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Park Bugle

St. Anthony Park / Como Park
Falcon Heights / Lauderdale

parkbugle.org
March 2025

Falcon Heights eyeing charge for Fair parking

By Anne Holzman

Prompted by its State Fair Task Force, the city of Falcon Heights appears ready to make a deal with a national parking-fee company to charge for on-street parking near the Fairgrounds during the Fair.

At its Feb. 5 workshop, the City Council reviewed a proposal from ParkMobile to charge around \$25 a day to park on Falcon Heights streets during the Fair. Which streets, and what arrangement might be made for residents, remained up in the air.

The task force surveyed parking during 2024 and estimated the city offered 800 to 1000 free parking spots to visitors. A survey of Falcon Heights residents identified parking as their top quality-of-life issue during the Fair.

City Administrator Jack Linehan summed up the current situation as “price is free, demand is high, compliance is poor.” He said revenue from the fees could be used to hire temporary workers who would locate illegally parked vehicles, freeing up police to focus on public safety.

But Linehan added that the revenue would be far more than is needed for enforcement and could be directed to other uses such as street maintenance. He said \$100,000 in revenue during the two weeks of the Fair would be a low estimate.

Linehan said ParkMobile has begun to dominate its industry and

is now widely used, and therefore widely recognized by the public. Several nearby cities use it, including Minneapolis. Linehan said the company helped municipalities in the path of last spring’s eclipse manage parking when crowds descended on them and has contracted with cities hosting major sports events.

ParkMobile provides temporary signage in a variety of formats, customizes their phone app, and can collect the fees. They receive a small percentage of the fee, about \$1.20 from a \$20 payment. Drivers can also pay by phone or on the website, depending how the city sets up their system.

At the Feb. 5 workshop, council members discussed one obvious concern: People will drive a little farther out to where the parking is still free. Linehan acknowledged it’s impossible to predict how far that would extend but noted that since the signage is temporary and would be provided by ParkMobile, there is no cost to try different zones and prices.

Despite some reservations, the council appeared ready to adopt such a proposal. The State Fair Task Force was scheduled to meet in mid-February and refine its propos-



Depicted above is the 2024 Minnesota State Fair logo. This summer, the city of Falcon Heights is considering establishing some paid parking on its city streets during the 2025 State Fair time.

al. Linehan said the council would need to revise several city laws and recommended a public hearing. ■

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

Bugle snags MNA honors at 2025 convention

By Scott Carlson

The Minnesota Newspaper Association recently named the Park Bugle as the recipient of 14 awards in the trade group’s 2023-24 Better Newspaper Contest.

For the Bugle’s small band of freelancers and regular staffers, the newspapers’ strong showing is a testament to the talent and esprit de corps of its team members to the community each month. The plethora of awards came during the Bugle’s 50th anniversary year of operation.

Here is a recap of the MNA awards presented to the Bugle, which competed in the class of “non-multi day publications with circulation over 7,000”:



The Park Bugle staff won 14 awards at the MNA’s annual Better Newspaper Contest. From left to right: Anne Holzman, Bill Brady, Steve Plagens, Scott Carlson, Helen Warren, Eric Erickson, Roald Sateren, Mary Mergenthal and Laura Adrian. Photo by Fariba Sanikhatam.

MNA honors to p. 17

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CITY FILES

Como and St. Anthony Park community councils news

District 10 Community Council

Help with bulky item pickups

Starting in April, the city of St. Paul is increasing the number of curbside bulky item pick-ups included with the municipal trash hauling contract.

District 10 Como Community Council hopes to coordinate volunteers who would be comfortable helping elderly or disabled neighbors get small electronics and oversized items to free recycling centers.

District 10 will gather information needed for success, and vol-

unteers won't be expected to help with anything outside their comfort zones.

Want to receive this assistance? Stay tuned for more information.

Questions? Please contact district10@district10comopark.org. Or to volunteer, sign up at bit.ly/D10BulkyNeighbor.

Give Blood

District 10 Como Park partners with the American Red Cross and the Como Zoo & Conservatory will host community blood drives throughout the year.

Appointments are now available for the next event: 9 a.m. to 3 p.m. on Wednesday, March 5, at Como

Zoo. Space is limited, reservations required.

If you're interested in volunteering at the check-in table, you can sign-up for an opening on the District 10 volunteer schedule or email district10@district10comopark.org. The drives are split into two shifts of two volunteers each, 9 a.m. to noon and noon to 3 p.m.

You can find the link to give or volunteer on our website: District10ComoPark.org/BloodDrive.

Come join District 10 board

Several seats are up for election in April to the District 10 Como Community Council board.

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.

District 10 Community meetings/events schedule

- March 5, 7 p.m. —District 10 Como Community meeting
- March 18, 7 p.m. —District 10 Como Community meeting
- April 2, 7 p.m. —District 10 Como Community meeting

District 10 meetings are hybrid on Zoom and at the Como Streetcar Station, 1224 Lexington Parkway. For meeting details, go to District10ComoPark.org.

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

Submitted by District 10 executive director Shevek McKee

City Files to p. 17

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Highland Friendship Club sinks roots in Falcon Heights

By Anne Holzman

Warm laughter filled a cozy hall at Falcon Heights Church on a February afternoon despite the chilly temperature outside.

Members of the Highland Friendship Club had gathered for their weekly arts and crafts class and there was friendly teasing as participants tried to wrap thin wires around small, irregular rocks to make photo display stands.

Someone cracked a joke about the rocks' resemblance to candy. "We don't want anyone going to the dentist," one of the leaders said. "No rocks in the mouth!" Another wave of laughter greeted her warning.

Some club members sat with their caregivers or with Highland Friendship Club volunteers. Others worked independently; a few caregivers caught an hour of reading or chatting in their own circle of couches at one end of the room.

A newcomer named Abby, who travels from Eden Prairie, said a friend had suggested she join the club.

At a nearby table sat Pancho, an original club member who lives closer by. The two span the history of the club, which was started in 2002 in the Highland Park neighborhood by two moms who recognized the social needs of their teenage children with disabilities and decided to organize a solution.

The club has grown into a busy program with three full-time staff and members across the metro and even out of state. It offers about 35 sessions per week, a mix of in-person, online and hybrid activities for teens and adults. Many are at Falcon Heights Church, the club's home base since moving there from downtown St. Paul two years ago.

But there are also gatherings at

sports venues, libraries and other churches, and the occasional event such as a show at the Ordway or a Twins game.

Executive Director Patty Dunn said club members must be at least 13 years old, but there is no upper age limit. Unlike many services for youth with disabilities, "there's no transitioning out of Highland Friendship Club," Dunn said.

Wednesday is the club's busiest day. A recent Wednesday started with a music class in the morning followed by fitness, "lunch bunch" and bingo, then a trip to a bowling alley and online bingo to wrap up in the evening. Some club members said they attend the whole day on Wednesday; others just attend one or two activities per week.

There is no fee to join the club. Activities cost around \$10-15 per session, and the club does extensive fundraising to help cover staff, space and other expenses.

Dunn said the activities are scheduled in three "semesters" per year, but they try to "stay nimble" and take advantage of opportunities like a baseball game or a show that may come up later. An online calendar and registration system alerts members to events. Club members must find their own transportation.

Community Engagement Manager Mari Marks Mondanelli, who leads the Monday arts and crafts class, said she's always looking for club volunteers to assist with office support, fundraising events and regular activities. Volunteers participate in the activities alongside club members, both facilitating and engaging in friendship.

"They're enhancing our members' experience," Mondanelli said.

Besides three full-time staff, HFC has 11 part-timers, some of whom come from club membership.

Nikki Knutson, who assisted at the arts and crafts class, said she started making cards at the club years ago.

"I fell in love with arts and crafts," she said. "I volunteered to help, and then I got asked to lead." Her duties include meeting with staff to plan activities, compiling lists of supplies and making models to show the finished project.

As the class ended on that cold February afternoon, some club members left, some stayed and some arrived for the next activity, a game hour. There was a traffic jam at the door as hugs were offered and riders matched with rides. The air was filled with check-ins as people called out, "Are you staying? When are you coming again?"

To join the club or to volunteer or donate, please visit <https://www.highlandfriendshipclub.org>. ■

Anne Holzman is a Twin Cities freelance writer who is a regular contributor to the Bugle.



Members of the Highland Friendship Club gathered recently for a day of activities and games. Photos by Anne Holzman.

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EDITORIAL

From the desk of the editor

By Scott Carlson

He let his photos do the talking

In the world of photography, it's been said, "A Picture is worth a thousand words."

In his more than 60-year career in photojournalism, Lou Michaels let his pictures do his talking.

"I cover all the angles and I make people smile with the lens cap on," Lou used to say.

I say "used to" because Lou called me in mid-January to let me know his long-running battle with cancer had taken a dramatic turn for the worse and he had only a few weeks to live.

This wasn't the way Lou, 81, envisioned ending his career.

As chief freelance photographer for the Bugle, among several current photo gigs, Lou hoped he could return to work after a suffering a major health setback this past August.

But in the last few weeks, a relapse to renal cancer got the best of Lou. He died in the early hours of Feb. 5.

My wife, Betsy, and I were privileged to visit Lou four days before his death. We heard many stories, some of them familiar, some of them new.

What was certain was since Lou joined the Bugle's freelancer pool in the last few years, we had rubbed elbows with an exceptionally gifted photographer and had made a really good friend.

Lou was a dedicated photographer, taking on his assignments with enthusiasm and diligence. His strong work ethic made him a reliable mainstay, always turning around his work in a timely fashion.

During his tenure at the Bugle, Lou took on a plethora of photo assignments, from new business openings and school assemblies to school sports and community parades. Especially noteworthy were Lou's photo galleries of high



Lou Michaels days before his death. Photo by Betsy Carlson.

school sports and his photos at the annual St. Anthony Park Fourth of July parade.

For Lou, shooting photos was a labor of love. During his career, he said he accumulated a file of more than 9 million photos in his digital archive, which was a part of his LouThePhotoGuy business.

"What could I see through the lens? I just enjoyed photography," said Lou, who grew up in the Detroit area and had photo mentors from the Detroit Free Press and other professionals that guided him along the way.

Lou's first photo gig came at age 19 when he shot pictures at a small birthday party for a friend and was paid \$150.

"That's where it all started," he said. "I did small jobs so I could buy a newer camera. I was the high school photographer and in college for the college paper." (He graduated from Henry Ford High School in Detroit and attended community college at McComb and Wayne State in Michigan.)

