashion store, is re-opening this month in the former F.I.T. Lab space at 1583 Hamline Ave. in Falcon Heights.

For the past few years, Scarborough Fair operated as an open studio in the lower level of the F.I.T. building, which old-time locals will remember as the onetime home of Blomberg Pharmacy.

When F.I.T. Lab moved out, owner Katheryn ("Kat") Menaged felt that it was kismet and the perfect opportunity to re-establish her retail business, she explained.

(F.I.T. Lab is now at the Mali Center, 576 Front Ave. This hub for minority-owned businesses with a wellness emphasis is the brainchild of Rondo neighborhood native and local entrepreneur Tyrone Minor.)

Scarborough Fair will celebrate its grand re-opening Feb. 13 to 15 with an "Everything on Sale" sale (Magnolia Pearl excluded).

The shop features quality high-end clothing from a selection of curated designers. Sizes range from XS to 3X with prices between \$200 and \$600, along with well-stocked sale racks. Artisan-made jewelry, handmade hats, socks and other accessories are also available.

Customer service is key at Scarborough Fair. "We are encouraging women to come in and to reach out if they want some personalized



Katheryn "Kat" Menaged welcoming guests to the new shop.

help," Menaged said. "We don't sell clothes, we dress women."

Grizas, one of the designers featured at the shop, is owned by a husband and wife duo from Lithuania. Their line of sustainable, launderable pieces includes cottons and silks with great style serving every body type, Menaged said.

Shibori, an ancient Japanese dyeing technique, is the style favored by Colorado designer Steve Sells. His wearable art offerings include high quality silks and textured Japanese cottons.

Magnolia Pearl is an inspired and expensive line that includes distressing, patching and iconic artwork, she explained. It is the "inspired, enchanted, fairy spiritual essence that I love," Menaged added. These pieces are collectables and are produced in limited runs.

Although the store will have limited hours, appointments are available. Menaged welcomes inquiries by text or phone at (651) 402-6441. Interested clients may reach out at their convenience for advice, photos or product descriptions.

Growing up in northern California in the 1970s, Menaged traveled to the Oregon Shakespeare Festival in Ashland, Ore. on family vacations. It was a magical place during a magical time in her life, she said, and it inspired her to start thinking about wanting some type of store.

"Ashland to me was what I am trying to create for women now," she recalled.

While immersed in the music at the festival, Menaged kept musing about the medieval song Scarborough Fair. The John Renbourn rendition (as opposed to the Simon



Scarborough Fair has relocated its retail shop to Hamline Avenue in Falcon Heights. Photos submitted by owner Katheryn Menaged.

and Garfunkel version) is the one that suggested King Arthur in her mind, and that is when she decided upon the name of her future store.

At age 18, Menaged moved to Brooklyn to launch her career in the fashion industry, opting to live with her grandmother which made the move financially feasible.

Prior to its Hamline Avenue location, Scarborough Fair operated from St. Anthony Park's Milton Square for six years, and before that she had a store on West Seventh Street in St. Paul for three years.

Scarborough Fair plans to host its largest annual event—Hats, Horses and High Tea—on March 29. This year's event will benefit the Northrup Dance Commissioning Project. Menaged, an enthusiastic supporter of dance, currently serves on the Northrup Advisory Board.

Trunk shows, showcasing merchandise from specific designers, are planned for later in the spring.

When asked what makes her shop unique, Menaged quickly noted, "It's enchanted. It is romantic. It is lovely and clean and we offer merchandise that you're not going to see everywhere."

Her favorite thing about being a business owner is buying pretty things and working with great women. "I really love that!" she exclaimed. In the past she had some staffing challenges, but she is "very blessed to have a great crew right now," Menaged said.

Visit scarboroughfairshop.com for additional information. ■

Janet Wight is a regular freelance writer for the Bugle.



Experience wonder this season at the Bell



Monarchs & Milkweed
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Our new exhibit, *Monarchs and Milkweed: A Story of Survival* takes you on a journey into the world of butterflies and plants. Travel through the seasons of a calendar year to discover how both insects and plants grow and interact, culminating in a massive butterfly migration that crosses a continent.



Space Fest
February 14 – 16

With a crash and a bang (a big one), we're gearing up for the 7th annual Space Fest: Cosmic Chaos. Get ready for crashes, collisions, astronomical anomalies, and all the things we have yet to understand about our universe. Stop by February 14 for our late night Star Party or during the day on February 15 and 16 for in-person activities and events. Just watch out for that black hole...



Spotlight Science: Brain Power
March 15, 10 am – 2 pm

Join us for our next Spotlight Science where we explore the mysteries of the brain! Connect with neuroscientists and psychologists working to understand the human brain. Explore the latest in brain science with hands-on craft activities, neuroscience storytellers, and more exciting demonstrations around the museum, including real human and animal brains!

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.

No truth in labeling: Why we need to limit our use of de-icers

By Kerry Morgan

My first educational foray into the world of de-icing chemicals was my son's eighth-grade science fair project comparing the speed of four ice-melt products. Most of the details of that project have been lost, the cardboard trifold display recycled.

Over the years our family used up the granules in all the test containers. Sure, I noticed that the grass around our brick paths often died back and that our concrete patio showed signs of surface scaling.

But the real costs of our indiscriminate de-icer use would be lost on me for five years, until I got interested in the health of our waterways and became a Minnesota Water steward in 2023.

So, what's the problem?

That certification program awakened me to issues that are largely invisible to us. For example, the degree to which surface and groundwater is polluted by urban runoff.

In St. Paul, when storm water

and melting ice travel along impervious surfaces like sidewalks, driveways and roads into our storm sewers, it all ends up in the Mississippi River, untreated.

And I learned that road salt contaminates water irreversibly. Just one teaspoon of salt can permanently pollute five gallons of water. In Minnesota, the largest source of chloride pollution is the 445,000 tons of salt spread onto our roads each year.

