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Park Bugle

St. Anthony Park / Como Park
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parkbugle.org
May 2025

A new listserv for politicians: SAP for Democracy

By Dave Healy

Sherm Eagles has been moderating the SAPark listserv since its inception in 2001. Occasionally he's stepped into exchanges he's felt went on long enough and told participants it was time to move on.

Recently, though, Eagles did something he's never done before: He created an offshoot of SAPark to facilitate a topic he thought deserved its own forum.

"It seemed like there were contributors to SAPark who wanted to talk about events following the 2024 elections, and some wanted to know if what they were reading on various forms of social media could be trusted," Eagles said. "Others thought such discussions weren't central to the purposes of SAPark, so it seemed like a separate forum was in order."

The new listserv is the third leg in a larger enterprise called **SAP for Democracy**. The other components are a website and a weekly newsletter.

A new website too

The website (sap4democracy.org) is the creation of longtime St. Anthony Park resident Meg Kersey-Isaacson. It grew out of her sense that many neighborhood people wanted trusted information and practical suggestions for action in response to what they see as recent threats to democracy and public services.

"This started with me asking, 'What can I do?'" said Kersey-Isaacson. "But I know that collective action is what's most effective."

She learned that lesson during

the first Trump administration when she joined the Indivisible movement, and sap4democracy.org directs readers to the local Indivisible group (indivisible.twin.cities.org) for more information.

The website lists phone numbers for U.S. Sens. Amy Klobuchar and Tina Smith and Rep. Betty McCollum, urging daily calls. It alerts subscribers to events, such as the March 28 protest at a pedestrian bridge over I-94 and the April 5 nationwide "hands off" protest at the state Capitol. And it posts pictures of "protest signs of the week."

SAP for Democracy is avowedly nonpartisan, but it's not afraid to choose some sides, recommending, for example, Bluesky over Twitter, Cub over Whole Foods (an Amazon subsidiary), Lyft over Uber, VRBO over AirBnB.

The group supports independent journalists and recommends particular podcasts, YouTube channels, Substacks and authors.

Eagles said that SAPark has always served users who are comfortable with email but who might be less active online. SAP for Democracy assumes users are conversant with various forms of social media.



These were among many protest signs seen at the pro-democracy rally held at the Minnesota State Capitol in early April. Photos by Meg Kersey-Isaacson.

Kersey-Isaacson started her efforts with an e-newsletter, but she found that it got blocked by many recipients' email filters. That led to the creation of the website, which she updates weekly.

And the realization that even interested people won't necessarily remember to visit the site for updates led to the creation of a weekly newsletter, which is put together and distributed by neighborhood resident Kristina Halvorson. One of its features is the "weekly call," a request to call legislators about an issue of particular relevance that week.

Other than her initial announcement on SAPark, Kersey-Isaacson hasn't advertised SAP for Democracy. It's grown by word of mouth and by other people helping keep

her informed about opportunities for action. She said she's received emails from former St. Anthony Park residents who appreciate having a convenient repository of information and suggestions.

"I'm lucky to live in a neighborhood with great interest in what's happening outside our neighborhood," Kersey-Isaacson said. "I'll keep doing what I'm doing as long as there's a need for it."

To subscribe to the SAP for Democracy listserv, email SAP4Democracy+subscribe@groups.io. For the newsletter, go to buttondown.com/sap4democracy. ■

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

Fisher recognized for excellence

By Gwen Willems

St. Anthony Park resident Tom Fisher has been on the architecture faculty at the University of Minnesota for 29 years.

And now he is gaining lifetime honors for his work in his field, with no plans to stop anytime soon.

"I have taught courses on architectural ethics and theory, and now mainly teach urban and system design," Fisher said. "While students have changed over the years—attention spans have shortened, reading habits shifted—I continually learn from my students and constantly learn new things to teach. I find it all stimulating and gratifying."

After a lengthy career, Fisher is receiving two acknowledgments of his contributions to and standing in the field.

He went to New Orleans in March for the Association of Collegiate Schools of Architecture's (ACSA) annual meeting, where he received the AIA/ACSA Topaz Medallion for Excellence in Architectural Education and gave a keynote address.

Fisher will be honored again at the American Institute of Architects (AIA)'s annual meeting in Boston in June.

According to the AIA/ACSA, this prestigious award "recognizes outstanding individual contributions in architectural education."

Fisher added, "The Topaz Medallion is the top honor a U.S. architecture educator can receive, often at the end of one's career. I choose, however, to see it as a mid-career award, since I am still working fulltime, teaching and directing the Minnesota Design Center, and I plan to keep doing so for as long as I can."

Fisher is also honored to be incoming chancellor for the College of Distinguished Professors. Founded in 2010, the group is composed of ACSA members who receive the ACSA Distinguished Professor Award or the ACSA/AIA Topaz Medallion for Excellence in Architectural Education.

As chancellor, Fisher plans to "focus on establishing a mentoring program that will link the experienced members of the college to younger faculty in institutions



Tom Fisher.
Photo courtesy of EXPO2031.

other than their own. Most universities have mentors in departments for younger faculty members, but the latter rarely have the opportunity to have mentors outside of their institutions, with colleagues who will not decide on their tenure or promotion."

During his time at the university, Fisher has been a teacher, director of the Minnesota Design Center (since 2015), dean of the College of Design (1996 to 2015), and author of 12 books, more than 80 book chapters and 640 articles.

Fisher's experiences have made him a big believer in the value of

Fisher recognized to p. 19

CITY FILES

St. Anthony Park and Como community councils news

District 10
Community Council

Lake Como cleanup coming

The first in a series of Lake Como shoreline cleanups, organized by the District 10 Community Council in partnership with the Capitol Region Watershed District, will take place from 5 to 8 p.m. on Wednesday, May 14.

District 10 supplies trash-grabbers, rakes, buckets, nets, bags and gloves for those in need—but feel free to bring your own. Registration isn't required, but it helps organizers plan and communicate any updates.

Other dates for Lake Como cleanups are June 14, July 8 and Sept. 20. For more information, go to the District 10 website at District10ComoPark.org/Cleanup.

Como neighborhood
climate action plan survey

District 10 is developing a Neighborhood Climate Action Plan focused on actions community members can take. Visit District10ComoPark.org/ClimateActionPlan to complete the survey.

May 17 Pick Up & Party event

The Como Community Council will host its annual Pick Up & Party event at the Orchard Recreation Center, 875 W Orchard Ave., from 4:30 to 6:30 p.m. on Saturday, May 17.

Join us at the recreation center for a free picnic dinner, kids' activities, neighborhood cleanup, local organizations and more. Everyone is invited for a fun night of games! For more info, visit District10ComoPark.org/SD4Event.

Community garage sale coming

The District 10 Como Community Council is once again coordinating a community sale weekend from Thursday, May 22, to Sunday, May 25. If you would like to be included in our map, please sign up before May 18. You can find more information and the sign-up form on our website: District10ComoPark.org/GarageSale.

Upcoming District 10 meetings

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

- 7 p.m. on Wednesday, May 7
- 7 p.m. on Tuesday, May 20
- 7 p.m. on Wednesday, June 4

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

Submitted by District 10 executive director Shevek McKee.

District 12
Community CouncilStudying partial Luther
Seminary development plan

The St. Anthony Park Community Council is forming a special task force to advise it on the future of Luther Seminary's "Lower Campus" property, 1501 Fulham Street, recently acquired by a developer.

While construction plans are still in early stages, developer Lifestyle Communities hosted a neighborhood open house and listening session on April 15 at Luther Seminary's Olson Campus Center.

Rather than unveiling new plans, Lifestyle Communities, which built the Zvago Cooperative in St. Anthony Park, discussed past development concepts and their challenges with the nearby Breck Woods. Attendees shared ideas for how the property could better serve the community going forward.

District 12 officials want to make sure that the voices of local residents, businesses and community organizations are heard before development plans are finalized.

The newly formed task force will meet regularly with the developer, gather community feedback and bring important concerns and recommendations to the District 12 board of directors.

To learn more or join the District 12 task force, please email [SAPCC at info@sapcc.org](mailto:info@sapcc.org). If you don't have time to join the task force, you can attend the Land Use Committee.

Forum held on renters,
housing resources

The District 12 council on April 8 hosted a renters forum at the Moda Community Room on Raymond Avenue where dozens of neighborhood residents gathered for an evening of connection, community and learning about housing resources.

With 51.3% of St. Anthony Park households being renter occupied, this forum was all about meeting people where they are and ensuring everyone has access to important tools and knowledge. Spanish and Somali translators were available on-site to ensure the event was welcoming and accessible to all.

Lucid Thomas, District 12 tenant outreach coordinator, co-hosted the forum with HomeLine MN (homelinemn.org), a nonprofit tenant advocacy group. They explained recent changes to Minnesota's Renter's Rebate program, which now lets renters claim tax rebates as early as February—potentially putting up to \$1,200 back into eligible households' pockets sooner, according to the Minnesota Department of Revenue.

"Renters are the heartbeat of this neighborhood," Thomas said. "These forums are about more than just information. They are about building community, supporting one another and making sure everyone knows they belong here."

This was District 12's second renters forum this year; the first took place in March at the Seal Hi-Rise. Both events aim to involve renters in community decisions and foster more inclusive spaces for dialogue and support.

To learn more about SAPCC's renter outreach or get involved in future events, join the Equity Committee. Email info@sapcc.org or visit sapcc.org/springrf.

Upcoming meetings

District 12 encourages neighbors to attend monthly committee meetings, available in-person and online. Learn more and get involved at sapcc.org.