During his career, Lou worked freelance for scores of newspapers and businesses including the St. Paul Pioneer Press, Minneapolis Star & Tribune, Detroit Free Press, Saint Paul Saints, University of St. Thomas, Lillie News, University of St. Thomas, Highland Villager and Insight News Media.



Freelance photographer Lou Michaels covered a wide variety of subjects for the Bugle during his tenure. These pictures represent a few of photo highlights. He especially loved shooting community events and youth sports.

Perhaps Lou's proudest photojournalism honor came in 2019 when he was inducted into the National Press Club in Washington, D.C.

Dale Mischke, editor of the MyVillager newspaper in St. Paul's Highland Park, said Lou was a regular visitor to his office for over 10 years when he did freelance photography for the newspaper.

"Lou wasn't our main photographer, but he was always so grateful for the assignments he received and ever gracious even if we didn't have any work for him," Mischke recalled. "He called us to let us know he was back home in his apartment after a four-month stay in the hospital and a transitional care unit.

"He made it clear he didn't have long to live," Mischke continued. "I stopped over at his apartment on Jan. 25 and had a nice visit with him. He was the same old Lou right up to the end, I would guess. There, I found out that there was more to the man than I ever gave him credit for."

Outside of journalism, Lou had many interests. Among other things, he was active in the American Legion and served, for a time, as its historian for the Fourth District, whose territory includes Ramsey County.

Also, Lou and his wife Tammy were past senior royalty for the St. Paul Winter Carnival, with Lou serving as King Winter in 2015. Lou also was a volunteer at the Newspaper Museum at the Minnesota State Fair.

Reflecting on his career, Lou said, "The thing I will miss the most is the people whose pictures I have taken."

Speaking about his work for the Bugle, he added, "I have never met a nicer bunch of people than in St. Anthony Park."

Likewise, I'd say. It was tough to find a kinder, more gentle and gracious man than Lou Michaels. As he faced his own mortality Lou told me it would not be a goodbye.

"We never say goodbye. We will meet on the other side." ■

Scott Carlson is the managing editor of the Bugle.

COMMENTARY

Goodbye to a firefighter's firefighter

Mourning the death of Clem Kurhajetz, once the soul of the Falcon Heights Fire Department

By Bill Brady

One bright summer day in the early 'oughts, I cut up my leg with a chain saw in my backyard.

I'll spare you the details, except to say that my next-door neighbor saved my leg and quite possibly my life by quickly applying a tourniquet to stem the flow of blood till the ambulance arrived.

I was very lucky that my neighbor happened to be the volunteer Fire Chief of Falcon Heights—Clem Kurhajetz.

But I wasn't the only lucky one. All the citizens of Falcon Heights and Lauderdale were darn lucky for Clem's 30-plus years of service,



Clem Kurhajetz. Submitted photo. from the 1980s till his retirement in 2014.

Clem passed away on Jan. 4 at the age of 76, leaving behind a wife,

two children, three grandchildren, two beloved dogs and a wealth of memories from fellow firefighters who served under or alongside him over the years.

He looked the part

Clem was, as one colleague put it, "the stereotypical fire chief, complete with a handlebar mustache, rough exterior and an abrasive personality." He fought for his people, making sure they got access to the best training, state-of-the-art safety equipment and the budget to do their job the right way.

He held strong opinions and wasn't afraid to share them, wheth-

er the audience was the city council or his own colleagues.

"Yep, we've all been disciplined by him, and we've all been praised by him," remembered Kevin Anderson, who worked with and for Clem over 33 years.

Greg Peterson, a onetime Falcon Heights firefighter who is now fire chief in White Bear Lake, added, "Clem could be a very feisty, passionate, fired up guy at times. At other times he could be very kind and very supportive. There was a lot of depth to his character. And yes, most of us would describe him as a character."

Firefighter's firefighter to p. 5

COMMENTARY

Exploring nature in the city for wellness

By Laura Adrian

During the warmer months, I enjoy going to Langford Park to recharge after a busy day of work.

Just a few blocks from my home in St. Anthony Park, it's a great spot to unwind. I lie on a blanket, take a few deep breaths and let my worries fall away with each exhalation.

As I reflect on the many gifts the Earth provides—food that nourishes me, air to breathe, water to drink and wood my home is made of—I feel a deep sense of gratitude.

Time to reflect

As I rest for 30 minutes, maybe longer if I have the time, I like to watch the leaves of the giant cottonwood trees shimmer in the wind. It can be positively mesmerizing.

I'm not trying to fix all my problems. I'm just finding a little bit of peacefulness or even delight in what's often overlooked. Lying on the Earth like this is a restorative practice. It recharges my battery. It fills my cup.

Sometimes at Langford Park, I notice freshly fallen branches from the white pine trees. You can identify these trees because they have soft (not spikey) needles in bundles of five.

Instead of picking needles from a living tree, I harvest them from fallen branches, ensuring I don't take away from the tree's ability to photosynthesize. These needles can be brewed into a tea by boiling them, a simple reminder of the abundance of edible plants all around us.

Wellness through walking

Another way I enjoy nature in the city is by walking through the neighborhood. St. Anthony Park is full of hidden gems, from vibrant gardens to welcoming neighbors offering extra plants. I love spotting the first tulips of spring, their bright colors a cheerful sign of renewal.

In recent years, pollinator gardens have become increasingly popular, creating essential habitats for bees and butterflies.

These simple experiences—lying on the Earth, walking through gardens, harvesting pine needles—enhance my well-being. They help me feel grounded and centered, allowing me to disconnect from stress and reconnect with myself and nature.

A few guiding principles shape how I experience the natural world.

First is gratitude—appreciating what surrounds me and what I can perceive through my senses.

Second is sensory awareness—tuning into what I see (cottonwood leaves shimmering), touch (warm grass), taste (white pine tea), smell (blooming flowers), and hear (leaves rustling in the wind).

Lastly, curiosity—approaching my surroundings with fresh eyes, as if seeing them for the first time, as a child might.

Nature connection has become a passion of mine, and I now teach others how to engage with nature in ways that promote well-being.

In the workshops and retreats I lead, participants often find these practices help them feel more alive, peaceful and resilient through the business I founded, Whole Life Elevation. What's wonderful is that we have so many

beautiful green spaces right here in Bugle-land.

I encourage you to explore your neighborhood and discover how connecting with nature can enhance your health and well-being. And if you see me lying on the Earth at Langford, come say "Hi!"

An added thought: If you're interested in deepening your connection with nature, I offer workshops and retreats designed to help you cultivate mindfulness, relaxation and a sense of well-being through nature-based practices. These experiences provide a supportive space to explore simple yet powerful ways to recharge and reconnect. You can learn more at WholeLifeElevation.com. ■

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

Firefighter's firefighter from p. 4

Clem may have been a character, but one who was "a lot softer on the inside than he appeared on the outside," said Jan, his wife of 48 years.

That may be why his fellow firefighters kept reelecting him as chief, year after year for two decades. "Every year he would tell me, 'I'm not going to do it this year,'" Jan recalled. "Then he'd come home from the meeting and say, 'Well, I got up to go to the bathroom and when I came back they had voted me in again!'"

Clem kept getting re-elected because his colleagues respected him, and they knew that he respected them. He proved it every Saturday morning, when he went over to the fire house to drink coffee, rehash the week's calls and strike up conversations with whoever stopped by—not just other firefighters, but often police officers, city employees and the occasional neighbor.

"It was his unofficial open-door policy," Anderson said. "Anybody could come. I still miss those days."

"My chief really surprised me" Perhaps no one was more positively affected by Clem's common-sense, no-BS approach to his job



Clem Kurhajetz, left, with firefighter Nick Bauman, Photo courtesy Kevin Anderson.

than Dan Johnson-Powers, one-time Falcon Heights firefighter, current Brooklyn Park Emergency Management coordinator and a man who happens to be gay.

A decade ago, when Minnesotans were asked to vote on a constitutional amendment to essentially outlaw gay marriage, Johnson-Powers made the extraordinary decision to "come out" in a meeting of the firefighters. In a letter to the editor of the St. Paul Pioneer Press at the time, he records their reaction:

"Some didn't react at all; others acknowledged it must have been

tough to speak those words. Many shook my hand; one even hugged me.

"My chief really surprised me, though. When I finished talking, he spoke up, before anyone else had a chance. He said, 'Dan, even before tonight, I had every intention of voting no. It isn't right for the government to say who you can or can't marry.'

"Those words went a long way to assuage my fears... If a grouchy old fire chief can find it in his heart to ensure all of his firefighters are treated the same, then I have to believe that Minnesota can also vote no this fall." (Which it did, by a margin of about 53% to 47%.)

Clem, you will be missed. By your family, by your friends, by the firefighting fraternity that loved you as their advocate and mentor, and most certainly by your next-door neighbor whose ineptitude with power tools brought out the best in you one day many years ago. RIP, my friend. ■

Bill Brady is the Park Bugle copy editor.

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.

April

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

May: Home & Garden guide

Copy/ad deadline: Apr. 9
Publication: Apr. 22

June: SAP Arts Festival

Copy/ad deadline: May. 12
Publication: May. 25

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SCHOOL NEWS

School news around the town

Compiled by Sarah CR Clark

St. Anthony Park Elementary

A peek into performing arts

All SAP Elementary students in kindergarten through fifth grade are currently working to bring a book to life through Performing Arts.

Taught by Ahna Brandvik Logan, Performing Arts is one of the specialist classes students rotate through during the week. In the spring, students will present a live performance of the story they've worked on throughout the year.

Brandvik tailors her classes to students' ages. While the youngest students use picture books to create consistent characters and cooperatively tell a narrative, fifth grade students write original stories based on paintings of their

choosing and then create set pieces inspired by their artist's work.

At this point in the school year, students are busy transferring their collaborative set designs from letter-sized paper to 3'x5' cardboard.

"They are mixing colors and creating vibrant representations of their imaginative design ideas, based on the art of the illustrations from their chosen book or visual artist," Brandvik said.

After they finish working on sets, students will begin to rehearse scripts as well as secure props and costumes.

Brandvik said, "It's an absolute joy and privilege to be in a place where I can play and learn and grow with our students in a creative way that has no wrong answers. There's just joy and learning and discovering."



Students at Murray Middle School recently celebrated the end of their first semester with Activity Day. Submitted photos from Murray Middle School.

Murray Middle School Musical- Save the Date!

The students of Murray Middle School are proud to present the musical Beetlejuice, Jr. Performances will be at 7 p.m. on Friday, March 21 and Saturday, March 22 and 2 p.m. on Sunday, March 23.