What does that mean for our waterways?

According to the Minnesota Pollution Control Agency (MPCA), there were 68 water bodies impaired by excessive chloride in 2024, up 20% from just two years earlier.

Here's what scientists also know: chloride kills freshwater plants and animals, harms pets, corrodes infrastructure and can impact drinking water quality.

Despite the branding and promotion of "safer" de-icing products, including those with formates in place of chlorides, none are safe. Even if the packaging says "Pet Safe" or "Eco Friendly," all de-icers contain chemicals that harm our waters.

And there are no regulations requiring manufacturers to test before making these claims, said Lindsay Schwantes of the Capitol Region Watershed District in a recent talk hosted by the St. Anthony Park Community Council Environment Committee.

Some de-icers on the market include a logo that reads "Safer Choice: Meets U.S. EPA Safer Product Standards." This federal program identifies criteria that make some products less problematic than others.

But recently the EPA announced that it would no longer certify any ice-melt products because of their overuse and their harm to infra-

structure, the environment and pets. But we will see that little green logo for some time, since product manufacturers have until February 2027 to discontinue it.

What is being done and how can we help?

To encourage "smart salting" practices, the MPCA offers training for snowplow drivers and property maintenance supervisors. And they recently added a workshop for community leaders, including local government officials and people on environmental or housing boards.

If you are hiring help for snow removal, ask that they are "Smart Salt" certified. In addition to providing certification for highway and public/private applicators, the MPCA also offers a downloadable list of certified salt applicators. Use vendors that follow best practices.

If you do your own snow removal, follow these four steps to minimize de-icer use:

1. **Shovel** early and often to stop snow from compacting.
2. **Select** the right product for the weather and temperature and use it sparingly. Do not use granular de-icers on bare pavement; apply only to ice. Check labels, as many de-icers do not work when pavement temperatures are below 15°F.

Consider using a product like Cherry Stone grit, as it provides traction on top of ice, regardless of the temperature.

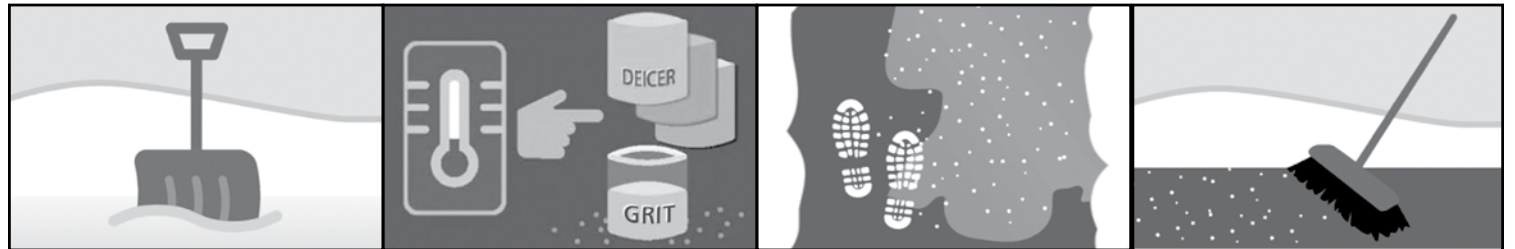
3. **Scatter** de-icing granules evenly, 1 to 3 inches apart. It's true: more salt does not equal more melting.

4. **Sweep** up any leftover de-icers, grit and sand to save and reuse as needed.

I am doing my best to change my habits; I hope you might too. ■

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

HOW TO BE A SMARTER SALTER



1. Shovel

2. Select

3. Scatter

4. Sweep

Graphics courtesy of cleanwatermn.org.

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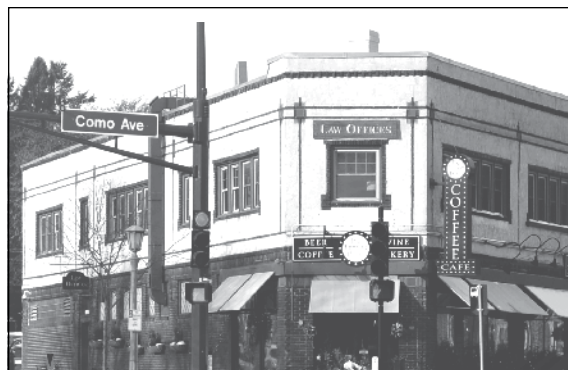
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Johnston buildings topic for February history talk

By Mary Mergenthal

The latest in Kristin Anderson's series on St. Anthony Park history continues at 7 p.m. on Tuesday, Feb. 11, at St. Anthony Park Lutheran Church, 2323 Como Ave.

Anderson, a longtime SAP resident and professor emerita of Art & Design at Augsburg University, will talk about Clarence H. Johnston Sr. (1859–1936), who stands as Minnesota's most prolific architect in the volume and variety of his work.

In and near the St. Anthony Park area, Johnston and his firm's work covered many homes, schools, institutional and religious spaces built from the 1890s to the 1930s. Anderson's talk will introduce viewers to many of these notable buildings.

An early example of Johnston's work in St. Anthony Park is the Blodgett house on Knapp at Hillside (pictured to the right).

As proof that satisfied customers often generate additional work,

Blodgett's business partner, Ernest Sperry, hired Johnston to design a house on Iglehart Avenue in 1908, and the Brown, Blodgett and Sperry Company commissioned Johnston's firm to build their new headquarters at 1745 University Ave. in 1922.

Anderson has been conducting her free monthly SAP history talks over the last two years at SAP Lutheran Church.

In addition to the in-person session at the church, Anderson's latest talk 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.