- **Land Use Committee:**
7 p.m. on Thursday, May 1
- **District 12 Board:**
7 p.m. on Thursday, May 8
- **Environment Committee:**
7 p.m. on Wednesday, May 21
- **Equity Committee:**
7 p.m. on Thursday, May 22
- **Transportation Committee:**
7 p.m. on Tuesday, May 27

Submitted by District 12 executive director Zev Radziwill.



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St. Paul Council Ward Four seat finally filled

By Jane McClure

It's official—St. Paul's Fourth Ward finally has a City Council member.

Matt Privratsky was sworn in the morning of April 9, just in time for a day of council and council committee meetings. His appointment by Mayor Melvin Carter ended weeks of uncertainty and a controversial appointment process.

Ward Four includes St. Anthony Park, Hamline-Midway, Merriam Park and parts of the Como and Macalester-Groveland neighborhoods.

"Matt's history of community action, prior service in City Hall and alignment with former Council President Jalali make him the perfect choice," Carter said in a press release. "I am honored to appoint him to fill this vacancy until Election Day."

Former Ward Four Council member Mitra Jalali announced her resignation in January, citing physical and mental health concerns. She stepped down Feb. 5 but didn't officially resign until March 8.

The council then announced it would make an interim appointment. Twenty people applied, and four were chosen for interviews. The other finalists were Lisa Clare Nelson, a Union Park District Council member and art conservator; nonprofit consultant and former interim Ward Four aide



Matt Privratsky. Submitted photo.



St. Paul's Fourth Ward.

Melissa Martinez-Sones; and Sean Lim, an artist and veteran community organizer involved in issues including environmental/climate and housing justice.

Hamline-Midway resident Privratsky is a lobbyist and clean energy advocate. He was Jalali's first council legislative aide, serving from October 2018 to October 2021. After that he returned to his previous field of clean energy and advocacy.

Privratsky had been in various positions at Fresh Energy before going to City Hall the first time. He went to Nokomis Energy in October 2021, as director of government affairs. Before starting his career in the energy field, he was news director at a Greater Minnesota radio station.

In his interview for the interim

post, Privratsky cited his experience with the council and background in and understanding of city issues. He joins the council as it weighs key decisions including rent control and tenant protections.

Privratsky also joins a council that has had deep divisions on several issues, including development projects and a new public safety committee.

For the first time in recent memory, the council appointment process fell to the mayor when council members sharply disagreed on candidates and the selection process.

At their March 26 meeting, council members split 3-2 on Privratsky's being tabbed as the appointee for a final vote on March 28. Some council members voted for Privratsky; others expressed

dismay at the process in part because Council President Rebecca Noecker was on bereavement leave.

The meeting March 28 ended abruptly, without a vote. At the April 2 meeting, the council was also unable to agree on a candidate. Nelson was also put forward as a candidate. Martinez-Sones withdrew her name from consideration.

In recent memory, the council always has filled a vacancy by appointment. The last time that process was used was in 2022 when Ward One Council Member Dai Thao resigned.

The city charter calls for a vacant council seat to be filled within 30 days. If the council doesn't act, the appointment falls to the mayor.

The election to fill the Ward 4 seat on a permanent basis will be on Aug. 12. So far, four candidates — Chauntyll Allen, Molly Coleman, Christen Incitti and Cole Hanson — have declared for the seat. The term expires at the end of 2027. ■

Jane McClure is a Twin Cities freelancer who covers local government.







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EDITORIAL

From the desk of the editor

By Scott Carlson

A season of transitions

As we leave winter and move into spring, the news cycle seems to be heating up in Bugleland.

There is a lot of positive energy building in St. Anthony Park— notably, a new listserv providing SAP residents a forum to comment on national politics and the activities of the Trump administration.

In this issue, former Bugle editor Dave Healy writes about the launch of the SAP for Democracy listserv—how it started, why it matters and the niche it fills.

The new listserv is an opportunity to see how people can come together to voice their opinions on what is happening nationally. Each week, this forum offers tips and advice on what people can do to voice their concerns. You'll find Dave's story on the front page of this issue.

Meanwhile, a reminder that the St. Anthony Park branch library will be closed during May and part of June for building repairs and maintenance.

As a result, the library is canceling its annual used book sale, which usually occurs in conjunction with the St. Anthony Park Arts Festival.

This year, the Arts Festival, which takes place on and adjacent to the library grounds, is expected to debut a slightly new look. Organizers planned a sneak preview at their April 30 "Rebranding Launch Party" at Dual Citizen Brewing. Look for details in the June Bugle.

New readership survey

Finally, don't forget the Bugle continually strives to stay connected with our readers. We are launching a new Readers' Council soon.

And in this issue of the Bugle, we are conducting a new readership survey, the first one in several years.

Look for the survey on page 17. Or you can fill out our survey from the Bugle website.

As an added incentive to participate, survey responders can enter into a drawing for a \$50 gift card to Bolé Ethiopian Cuisine.

We look forward to receiving your feedback as we strive to make the Bugle your community newspaper that informs and serves you, helping to turn readers into neighbors. ■

Scott Carlson is the managing editor of the Bugle.

COMMENTARY

Join us at the Philando Castile Peace Garden

By Sue Gehrz and Valerie Castile

The Friends of the Philando Castile Peace Garden invite you to visit our contemplative gathering space for peace, justice and healing this year.

The Peace Garden exists to remember Philando Castile, who devoted his life to providing food and kindness to children in St. Paul Public Schools. As a dietary manager, he knew each student's name and dietary needs. A parent referred to him as "Mr. Rogers with dreadlocks."

Philando was loved by many people.

On July 6, 2016, a police officer pulled Philando over in Falcon Heights and killed him. In response, people came to the place where he died to share in their shock, anger and grief. They left art, toys, flowers and gifts, and found connection. An alliance of Philando's family, community residents, artists and others discussed

ways to turn the site into a permanent memorial.

The Philando Castile Community Peace Garden is now a 7,000-square-foot contemplative gathering space. A tree and a cosmogram with inscriptions reflect elements of Philando's life. Lining the stairway and pathways are flowers, trees, shrubs and metal structures based on African Adinkra symbols representing peace, unity, endurance and love. A circular bench and steps reflect the details of Philando's death.

In 2024, we began a garden renewal project, which installed additional seating, new lighting to improve safety and accessibility and a medallion to commemorate Philando.

In 2025, we plan to install additional gardens along the west pathway, secure water access and hang art frames to feature community art pieces.

Our vision is to tell the story of how Philando's death inspired

communities to come together for creative expression, acts of remembrance, conversation, personal reflection and engagement around issues of justice, racial equity, cross-cultural understanding and reconciliation.

If you're looking for ways to engage in community, we invite you to:

- **Visit the Philando Castile Peace Garden** as an individual, group or community gathering. The space is for everyone. Located on Larpenteur Avenue in Falcon Heights near the Minnesota State Fair's north entrance, it's accessible via the Route 61 bus.
- **Volunteer in the Garden.** Sign up at philandocastile-peacegarden.org/volunteer.
- **Attend the candlelight vigil honoring Philando on July 6.** For more information, sign up for our newsletter at philandocastile-peacegarden.org.



Valerie Castile in the Philando Castile Peace Garden.
Submitted photo.

- **Make a donation** online at philandocastile-peacegarden.org or mail a check to: The Friends of the Philando Castile Peace Garden, 1480 Applewood Court W., Unit 401, Roseville MN 55113. ■

Sue Gehrz and Valerie Castile are the chair and vice chair, respectively, of Friends of the Philando Castile Peace Garden.

LETTER TO THE EDITOR

Unceasing resistance

One afternoon, a dozen years ago, as I was leaving the Hampden Park Co-op food store, I noticed a small photocopied poster stapled onto a telephone pole.

As a responsible middle-class citizen, I removed the defacement from its unauthorized and aesthetically unattractive location.

But I took the poster home with me, because it had a message. A hauntingly premonitory message, for here is the text of that small, smudged black-and-white bulletin:

"Fascism, n. A system of government that exercises a dictatorship of the extreme right, typically through the merging of state and business leadership, together with belligerent nationalism."

As we've witnessed the occupant of the White House relentlessly implementing a dictatorial regime of purges, plunder, and persecution over the past three months,

let's realize just exactly what we are confronted with. There is no institutional restraint, no check or balance, to restrain Predator Trump—the 21st-century counterpart of the depraved Roman emperor Caligula.

I don't want to commemorate the 250th anniversary of the American Revolution by passively surrendering to the bitterest irony imaginable—a fully-fledged fascist regime destroying the very institutions, political principles, cultural traditions, and moral ideals that constitute our treasured national heritage, as Abraham Lincoln expressed it: "government of the people, by the people, for the people."

The crisis that Lincoln faced in 1861 is the only comparable historical antecedent for what's going on now; but today's case is worse. When the rebellious Confederate states started the Civil War, the federal government remained under

the control of a loyal President, Congress, courts, and sufficient military forces.

Today, the traitors are in charge. Donald Trump has used the Big Lie, reinforcing and being reinforced by the monopolistic, meretricious Murdochian Fawkes-flavored media and buttressed by a packed Supreme Court and a truckload of Republican zombies in Congress and state governments, and further entrenched by the political prostitution of law enforcement agencies and military commands to substitute despotism for the rule of law in the United States.

We the people are the unwilling targets of this tyrant, and my question is, "What can we do about it?"

Remember the advice of Abraham Lincoln: "The dogmas of the quiet past are inadequate to the stormy present so we must think and act anew."