Murray's Annual Activity Day

To celebrate the end of the first semester, over 480 Murray students spent a Friday at the end of January on various field trips around the metro area.

Students were able to choose their own activity—Grand Slam (laser tag and arcade), Cheapskate (roller skating), bowling or ice fishing. Scholarships were provided so all students could participate.

Avalon School Expansion planned

Avalon plans to add 25 new students and 5,000 square feet of space for its 2025-2026 school year.

Currently, the school is renting only the first floor of 700 Glendale

St. from Wellington Management. When the school had the opportunity to expand into the second floor as well, Avalon went for it.

"We have had a healthy wait-list this year and are excited to welcome more students to Avalon," said Avalon staff advisor Kevin Ward. "We talked as a staff and as a school board about increasing the opportunity for more students to attend and agreed that this was the way to go."

School news around the town to p. 15

Como Park Senior High School news

By Eric Erickson

NAAPID assembly

The Como auditorium was filled for an assembly during the school day on Monday, Feb. 10 to celebrate National African American Parent Involvement Day (NAAPID).

The annual student-led event showcased songs from a Como choir ensemble, a woodwind quartet, student readings, spirit from the Como cheerleading team and an inspiring message from the girls' basketball team.

The program was emceed by Como juniors Jonas Tetevi and Tylene Davis. The keynote speaker was Derek Emery from the Minnesota Department of Education, who is a community liaison and motivational speaker.

Emery connected with the audience and emphasized the critical roles parents, school staff and systems play in reaching students in all aspects of their education.

Mayor Melvin Carter made an appearance at Como for NAAPID, visiting with students, parents and staff.

College Knowledge Night

High school seniors face the challenge of meeting all their current academic responsibilities while also navigating their future endeavors.

Most seniors with plans for higher education have completed the college application process by this time of the year, but still need to wrestle with the financial pieces to the puzzle along with finding the right school fit.

Como's Career Pathways Center (CPC), in coordination with the counseling department, hosted a "College Knowledge Night" to provide support and information for families and students on Feb. 19.

Students are always welcome to consult with Aisha Mohamed, who heads the CPC, during the school day. But the set-aside night is a great opportunity to navigate financial aid questions, the FAFSA form and scholarship offers.

The CPC will also be hosting Como's annual Career and Trade Fair on April 16 from 9 a.m. until noon. Interested businesses and professional groups are encouraged to contact Mohamed at amohamed.ach@spps.org.

3DE National Chain Challenge

Como's 3DE (three-dimensional education) curriculum for all ninth graders has moved into the second semester of challenges. Case 9.4 finds students consulting Arby's Restaurants through the development and implementation of digital surveys.

Wells Fargo and Junior Achievement employees spent time in the 3DE classes during February, coaching and facilitating the case study.

Spring Musical

The spring musical at Como will be "The Little Mermaid." Performances are planned for late April in the Como Auditorium.



Derek Emery, from the Minnesota Department of Education, spoke at the recent NAAPID assembly.

Choir director Huy Tran, along with English teachers Michael Youle and Suzanne Myhre, conducted auditions and assembled the cast and stage crew during the last week of January. ■

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

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Langford Park Squirts dominate 2025 outdoor Winter Classic



The Langford Squirts emerged as champions in the 66th annual Langford Park Hockey Winter Classic tournament. Photo by Jay Ward.

By Laura Mays

The 66th annual Langford Park Hockey Winter Classic tournament was held at the Langford Park Recreation Center on the last weekend of January.

This was first time in three years the tournament didn't get iced.

After two years of weather extremes—way too cold followed by way too warm—Mother Nature must have felt guilty, as the 2025 edition had near perfect weather conditions.

The 2023 tourney was so bitterly cold that the game clocks kept freezing. Even iPhones kept in jacket pockets froze and threw off time keeping. In 2024, by contrast, pucks were dropped into the puddle that served as an ice hockey rink for only 10 days the entire season, and the Classic was cancelled.

In a stroke of great timing, the 2025 tournament was just after a few “artic freeze” days, so the ice rink was solid and pristine, but the sun shone and air temperatures were a moderate 25 to 30

degrees. While the wind blew cold enough to freeze the game scoring iPads on Saturday morning, most equipment functioned as expected.

The Winter Classic Hockey Tournament featured five Squirt C level teams: Langford Park as the host, joined by Minneapolis City of Lakes Titans, St. Paul's Edgcumbe, the St. Paul DinoMights and Mounds View Irondale. The Langford Park Squirts had great success, first beating the DinoMights 11-0 and then topping Edgcumbe 8-1. This put them against Mounds View Irondale for the Championship on Sunday afternoon.

Come-from-behind drama

A confident Langford Park Squirts had their egos quickly checked as just five minutes into the first period they were down 3-0.

The Squirts slowly regained their confidence as Trygg Mays registered Langford's first goal with a slap shot. Two minutes later, Jack Bergerson made it 3-2 on a pass from Nathan Heesch. Then with one minute remaining in the first period, Liam Anderson tied it up at 3-3. One period down, and this was turning into an exciting Championship game.

Langford Park kept the momentum going by sinking two more goals in the second period,

thanks to Ray Golden-Lundquist and Owen Anderson.

The third period was equally thrilling as Jack Bergerson, Ray Golden-Lundquist and Liam Anderson all found the back of the net again.

Mounds View Irondale put up one more goal.

But Langford Park answered with Bergerson nailing a hat trick with his third goal and George Reese IV sliding a final shot across the line with 55 seconds left. That gave Langford Park the championship by a final score of 10-4.

A star of this game was Langford Park goalie Drew Ward, who kept calm after those first stressful minutes in the first period. He had the added disadvantage of the sun setting directly in his line of vision for much of the game. But he and his teammates showed their grit and determination and lifted the championship trophy high at the game's conclusion.

The 66th Winter Classic weekend also included a “Mite Jambooree” on Saturday afternoon where approximately 102 players ages 6- to 8 scrimmaged across four smaller rinks. And Sunday after-

noon brought in more than 80 skaters ages 3 to 5 for the “Mini-Mite Scramble.”

Local food vendors shine

Off the ice, we'd be remiss to not highlight the concessions. This year's favorite foods included the Winter Classic Brat, a special recipe custom concocted for this tournament by the grocers at Tim & Tom's Speedy Market. That food market also supplied the hamburgers, grilled by hockey dad Ryan Courtney at rinkside, that were so popular they sold out on Saturday.

Meanwhile, tasty food complements to the grilled food were chili or macaroni and cheese generously donated by Colossal Café. There was also cocoa for kids and for adults steaming cups of coffee donated by Dogwood coffee, naturally their Zamboni flavor to complement the hockey being played.

A special thanks to the St. Paul Parks and Recreation staff for allowing the hockey and booster club organization to use the Langford Park building for the entire weekend. ■

Laura Mays is president of Langford Park Hockey's board of directors.

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- 4 cups unbleached flour
- 1 tsp soda
- 1 tsp cream of tartar
- 3/4 cup sugar
- 1/2 cup butter, melted
- 3/4 cup currants
- 1 3/4 cups buttermilk

Mix dry ingredients. Add butter, currants and buttermilk and mix well. Stir in additional flour as needed to reduce stickiness. Knead vigorously on floured surface for 3-4 minutes until firm. Shape into 2 round loaves, dust with flour, score with an X. Bake on greased cookie sheet for one hour at 375 degrees.

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SCAN FOR MORE

University Grove subject of SAP history talk

By Mary Mergenthal

Kristin Anderson, professor emerita of Art & Design at Augsburg University, will present her latest St. Anthony Park architecture history talk at 7 p.m. on Tuesday, March 11.

Anderson's free presentation on University Grove will be held at St. Anthony Park Lutheran Church, 2323 Como Ave.

Located next to the University of Minnesota's St. Paul campus, University Grove is an enclave of about 100 houses built for the institution's faculty and staff, primarily between 1929 and the 1970s. The land belongs to the university, which leased it for a nominal annual fee. Residents were required to build architect-designed homes on the leased lots.

The result is a small neighborhood that the New York Times once called "a living time capsule of vernacular modern architecture in America." Included in the Grove are homes by regional modernists including Vienna-born and MIT-educated Lisl Close

and Cranbrook-trained Ralph Rapson.

Anderson is a longtime St. Anthony Park resident. She has been taking neighborhood residents and friends on monthly visual tours of SAP history for over two years.

Beside the in-person session at the church, Anderson's 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](https://bit.ly/Sap-history).

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

One update: The January SAP history session on Commonwealth Avenue has been rescheduled for 7 p.m. on Tuesday, April 29. Live location and online access details remain the same. ■

Mary Mergenthal lives in St. Anthony Park and is a former editor of the Bugle and currently the newspaper's obits editor.



This house in University Grove, an area adjacent to the St. Paul Campus, designed by Lisl Close, will be one featured in Kristin Anderson's March 11 history presentation. Photo by Kristin Anderson.

Bugle poets, it's that time again!

By Scott Carlson

Dear Bugle readers,
Be ye followers or leaders,
The time has come
To have some fun
Arise O Bugle poets,
You've got the talent, now spring
forth and show it.

The Bugle is conducting its 15th annual poetry contest in conjunc-

tion with National Poetry Month in April.

In a world of constant flux and uncertainty, poetry offers the chance to quiet our souls, to pause and reflect.

This year we are asking contestants to draft poems drawing inspiration from the words "joy" and "perseverance." The deadline for all poems, which must be submitted by email, is 5 p.m. on **Monday, March 10**.

Our contest is open to people of high school age and older, with the first-place winner receiving \$50 and publication of their poem in our April issue of the Bugle. We will also publish the second- and third-place winning entries, with those winners receiving \$30 and \$25, respectively.

Here are our contest guidelines:

- We want to read poems that address "joy" and/or "perseverance."

- Poems can take any form you choose.
- The words "joy" and "perseverance" do not have to appear in your poem. Use them to draw inspiration and take your poem in any direction.
- The contest is limited to one entry per person. Deadline to receive entries is **Monday, March 10**.

- The contest is open to all Bugle readers. Current Bugle employees, Park Press board members and their families are not eligible to enter.
- Send poems to editor@parkbugle.org.
- In the subject line of your email, please put in the words "Poetry contest entry." And please send all poems via email.

Poems will be judged anonymously by a local poet. So, sharpen those pencils, fire up your laptops or whatever tools you use to compose and let the poetry flow. ■

Scott Carlson is managing editor of the Park Bugle.