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. ■

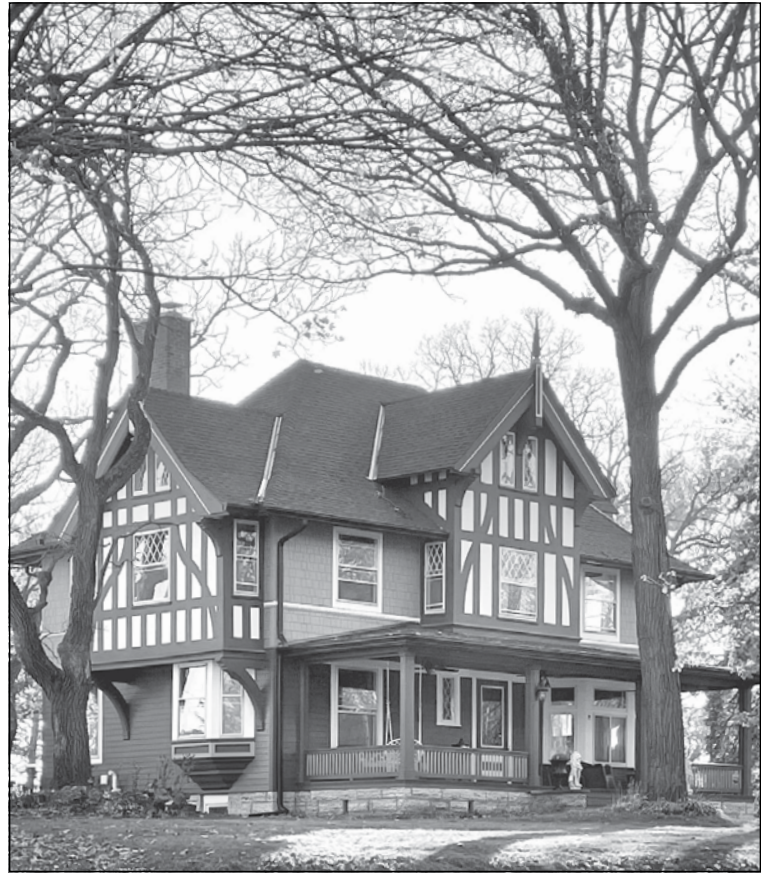
Mary Mergenthal lives in St. Anthony Park and is a former editor of the Bugle. She is also the Bugle's obituaries editor.



Clarence Johnston, St. Matthew's Episcopal Church, Carter at Chelmsford, 1914.



Clarence Johnston, St. Anthony Park Congregational Church (now UCC), Commonwealth at Chelmsford, 1914.



The Blodgett house on Knapp at Hillside is an early example of Johnston's work. Photos by Kristin Anderson.

St. Anthony Park's Progressive Dinner returns on March 8

By Janet Wight

Meeting neighbors, engaging in great conversation, enjoying delicious food and seeing how residents have updated their homes are some of the benefits of attending the St. Anthony Park progressive dinner.

After a hiatus of a few years during the Covid-19 pandemic, this popular annual happening is returning on Saturday, March 8, led by a fresh slate of enthusiastic organizers.

Each of the participants will host one course: appetizer, salad, main dish or dessert. About 100 people are expected to attend.

This highly anticipated event will kick off at Centennial United Methodist Church-St. Anthony Park at 2200 Hillside Ave. Diners will receive their individualized schedules and have appetizers at the church.

The rest of the courses follow, each served in the home of one of the hosts. Each course setting will consist of a group of six to ten people. Participants will be part of different groupings as the dinner progresses.

Vegan, vegetarian and gluten-free diners will also be accommodated.

Steve Plagens, SAP resident since 1982 and a long-term host and organizer, is pleased the dinner has returned. "I am personally delighted that we are doing this again," he said.

Plagens appreciates all of the tasty dishes prepared by the hosts. "They put on the dog" and really knock themselves out to provide something special for their guests, he added.

Another returning host is Fari-ba Sanikhatam. A resident of St. Anthony Park since 2001, she has

participated in more than 20 of these dinners. She usually serves the main dish since that is where the need is greatest.

Sanikhatam likes to prepare one of her favorite Iranian recipes because many people enjoy tasting a dish that they have never had before, she said.

One of these dishes is Ghormeh Sabzi, a fragrant stew containing all kinds of herbs, meat and beans and served over rice, she said.


Registration for the dinner closes on Feb. 28. To sign up, or for further information, send an email to progressivedinnersap@gmail.com or reach out to Breanna Mueller at 651-235-8110. ■

Janet Wight is a regular freelance writer for the Bugle.

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EVENTS AND MORE

Compiled by Kathy Henderson

St. Anthony Park Garden Club**Magical Gardens of Provence**

Guest speaker: Author, horticulturist and award-winning garden writer Gail Hudson. 6:30 p.m. meeting; 7 p.m. social time; 7:30 p.m. program on Tuesday, Feb. 4, 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.

Space Fest

The seventh annual Space Fest that explores the chaos of the cosmos starts off with a star party from 7 to 9:30 p.m. on Friday, Feb. 14, and continues with in-person presentations and hands-on activities from 10 to 4 p.m. on Saturday, Feb. 15, and Sunday, Feb. 16.

Weather permitting, solar observing is scheduled from 10 a.m. to 2 p.m. on Saturday and Sunday. A special storytime at 10:45 and at 11:45 a.m. on Sunday features the book "Rocket Says Look Up!" by Nathan Bryon.

Monarchs and Milkweed

A Story of Survival exhibit, continues during regular museum hours through June 8. Travel across the seasons of a calendar year to discover how the insects and plants grow and interact, culminating in a massive butterfly migration that crosses a continent.

Community sing

7 p.m. on Monday, Feb. 17. 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. It is not a choir and all singing abilities are welcome. Free.

boréal Art Loft

Ann Sisel is the February featured art loft artist at 2276 Como Ave. Discover Sisel's drawings, paintings, garden gel prints, sculpture and weaving during boréal regular business hours: Monday-Saturday from 10 a.m. to 5 p.m. and Sundays from 10 a.m. to 4 p.m.