Think what we know about fascism. It is the political creed of liars

and bullies, who interpret every well-meant gesture of moderation or cooperation as a sign of weakness. The Musk-Trump axis of autocracy and their deluded supporters don't share traditional values of "freedom, liberty and equality," as the Braver Angels organization wishes they did.

We do know this: Appeasement won't stop this gangster cult of bullies and political racketeers. Instead, it will only encourage and strengthen them. Our only hope is in unceasing resistance, which is why I've adopted a new motto: "Never shut up and never give up!"

It's our patriotic duty to talk and to listen, and one-by-one try to induce some cognitive dissonance into the closed minds of the Russian Roulette-Republican rank-and-file. Don't flinch from saying that in so many words.

Oliver Steinberg
St. Anthony Park

Bandana Square hotel sale—a good move for serving the homeless

By Bill Brady,
Commentary

On March 31, Interfaith Action of Greater Saint Paul closed on the purchase of the Best Western Plus Como Park Hotel in Bandana Square.

Plans for the property include creating an expanded space for the organization's emergency family shelter, known as Project Home.

This is good news for families experiencing homelessness and good news for the Bandana Square neighborhood.

"This is a game-changer for families in crisis," said Keith Lattimore, Ramsey County director of housing stability. "This space will serve as more than just a shelter. It will be a steppingstone to stability, security and hope for countless families. (It ensures) that children and their parents have access to safe, supportive housing as they transition to permanent homes."

Is it good for the neighborhood? Sounds great, you say, but will it really be good for the neighborhood, too? If recent history is an indication, the answer is yes.

Project Home will relocate from its current quarters in a former convent near St. Catherine's University on Randolph Avenue. The convent, vacant for nearly a decade, became Project Home's home in 2021. Since then, crime in the surrounding neighborhood has decreased, according to Project Home Director Sara Liegl.

"We think it's because the prop-

erty was better supervised, with more people around," Liegl said. "Vacant properties are never a good thing for public safety."

Project Home is one of two emergency shelters in Ramsey County designed for families with children (the other, in Maplewood, is run by Catholic Charities). It began in 1998 in the basements and vacant rooms of churches and synagogues, which offered their spaces on a month-by-month rotation.

It worked reasonably well, but was restricted to about 40 beds at most, nowhere near what the county needed. Moving into the former convent allowed space for up to 100 beds, a huge improvement, but even that is not enough on many nights.

Now, a larger facility

The Bandana Square property, with some 200 beds across 100 rooms, will allow for still greater expansion, assuming staff can be expanded concurrently to provide necessary services and oversight.

"We have enjoyed our time at the current site," Liegl says, "But it's frustrating when the waiting list fills up and we don't have the capacity to take in any more. It will be nice to open the door to our own place in a building that offers a great deal of potential to grow."

That includes room for many additional services to be provided by the staff of Project Home or its parent, Interfaith Action, including "rapid-exit" housing case management, tutoring and job coaching—all critical to the goal of providing

families with a pathway toward stability and economic mobility.

Last year, 78% of Project Home families eventually moved into stable housing, and of that group, 98 percent were still in their homes six months later. An expanded operation in Bandana Square offers the prospect of improving upon that these success rates and extending the benefits to more families.

All of this is possible thanks to state and county support for Project Home's mission. The Minnesota Department of Human Services provided \$6 million of the building's \$7.3 million purchase price from the American Rescue Plan State Fiscal Recovery Fund. Ramsey County is also supporting the project with leadership from Lattimore and the Ramsey County Board of Commissioners.

"The work of Interfaith Action is brought to life by community—strength is built when communities work together to support their neighbors," said Interfaith Action CEO Liliana Letran-Garcia. "The growth and impact of Project Home shows this strength in action. This milestone enables Interfaith Action to write the next chapter of our story, providing shelter to even more unhoused families while continuing to strengthen our roots and relationships in the community." ■

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



Once a maintenance facility for Northern Pacific Railway, decades later a Best Western Hotel, this 100-year-old structure at Bandana Square will live on as emergency shelter for homeless families. *Photo courtesy of Interfaith Action of Greater St. Paul.*



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Falcon Heights further discusses State Fair parking plans

By Anne Holzman

At a workshop in early April attended by their State Fair Task Force, the Falcon Heights City Council discussed some residents' concerns about a plan to charge for parking on city streets during the State Fair.

City leaders are expected to sign a contract with ParkMobile in time for this year's fair. The electronic parking system is flexible regarding fees and zones, with several ways to offer residents free or reduced rates.

These and other choices will come before the council in the weeks ahead.

Parking revenues would fund "ambassadors" who would circulate on the zoned streets identifying vehicles not registered to park and also helping direct pedestrians to and from the fair.

"For me, this is about public safety," Mayor Randy Gustafson said at the workshop meeting.

The city has also added extra trash pickup and a portable latrine in recent years and seeks to recover those costs of around \$75,000.

"Behaviors changed during the pandemic," Gustafson said, referring to State Fair parking. "Everybody's cruising around our streets (now during the fair) looking for free parking."

Council member Eric Meyer said he buys a ticket just like other fairgoers.

"As much as I love the Fair, I don't feel it's my duty to subsidize it," he said. On the other hand, he acknowledged, "we don't want to pay to park in front of our own house."

Parking patterns logged last summer during the fair suggest that fees of up to \$25 per day could far exceed the city's expenses. That would leave room for the city to offer parking passes to residents; the questions at the workshop mainly concerned how many passes to issue, how to distribute them and how to limit resales and possible other misuses of them.

Council member Melanie Leehy said one concern about charging for street parking during the fair is that people using services such

as home health care need parking for their visitors.

Council member Jim Wasenberg added he's heard from residents who want to be able to offer free parking for family and friends, but not every day. A pass that might be used for several days would still leave openings on other days for paid public parking.

Meyer presented scenarios for revenues in three neighborhoods near the Fairgrounds, using different fee rates. He also looked at codes versus hang tags as a means of signifying resident passes. The tags cost money to produce but have the advantage that the city already uses tags in resident-only parking zones during the fair and has systems in place for those.

After about an hour and a half discussion, the council directed the task force to consider how many passes should be issued per household and how much are residents likely use them. ■

Anne Holzman is a Twin Cities freelance writer who covers city government news for the Bugle.

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PEOPLE IN YOUR NEIGHBORHOOD: Willa Breen

By Sarah CR Clark

Willa Breen, Como Park resident and teenager, has landed a lead role in Stages Theatre Company's production of "The Lightning Thief: The Percy Jackson Musical."

A junior at St. Paul Conservatory for Performing Artists, Breen sees this play as a chance to explore what life as a working performer might be like. The play, based on the book of the same name by Rick Riordan, debuted on April 11 and continues through May 11.

"Doing this show will allow me to do the work I've been wanting to do since I discovered I liked musical theater. I've been preparing for this kind of work all of high school," Breen said.

Specifically, a school production of "Hadestown" earlier this year

helped Breen realize how deeply she loved performing in musicals.

"The amount of passion I put into that show really sparked something inside me that I've never felt before in musical theater."

But that spark wasn't wholly unfamiliar to Breen. She felt it the first time when she was on a set, doing work for a film. Breen has also appeared in two featured films ("14 Stories in a Bathroom" and "Brooklyn, Minnesota") as well as some short films directed by students.

When a teacher at the Conservatory encouraged Breen and her friends to audition for "The Lightning Thief," Breen heeded the challenge. Auditions took place in February and consisted of a song and dance call.

"We were able to pick our own song for the audition," Breen re-

called. She chose a portion of a song from the musical "Next to Normal." "I picked that piece because its theme related to the role I wanted."

And the role Breen wanted was Annabeth, the female lead and demigod daughter of Greek goddess Athena.

Despite being sick during auditions, Breen nailed it. She remembers feeling a wave of emotions on Feb. 6 when she got the call: "At first I was in disbelief. Then I was excited, thrilled, and also nervous—but in a good way."

Embodying the complex character of Annabeth is no small job. Breen describes Annabeth as tough, confident and a little bit of a know-it-all. "I think she's pretty sensitive while she also puts up a tough front," she said.

Asked if she sees any similarities between herself and Annabeth, Breen said, "I'm very much like Annabeth. And that's one of the reasons I wanted the role."

The role of Annabeth is keeping Breen busy. Besides learning play lines, there's also dance choreography, stage combat and vocals.

"Annabeth's songs are some of

the hardest songs I've sung in my life," Breen admitted. "But with the help of the music director and the directors, they've made it a lot easier."

The musical is recommended for ages 9 and older. Stages Theatre Company's website describes the show as "an epic journey" of teenage demigods and friends who set out "to find Zeus's missing lightning bolt in order to prevent a war among the gods."

Director Sandy Boren-Barrett said she believes the show, which is being staged at the Hopkins Center for the Arts, is particularly poignant today.

"One of the most compelling parts of this show is the journey of the young people, particularly Percy and Annabeth," Boren-Barrett said. "Along the way they grapple with the effects of history and choices they had no part in making. Most of the adults the teens encounter have secrets and powers that have caused harm."

"Percy and Annabeth eventually have a choice to make, to continue the selfish path of their ancestors, or to choose good over evil."

Speaking about Breen and her



Willa Breen. Submitted photo.

performance, Boren-Barrett noted, "Willa's willingness to explore the complexity of Annabeth and what makes her tick has been fun to watch."

"And she's never afraid to ask questions. In my mind, that is what makes a good actor," Boren-Barrett said. "I look forward to where her journey leads her."

Breen has an inkling of where her journey is headed.