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Wellness

St. Paul Gymnasium offers full workout space

By Gwen Willems

Do you travel along Cleveland Avenue and wonder about the long brick building about a block south of Larpentour Avenue?

It is the University of Minnesota's St. Paul Gymnasium, which opened in 1915 and now serves about 1,000 visitors daily during the academic year. Today it contains three floors of modern amenities and services.

The Gym offers an astounding array of ways to stay fit: exercise machines, a suspended track, a group exercise studio with video screen, a mat room, locker rooms, handball and racquetball courts, multipurpose rooms, an 8-lane swimming pool, a 24-foot rock wall and bouldering cave, outdoor track, playing field, softball field and tennis courts.

Jaime Medina, director of the S. Paul Facilities, said he likes working at the Gym because "I am able to provide recreational opportunities to help people stay active. I am also appreciative of the relationships that have developed with the students and communities that use our facilities.

"What makes the St Paul Gymnasium unique is the variety of

activities that can be done here," he added.

We talked with a few St. Anthony Park residents who use the facilities for convenient exercise. Swimming laps was most popular with them, but folks also do many activities. Here is a sample of their feedback:

Steven McCarthy, who has used the Gymnasium since joining the university faculty in 1998, said, "I typically lift weights there twice a week now. But in the past I have used the exercise bikes, run on the indoor track and practiced Tae Kwon Do."

McCarthy uses this gym because "free membership is included with my health insurance plan, UCare, and I live a half mile west of the gym so it's convenient to go there."

Alumna Cari Kidd has used the gym since 2001 and goes there six times a week.

"I like to swim laps, work out on the elliptical machine, lift free weights, and use the weight machines," she said. "I like the campus gym because I can walk there and it's inexpensive compared to corporate chains. Also, the clientele at the St. Paul Gym is more ordinary people, not the fitness-crazed folks

you might find at a more hardcore gym."

During the last two years, faculty and staff member Kyle Maurer has been lifting weights, swimming, using rowing machines and running on treadmills at the Gymnasium.

"I love that I can walk to it, about a 5-minute walk," he said. "Hours are generally workable, from early a.m. to evening. Less crowded than Midway YMCA, with comparable equipment."

Faculty spouse Victoria Tirrel wrote from her vacation in Hawaii to say, "I've worked out at the St. Paul Gym for more than 10 years and love the place. I swim and use the machines (usually working on the latter with a trainer). I am almost 65 years old ... and it often surprises people what they see me doing there."

One thing Jonathan Kirsch likes is "The proximity. I like that it has a very historic feel; modern gyms feel a little too cold and generic with all of the huge glass windows."

He praised a staff member: "Emily is an awesome HIIT [High-Intensity Interval Training] instructor and has continued to teach, in person and online, from being a student to a post-doc and



St. Paul Gymnasium. Photo courtesy of the University of Minnesota.

now in a professional job. She's a real gem."

Not many drawbacks to the Gymnasium were mentioned—the cold temperature of the pool, treadmills facing the wall, the lack of a whirlpool, and fellow exercisers who monopolize equipment when on their phones.

Registration fees for use of the Gymnasium vary, depending on whether you are a student, faculty, staff, retiree, alum, community resident, sponsored member or

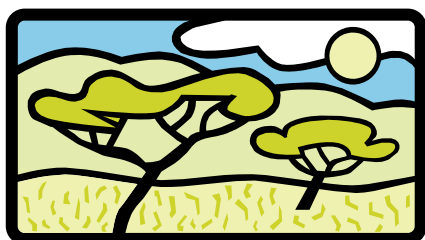
guest. For membership details and promotions go to <https://recwell.umn.edu/member-services/membership>.

You can also find an interactive online calendar and a reservation page. To tour the facilities, stop by the Gymnasium or call (612) 625-8283 to set up an appointment. ■

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

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Wellness

Spirit North Gymnastics finds new home in north Como

By Janet Wight

For the past 25 years, the owner of Spirit Gymnastics has been providing athletic training to youth in the St. Paul area.

Now, Doug Byrnes has moved his noncompetitive beginner classes for preschool to first grade students from Hamline University's Walker Fieldhouse to a new facility at 1546 Como Ave. The move came in January 2024. (Byrnes continues to run his competitive gymnastics program for second grade through high school students out of Hamline.)

The Como Avenue site is ideal for the beginner program because "it offers convenient class times, nice equipment and free parking, all housed in a small, quaint neighborhood setting," said Byrnes, also head women's gymnastics coach at Hamline University.

These beginner classes provide

participants with a positive sense of self and structured fun, Byrnes added.

"It can get them doing things people just love to do, play and romp and jump around, rolling, inverts, hanging, swinging, organized play," he said. "Kids, in my experience, love doing it."

Family members are always delighted to see these young gymnasts display their new skills during the spring show held at the Walker Fieldhouse, Byrnes added.

Gymnastics has been a big part of Byrnes' life for many years.

A native of New Brighton, Byrnes attended Irondale High School. A self-described "fellow of smaller stature" in junior high, he decided to give gymnastics a try in seventh grade after being encouraged by his sister and his neighbor's boyfriend.

"It seemed to fit," he said, adding that his favorite events were floor



Girls engaged in gymnastics activities. Photo by Colleen Howard.



Spirit North Gymnastics is designed to be a fun, active activity. Photo by Colleen Howard.

and high bar. Byrnes took second place in the all-around at the 1984 Minnesota State High School League competition.

While studying civil engineering at the University of Minnesota, Byrnes accepted a part-time position in May 1989 to coach gymnastics at Hamline.

Although he expected to work there for just a few weeks, the role evolved and blossomed into a full-time vocation. Byrnes became an assistant coach for the women's

team in 1995 and was named head coach in 1999. Byrnes also worked as a structural engineer for eight years before accepting the head coaching position.

According to Byrnes, interest in women's gymnastics is growing. Gymnastics was a thriving sport for both boys and girls in the 1980s. But middle and high schools have

been cutting boys' programs for the past three decades, he explained.

Byrnes said his biggest challenge is balancing his coaching duties at Hamline with the demands of running a club team. He relies heavily on Colleen Howard, director and jack of all trades at Spirit Gymnastics, including the Spirit North program.

Becoming involved with gymnastics is a "great way to get kids in tune and in touch with themselves. It is great for the emotional and physical health for these kids ... in a safe environment that is a lot of fun," Byrnes explained.

For additional information on beginner classes at Spirit North, visit spiritgym.com/spirit-north-fall-session. ■

Janet Wight is a regular freelance writer for the Bugle.

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Wellness

Healthful eating simplified

By Jenni Wolf

In today's world there is an endless supply of nutrition and wellness information, and if you want to be intentional, it can be overwhelming to identify where to start.

The truth is it doesn't have to be so complicated, and shouldn't be. Good nutrition and eating well should be relatively easy for us to prioritize.

In most cases, eating healthfully isn't rocket science. The basic reality: We all need food to survive. It wouldn't make sense for something essential to our survival to require a lot of extra work, fancy powders and meticulous measurement or tracking. Those tasks use a lot of our resources and, in my experience, make it less likely for one to be well.

So how do we quiet all that "nutrition noise"—the 'eat this, not that' convo on the morning news, the influencer praising the newest supplement, the chitter chatter about who's eating the newest 'superfood' in the breakroom?

Well, let's start with what I call the "the Nutrition Hierarchy of Needs." Many of you might know of Maslow's Hierarchy of Needs, which tells that we must fulfill our basic, lower levels before we have the capacity to fulfill the upper-levels.

We can apply this same concept to our nutritional needs—breaking down the needs that are vital to meet first. Instead, we often jump to the upper levels before having our very basic needs met.

If we first focus on our primary nutritional needs, we can more naturally and easily optimize our nutritional needs. Then we are better positioned to pursue and reach the upper-levels of the food hierarchy. It's like climbing a ladder: if the first two rungs are broken, it's very hard to get to the top.

Level 1: Adequacy

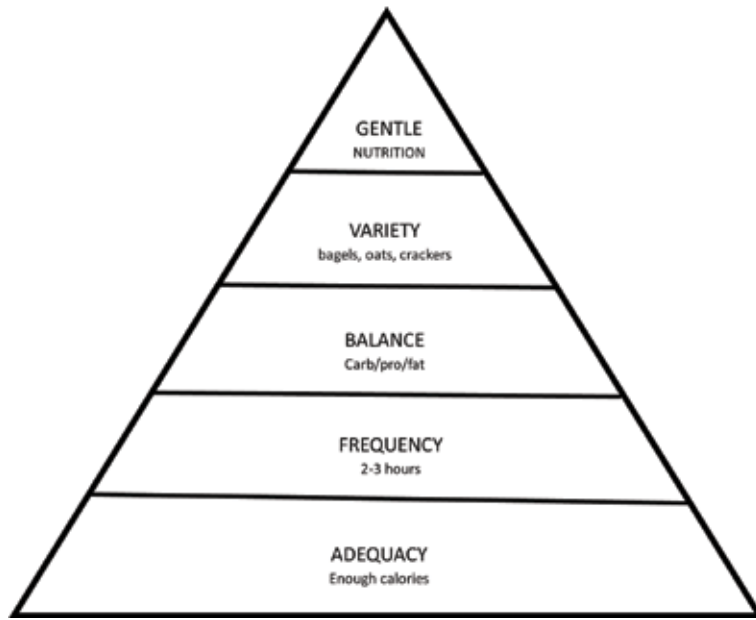
We must make sure we are consuming sufficient calories to give us enough energy. Most people assume they are consuming too much when really they are eating too little. Remember, "less" or "smaller" does not automatically equal health.

We must first ensure you are meeting your body's average energy needs on a regular basis—if you're not doing this, your body doesn't care about, or benefit from, much else. Consider working with a registered dietitian who can help you figure out your estimated energy needs and energy intake.

Level 2: Frequency

Once you are eating an appropriate amount of food, you should consider when to eat. Most people prefer to eat every 2-3 hours if possible. This helps support normal blood glucose and metabolism levels. It keeps us from getting too hungry or too full.

Nutrition Hierarchy of Needs



Establish a solid nutritional base by meeting lower-level needs first. Submitted graphic by Jenni Wolf.

We can't always hit the timing perfectly because of our daily activities. But it is helpful to check in and see if you might benefit from eating more frequently.

Level 3: Balance

Next, consider eating a balance of food groups, meaning carbohydrates, protein, fat and fiber. A good goal is to include each food group at mealtimes and at least two at snack times.