St. Paul Parks and Recreation

Find the most current information on Como ski and ice-skating rinks at stpaul.gov/departments/parks-and-recreation.

Northwest Como

T. Swift Era with Kidcreate Studio 2:30 to 3:30 p.m. on Mondays from Feb 3 through March 3 at 1550 Hamline Ave N. Youth ages 5-12 to can immerse themselves in creativity inspired by Taylor Swift's music and style: drawing, painting and sculpting. \$75 to \$112. Register at stpaul.gov/departments/parks-and-recreation/activities-events.

Langford Park

Parent and Child Cooking Class 6:30 to 7:30 p.m. on Thursdays from Feb. 6 through Feb. 27 at 30 Langford Park. Participants will celebrate Latino culture and flavors as they learn to prepare classic dishes such as empanadas, arepas and sopes. \$30-\$45 (one child per adult). Register at stpaul.gov/departments/parks-and-recreation/activities-events.

North Dale**Craft time for adults**

6 to 8:30 p.m. on Tuesdays, Wednesdays and Thursdays at 1414 St. Albans St. N. through Feb. 27. A space for adults to start or finish a project. Materials available: coloring utensils, jewelry materials and tools, laminator, fuse beads, paper and a Cricut machine. Free.

Women's Drum Center

Drum Basics: 6 to 7 p.m. on Monday, Feb. 10, 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

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.

Valentine's dining experience

Various times and settings on Thursday, Feb. 13, Friday, Feb. 14, and Saturday, Feb. 15 in the gardens inside Marjorie McNeely Conservatory. \$190 per couple. Online reservations required and typically fill up fast: comozooconservatory.org/como/2025valentinedinner.

Music Under Glass

Upcoming concerts in the Sunken Garden from 4:30 to 6:30 p.m. Free.

• **Jeff Ray with Mikkel Beckmen**, Wednesday, Jan. 29.

• **Switchgrass**, Sunday, Feb. 2.

• **Sarah Morris + Matthew French**, Wednesday, Feb. 5.

• **Mary Cutrufello**, Wednesday, Feb. 12.

Bouquets

7 to 9:30 p.m. on Thursday, Feb. 27. An after-hours benefit featuring wine, beer and food. \$85 general admission. Register early, as this event often sells out quickly: comofriends.org/events/bouquets.

Senior Strolls

4:30 to 6 p.m. on Tuesday, Feb. 4 and 9 to 10 a.m. on Tuesday, Feb. 18. 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.

Ramsey County Libraries**Wednesdays with a Scholar**

2:30 to 4 p.m. This is an online class offered using Zoom. Register by calling 651-724-6001 (ext. 2) or online at rclreads.org. Free.



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• **Hubert Humphrey's Quest for a More Just America with James Trub**, Wednesday, Feb. 5.

• **Running Uphill: A Minnesota Theater Memoir with Sally Childs**, Wednesday, Feb. 5.

• **The St. Croix River Watershed with Angie Hong**, Wednesday, Feb. 19.

• **Saving the Dakota language with Šišókadúta**, Wednesday, Feb. 26.

• **Medical Experimentation and the Price of Saying No with Carl Elliott**, Wednesday, March 5.

Ramsey County Historical Society St. Paul Building Permit Collection

The Permit Collection is now available online at rchs.com/collections. Index cards and permit files for St. Paul houses and buildings from 1883 to 1975 contain the dates and costs of original construction along with the names of owners, architects and contractors.

There are various fees for time-limited access to the collection, and a video provides directions on how to use the site. For example, St. Anthony Park history seekers could take a virtual index card stroll along historic Commonwealth Avenue to find the home owners, early developers, construction costs and contractors during the early 1900s.

Minnesota History Center**North Star Voices**

Diversity and the Outdoors. 2 to 3:30 p.m. on Saturday, Feb. 8, at 345 Kellogg Blvd.

W. Dudley Edmondson, a Duluth-based author, photographer and advocate, explores the intersection of race, representation and environmental stewardship, as he shares powerful and inspiring stories from his book "People the Planet Needs Now."

The book is about Black and Brown scientists and activists whose lived experiences and groundbreaking work offer new perspectives on addressing the world's most pressing environmental and social challenges. Free. Registration is recommended, but not required: mnhs.org/events/3107.

Free Thursday Nights

4 to 8 p.m. through Feb. 27 at the History Center. Visitors can explore a variety of exhibits, including "Our Home: Native Minnesota" and "Minnesota's Greatest Generation." Parking is also free.

Senior activities

The St. Anthony Park Area Seniors calendar for February 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:

• **Visual journaling:** 9:30 to 11:30 a.m. on Mondays, Feb. 3, 10, 17, and 24 at Centennial United Methodist Church, 2200 Hillside Ave. A visual journal is a creative combination that might include written words along with sketches, doodles, pictures, illustrations and scrapbook. Supplies are provided. To register, email sc@sapaseniors.org.

• **Pound Fit:** 10 to 11 a.m. on Tuesdays, Feb. 4, 11, 18 and 25 at 2200 Hillside Ave. Email sc@sapaseniors.org to register.

• **Tai Ji Quan:** Moving for Better Balance exercise class. 2 to 3 p.m. on Tuesdays and Thursdays from Feb. 4 through Feb. 27 at Lauderdale City Hall, 1891 Walnut St. To register, email sc@sapaseniors.org.

• **Game day:** Coffee and board games. 10 to 11:45 a.m. on Friday, Feb. 7, and Tuesday, Feb. 25, at Centennial United Methodist Church, 2200 Hillside Ave.