"This is really what I want to do, to act in films or TV shows as well as on a stage for the rest of my life," Breen said. "Whether it's singing, acting or dancing, I love performing." ■

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

Welsh Hymn Sing/Gymanfa Ganu



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Please see accompanying article.

The Gymanfa Ganu will be livestreamed at: tinyurl.com/SAPLC-livestream



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Welsh Hymn Sing set Sunday, May 4

By Mary Morris Mergenthal

All are welcome to the Welsh Hymn Sing/Gymanfa Ganu sponsored by the St. David's Welsh Society of Minnesota.

The hymn sing will be held at 2 p.m. on Sunday, May 4, at St. Anthony Park Lutheran Church (SAPLC), 2323 Como Ave.

Naomi Karstad, of St. Paul, will direct. She has sung with the Bach Society, Minnesota Choral, the Minnesota Opera Chorus, MacPhail's Sonomento and numerous church choirs. Naomi is currently on the voice faculty at MacPhail and is the choir director at St. Anne's Episcopal Church in Sunfish Lake.

David Evan Thomas, Welsh Society member, composer and two-time McKnight Foundation Fellow, will accompany singing on the grand piano.

Harper Marianne Reininger will play Celtic tunes on her pedal folk harp.

Singing will be in four parts (soprano/alto/tenor/bass). Don't worry if you're not sure what voice part you sing, there will be plenty of enthusiastic singers around you! Most words will be English, some Welsh. There will be loaner copies of the North American Welsh Hymnal available.

An offering will be received to help defray costs.

It will be a special centennial Gymanfa. The St. David's Society was founded in the early 1900s and has held dozens of annual hymn sings since then, despite pausing for World War II and the pandemic.

After the hymn sing, free homemade Welsh cakes and tea will be served in the church narthex. All are welcome. The classic Welsh

treats are being baked by SAPLC members.

A bit later, potato leek soup with soda bread, prepared by another SAPLC member, will be served to those who reserve in advance. Reservations are required by Monday, April 28. Cost is \$5 per person. Please indicate if you prefer vegetarian potato leek soup. To reserve, please contact Mary Morris Mergenthal, mary.mergenthal@gmail.com, or call her at 612-670-8510. Pay for your reservation at the event.

If you're unable to attend, the Gymanfa Ganu will be livestreamed at the SAPLC YouTube channel: tinyurl.com/SAPLC-livestream. ■

Mary Morris Mergenthal, of St. Anthony Park, is a former editor of the Bugle and the newspaper's current obits editor.

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Baby sloth joins Como Zoo

Como Park Zoo & Conservatory is celebrating an exciting new addition—a baby Hoffman's two-toed sloth born on the afternoon of April 2. Even more remarkable, the birth happened right on exhibit, much to the surprise of guests who witnessed the rare moment firsthand.

The baby was born to mother Sago, a 6-year-old sloth who arrived at Como in April 2023, and father Ziggy, a 3-year-old sloth who joined Como in May 2023. Both parents came to Como as part of an Association of Zoos and Aquariums Species Survival Plan breeding recommendation.

"We couldn't have planned a more exciting experience for our guests," said Senior Zookeeper Jill Erzar. "It's not every day you get to see a sloth being born right in front of you! It was a truly special moment, and Sago is already proving to be a fantastic first-time mom."

Hoffman's two-toed sloths have a gestation period of about 11.5 months. Immediately after birth,

the baby instinctively clung to its mother's fur and made its way to her chest, where Sago began cleaning her newborn.

The baby will remain attached to Sago for approximately six months, regularly suckling small amounts of milk throughout the day. A female sloth will typically spend up to a year raising her baby.

"It will be a while before we know if we have a little boy or girl, but for now, we're focused on making sure both mom and baby are thriving," Erzar said.

Sago and Ziggy share an exhibit with Como's saki monkeys in the Primate Building, where guests can observe the new family bond in action. Como is also home to Chloe, another Hoffman's two-toed sloth who resides in the Tropical Encounters exhibit.

Como Park Zoo & Conservatory fosters conservation, education and meaningful connections between people and wildlife.

The zoo is free to the public, with



Mother sloth Sago and new baby at Como Zoo. Photo provide by Como Park Zoo & Conservatory.

voluntary donations helping support its animal and plant care and conservation initiatives.

For more information, visit comozooconservatory.org or follow Como on social media for updates on the baby sloth's development. ■

Submitted by Como Zoo & Conservatory.



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Lot near Amber Union on the market

By Anne Holzman

Buhl Investors has listed the lot next to the Amber Union apartment buildings in Falcon Heights for sale, apparently dropping intentions to build more housing there.

Falcon Heights City Administrator Jack Linehan said the city approved a grant application for Amber Flats last fall, then heard from Buhl that "there was not a path forward to getting the project financed at this time."

Buhl bought the two adjacent parcels from the city in 2019 and remodeled the existing pair of buildings on the eastern parcel. Amber Union opened in fall 2022, offering 125 apartments, many of them complying with affordable housing rates.

At that time, Buhl did not specify an intended use for the second parcel, which consisted of a parking lot. The city turned down a proposal to put a drive-through coffee business there.

Then Buhl came back with the Amber Flats proposal, which worked its way through the var-

ious hearings and approvals and looked poised to happen until it was dropped last fall.

Buhl did not respond to an email request for comment.

As of early April, the property at 1644 Larpenteur Ave. W. was listed for sale as a housing development opportunity with the capacity for 92 units.

The parcel is zoned R-5M for high-density residential mixed use; it has a planned unit development (PUD) agreement in place from the Amber Flats project. But Linehan said the PUD pertained to parking, paving and height, not the overall use.

Currently, city staff and commissions are reviewing their PUD process with an eye to defining the end of a designation for properties where projects have been abandoned. Linehan said it's not clear yet whether that would affect the PUD at Amber Flats. Either way, it would remain zoned as R-5M.

Metropolitan Council representative Peter Lindstrom, who lives in Falcon Heights and once served as its mayor, said affordable housing

remains a strong need despite recent gains. He cited Amber Union, as well as the senior housing at The Fern in Lauderdale, as important additions for affordable housing.

He said "we've seen some slowdown in the past year," likely due to increased building costs, but elected officials remain committed. "Affordable housing is not for the faint of heart," Lindstrom said. He said the recent talk of tariffs makes the housing market even harder to predict.

Lindstrom noted the Metropolitan Council has just published its "Imagine 2050" report, which will guide cities as they produce their comprehensive plans over the next several years.

"That (report) anticipates adding over 650,000 people to our seven-county region, about half of them low income," Lindstrom said. "The demand is strong and will continue to be strong." ■

Anne Holzman is a Twin Cities freelance writer who covers Falcon Height government news for the Bugle.

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Home & Garden Guide

Transition Town: Rx for healthy soil: Crumbs

By Michael Russelle

How would you know healthy soil if you saw it? Healthy soil has:

- Good water infiltration with little runoff.
- Fast drainage, allowing for steady aeration.
- The capacity to store water, reducing plant drought stress.
- The ability to filter and process potential pollutants.
- Efficient nutrient cycling—storing, releasing and recapturing nutrients
- Good physical stability that provides space and support for plant roots and reduces damage by erosion.

All these characteristics help healthy soil sustain plant and animal life. So, if our soil isn't healthy, how do we get it there?

Maximize biodiversity, soil cover and living roots

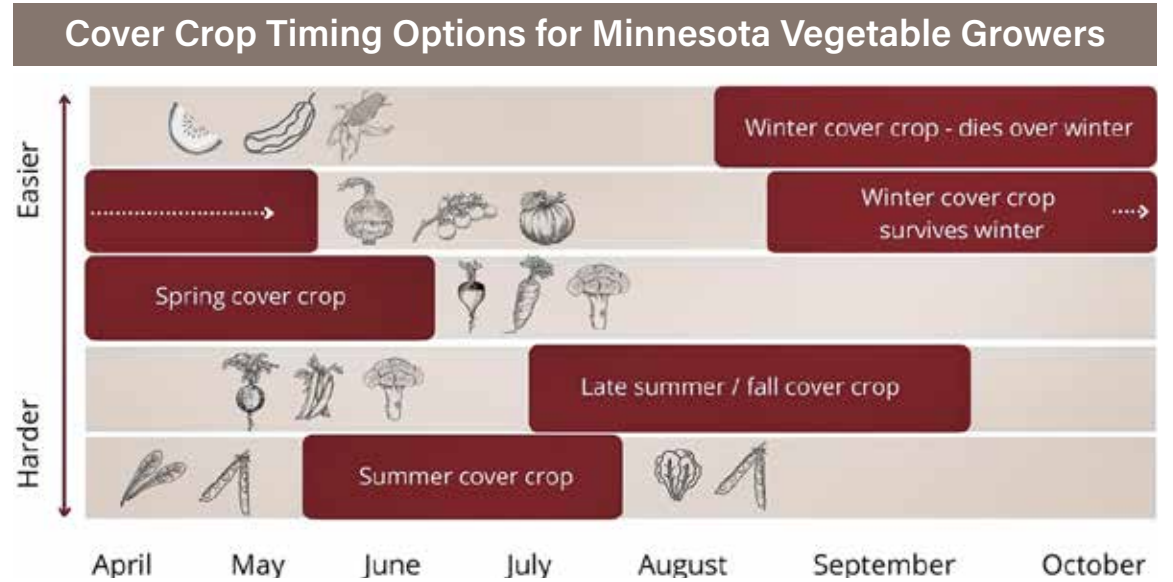
Natural ecosystems have a diversity of microbial, fungal, plant and animal species that are suited to the site. That complexity produces synergistic benefits that enhance growth and efficient use of nutrients and water.