When you are eating an adequate amount (level one ... check!) and

often enough (level two ... check!), your body is poised to benefit from including a balance of nutrients.

Level 4: Variety

Eat a variety of foods within each food group. For example, if I only ate bagels for my source of carbohydrate, I would only get the nutrients found in bagels.

If I expand my carbohydrate options to include oats, crackers, sweet potatoes and others, I will get a wider variety of nutrients, as each carbohydrate source contains



Make room for all the food groups on your dinner plate. Photo by Jenni Wolf.

different types and amounts. When we have more variety, it is less likely that we will get too much or too little of any one nutrient.

Level 5: Gentle nutrition

This level comes when we have met all our lower-level needs over the long haul. At this point we might be ready to consider more advanced nutritional information or pay more attention to a specific nu-

trient without compromising our lower-level needs or our enjoyment from food.

For example, we might be looking for a cereal that is lower in sugar or a bread that is higher in fiber. ■

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

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.

Seek help paying for home energy upgrades

By Tim Wulling

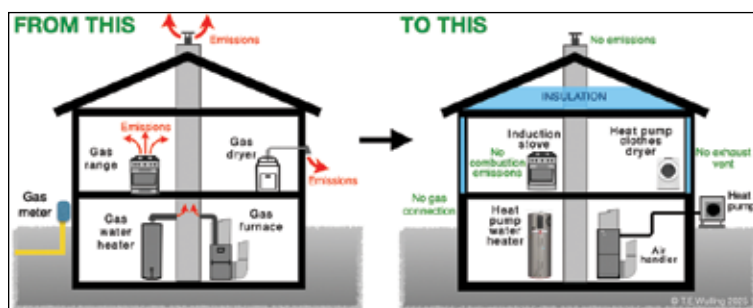
You might convert your house to high-efficiency all-electric for increased comfort, healthier indoor air or lower carbon emissions.

Anyone considering home energy upgrades should start with this thorough introductory website: mncee.org/electrify-everything-mn.

How will you pay the up-front costs?

Financial help is available as rebates, tax credits and loans. Rebates are treated as price discounts, not taxable income. Tax credits reduce the amount of federal income tax you owe. Be sure to check that any equipment you are considering meets the required specifications.

Weatherization Assistance Program (WAP), a federal program implemented by Minnesota and local providers, offers free up-



Financial incentives can help you insulate your home and replace gas furnace and appliances (left) with all-electric (right). Image copyright 2025 by T.E. Wulling.

grades—insulation, air-sealing, water heater, furnace, boiler—for income-qualified households. mn.gov/commerce/energy/consumer-assistance/wap

Utility rebates. Xcel Energy offers: \$400 to \$500 for a heat pump water heater; \$1,500 to \$2,000 for a cold-climate air-source heat pump and 40% of the cost of attic insulation up to \$600, of wall insulation

up to \$1,200, and of air-sealing up to \$600. mn.my.xcelenergy.com/s/residential/home-rebates

Minnesota rebates. The state plans to offer \$2,000 for a heat pump that heats/cools your house and \$2,000 for a heat pump water heater. mn.gov/commerce/energy/consumer/energy-programs/heat-pump.jsp

IRA Rebates. The federal Inflation Reduction Act made money available to Minnesota for rebates. Minnesota is deciding which rebates to make available and is working out the procedures by which we can apply for the following IRA rebates. mn.gov/commerce/energy/consumer/energy-programs/home-energy-rebates.jsp

When Minnesota rebates and IRA rebates will be available is still uncertain.

IRA Home Energy and Appliance Rebates (HEAR). These rebates are for low- and moderate-in-

come households. For Ramsey County, the 2024 income limit for a low-income household of three people was \$88,050 and for moderate-income was \$167,700. mn.gov/commerce-stat/energy/HUD80and150Percent_042624.pdf

Equipment must be Energy Star: energystar.gov/products.

Rebates, subject to maximum amounts, are for 100% of project costs for low-income households and for 50% of costs for moderate-income households.

Minnesota's maximum amounts are likely to be: \$840 for an induction stove or a heat pump clothes dryer; \$4,000 for an electric panel upgrade; \$2,500 for new circuits for qualifying appliances; \$1,750 for heat pump water heater; \$1,600 per year for insulation, air-sealing, windows and doors; and \$8,000 for a cold-climate air-source heat pump.

\$14,000 is the maximum total allowed for HEAR rebates.

IRA Home Efficiency Rebate for all household income levels. Rebates range from \$2,000 to \$8,000 (based on amount of energy saved and household income) for upgrades that do not receive an IRA HEAR rebate.

Other payment help

Federal income tax credit. The credits are:

30% of project cost: up to \$600 for an electric panel upgrade, up to \$2,000 for a heat pump water heater and up to \$2,000 for a cold-climate air-source heat pump;

and 30% of cost of materials for insulation and air-sealing (\$1,200 maximum per year), windows and skylights (\$600 per year), and doors (\$500 per year) with a combined maximum of \$1,200 per year.


Internal Revenue Service tax form 5695 and instructions have specific requirements. irs.gov/instructions/i5695

Incentive stacking. As an example, a heat pump water heater with installed cost of \$3,000 could get a \$500 Xcel rebate and Minnesota rebate of \$2,000. Net cost after rebates would be \$500. The tax credit would be 30% of \$500 or \$150.

Minnesota Loans. Minnesota Energy Loan Plus (has household income limits) or Fix Up Home Improvement Loans are \$2,000 to \$30,000, 3- to 20-year term, low interest, with no prepayment penalty. A loan could bridge the gap between paying for your project and receiving rebates and credits – and could also finance the remaining costs. mnhousing.gov/homeownership/improve-your-home.html

Note: This article assumes that tax credits and IRA rebates, passed by Congress, will continue being implemented. ■

Tim Wulling is a retired engineer, a founding member of Transition Town—ASAP and an advocate of ways to reduce energy used in our homes.



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Library Corner
sponsored by
St Anthony Park Branch
Library Association



LIBRARY CORNER

Climate change and social justice books bring together SAP community

By Henry Stafford

At the St. Anthony Park Library, a book club meets to discuss books related to climate change and social justice while also building community.

Pat Thompson, a member of the Changing Times Book Group, has been a member since its inception online in 2021 at the height of the COVID-19 pandemic. The club is part of Transition Town All Saint Anthony Park, a community group that aims to strengthen community connection through education about environmental and social issues.

Thompson said Transition Town chose to create a book club because it's an effective format to educate people. It also allows the club to go beyond climate change to discuss other things, like social justice.

"We both want to read things that are directly related to climate change, but also social justice," Thompson said. "Because environmental justice is a major aspect of climate justice."

The group started a partnership with the St. Anthony Park Library in 2024, said Mindy Keskinen, another group member present from the start. The partnership

has helped expand the number of attendees and made it easier for attendees to get books.

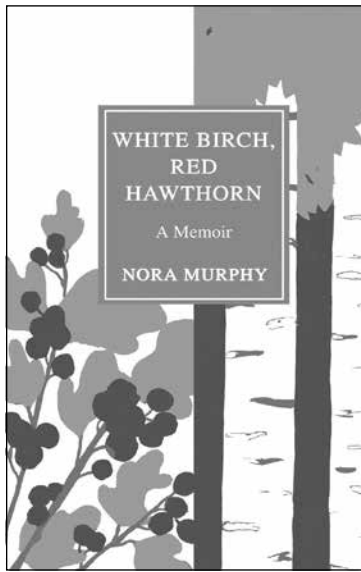
Keskinen said the club is important to her because it makes her feel less worried about climate change and current political tensions in the country. The club has also introduced her to a variety of book genres, like memoir and science fiction.

"I was drawn to the group as a way to face climate change issues with neighbors, because it's daunting," Keskinen said. "I feel like we are facing a number of daunting challenges all at once right now as a society."

She also likes that the club includes diverse authors, with some being local to the Twin Cities area, like Naomi Kritzer. The refreshments are an added bonus.

"You don't have to have read the whole book to join us and share in the processing that we're all doing," Keskinen said. "And we have refreshments and just good company."

Tracy Kugler, one of the early members of the club, said the neighborhood has reacted positively to the book club. The partnership with the library has filled more chairs at meetings with neighbors.



"It was successful for those of us who were participating in it, but now it's getting more well known to a broader audience," Kugler said.

The club is very informal and open to all, Kugler added. The club welcomes all types of people, whether they've read the book cover to cover or not at all.

"There's no pressure," Kugler said. "We're really just interested in conversation and talking about the ideas and really hearing what everybody has to say."

The club's next meeting is on



At a meeting of the Changing Times Book Group, author Ranae Hanson talked about her memoir. Courtesy of Mindy Keskinen.

March 22 from 3 to 4:30 p.m. at Zvago Cooperative Living, 2265 Luther Place, and the book will be "White Birch, Red Hawthorn" by Nora Murphy, who will be in attendance. Meetings will return to the library in the future.

Attending next library event is easy as pi

The St. Anthony Park Branch Library Association is hosting a pie judging event on March 14, Pi Day, at St. Anthony Park Lutheran Church, 2323 Como Ave., from 6-7:30 p.m. Jared Kaufman, a food

and features reporter at the Pioneer Press, will be the judge.

Local musicians Adam Granger and Dan Chouinard will provide entertainment. The event is open to the public and there will be a potluck. ■

Henry Stafford is a journalism student at the University of Minnesota. He'll be graduating in the fall. He loves photography and squirrels. You can find more of his work at henrystafford.net.

St. Anthony Park Library events

Compiled by Kathy Henderson

Familiar favorites are on the March calendar at the St. Anthony Park Library, 2245 Como Ave. Unless specified, registration is not necessary.

Ongoing programs

Family Storytime

10:15 to 10:45 a.m. or 11:15 to 11:45 a.m. on Tuesdays, March 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.

English Conversation Circle for Adults

4 to 5:30 p.m. on Thursdays, March 6, 13, 20 and 27. Join the University of Minnesota Retirees Volunteer Center and the Partners in English program for free English practice taking place in the library's lower level auditorium. All levels of English language skill are welcome.

Shake Your Sillies Out!

Playtime: 10:30 to 11:30 a.m. on Fridays, March 7, 14 and 21. Come to the library's auditorium for a story, stretches, movement and lots of fun! Little ones can jump, crawl, balance and twirl with activities specifically designed for them. Playtime is appropriate for infants to age 5. Adults must remain with their children for the entire playtime.

Paw Pals: Read with Enzo

10:15 to 11:15 a.m. on Saturday, March 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 last a maximum of 15 minutes, ensuring every child can get a turn. Call 651-642-0411 or stop by the circulation desk at the St. Anthony Park Library to register your young reader.