• **Handiwork group:** 10 a.m. to noon on Thursday, Feb. 13, at St. Anthony Park Library, 2245 Como Ave. Bring your own supplies and drop in to knit, crochet, embroider and socialize with your neighbors. Contact the office for more information.

• **Poetry group:** 9:30 to 10 a.m. on Friday, Feb. 14, at 2200 Hillside Ave. Contact office for more information.

• **Equal Portions:** A catered luncheon presentation on cybersecurity. Noon to 1:30 p.m. on Thursday, Feb. 20, at St. Matthew's Episcopal Church, 2136 Carter Ave. Contact office to register by Feb. 12.

Virtual:

• **Lunch Bunch:** Socializing and BINGO. Noon to 1 p.m. on Wednesday, Feb. 12. Call the office for Zoom link.

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

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

Add your neighborhood event to our online calendar!
Go to: parkbugle.org/event-submission

Update on Bugle annual fundraiser

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

As of Jan. 9, the Bugle had received \$46,201 in donations from individuals, businesses and grants in the first six 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 enter into the beginning of 2025, we thank you all for your financial support and confidence. There is always

time to join in supporting your community newspaper. With only \$5,000 in additional contributions, the Bugle will meet its fundraising target for 2024-2025.

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 Dec. 17 to Jan. 9:

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Ramsey District 3 board election from p. 1

and worked with the community to bring ideas and a fresh perspective to the council."

A native of Blooming Prairie, Bau earned a bachelor's degree in philosophy and theology from Bethel University, then added a master of arts in theological studies from Bethel Seminary. His career has included time as bartender, barista and a chef in Oregon.

Since returning to Minnesota in 2012, Bau has worked in the food and culinary industry including a stint at Ward 6 Eastside food and drink before it closed.

Asked what are his credentials to serve on the county board, Bau cited his experience working with small business, nonprofits, government agencies and large corporations "to ensure that Eastside residents are able to have their basic needs met and to thrive in a better standard of living."

Asked what he considers the biggest issues facing the County Board, Bau listed property taxes, street cleaning, snow removal and road maintenance. He added, "I believe our power grid and utility infrastructure need to be re-

signed to better fit the changing times we live in."

Garrison McMurtrey

A native of Mississippi, McMurtrey moved to Minnesota 10 years ago and has been active in state and local politics ever since.

McMurtrey said he's running for county board "because I believe we must center economic justice around the work we are doing at the county to ensure that we are building for future generations."

"Whether it's housing, climate justice, support for small businesses or social services, all of it funnels into the vitality of our community," said McMurtrey, whose career has included working in public affairs at Target Corp. and as an outreach director to Minnesota U.S. Senator Amy Klobuchar, where he led community engagement in business, workforce development, communities of color and consumer protection.

McMurtrey added, "As a board,

I believe we must be bold, strategic and laser focused on addressing the disparities that exist and ensure that everyone has an opportunity to thrive in our community. We must expand our mindset to not just think about building for the next 10 to 15 years, but what can we be doing now to build for the next 100 years."

McMurtrey would, in one regard, make history if he gets elected. "Minnesota has never elected a Black man to a county board in the history of the state," McMurtrey said.

"This was really surprising when it was shared with me," he said. "Although it's not the reason behind me running, it's not lost on me that this has been a perspective and lived experience missing from county government for too long. I want to change that."

If elected, McMurtrey said he wants to, among other things, promote economic justice in work at the county level and help build

the economy, housing and county services for future generations. He cited, as examples, investing in cultural corridors to help spur economic growth and work with community partners to "establish shelters for our homeless neighbors" and ensure they can secure permanent housing.

McMurtrey also wants the county to promote recruiting manufacturing, healthcare and other growth industries to revitalize the region and "invest in county programs like the Emerging and Diverse Developers program to create a pipeline of BIPOC (Black, Indigenous, People of Color) developers

interested in building affordable housing."

A resident of Como Park with his wife Clare, McMurtrey has served on the St. Paul city planning and charter commissions and as chairperson of the St. Paul DFL. His educational background includes a bachelor's degree in political science and communication from Ripon College in Wisconsin and a master's degree in public policy from the University of Minnesota's Hubert Humphrey School of Public Affairs. ■

Scott Carlson is managing editor of the Bugle.



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An ironic twist for author of braille encyclopedia

By Dave Healy

Naomi Cohn is legally blind, unable to read a print book, which is the primary format of “The Braille Encyclopedia” (Rose Metal Press, 2024).

“I still care about books as physical objects,” Cohn said, “and it pleases me when I hear about someone passing my book along to another reader. When I participated in the Twin Cities Book Festival, it was gratifying to see the number of people, including children, who come to an event that’s about print books.”

Cohn said her book will soon be available in other formats besides print through the Minnesota Braille and Talking Book Library.

Cohn has lived in St. Anthony

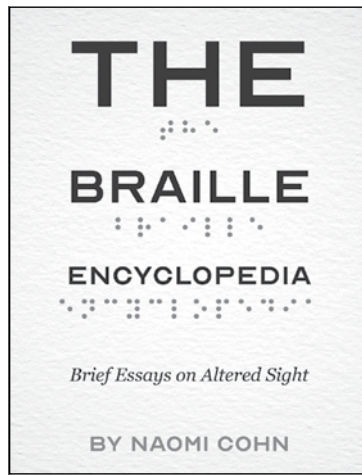
Park since 1999. She likes being near the St. Anthony Park Coop, Hampden Park and public transportation. But what she likes most is the people.

“I’m in the city, but it feels like a village,” she said.

Cohn’s book was more than nine years in the making. It started as an essay about learning braille as a response to progressive vision loss, grew beyond that, and eventually assumed the format of an encyclopedia.

In an author’s note, she describes the 96 entries as brief essays, prose poems, lyric fragments, flash memoirs and vignettes.