We can approach this goal by having mixtures of plants in the garden, or at a minimum, by rotating crops.

In your garden, the best way to maintain cover and living roots outside of the main growing season is to plant cover crops, such as oats, hairy vetch, winter rye or peas.

An excellent resource with more details—also the source of the UMN Extension chart shown here—is available at bit.ly/3G3bO21.

We can't do much to change soil texture: the proportions of sand,



Cover crop selection for vegetable growers. Source: UMN Extension website, bit.ly/3G3bO21.

silt and clay. But we can add more organic matter in the form of compost, which will benefit nearly every garden.

Even better is to promote soil aggregation, which provides most of the benefits to soil health.

Soil aggregates, or crumbs, are stable combinations of minerals and organic matter that stick together more than to neighboring particles. When you squeeze a moist "dirt clod" it crumbles into its component aggregates.

Among the myriad organisms in soil, there are symbiotic mycorrhizal (fungus-root) fungi living in plant roots. The fungus benefits from sugars from the plant, while the plant benefits from nutrients like phosphorus the fungus absorbs from outside the plant root zone.

Mycorrhizal fungi produce

small-diameter hyphae that grow into the surrounding soil, extending far beyond the single-celled root hairs that protrude only a few millimeters from the root surface.

My research team once found several yards of fungal hyphae per inch of root length in alfalfa! These hyphae permeate the soil and contribute to aggregate formation.

About 30 years ago, federal research soil scientist Sara F. Wright discovered the "super glue" that is largely responsible for holding soil aggregates together. She named this material "glomalin" because it is exuded from the growing hyphae of the *Glomus* genus of mycorrhizal fungi.

Glomalin is a mixture of glycoproteins (proteins with sugar subunits) and contains 35 to 40% carbon. It is strong and stable.

Some estimates say it can persist for as long as 50 years, long after the fungus and plant have died and decomposed. In healthy soils, glomalin comprises up to a third of the stored soil carbon.

Minimize soil disturbance

How can you encourage mycorrhizal fungi in a garden? Reduce tillage. Keep phosphorus supply moderate. Plant other vegetables for a few years after brassicas and mustards, which do not support mycorrhizal fungi.

Don't overwork the soil. It is best to avoid tillage if you can (see the Park Bugle article by Lois Braun at bit.ly/3QSQMpl). If you till, use a spading fork instead of a shovel, or use a shovel instead of a rototiller. Avoid tillage and foot traffic when the soil is wet—either will increase soil compaction.

High phosphorus supply in the soil limits mycorrhizal fungi growth because the host plants can acquire sufficient phosphorus without having to feed the symbiont. If your soil test (bit.ly/4jcBF5Z) shows high phosphorus, don't worry, but don't apply more.

There are scores of soil additives that claim to boost the soil microbial and fungal populations, but you should be skeptical. For example, research at the University of Kansas (bit.ly/4hX4liq) found that most products that claimed to contain mycorrhizal fungi did not produce hyphae in the greenhouse and several contained plant pathogenic fungi.

Be patient. It may take a few years to nurse your soil back to health. ■

Michael Russelle is a retired soil scientist and co-chair of the St. Anthony Park Community Council's Environment Committee.

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.

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Home & Garden Guide

Business spotlight: Landscape Love and Hiawatha Supply

By Janet Wight

Landscape Love is a south Minneapolis design and build landscaping company specializing in residential projects, while its sister business Hiawatha Supply is a bulk landscape supply yard for both residential and retail customers.

St. Anthony Park residents Nan and Steele Arundel are co-owners of these two community-focused businesses.

Along with their sons Junah (11) and Fields (8), the Arundels have lived in St. Anthony Park for three years. They moved to the neighborhood from Minneapolis, where Steele grew up. (Nan was raised in Helena, Montana.)

Landscape Love can handle any landscaping project that encompasses outdoor space, Nan explained. This includes kitchens, patios, decks, retaining walls, fences and saunas.

Supplies needed for those kinds of projects—including mulch, soil, rock and firewood—are available from Hiawatha Supply. There is also a disposal service, she added.

The two companies together have eight full-time staff members along with a stable seasonal crew of about two dozen.

The Arundels split responsibilities for managing these businesses: Steele runs the design and Hiawatha Supply teams. Nan does everything else, including project management, where she takes the landscape designs and makes them happen, managing each detail along the way.

Nan is also responsible for culture and team building. In fact, that is her favorite part of business ownership.

"I love getting to create a place that celebrates all humans and getting to create an incredible, healthy workplace culture," she said. "We do it differently, being much more welcoming, and open, and playful, being a community hub rather than just a place of retail."

The couple also prides themselves on creating and maintaining good communication with its cus-

tomers, something that Nan contended is a competitive advantage for Landscape Love.

"We communicate really well all the way through the entire process," Nan explained, adding "We do what we say we are going to do."

Most of the two businesses' clients live in Minneapolis and St. Paul along with the first-ring suburbs. The company already has many landscaping projects scheduled for the St. Anthony Park area this summer.

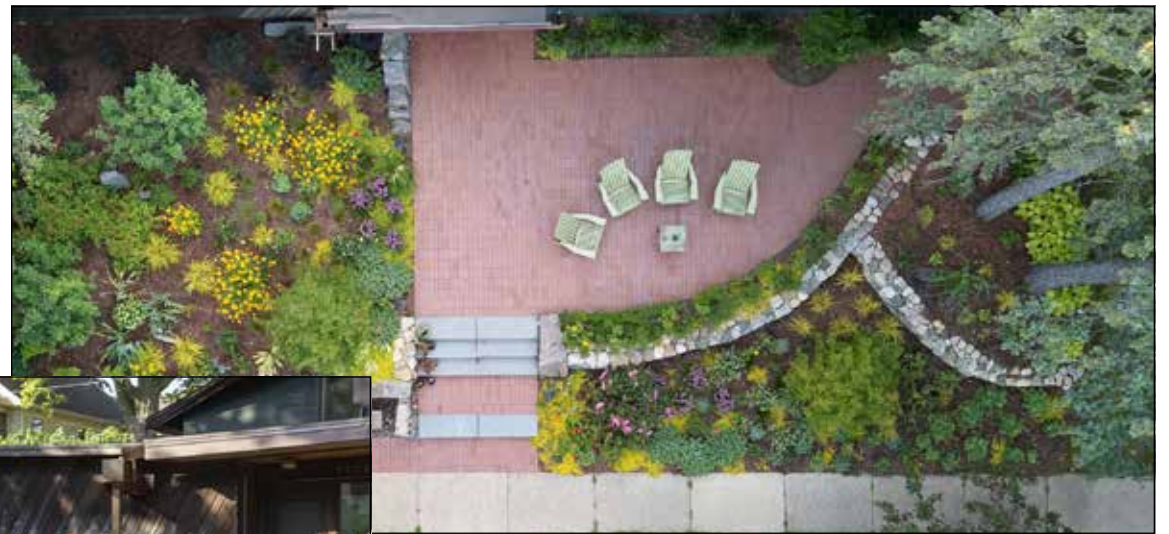
"We're really good urban landscapers," Nan said.

Both Nan and Steele come from entrepreneurial families, but neither of them ever imagined they would own a thriving landscaping business.

When they started Landscape Love in 2006, Nan and Steele were excited to be working together outside doing all of the projects themselves. The couple had no idea their businesses would become a lifetime endeavor, she noted.

Nan and Steele still enjoy working hard while the summer sun shines and then traveling in the winter months when business slows down. The family's favorite vacation spot is Troncones, a seaside village located on the Pacific coast of Mexico.

Besides traveling, Nan's hobbies include flower gardening and



These photos show the kind of landscaping work that Nan Arundel's firm Landscape Love can do. This landscaping was done at Arundel's home in St. Anthony Park. Photos by Jasper Lazor.

swimming in the couple's backyard pool. Steele favors playing guitar and singing, mountain biking and participating in ice sports.

The family enjoys residing in St. Anthony Park.

"In a beautiful way it was like moving to another country even though we came from south Minneapolis," Nan said. "This feels like such a wonderful home and neighborhood to live in." ■

Janet Wight is a regular freelance writer for the Bugle.

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Home & Garden Guide

Raising caterpillars to butterflies, moths

By Sarah CR Clark

Tucked away in Matt Hoffman's St. Anthony Park backyard, more than 20 polyphemus cocoons and black swallowtail chrysalises have safely spent the winter.

Matt expects both the moths and butterflies to emerge sometime around Memorial Day.

"It's fascinating to enjoy the entire life of an animal, and the life stages of moths and butterflies are some of the most varied in the entire animal kingdom," Hoffman said.

"And there's a sense of completion too, you know. They lay eggs, you enjoy the caterpillars, then get a little break while they're in a cocoon or chrysalis, and when the moth or butterfly emerges—it's like, Bam! You finished it! Compared to a cat or dog, which is a long-term relationship, it's a short, satisfying project."

A family doctor, Hoffman was raised in St. Louis. He met his wife, Lauren Maurer, in medical school at St. Louis University and the couple moved to St. Paul in 2011.

Hoffman explained, "I got interested in caring for and raising moths and butterflies when my wife started raising monarchs."

When their oldest child was very young—almost 10 years ago—the family enjoyed finding monarch caterpillars in their yard, which they would then bring into the house to observe their lifecycle.

"From there, I started looking for caterpillars everywhere," Hoffman said. "I really got into the caterpillars, to be honest, more than the moth or butterfly stages because when you're raising them almost all the time you spend with them is when they're caterpillars. And the caterpillars are fun! They're very active and it's interesting to watch them grow."