HANDIWORK

10 a.m. to noon on Thursday, March 13. Drop in to knit, crochet, embroider and socialize with your neighbors. Bring your own sup-

plies. This program is designed for adults and is co-hosted with St. Anthony Park Area Seniors.

Changing Times Book Group

3 to 4:30 p.m. on Saturday, March 22. This reading group is open to all and co-hosted by Transition Town-All St. Anthony Park and St. Paul Public Library. It takes one title at a time, both fiction and non-fiction, with a focus on climate and social and environmental justice.

Adult Book Club

6:30 to 7:30 p.m. on Monday, March 24. Join library staff and fellow book lovers in the lower-level auditorium for lively conversation and refreshments. The March book selection is the mystery "Where They Last Saw Her" by Marcie R. Rendon, a citizen of the White Earth Nation. Stop in or call the library at 651-642-0411 for more information. All are welcome. ■

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



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Round up your family! Enter your pie! Come to eat pie! Share in the fun!

- To enter your pie, drop it off at SAP Lutheran Church between 4:00 and 5:00 pm on Friday, March 14 (Luther Place entrance). Jared Kaufman, food reporter from the St Paul Pioneer Press, will judge.
- Contestant or not, come join us for the potluck event between 6:00 and 7:30 pm. All pie and other round foods are welcome.
- Adam Granger will host and Dan Chouinard will entertain!
- This is our Annual Open Meeting. Come learn about SAPBLA!

Friday, March 14, 2025, 6-7:30 pm
Saint Anthony Park Lutheran
2223 Como Avenue (Luther Place entrance)
More information and contest sign-up at sapbla.org



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

EVENTS AND MORE

Compiled by Kathy Henderson

Art

St. Matthew's Episcopal Church

The 25th annual Celebration of Community Juried Art Show continues through March 21 in the lower level at St. Matthew's Episcopal Church, 2136 Carter Ave. Hours: 10:30 a.m. to 3 p.m., Wednesdays-Fridays, and 9 a.m. to 1 p.m. on Sundays.

Twenty-two artists entered 34 works, and Kenneth Steinbach, Bethel University professor of art, served as juror. Awards were presented to Lizzy Carlon, other media (silk on linen); Andrew Hardman, photography; Daniel Hendrickson, oil/acrylic; and Tara Sweeney, watercolors.

Best in Show was awarded to Mark Peterson of Lauderdale.

Automotive art is a Peterson specialty, and that's a 1949 Buick in "Are You Coming Back?" (acrylic on canvas). The title was inspired by the chorus lyrics of Alice Boman's song "Waiting." Peterson, who received a Bachelor of Fine Arts from the University of Minnesota in 1977, credits his first art inspiration to the tow truck his dad drew for him when he was a young child. And he fondly remembers his childhood excitement at receiving "a Crayola set that included a silver crayon and a sharpener." All led to a career of paintings, murals and commissions of various subjects.

Steinbach found viewing Peterson's artwork "to be a rich experience and one that was rewarded at repeated viewings." He specifically noted the "poetic interplay of a rich range and tones of blues that goes back and forth from being an abstract to a representational space and back again. The lone figure facing away from us, is likewise in an experience of transition. The figure is present but also in the process of



"Are You Coming Back?" by Mark Peterson of Lauderdale received the Best in Show award at the Community Juried Art Show. The show is on display through March 21 at St. Matthew's Episcopal Church, 2136 Carter Ave. Submitted photo by Mark Peterson.

leaving, seemingly just turning her head at that moment."

The University of Minnesota Women's Club-Art Section's spring art exhibit opens March 31 at St. Matthew's and runs through May 26 in the church's lower level. Opening reception: 11:30 a.m. on Sunday, April 6.

boréal Art Loft

Cindy Libman is the March featured artist. View her work in the art loft at 2276 Como Ave. during boréal regular business hours: Monday-Saturday from 10 a.m. to 5 p.m. and Sunday from 10 a.m. to 4 p.m.

Goldstein Museum of Design

"Old Type, New Ways: Work from the Hamilton Wood Type & Printing Museum" continues through May 17 at the Goldstein Gallery, 241 McNeal Hall, 1985 Buford Ave., University of Minnesota St. Paul Campus.

Gallery hours: 10 a.m. to 4:30 p.m. on Tuesdays-Saturdays. Type talk, Mark Simonson, 5-6 p.m. on Wednesday, March 5 (gallery open to 7 p.m.). Faculty talk, Bill Moran, 4 to 5 p.m. on Tuesday, March 18 (gallery open to 6 p.m.). Details at <https://design.umn.edu/old-type-new-ways>.

St. Patrick Celebrations

St. Patrick's Day parade

Noon on Monday, March 17, in downtown St. Paul along Fifth Street, starting at Rice Park and ending near Mears Park.

Celtic Junction Arts Center

836 Prior Ave. Tickets at celticjunction.org.

Kickin' It Irish! Matinee and evening performances on various dates from March 6 to 15. See schedule at celticjunction.org. Family-friendly live Irish music and 20 world-class dancers. Free-\$20.

Karan Casey, Irish singer-songwriter, presents "Nine Apples of Gold" from 7:30 to 10 p.m. on Sunday, March 16. Free-\$25.

Willowgreen Album Release Concert

7 to 9 p.m. on Saturday, March 22. Duluth-based music group performs traditional, contemporary and original music from the Celtic music world, including Ireland, Scotland, Canada and the U.S. \$20.

Irish Arts of Minnesota

Landmark Center, 75 Fifth St. W. Programs and advance tickets:

irishartsmn.org/programs-events/ or landmarkcenter.org.

Day of Irish Dance

10 a.m. to 5 p.m. on Sunday, March 16. Traditional music, dance and the Decade of Dance awards. Free-\$9.

St. Patrick's Day Celebration

9 a.m. to 5 p.m. on Monday, March 17. Local musicians, dance performance groups, marketplace and craft fair. Children's stage and crafts activities free. Free-\$9.

World Day of Prayer

The local observance of World Day of Prayer will be held at 2 p.m. on Friday, March 7 at St. Anthony Park Lutheran Church, 2323 Como Ave. There is no charge and all are welcome.

World Day of Prayer, a service dating back to the 19th century, is held annually around the world on the first Friday in March. Each year Christian women from a different country write the service. This year it has been prepared by the women of the Cook Islands.

The church is accessible and parking is available on the street or in the Zvago lot.

St. Anthony Park Garden Club Vegetable Gardens for Everyone

Guest speaker: Dina Kountoupes of Harvest Moon Edible Landscapes. 6:30 p.m. meeting; 7 p.m. social time; 7:30 p.m. program on Tuesday, March 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, planetarium schedule, admission charges and registration: bellmuseum.umn.edu.

Pi Day 2025

10 a.m. to 4 p.m. from Wednesday, March 12 to Sunday, March 16. Pi is the ratio of the circumference of a circle to the diameter and it begins with the digits 3.1415. Help the Bell continue its Pi Day chain, which was started in 2019. Make a link and decorate it with arithmetic art, pi-ku poem (3 syllables/1 syllable/4 syllables) or a phrase in Pilish (the first word has 3 letters, the next word 1 letter, the next word 4 letters, etc.).

Community sing

Musician Dan Chouinard and singer-songwriter Ann Reed lead a community sing at 7 p.m. on Monday, March 17, at St. Matthew's Episcopal Church, 2136 Carter Ave. Not a choir; all singing abilities welcome. Free.

Women's Drum Center

Dan Engebretson's West African solo and improv workshop kicks off the new "Skill Builder" drum series. 6 to 9 p.m. on Friday, March 7, at 2242 University Ave. W. \$45. Register at womensdrumcenter.org.



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School news around the town from p. 6

Second floor renovation was scheduled to begin imminently. While Wellington Management is currently bidding for contractors, Avalon is raising funds to furnish and equip the new indoor space as well as develop an outdoor space. The school held a carnival-themed fundraiser for the expansion on Feb. 6th.

Avalon middle schoolers will move up into the new second floor space and the high school program—which will expand by 25 students—will take over the entire first floor.

Ward said, “We are hoping everything will be ready by the first day of school, the day after Labor Day.”

Avalon in national research study

On Feb. 3 and 4, Avalon School hosted nearly 20 educators and policy makers from across the country as a part of a research project conducted by Education Reimag-

ined, a Washington, D.C. nonprofit working to design learner-centered public education systems.

The research project is studying learner-focused schools that effectively serve students with learning differences. Avalon is one of three American schools being visited; the others are in Syracuse, New York and Milwaukee.

Avalon staff member Tim Quealy said the researchers’ visit included conversations with focus-groups and panels, student-led tours, classroom observation and in-depth interviews.

Quealy called the researchers’ visit refreshing.

“It is easy, as a teacher, to focus on the struggles and the day-to-day, so the chance to speak and think about our program from a broader perspective can be so energizing.”

Lindsay Ogawa, from Education Reimagined, said in email to the Bugle, “Avalon has been a powerful example for Education Re-

imagined’s national community to understand and grow the field of learner-centered education, which is why other expert educators and leaders were invited to experience and understand the learning that happens here.”

Education Reimagined said it expects to compile its findings in a report later this fall.

Twin Cities German Immersion School Welcoming 11 international interns

Eleven spring interns joined the German Immersion School community during the first week of February. The interns, ages 23 to 25, come from Germany and Austria.

While at TCGIS, the interns will be working alongside teachers in classrooms from kindergarten through eighth grade.

“Interns at TCGIS serve as valuable educators in the classroom, providing students with an additional German-speaking role model to en-



Spring interns attending Twin Cities German Immersion School. Submitted photo by TCGIS.

hance their language immersion every day,” said Paige Yurczyk, TCGIS communications and community outreach manager. “As aspiring educators, they bring fresh perspectives and energy to our school community. Many even return to TCGIS as full-time teachers.”

The interns will be with TCGIS until the beginning of June when spring semester ends. ■

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

Events from p. 14

Como Zoo and Conservatory

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

Spring Flower Show

March 21 through April 27 and from May 2 through June 8. The first installation highlights flowers in shades of lavender, light blue, pink and peach.

Senior Strolls

9 to 10 a.m. on Tuesday, March 11, and 4:30 to 6 p.m. on Tuesday, March 18. Special time reserved for adults ages 55 and older. Check-in at the main Visitor Center entrance. Admission is free, but reservations are required: comozooconservatory.org/como/senior-strolls/

Gibbs Farm

2097 Larpenteur Ave. W. Details and registration at rchs.com/gibbs-farm/.

Pressed flower cards

5:30 to 7:30 p.m. on Wednesday, March 5. All ages and skill levels. \$15.