Cohn was born sighted and until her early 30s functioned reasonably well with glasses. But a condition called pathological myopia led



Naomi Cohn. Photo by Anna Min

to a process called neovascularization and its resultant hemorrhages, which have been increasingly eroding her vision. She has limited depth perception and uses a white cane outdoors.

“I don’t pick up on facial expressions,” she said. “Social settings require more work than they used to. The more people in the room, the harder I have to work.”

Cohn has used various adaptive technologies over the years to read and write, but the one that changed how she feels about her disability and about herself is braille.

Learning braille is difficult, and although she’s been at it for 14 years, Cohn doesn’t consider herself an expert. She describes her reading speed as on the slow side. But learning braille has had unexpected advantages.

“Braille reconnected me to the wonder of being able to understand words,” she said. “It’s amazing what we do all the time without thinking about it.”

She said that the slower pace of

reading braille fosters attentiveness and can have a calming influence.

Braille, a tactile system for reading and writing, was invented by Louis Braille, who was born sighted but accidentally blinded himself using an awl in the workshop of his saddle-making father. He got the idea after hearing about a system invented by the military that used raised dots, which could be read in darkness.

In her book, describing her up-and-down love affair with braille, Cohn resorts to metaphor: “Braille

is the ceiling of the Sistine Chapel, those almost touching hands of God and Adam. When my finger touches braille bumps, something moves inside me.”

“The Braille Encyclopedia” is available at rosemetalpress.com and at Next Chapter Books and Moon Palace Books. It can also be ordered through SubText Books and The Irreverent Bookworm. ■

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

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A community of love makes Valentine's Day special

For the second consecutive year, the Bugle is giving readers a forum to express their love for the special people in their lives

While Valentine's Day celebrations are most often associated with romantic love for spouses and boyfriends and girlfriends: it's also a day that honors people we deeply admire including siblings, grandparents, nieces, nephews, uncles and aunts and friends.

This Valentine's Day thing has been around for a long time. According to a Google search, in A.D. 496, Pope Gelasius declared Feb. 14 as Valentine's Day "while Esther Howland of Massachusetts is credited for selling the first mass-produced Valentine's Day cards in the 1840s."

Here are some interesting facts about Valentine's Day, according to the internet:

- Over 8 billion candy hearts are produced for Valentine's Day every year!
- Nearly 250 million roses are grown in preparation for Valentine's Day each year.
- According to the National Retail Foundation, Americans spent nearly \$26 billion on Valentine's Day gifts in 2023.

One familiar Valentine's Day custom is for people to exchange poetic love messages to their special "valentines." In that tradition, here are Valentine Day messages that Bugle readers are sending to their special loves:



SAM—
WILL YOU BE
MY VALENTINE?
XO, XO,
—ABBY

Dear Steady Ranger,
You have my heart
forever and always.
Happy 15 years.

Love,
Your North Country Gal

TO: JACK & BARB MORRIS
HAPPY VALENTINE'S DAY
TO THE TUCSON TWO!
FROM: MARY MORRIS MERGENTHAL

Who's Our Valentine?
Alex And Her Squad! - You're All A Star!
And of Course You're All The
Very Coolest By Far!

Bustin' In With All Those Friends
Stoppin' By On The Weekends

Sometimes They're Shoppin'
When They Decide to Drop In

Sometimes Stoppin' in to Say 'Hey'
Then Leavin' Quick Sayin'
"We're Busy - It's Not a School Day!"

Who Wrote This Valentine Poem
Can You Guess?
Why, It's Your Biggest Fans -
Everyone Here At YES!YES!

To Felix & Izzy,
Happy Valentine's Day.
We love you so much and
are so lucky to be your moms.
Love, Mom & Mama

Kalia,
Happy Valentine's Day
to the love of my life!
I'm excited to continue our
journey through life together.
I love you!
— Michael

Joshua C.
I love you more today
but not as much as I will
tomorrow. Baby and I
are lucky to have you.
With love, your wife,
Jamie C.

William,
Happy nearly five years
together! I love you.
Thanks for agreeing to
carpool with me in 2019.
My life is richer with you.
Love, love, Julia

Rosemary & Bennett
Tigers are orange,
Koalas are gray,
We love you
with all the colors,
every day!
Love,
Mom + Dad + Buddy

Simon,
One day in a
magical kingdom,
I long to meet
my crafty and
powerful sorcerer.
Love, Tasha

Happy Forced Affection Day
to Joyce Halverson -
No palaver or puffy hearts
Just my promise
To share life
Close beside you
— Helen

We love you, Mom!
Every day feels
like Valentine's Day
when we
are with you.
Love,
Elsie, Fiona, and Frank

Versace -
Nimble and swift, I can't match it.
The clasp to my heart? He unlatched it.
I've seen some sorrow.
Half-smiles tomorrow.
If I blew him a kiss, would he catch it?
— Madisynn

Marcia & Ezra,
my family,
you make my heart
happy every day.
Love, Elizabeth

Mooma,
aka Joanne Eicher!
Happy
Valentine's Day,
we love you so much!
Love, your daughters,
and families

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Valentine's Day, we
want to say thank you
to our amazing readers,
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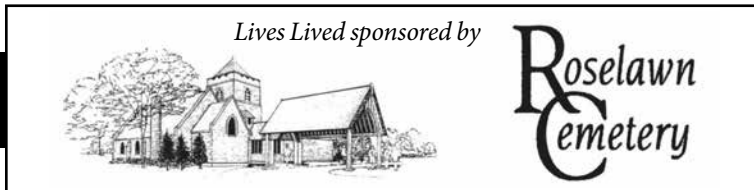
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The Park Bugle prints obituaries free of charge, on a space available basis, as a service to our communities. Send information about area deaths to Mary Mergenthal at mary.mergenthal@gmail.com or call 612-670-8510.