Matt Hoffman shows us butterflies that he has raised. Submitted photo.

In addition to monarchs, Matt and his family have raised giant, black and tiger swallowtails, along with many native moth species.

"No one thinks of the moths!" Hoffman said. "People think of butterflies first—they're colorful and out during the day, whereas the interesting moths are nocturnal. I didn't know what was out there when I started."

"Butterflies are really just a family of moths," Hoffman explained. Both belong to the order Lepidoptera. "They're all one group—just specialized, day-flying moths."

Matt added, "My daughter, Violet, found a polyphemus moth in my in-laws' yard, which is really the jackpot. Now I know they are the most fun caterpillars and moths to raise. The moth is beautiful, and the caterpillars get so big that you can hear them eating."

According to the state DNR's Biological Society, Minnesota is home to nearly 2,500 moth species, including four giant silk moths: polyphemus, promethea, cecropia, and luna. All four live in the metro area, and Hoffman has raised three of them.



A polyphemus caterpillar raised by Matt Hoffman just before making a cocoon. Photo by Matt Hoffman.

Matt is especially experienced in raising and breeding polyphemus moths and is excited for his fifth generation to emerge this spring.

"The interesting thing about moths is that they have varying lifestyles and they are some of the best mimics in nature," Matt said.

"For instance all caterpillars look the way they do for a reason; they might be the same color as the plant they're on, they might try to look like a different kind of caterpillar or a snake or a poisonous bug."

Some caterpillars even mimic bird poop. "Black swallowtails, for example," said Hoffman, "have tiny caterpillars in their earliest instar that look like bird poops."

As they grow, they change dramatically. For giant swallowtail butterflies, caterpillars resemble big bird poops. The reason is that animals usually avoid poop." This mimicry helps small caterpillars survive.

Hoffman's knowledge of moths and butterflies has been self-guided. Inspired by caterpillars he has found in the wild, Hoffman began learning everything he could about caterpillars, food sources and the best ways to release adult butterflies and moths.

His favorite butterfly and moth resources are the website iNaturalist and Princeton Field Guide's "Caterpillars of Eastern North America," by David L. Wagner.

This spring, Matt and his family plan to plant more parsley and dill to attract black swallowtails, common rue for giant swallowtail butterflies, and other native plants to attract a wide variety of moth and butterfly species. ■

Sarah CR Clark is a regular freelance writer for the Bugle.

HAMPDEN PARK CO-OP'S ANNUAL MAY PLANT SALE

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Home & Garden Guide

Reviving the Native American Medicine Garden

By Kathy Henderson

After allowing the earth to rest for about five years, plans are underway for replanting the Native American Medicine Garden on the University of Minnesota's St. Paul campus.

The land needed time to rest, and now it's time to come back to life, said Jennifer Garbow (Ojibwe, Bois Forte), who last year became the first to hold the title of Tribal Engagement and Outreach Liaison for the U's College of Food, Agricultural and Natural Resource Sciences, or CFANS.

In addition to the Medicine Garden, CFANS oversees the Bell Museum, the Minnesota Landscape Arboretum, 13 academic departments, and 10 research and outreach centers across Minnesota.

Garbow's focus on the garden is part of her extensive job description, which states "in consultation with interested Tribal Nations and communities, oversee efforts to caretake and re-envision the Native American Medicine Garden."

In her liaison role, Garbow reports directly to CFANS Dean Brian Buhr and is a member of his senior leadership team. The University and CFANS are committed to acknowledging its challenging past and are working to rebuild and strengthen relationships with Tribal Nations and Native people, according to a U website.

The initial logistics of planning and partnerships for the garden are a team effort of Garbow with Brandon Alkire (Standing Rock Sioux Nation), Minnesota Indian Affairs Council's legislative director. Established in 1963, MIAC serves as a liaison between the tribes and the state of Minnesota.

There is bipartisan support for the garden, Alkire said.

However, the garden will be more than what meets the eye. It is about sacredness, respect, responsibilities and accountability.

Endless possibilities

"The possibilities are endless," Garbow said. "We want to create opportunities for our urban relatives to connect, get their hands dirty. We can imagine opportunities for campus, Tribal communities and non-native public learning spaces."

In this early phase—soil testing done, clearing still to come—Garbow and Alkire intend to hold a planting ceremony, optimistically in May. Farther down the road there will be some kind of welcoming back ceremony for those who left the garden during its resting period.

What eventually will be planted in the garden had not been determined at the Bugle's press deadline. In past years, plants ranged from ceremonial sage and tobacco to common milkweed and sweetgrass.

Established 2003

The garden's location is a bit of a challenge to find; no directional signs pointed to it on the U campus in early spring. Only a weathered garden sign and a small arbor

structure mark the one-third acre plot. It sits next to the U's agriculture research field area, southeast of the Cleveland and Larpentour avenues intersection, fairly parallel across Cleveland from where the field area begins behind the Bell Museum.

The U's Native American Medicine Garden was established in 2003 by Barbara Graham-Bettelyoun (Sicangu Lakota), director of what was then the U's participation in the Woodlands Wisdom Nutrition Project Confederation. The project's goal was to bring awareness to nutrition and health, with a focus on Native American health disparities. Originally, it was administered within the medical school. Graham-Bettelyoun left the U in 2004.

Over the years, the administration transitioned from the medical school to the U's Office of Equity & Diversity and then to CFANS. The garden was tended from 2007 to 2020 under the stewardship of Master Gardener and Landscape Designer Cânté Sütá Francis Bettelyoun (Oglala Lakota), along



Brandon Alkire (Standing Rock Sioux Nation) and Jennifer Garbow (Ojibwe, Bois Forte) are providing leadership on the replanting and reinvigorating of the Native American Medicine Garden on the University of Minnesota's St. Paul campus. Photo by Kathy Henderson.

with what's been described as a network of native and nonnative U students, individuals, families and organizations.

If you'd like a time travel moment, the YouTube video, "Virtual Art Exhibit: Medicine Garden," provides examples of what was

planted in the garden before the land went to rest in 2020: youtube.com/watch?v=jmgVQhSSF18. ■

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

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Home & Garden Guide

Hampden Park featured in final SAP history talk

By Mary Mergenthal

Kristin Anderson, professor emerita of Art & Design at Augsburg University, will present her final free St. Anthony Park neighborhood history talk at 7 p.m. on Tuesday, May 13, for both in-person attendees and online listeners.

Anderson's free presentation will focus on the history of Hampden Park and is scheduled to take place at St. Anthony Park Lutheran Church, 2323 Como Ave.

The homes surrounding Hampden Park are among the neighborhood's earliest residences.

They range from large, elaborate structures to smaller, more modest buildings, reflecting the historically mixed economic status of the area's residents.

In addition to examining these historic homes, Anderson will also review early religious buildings, some now-lost commercial spaces and a former fire station, all near or surrounding lovely Hampden Park.

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

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

You can also get to the church's YouTube channel by clicking through from saplc.org, clicking the Worship link, and then to the livestream link. ■

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



Houses near Hampden Park. Photo by Kristin Anderson.



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Home & Garden Guide

Growing older: Nutrition for the aging body

By Jenni Wolf

Whether we like it or not, growing older is a part of the natural aging process for people.

With normal aging comes changes in our nutritional needs and new nutritional considerations. While we can't stop our bodies from aging, we can slow down and minimize some of the side effects and outcomes of growing older by being aware of our changing needs.

As we age there are a few common changes that occur within our bodies that specifically impact our nutritional needs and considerations. Read on to learn more about them and actions you can take to nourish a healthy body:

Sensory and oral impacts

It is not uncommon for one to experience changes to sense of taste and smell, as well as chewing and swallowing, that may impact intake, making it difficult to get needs met. These changes can be attributed to the aging process in general but are also commonly seen as side effects to medications.

If food no longer seems appealing or is difficult to eat, you may be at risk for energy and micronutrient deficiencies.

Nutritional considerations: Some people may benefit from more neutral flavors while others may prefer stronger flavors if senses are muted. Use of condiments or seasonings can also increase the palatability of food to support adequate intake. Try different food preparations to vary texture and assist with chewing and swallowing. A mouth rinse can also help those dealing with dry mouth or low saliva production.

Body composition impacts

Loss of lean-body mass commonly occurs as we age. While there are things we can do to slow this down, like resistance or strength-based exercises, this gradual change is inevitable for most.

This is important to consider as changes to body composition



Include a variety of produce to support adequate fiber intake and improved digestion. Photo by Jenni Wolf.

impact metabolism. Our metabolic rate declines with decreasing lean-body mass. This means the body often does not require as much energy, or calories, when we are older as it does when we are younger. Yet, we need to ensure we are getting enough calories to maintain lean-body mass and appropriate fat mass.

Nutritional considerations: Notice body sensations like hunger and fullness cues to guide intake decisions. Choose a variety of foods and include all three mac-

ronutrients (carbohydrates, protein and fat) at every meal. Energy balance and weight maintenance is the goal for longevity; it can be helpful to check in with a dietitian if you notice changes to weight or energy level.

Bone-density impacts

Like lean-body mass, bone density also decreases as we age. This increases the risk of osteopenia or osteoporosis.

Nutritional considerations: Calcium needs increase for women

over the age of 50 and for men over the age of 70; both groups should shoot for 1200 mg/day. Vitamin D supports calcium absorption; the recommendation is 700 IU for those under the age of 70 and 800 IU for those older than 70 years. If getting these nutrients through food is challenging, a supplement is a great alternative.