Cross stitch affirmations

11 a.m. to 1 p.m. on Saturday, March 15. This class is for beginners to

intermediate, ages 13 and older. Taught by Wone and Youa Vang of Third Daughter, Restless Daughter (3DRD). \$50, materials included.

PeeWee Mini Camps

9:30 to 11:30 a.m. on Wednesdays for ages 4 and 5. Peewees play games, color, sing and visit the farm animals. Registration required. \$25 per session. March 5, All About Snow!; March 12, Winter Stories; March 19, Winter in the Schoolhouse; March 26, Winter Games on the Farm.

Senior Activities

The St. Anthony Park Area Seniors offer 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 Monday, March 3, at Centennial United Methodist Church, 2200 Hillside Ave. Supplies provided. Email sc@sapaseniors.org to register.
- **Pound Fit:** exercise class. 10 to 11 a.m. on Tuesdays, March 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 March 4-27 at Lauderdale City Hall, 1891 Walnut St. Email sc@sapaseniors.org to register.
- **Game day:** Coffee and board games. 10 to 11:45 a.m. on Friday, March 7, and Tuesday, March 25 at 2200 Hillside Ave.
- **Card making workshop:** 9:30 to 11:30 a.m. on Wednesday, March 12, at 2200 Hillside Ave. Supplies provided. Email sc@sapaseniors.org to register.
- **Handiwork:** 10 a.m. to noon on Thursday, March 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 10:30 a.m. on Friday, March 14, at 2200 Hillside Ave. Contact the office for more information.
- **Equal Portions:** Noon to 1:30 p.m. on Thursday, March 20, at St. Matthew’s Episcopal Church, 2136 Carter Ave.

Catered luncheon and presentation. Contact the office to register by February 12.

the office at 651-642-9052 for Zoom link.

Virtual:

- **Lunch Bunch:** Socializing and BINGO. Noon to 1 p.m. on Wednesday, March 5. Call

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

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Carolyn Henry-Johanson

Carolyn Henry-Johanson, age 60, of St. Anthony Park, died Feb. 1, 2025.

Carolyn was born in Cloquet on May 17, 1964. She graduated from Cromwell High School in 1982 while completing her studies abroad in Finland.

She moved to St. Anthony Park in 1989 and volunteered at St. Anthony Park elementary when her kids were in school. She was an enthusiastic lifelong learner with boundless curiosity and intellectual appreciation.

Carolyn was a kind and nurturing mother, wife and friend

who brought beauty and joy to everyone.

Preceded in death by parents William and Nancy Heikkila and sister Mary Heikkila. Carolyn is survived by husband Mark Johanson, son Tyler Bartholomew of Portland, Ore. and daughter Zöe Bartholomew (Cliff Mountjoy) of Minneapolis.

A memorial is being planned for May.

Clement Kurhajetz

Clement "Clem" Kurhajetz Jr. of Falcon Heights, died Jan. 4, 2025. Clem grew up in St. Paul and graduated from Monroe High School.

He attended Dakota County Vocational Institute (now DCTC) and spent his career with the underground crew at Northern States Power, which later became Xcel Energy.

A dedicated member of the Falcon Heights Volunteer Fire Department, Clem rose to chief. He enjoyed family time up north, watching John Wayne movies and having coffee with friends at the fire station.

Preceded in death by his parents Lorraine and Clement Sr. and brother Charlie; Clem is survived by his wife of 48 years, Janice; children Emily (Stephen) Kane and Benjamin (Leah Skrivseth); sister, Sharon Lindstrom and three grandchildren, Robert, Daniel and William.

Memorials preferred to the Animal Humane Society.

(Editor's note: see commentary about Clem's firefighting career on page 4 in this edition of the Bugle.)

Jacqueline McIntyre

Jacqueline L. "Jackie" (née Burwell) McIntyre, of Minneapolis, died Jan. 18, 2025.

Jackie was born in St. Paul and grew up at Lake Johanna. She attended District 20 primary school and graduated from Murray High School ('49). This past fall she attended her 75th Murray class reunion.

In May, 1953, Jackie married Thomas McIntyre, a Navy man and WWII veteran. Tom died shortly after they celebrated their 60th wedding anniversary. They had a wonderful life together. They enjoyed traveling the U.S. and their time at Coon Lake.

Jackie had several different jobs but found a talent for bookkeeping.

She worked for 30+ years on Meat Row in Minneapolis.

Although Tom and Jackie had no children, their pride and joy were their German Shepherds. Their love for these amazing dogs led them to "adopt" a platoon of soldiers during the Vietnam War, the 101st Airborne 42nd Infantry Platoon Scout Dog unit. Check out the website they created: 42nd-ipsd.freesevers.com. They sent written correspondence, dog treats, people treats, magazines, etc. to the soldiers. The soldiers, in return, sent pictures and letters to her and Tom. They all knew her as 42nd Mom.

Twenty years after the Vietnam War, Jackie wondered how "her boys" were doing. So, this 61-year-old woman started searching, which was a lot of work. Jackie found almost 95% of her soldiers. She organized three reunions in Branson, Missouri.

Jackie was thrilled to reconnect in person with the soldiers and remained in touch with many of them through her final days via email, phone calls, Christmas cards and even some surprise visits.

A funeral service was held. Memorials preferred to Tunnels to Towers or the Wounded Warrior Project.

Michael Mullen

Michael Mullen, 50, died Jan. 28, 2025. He was a dedicated 36-year employee of Kowalski's Markets/Cub Foods.

Michael was preceded in death by his father James Mullen. He is survived by his mother Patricia Mullen; siblings James, Elizabeth and Patrick (Arji); and best friend Todd Mohrland (Karen) and family.

Mass of Christian Burial has been held at Church of St. Cecilia, with burial at Sunset Cemetery.

Larry Pfaff

Larry Pfaff, 83, died Jan. 1, 2025. He was born in LaCrosse, Wisconsin, on Sept. 28, 1941, the son of Lawrence and Helen (Stluka) Pfaff.

Larry served in the Air Force,

stationed in Japan as a radiology technician.

After earning his business degree from University of Wisconsin at LaCrosse in 1967, he started work in St. Paul at St. Joseph's Hospital, where he met his future wife in the hospital cafeteria. They married April 4, 1970, at the St. Paul Cathedral. In 1968, he took a job as an Internal Auditor with St. Paul Fire & Marine.

Larry is survived by his wife Paula (Caughey); sons, Joe (Jane) and Tony (Katie), and four grandchildren.

Services have been held at The Church of St. Cecilia.

Jack Stodola

Jack Stodola, 76, died June 22, 2024.

A classic car enthusiast, Jack loved all things associated with cars including "Back to the '50s weekend," the Daytona 500 and all things NASCAR-related. He loved to talk with anyone and everyone about cars.

Jack was a member of the Plumbers Union of St. Paul. He wore many hats in the business world: owner of AE Nelson Plumbing & Heating, Budget Foreign Auto Parts, Gold Star Auto Body and All Star Plumbing, the latter in St. Anthony Park. You always knew where Jack was because he drove his beloved plumbing truck everywhere he went: get-togethers with friends or family, church, his granddaughter's school or sporting events. If the truck was in any parking lot you knew Jack was nearby.

Jack was born and raised in St. Paul and was a Monroe High School graduate. He was a U.S. Army veteran, who was stationed in Alaska.

Preceded in death by his parents John and Edna Stodola and brother-in-law Ken Tonn.; Jack is survived by children, Julie (Paul) Thomas and John (Krista Aguero) Stodola; sister, Judy Tonn and two granddaughters.

Memorials preferred to either of Jack's two favorite charities: www.stpaulk9.org and www.soldiers6.com. ■



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Community Worship Directory

❖ CENTENNIAL UNITED METHODIST CHURCH—ST. ANTHONY PARK CAMPUS

2200 Hillside Avenue, 651-633-7644

www.centennialumc.org

Worship online and in-person

Sundays at 10:30 AM

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

❖ ST. ANTHONY PARK LUTHERAN CHURCH

2323 Como Avenue West, 651-645-0371

Pastor Jill Rode and Pastor Daniel Tallon Ruen

Web, Facebook and Instagram: *SAPLC*

Sunday worship in-person: 9:30 AM

Live stream on YouTube Channel: bit.ly/3nWjIDD

Ash Wednesday family service: March 5, 5:30 PM

Ash Wednesday traditional service: March 5, 7:00 PM

Wednesday Lent Dinner Church service: 5:00-6:30 PM

Music for all ages: Wednesdays starting at 5:00 PM

❖ ST. ANTHONY PARK UNITED CHURCH OF CHRIST

2129 Commonwealth (at Chelmsford), 651-646-7173

www.sapucc.org

Sunday worship: 10:30 AM in person and via Zoom

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❖ ST. CECILIA'S CATHOLIC CHURCH

2357 Bayless Place, 651-644-4502

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Pastor John M. Hofstede

Worship: Saturday 4:30 PM, Sunday 9:30 AM

Ash Wednesday Service: March 5, 12:05 PM

Weekend Mass online (on our website)

❖ ST. MATTHEW'S EPISCOPAL CHURCH

2136 Carter Ave. (at Chelmsford), 651-645-3058

www.stmatthewsmn.org, Facebook: *stmatthewsmn*

Sunday Eucharist 10:30 AM | Faith formation 9:15 AM

Wednesday Eucharist: 12:00 NOON followed by lunch

Ash Wednesday Services: March 5, 12:00 PM & 5:30 PM

Contemplative worship: 1st Sunday of each month 5 PM

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

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City Files from p. 2

District 12 Community Council

Summer plans for Westgate Commons Park

If you've strolled around Westgate Commons Park lately, you might have noticed there's room to make it an even more welcoming space for neighbors to gather, play and learn. That's why the St. Anthony Park Community Council (SAPCC) has applied for a Good Neighbor Fund grant to launch a "Summer Activation Program" in 2025.

This initiative would feature two types of event days, **Activity Days** and **Pop-Up Play and Shade Days**, running from May through September.

On **Activity Days**, the SAPCC Environment Committee plans to lead volunteers in planting native trees, weeding and beautifying the park in the mornings. In the afternoons, the Transportation Committee would team up with a Bike Safety Instructor to offer safety checks, group rides and trail etiquette tips.