Patrick Borich

Patrick John Borich, 91, died Dec. 29, 2024. He was born Dec. 2, 1933, in Duluth, where he grew up farming in northeastern Minnesota.

Patrick graduated from the University of Minnesota with bachelor's and master's degrees, and earned his doctorate at the University of Chicago. He worked as a teacher and a county extension agent before serving as an administrator for the University of Minnesota Agricultural Extension Service.

Patrick was preceded in death by his parents, Frank and Anna Borich. He is survived by wife, Elizabeth; and children Bruce, Michael, Katherine and Thomas; many grandchildren and great-grandchildren.

A celebration of life will be held in early June at St. Cecilia's Catholic Church.

Terrence Galvin

Terrence Joseph "T-Bags" or "T" Galvin, 65, died Dec. 25, 2024.

A lifelong St. Paul resident, "T" was a graduate of Cretin High School and Concordia University. A best friend to countless people, his kindness and humor will be deeply missed.

He was preceded in death by his father Robert; mother Lenora and brother, Doug. He is survived by siblings Judy (Dan) Vargas, Greg (Coleen), Rosie, Dennis, William and Maureen.

Mass of Christian Burial was held at The Church of the Holy Childhood, with interment at Roselawn Cemetery.

Jacob Johnson

Jacob "Jake" Lyerly Johnson, 20, of Richfield, died in his sleep on Dec. 23, 2024. He was born in Wood-

bury on April 16, 2004, but lived most of his life in Como Park.

Jake attended L'Etoile du Nord French Immersion School for grades K-5, during which time he played violin in the Fabulouskk Fiddlers ensemble and enjoyed extracurricular activities such as fencing and chess club. Jake also was on the Star swim team based at Hamline University.

He continued in the French immersion program at Ramsey Middle School in St. Paul. During middle school, Jake was on a sport climbing team at the Vertical Endeavors gym in Minneapolis. He competed at indoor climbing competitions in Minnesota and Iowa.

He also had the opportunity to climb at a variety of outdoor destinations in the region including Taylors Falls, Barn Bluff in Red Wing, Willow River and Tettegouche State Park.

Jake participated in Boy Scout Troop 218 through 10th grade. Over the years, he attended Scout summer camps and polar camps, and took a canoe trip in the BWCA.

Jake experienced some challenges in life starting in high school. Despite these challenges, he accomplished several of his personal goals. After taking a break from studies, Jake enrolled at Gordon Parks High School in St. Paul and graduated with his diploma in July 2023. He also was very proud to have recently started working at a restaurant in the Mall of America.

Among the activities that Jake enjoyed in recent years were spending time with his dog "Archer," going out to eat, gaming on one of his many game consoles and shopping at the mall.

Throughout his life, Jake enjoyed spending time with family whom he loved and who loved him in return.

Jake was preceded in death by his grandfathers, Dwight Johnson and Tom Roth, his uncle, Rick Roth, and his cousins, Zach Greenlee and Tanner Hartman.

Jake is survived by his parents, Scott Johnson and Heather Roth Johnson of St. Paul; his brother, Noah (age 24) of Boise, Idaho; and his grandmothers, Carol Johnson of Inver Grove Heights and Billie Roth of Hickory, North Carolina.

A Celebration of Life service was held.

Fern Langer

Fern Elizabeth Langer died Dec. 14, 2024.

Fern worked for 14 years with Junior Achievement and was an active member of Falcon Heights United Church of Christ.

She was preceded in death by husband, Donald. She is survived by son Scott (Lori) Langer; and daughter Pam (Rob Christian) Langer; two grandchildren and sister-in-law Donna McRae.

Interment was at Fort Snelling National Cemetery.

Memorials preferred to Grace Hospice or Our Lady of Peace Hospice.

Catherine Maas

Catherine Barbara (née Petsch) Maas, 86, died Dec. 10, 2024.

She was born to Austrian immigrants and grew up in the towns of LeRoy and Albert Lea. At a young age she worked in the family store. There she learned and developed some of her entrepreneurial skills. She graduated from Pacelli Catholic High School in Austin, and four years later received her undergraduate degree in elementary education from the College of Saint Benedict in St. Joseph.

While she raised three children, Catherine worked at a Madison, Wisconsin, preschool and also taught in the Roseville area schools.

Then she decided to ply her skills in the printing industry, where she worked for West Publishing. She learned the business so well that she started her own printing and copying business in the North St. Paul and Maplewood area.

She joined the North St. Paul Rotary Club as one of its first female members. She sold the copying business to become a world traveler and enjoy her retirement with her husband.

Later in life she was diagnosed with Amyotrophic Lateral Sclerosis (ALS)—Lou Gehrig's Disease.

She is survived by her husband John Maas; daughter Mary (Andy) Rice; sons Gerald (Melissa) and Timothy (Heather) and several grandchildren and great-grandchildren.

A Celebration of Life was held at St. Cecilia's Catholic Church, with interment at Roselawn Cemetery. Memorials to the ALS Association, 1300 Wilson Blvd., Suite 600 Arlington, VA 22209, als.org, or a charity of your choice.

Paul Solac

Paul Martin Solac, 66, of Falcon Heights, died Dec. 2, 2024.

Paul grew up in Hastings and graduated from the University of Minnesota. His major was geography, but his interests and curiosity were diverse. He spent his life learning about the natural and built world.

Paul was a passionate bicycle rider and logged more miles on his bicycle than in his auto. He biked to and from work and recreation-

ally on city and country trails he knew so well.

Paul used his understanding of the mechanical sciences, together with his kind and friendly nature, in his 40-year career at Woodland Stoves and Fireplaces.

He was preceded in death by his parents, Raymond and Vibeke Solac, and his brother, Christopher.

He is survived by his brothers Peter (Jean), Michael (Robin) and Thomas Solac, and sisters Mary Solac and Theresa Solac Welch (Michael).