Gastrointestinal impacts

The gastrointestinal (GI) tract experiences changes to motility and function as we age, which can impact digestion and absorption as well as bowel function. One might experience acid reflux, indigestion, constipation or diarrhea, which may impact ability and willingness to eat along with variety of intake.

Nutritional considerations: Experiment with timing and volume of meals; some may do better with 5-6 smaller meals throughout the

day rather than the traditional "three squares." Meet fiber recommendations to support motility and bowel patterns; men over the age of 50 should shoot for 30 grams daily while the recommendation for women is 21 grams daily. Adequate hydration also supports movement of food and waste through the GI tract; aim to drink six to ten 8-ounce glasses of water or other fluids daily. Fluid needs do vary widely so check in with your provider for more guidance.

Source:

National Institutes of Health. (2016). Nutrient Recommendations: Dietary Reference Intakes (DRI). <https://ods.od.nih.gov/HealthInformation/nutrientrecommendations.aspx#dri>. ■

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

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EVENTS AND MORE

Compiled by Kathy Henderson

St. Anthony Park Garden Club

The Great Peony Adventure, presented by Heather Palmer. 6:30 p.m. meeting; 7 p.m. social time; 7:30 p.m. program on Tuesday, May 6, St. Anthony Park Lutheran Church, 2323 Como Ave. Enter the building via the Luther Place door.

SAPSA plant sale

The St. Anthony Park School Association plant sale runs from 8 a.m. to 7 p.m. on Wednesday, May 14, and Thursday, May 15, at Langford Park, at Langford Parkway and Knapp Street. Proceeds benefit St. Anthony Park Elementary School.

Community Sing

Musician Dan Chouinard and singer-songwriter Ann Reed lead a free community sing at 7 p.m. on Monday, May 19, at St. Matthew's Episcopal Church, 2136 Carter Ave.

Kickoff to Summer at the Fair

A slice-of-the-fair sampler from 4 to 9 p.m. Thursday, May 22, and Friday, May 23, and from 11 a.m. to 7 p.m. Saturday, May 24, and Sunday, May 25, at the Minnesota State Fairgrounds, 1265 Snelling Ave. N.

Food, shops, Family Fun Zone, live music and entertainment, puzzle hunt and more. \$13-\$15; children 4 and under free. Giant Slide, \$4; weather permitting. Tickets are limited each day; some days may sell out. Details at mnstatefair.org/kickoff-to-summer/#tickets.

Music at the Gazebo

The Neighbors of Alden Square Park will host the jazz band Mega Yacht at Alden Square Park, 1169 Gibbs Ave., from 6:30 to 8 p.m. on Saturday, May 24.

Sweet Fruci's ice cream truck will stop by. Bring a chair or blanket, beverage, and cash for tips and treats. Kids and pets welcome.

Como Zoo Conservatory

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

Spring Flower Show: May 2 through June 8. Flowers in shades of purple, blue and white.

Insider Look: 8:30 to 10 a.m. on Sunday, May 4. Adults program shows what goes on before opening hours at the Zoo and Conservatory. Registration required, \$30.

Senior Strolls: 6:30 to 8 p.m. on Tuesday, May 6, and 9 to 10 a.m. on Tuesday, May 13. Special time reserved for adults ages 55+. Online registration is no longer required.

Como After Hours: 6:30 to 8:30 p.m. on Tuesday, May 20. Como Friends' adults-only (21+) fundraising event. Casual night of exploring and learning more about Como, featuring cash bar, picnic fare, animals, plants and people. Registration required, \$40.

Orchid Odyssey: 8:30 to 10 a.m. on Saturday, May 10. Adult education class includes touring orchid-only greenhouse, viewing orchids not normally on display and getting orchid care tips from expert horticulturists. Registration required, \$30.

Cafesjian's Carousel: 11 a.m. to 4 p.m. daily, except Mondays and Tuesdays, May 1 through Labor Day. \$4; free on Tuesday, May 27. ourfaircarousel.org.

Como Town: Rides and attractions at this family-friendly amusement park next to Como Zoo opens for the 2025 season on Saturday, May 17. Details at comotown.com.

Dock and Paddle

Como Lakeside Pavilion, 1360 Lexington Parkway N. The summer music and entertainment schedule at dockandpaddle.com.

Smallweeds: 7 to 8:30 p.m. on Thursday, May 8.

Splash: 6 to 8 p.m., Friday, May 16.

RLB Band: 5 to 7 p.m. on Sunday, May 18.

Matt Hannah: 6 to 7:30 p.m. on Wednesday, May 21.

Lake Country Jazz Collective: 7 to 8:30 p.m. on Saturday, May 24.

Out on a Limb Dance Theater Students Showcase 2025: 6 to 8 p.m. on Monday, May 19, and Tuesday, May 20.

Down on Curfew: 6 to 8 p.m. on Friday, May 23.

National Tap Dance Day presented by Keane Sense of Rhythm: 1 to 3 p.m. on Sunday, May 25.

Minnesota State Band: 7 to 8:30 p.m. on Monday, May 26, 2025.

Bell Museum

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

Monarchs and Milkweed: A Story of Survival exhibit, continues through June 8.

Imagine the Future: The re-designed gallery opened Apr. 26.

Star Party: 9:30 to 11 p.m. on Friday, May 2. Free with regular museum admission; registration required.

Gibbs Farm

Pathways to Dakota & Pioneer Life exhibit reopens to the public on Sunday, May 25. Visit rchs.com/gibbs-farm for hours and admission. The historic site is at 2097 Larpenteur Ave. W., Falcon Heights.

Art Exhibits**Larson Art Gallery**

Minnesota Flavors continues through Aug. 16 in the Student Center, University of Minnesota-St. Paul campus, 2017 Buford Ave. The gallery opens weekdays at 11 a.m. and closes at 3 p.m. from mid-May through summer. Small in scale but wide in scope, the exhibit of work by Minnesota artists features representational and abstract art.

Women's Drum Center

All-Gender Taiko Drum Circle: 6:30 to 8 p.m. on Friday, May 16, at 2242 University Ave. W. Sandi Likeley teaches basic hits and stances for Taiko, a form of Japanese drumming. No experience necessary. Ages 16 and older. \$15. Register at womensdrumcenter.org.

Senior activities

St. Anthony Park Area Seniors offers a variety of in-person, virtual, and hybrid activities throughout May. Unless otherwise noted, registration is not required. For more information, call 651-642-9052 or email sc@sapaseniors.org.

In-person activities include:

Pound Fit: Exercise class: 10 to 11 a.m. on Thursdays, May 1, 8, 15, 22 and 29, and from 2 to 3 p.m. on Tuesdays, May 6, 13, 20 and 27, at Centennial United Methodist Church, 2200 Hillside Ave. W. Call office or email to register.

Game Day: Coffee and board games: 10 to 11:45 a.m. on Friday, May 2, and Tuesday, May 27, at 2200 Hillside Ave. W.

Krav Maga: Situational awareness and self-defense class: 10 to 11 a.m. on Monday, May 5 and 12 at 2200 Hillside Ave. W. Call office or email to register.

Handiwork Group: 10 a.m. to noon on Thursday, May 8, at 2200 Hillside Ave. W. Note the location change from the library. Bring your own supplies and drop in to knit, crochet, embroider, and socialize.

Poetry Group: 9:30 to 10:30 a.m. on Friday, May 9, at 2200 Hillside Ave. W. Contact the office for more information.

Equal Portions: Catered luncheon and presentation: Noon to 1:30 p.m. on Thursday, May 15, at St. Matthew's Episcopal Church, 2136 Carter Ave. Contact office to register by May 7.

Hybrid:

Grief and Loss Support Group: 10 to 11 a.m. on Thursdays, May 1, 8, 15, 22 and 30. In-person at 2200 Hillside Ave. W. Call the office or email to register.

Virtual:

Lunch Bunch: Socializing and BINGO: Noon to 1 p.m. on Wednesday, May 21. Call the office for Zoom link.

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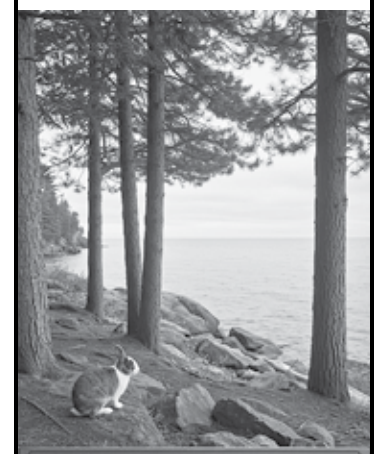
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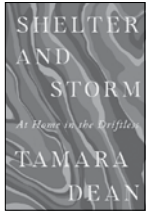
LIBRARY CORNER

Neighborhood reads: May book events

Compiled by Kathy Henderson

With St. Anthony Park Library, closed, we thought we would highlight a few upcoming book events in the neighborhood.

Next Chapter Booksellers



Author Tamara Dean will discuss her new book, "Shelter in Storm: At Home in the Driftless," in conversation with writer Jeannine Ouellette. The book explores what it means to live mindfully with nature during a time of uncertainty, 6 to 7 p.m. on Tuesday, May 6.



"Chasing Wildflowers: An Adventurous Guide to Finding Minnesota's Native Flowers in their Unique Habitats" book launch with writer Phyllis Root (writer) and photographer Kelly Povo (photographer). Trials and tribulations while on the hunt in Minnesota, 6 to 7 p.m. on Thursday, May 15 at Next Chapter Books, 38 Snelling Ave S.