On **Pop-Up Play and Shade Days**, the park would transform into a casual gathering spot—complete with shade structures, lawn games like cornhole and giant Jenga, and free art activities.

The goal is to encourage neighbors to more fully use the park, boost safety along the adjacent bike trail and provide fun, low-key ways to connect to the outdoors.

The grant request for \$12,500 would fund a Park Activation coordinator, a bike safety instructor, native plants and basic equipment. If you'd like to learn more or lend a helping hand, keep an eye on District 12's website or swing by a monthly meeting.

Land Use Committee Imagining Manufacturing Park 2050

In south St. Anthony Park, many of the industrial spaces have served our community for decades. But what could they look like in 25 years?

That's exactly what the SAPCC Land Use Committee hopes to explore with "**Visioning Manufacturing Park 2050**," a design competition proposed for Good Neighbor Fund support. If it is awarded a \$10,000 grant, the Land Use Committee will organize a collaboration among local designers, neighbors and partner groups such as Towerside Innovation District, Transition Town and the Creative Enterprise Zone.

These partners will provide expertise on sustainability, urban planning and community outreach—helping guide the competition's focus on walkability, green infrastructure and future-ready development.

The plan tentatively calls for a public brainstorming session in March, followed by a formal competition launch in April. Participants (from architects to

local students) will submit their forward-thinking ideas, and the winning designs—announced on July 4—will be displayed around the neighborhood until October.

"We want to spark fresh thinking," said Tom Ososki, co-chair of the land use committee. "This is a chance to envision the future of our local manufacturing corridor while keeping design standards, community well-being and the environment in mind."

Watch District 12's website for updates on competition guidelines and ways to get involved.

Growing new life on old railroad land

The St. Anthony Park Community garden—an affiliate group of the District 12 Community—is buzzing with plans for a major expansion.

With support from District 12, the Garden recently applied for an urban agriculture grant to reclaim a portion of former railroad land along Robbins Street. If District 12 is awarded the grant, the project will establish a new orchard, install a fence to safely separate active tracks, and plant pollinator-friendly beds to keep the neighborhood's bees and butterflies thriving.

Leading the effort is longtime gardener Sherman Eagles, who has seen the garden blossom into a vibrant gathering place over the years.

"We're excited to repurpose this land and add more edible and native plants," Eagles said.



For District 12 planning for Society's generous gardening' sustainable. Photo by District 12.

Backing him up is Bill Anderson, a Minnesota State Horticultural Society volunteer who's equally invested in bringing sustainable gardening and educational programs to the neighborhood.

"We see this as a chance for folks of all ages to learn new skills," Anderson said, "and to come together to celebrate the best of St. Anthony Park's small-town spirit."

District 12 expects to know if the grant has been awarded by this spring. Meanwhile, community members can look for updates by following the SAPCC website and social media pages or by attending upcoming council meetings.

If you have ideas—or simply want to lend a helping hand—keep an eye out for volunteer days and planning sessions.

District 12 meetings

District 12 encourages neighbors to attend committee meetings, which are held both in-person and online each month. Learn more about the meetings and how to get involved at sapcc.org.

- **District 12 Board:** 7 p.m. on Thursday, March 13
- **Transportation:** 7 p.m. on Tuesday, March 25
- **Environment:** 7 p.m. on Wednesday, March 26
- **Equity:** 6:30 p.m. on Thursday, March 27

Submitted by Zev Radziwill, District 12 executive director

MNA honors from p. 1

General Reporting—first place staff

Institutional Advertising—first place Eddie Hoffmeister

Institutional Advertising—second place Eddie Hofmeister

Institutional Advertising—third place Eddie Hofmeister

Self-promotion or House Ad—second place Wendy Holdman

Best Advertisement—second place Eddie Hofmeister

Human Interest Story, News Feature—second place Christie Vogt

Sports Story—third place Eric Erickson

Sports Feature Story—first place Eric Erickson

Sports Feature Story—third place Bill Brady

Business Profile—third place Anne Holzman

Local Breaking News Cover—third place Mary Mergenthal

Best Use of Social Media—first place Laura Adrian

Herman Roe Editorial Writing Award—third place Helen B. Warren

"These awards reflect our staff's talent and dedication to produce high quality journalism for our readers," said Scott Carlson, Bugle managing editor.

The 2025 awards presentation took place in late January at the MNA's latest annual convention in Brooklyn Center.

In the professional division, there were several hundred contestants vying for honors in more than 30 newspaper categories. The vast majority of those winners were from commercial newspapers with far greater resources and revenue than the Bugle.

The Bugle's 2023-24 contest results come on the heels of the newspaper's showing in 2022-23 when it was honored with five awards, including second place in typography and design, first place in advertising excellence, second place in self-promotion or house ad, second place in best advertisement and second place for hard news-courts and crime coverage. ■

Scott Carlson is managing editor of the Bugle.



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CPHS COUGAR SPORTS

Como standouts win Thielen Leadership Awards

By Eric Erickson
Sports analysis

The Thielen Foundation was formed to help serve, educate and inspire youth to achieve their full potential.

Founded by former Minnesota Vikings wide receiver Adam Thielen and his wife, Caitlin Thielen, the foundation began making a difference at Como Park High School in the summer of 2024 with the donation of a new weight room.

At the dedication ceremony, the Thielens announced a 10-year commitment of financial awards to selected student leaders at Como.

The first class of Thielen Leadership Award winners were announced at halftime of a recent home basketball game. Each recipient received a \$1,000 check to support their future endeavors.

Students were nominated by their coaches, teachers and school staff to be recognized as athletes, positive role models and leaders on and off the playing field.

Here's an introduction to the

Como class of 2025 Thielen Leadership Award winners:

Ewan Johnson was a four-year contributor to the Cougar football team. He is also a thrower on the track and field team.

Football coach Kirby Scull said Ewan was willing and able to learn multiple positions and was extremely dedicated to team goals.

"This season Ewan was voted our TGID (Together Get It Done) player of the year," Scull said. "The award is given to the player who puts team success ahead of their own individual success."

Johnson plans to attend college in Minnesota next fall. He has three schools in mind and is leaning toward studying biology.

Oo Meh was a volleyball player throughout high school and a member of the badminton team. She also participates in clubs at Como and is an English language learner.

Volleyball coach Madison Critchley described Oo Meh as a strong leader for the program.

"She has made huge growth in



Como's inaugural class of Thielen Leadership Award winners. Each student athlete received a \$1,000 financial award. Photo by Koua Yang.

her volleyball skills and is a wonderful role model to our younger players—helping them with volleyball, helping with homework, giving rides—anything to be a positive light for them," Critchley said. Oo Meh is currently considering four Minnesota schools. She will be a first-generation college student.

Braylon Felton has been a key member of the Cougars track and field team over the past few years and a reliable participant in the basketball program.

Academically, he has been involved with the TRIO Upward Bound program throughout high school, actively preparing for college.

Track coach Tim Kersey appreciates Braylon's work ethic and positive attitude. "He's a strong student and very nice person," Kersey said. "He's been a good sprinter and jumper and is always willing to try new events in order to help out the team."

Felton has applied to both two-year and four-year colleges and has interests in entrepreneurship and film studies.

Ava Lopez served as the Como girls soccer team captain during her junior and senior seasons, leading the Cougars in goals and

assists. She was a five-year varsity player who culminated her career by earning all-state honors.

Girls soccer coach Samaya Mohamed spoke highly of Ava's work on student council and how she leads activities for younger students. "She sets an amazing example, creating a sense of community at Como by planning and executing fun events," Mohamed said.

Lopez has committed to study forensic science and play soccer at John Jay College of Criminal Justice in New York City.

Royal Urman has been a top pitcher and hitter throughout his Como baseball career. He was elected a captain for his junior and senior seasons.

Baseball coach Ian Zangs notes that Royal has taken rigorous coursework while maintaining a strong grade point average.

"Royal exemplifies persistence, diligence and commitment both on and off the field," Zangs said. "Whether Royal is pitching a complete game, sparking a rally with his bat or playing steady defense, he consistently performs in high-leverage situations."

Urman has applied to some two-year and four-year schools and is

considering the option of playing college baseball.

Genevieve DeGaetano has been a Como volleyball player for four years. She was a JV team captain in her early years before earning a varsity position. Her academic credentials include dozens of college credits and a stellar grade point average.

Beyond the court and classroom, Genevieve is a gifted musician, an actress who has been in several theater productions including leading roles and an active participant in many leadership programs within school.

DeGaetano is still choosing between two Minnesota schools and the University of Winnipeg. She is interested in chemistry, biology and bio anthropology.

The entire Como Park High School community is grateful for the generous spirit of the Thielen Foundation and the commitment it has made to help support students pursuing their full potential. ■

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

Chris Deming



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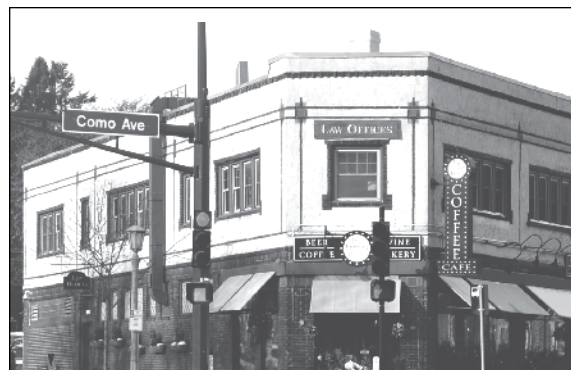
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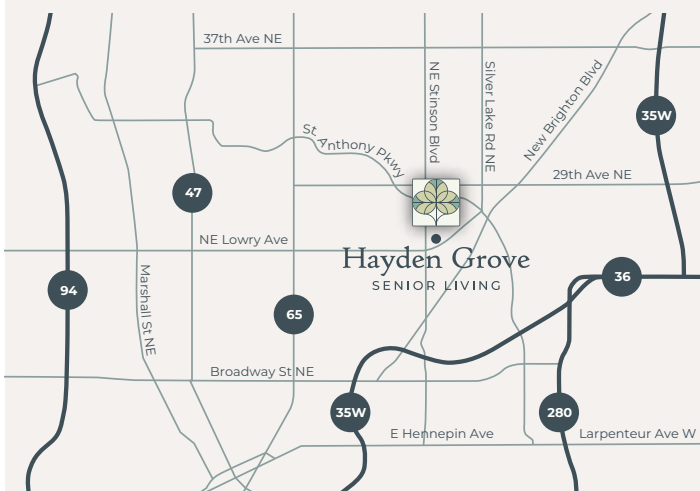
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