Margaret Stary

Margaret M. Gockowski Stary, 88, of Milltown, Wisconsin, formerly of St. Anthony Park, died Dec. 14, 2024.

She was preceded in death by her husband of 68 years, Don; and is survived by children Kathy (Jeff) Weeks, Linda (Mark) Ficcadenti, Mike, Bob, Ron (Dawn) and Laura Mussehl; 13 grandchildren and 16 great-grandchildren. Nothing brought her more joy than being Mom and Grandma!

Kurt Walther

Kurt F. Walther, 94, of Shoreview, died Dec. 19, 2024.

Kurt was born in Minneapolis on Sept. 19, 1930, attended Roosevelt High School, served in the Korean War, received his undergraduate and law degrees from the University of Minnesota and practiced law in Minneapolis. He was a senior partner at Peterson, Bell, Converse and Jensen, specializing in workers' compensation and labor law.


Kurt lived a life of service to his family, friends, country and community. He participated in

Obits to p. 19

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Obits from p. 18

the Big Brother program, strove to use his professional abilities to serve working people, taught reading and participated in countless forms of volunteering with faith groups—from making donations to building houses in Mexico.

Kurt's love for nature and the peace it provided him led him to advocate for the preservation of and accessibility to wild places for as many Americans as possible.

He is survived by his wife, Nancy Hall, brother Tom, children Ann, Jill (Kroll), Paul, Kevin and Craig (McClurg), nine grandchildren, and four great-grandchildren. He was preceded in death by his brother Bill and sister June.

A memorial service was held at St. Matthew's Episcopal Church, with interment at Fort Snelling National Cemetery. Memorials to St. Matthew's Episcopal Church.

Marsha Zottola

Marsha Elaine (née Olson) Zottola, 87, died Dec. 29, 2024. Marsha was born to Lucille and Paul Olson, on Dec. 22, 1937, in Cloquet.

In 1945, Marsha moved with her family to Cook, Minnesota, where she made numerous life-long friends. She was a cheerleader for the Cook Gophers and maintained her ability to do the splits and back handsprings into her 60s. After high school she studied to become a med tech at the Junior College in Virginia, Minnesota. She moved to Minneapolis and

worked at the VA Hospital. She met Edmund Zottola, and they married April 8, 1960. Together they raised four children—Joseph, Sarah, Josh and Theresa.

They lived first in St. Paul, where Ed pursued graduate school; then Glenview, Illinois, for Ed's work at Kraft Foods; and briefly to Iowa. Eventually, they returned to St. Paul when Ed resumed his academic career at the University of Minnesota.

When the family moved to St. Anthony Park, Marsha visited every church in the neighborhood to find the right home at SAP Lutheran. She taught Sunday school, was a member of the quilting group and attended numerous Bible studies. Marsha was deeply engaged in her community, including working with the SAP Co-op.

Ed's career took them on many international adventures, including Venezuela, Brazil, Mexico, the Caribbean and many trips to Europe, including the epic four-month journey in an orange VW camper in 1974 with all four kids to study cheese making, and four months in Ireland in the '80s.

The family also traveled extensively in the U.S., including visiting Sanibel Island in Florida and the West Coast.

In the '90s, they renovated a home on the mainland near Vermillion in preparation for retirement. After retirement, they moved to Cook full-time.

In the kitchen, Marsha was a master cook and baker. Among her many treats was her State Fair prize-winning bread. She loved Italian food and was glad to have learned the Zottola family favorites.

She loved to play in the snow—cross country skiing on the lake, snowshoeing, building snow forts, having snowball fights with her grandkids and sledding down the driveway. In the summer, she loved to go for walks just to see what she could find growing on her land—lupines, lady slippers or double bloodroot.

Marsha was preceded in death by her parents, her husband, Edmund, her sister Barbara Bergman, brother-in-law Ole Swanson, brother-in-law Palmer (Mildred) Zottola and sister-in-law Teresa (Richard) Miller.

She is survived by her four children and six grandchildren.

Donations in Marsha's memory may be made to Friends of the Cook Public Library, PO Box 126, Cook, MN 55723. ■

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—Helen Keller,
We Bereaved



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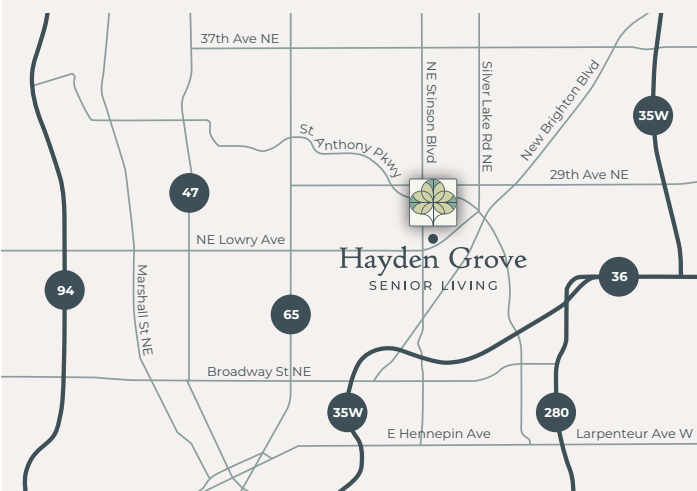
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CALL 612-778-2821 TODAY!

Nestled in a residential neighborhood of St. Anthony, Hayden Grove Senior Living is convenient to family and friends, with numerous options for dining, shopping, and services in the surrounding community.

RECEIVE A FREE PACKET FULL OF GREAT INFO!

- Location Overview
- Activities Calendar
- Dining Menu
- Unit Floor Plans
- Building Amenities
- Care Options
- Pricing & More



A ST. ANTHONY COMMUNITY FOUNDED IN DIGNITY & GRACE
INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