Changing Times Book Group

The Changing Times Book Group, co-hosted by Transition Town and the St. Paul Public Library, will meet at 3 p.m. on Saturday, May 24, in the first-floor meeting room



at Zvago Housing Co-op, 2265 Luther Place. The group will discuss "Kindred" by Octavia Butler.

This landmark 1979 science fiction novel follows Dana, a modern Black woman who is suddenly transported from her California home to the antebellum South to save the white son of a plantation owner from drowning.

For further information, email Communications@TransitionASAP.org. ■

Compiled by Kathy Henderson, Bugle freelance writer.

Big kids, little kids, big stories

By Eric Erickson

Como Park High School students in Suzanne Myhre's University of Minnesota English 1301 College in the Schools class recently wrote personal narratives—and then re-wrote them for a very different audience: third graders at Como Elementary.

During a visit to the elementary school, the "big kids" paired up with the "little kids" and read their adapted stories aloud. In exchange, each third grader wrote about what they imagine high school might be like and shared it with their older partner.

The older and younger students gave each other feedback and be-

gan revising their final drafts, with plans to meet again for a second round of sharing. "It was very cool," Myhre said. "All the students were super engaged." ■

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



Photo by Janet Wight.

A reminder that the St. Anthony Park Library is temporarily closed from April 7 through mid-June 2025 for essential repairs and maintenance on both of its entrances ensuring the library is accessible to all.

During the closure, patrons are encouraged to visit nearby libraries, such as the Rondo Community and Merriam Park locations.

Any items checked out from the St. Anthony Park Library before its closure will have their return dates extended to June 30, 2025.

Note: Due to the closure, the annual book sale during the St. Anthony Park Arts Festival will not be held this year.

For updates and more information, visit the library's website, sppl.org/locations/sa.

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- Are there any here in Minnesota?
- Can we do anything about them?

Join Dr. Alex Bajcz to learn about our uninvited or unwelcome guests. Later in May, Alex will lead a Saturday walking workshop (date to be determined) to identify invasive species and share ways to minimize their presence.

Dr. Alex Bajcz, a SAP neighbor, works at the U of M's Aquatic Invasive Species Research Center. He seeks solutions to ecological problems like invasion—including the garden variety.

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2223 Como Avenue

More information can be found at sapbla.org.

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

Richard Dennis

Richard (Dick) Dennis, 94, formerly of St. Anthony Park, died March 9, 2025, at his home in Lake Bluff, Illinois.

Dick's family endured hardship during the Great Depression growing up in Roodhouse and Springfield, Illinois, in the 1930s. But his perseverance led him to an NROTC scholarship at the University of Illinois. He earned a degree in physics.

Dick served in the Navy from 1953-1956. He traveled the globe, most notably on the icebreaker Atka, where he was part of Admiral Byrd's expeditions to Antarctica in 1954-1955.

Dick's professional career brought him to the Twin Cities. He worked at Control Data Corporation from 1973-1989 as an operating system software engineer on some of the earliest supercomputers.

In 1969, Dick married Gail (Sporley) Dennis, and they lived in St. Anthony Park for most of their 53-year marriage.

Dick was a lifelong learner and a lover of music, playing the clarinet in the University of Illinois marching band and enjoying season tickets with Gail to the Minnesota Orchestra.

Dick is survived by son Michael (Gerrie); sister Sharon Campbell; and two grandchildren.

Memorial donations may be made to the National Kidney Foundation or the Minnesota Orchestra.

Douglas Jordahl

Douglas Dean Jordahl, 84, of Lauderdale, died unexpectedly Oct. 30, 2024, as a result of a fatal accident in the backyard. He was doing what he loved to do, working outside on a beautiful warm fall day.

Doug was young at heart, always finding joy in humor and cherishing time spent with friends and family. He was born Sept. 15, 1940, to Vivian and Elmer Jordahl and grew up in his beloved Lake Ben-ton during the 1940s and '50s.

He was active in sports, had a pa-

per route, sang in the school choir, and was a long-distance runner. Even as a young boy Doug used humor and wit to connect with people.

After graduating from high school, Doug earned his Bachelor of Science degree in elementary education from Mankato State College. He met Betty there. They were married Aug. 16, 1970, and were married for 54 years.

Doug worked at JCPenney Edina for many years before retiring in 2003. He enjoyed reading, collecting old toys, tools and gadgets, and funny comic strips. He enjoyed walks in nature, camping and learning about our solar system. But most of all he loved to connect with people and hear their stories.

Doug is survived by wife Betty and daughter Katherine.

A celebration of life was held at Centennial UMC.

Gail Kenney

Gail Janice Kenney, 88, died March 7, 2025. She was born July 12, 1936, in Minneapolis, to Leslie and Marie

Johnson. She received her nursing degree at St. Barnabas Hospital in Minneapolis.

She married Vernon Kelley. In 1959, Gail and Vern moved to the Twin Cities, where he accepted a job with 3M. Gail took a nursing job at Miller Hospital in St. Paul.

Gail's memorial service is scheduled for 1:30 p.m. on Saturday, May 10, at Falcon Heights United Church of Christ, where she was a longtime member.

Rose Ryan

Rose Marie A. (née Mayers) Ryan, died March 14, 2025. She was born June 4, 1932, on the family farm in New Munich, Minnesota. She graduated from Melrose High School in 1950.

After graduation, she worked in Milwaukee, Duluth, Seattle and St. Paul. Rose spent many years as a homemaker and 45 years as a custodian at the Church of St. Cecilia, retiring in May 2024. She relished work and her work ethic was unmatched.

She loved sewing, puzzles, reading, gardening and playing cards. Rose traveled extensively throughout the United States and many other countries. She enjoyed spending time at Green Lake with her family.

Rose was preceded in death by her husband of 57 years, James; parents, Ferdinand and Josephine (née Wessel); and brothers, Al and Quentin.

She is survived by children Kevin (Jane McManus), Sarah (Wayne) Wood, Philip (Colette), Martha (John) Seal, Ruth (Sean) Sullivan and Edward (Duzdee); 15 grandchildren; 14 great-grandchildren; along with siblings Jean, Ginny, Bernice, Jerry, Linda and Jack; and her cherished friend, David.

Memorial Mass of Christian

Burial was held at the Church of St. Cecilia, with interment at Calvary Cemetery. Memorials preferred to the Church of St. Cecilia.

Arlene Thordson

Alene "Sis" (Hamann) Thordson died March 17, 2025.

Born and raised in New Ulm, Arlene married John Thordson in 1953. She was a member of the American Legion Auxiliary and the Osman Auxiliary.

Arlene worked at Blomberg Pharmacy in Falcon Heights for close to four decades and was very well known in her neighborhood.

Preceded in death by husband John and brother Jerome Hamann. Survived by sons Greg (Debra) and Rick (Jeanette); and sister-in-law Betty Hill.

Memorial service was held, with interment at Fort Snelling National Cemetery. Memorials preferred to the Osman Auxiliary, 1703 Lilac Lane, Mendota Heights MN 55118.

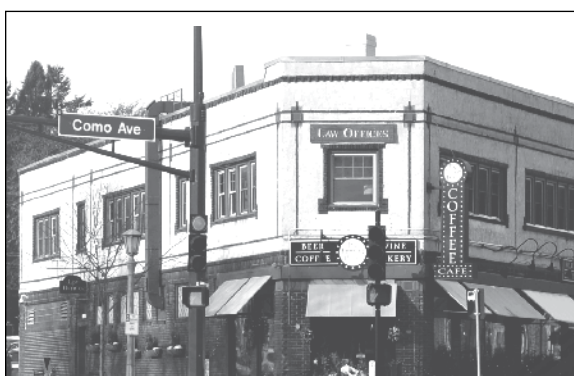
SERVICE ANNOUNCEMENT

Anna Sokolofski-Tracy

Anna Sokolofski-Tracy, 80, died Oct. 31, 2023. Friends of Anna are respectfully invited to attend the funeral service for her. It will be held at St. Frances Cabrini Church, 1500 Franklin Ave. SE in Minneapolis, on Saturday, June, 21, at 11:00 a.m. Visitation will begin one hour prior and there will be a luncheon immediately following the service. ■

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enjoyed we can
never lose. All that
we love deeply
becomes a part of us.*

— Helen Keller,
We Bereaved



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www.centennialumc.org

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❖ ST. MATTHEW'S EPISCOPAL CHURCH

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www.stmatthewsmn.org, Facebook: *stmatthewsmn*

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

Wednesday Eucharist: 12:00 NOON followed by lunch

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Sunday worship in-person: 9:30 AM

New member classes: 5/4 and 5/11 following worship

Wednesday Community Dinners return: 4/23,

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

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2357 Bayless Place, 651-644-4502

info@stceciliasp.org, www.stceciliasp.org

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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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the service will be moved to the Roselawn Chapel.*

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Help us serve you, take Bugle readership survey

By Scott Carlson

In 2024, the Park Bugle celebrated its 50th anniversary.

The Bugle came off that heady year winning several awards in the annual Minnesota Newspaper Association's Better Newspaper Contest. The plethora of awards testify to the

Bugle's editorial excellence. We also hope they reflect the paper's connection with its readers.

To that shared end, the Bugle is now conducting its first readership survey since 2018. We'd like your feedback to help the Bugle become an even better resource for our community.

To participate, fill out the survey right here and mail it to P.O. Box 8126, St. Paul, MN 55108. You can also scan the QR code to the right or visit surveyMonkey.com/r/B9PNDSF.

This anonymous survey is short and shouldn't take long to complete.

For survey participants who wish to be eligible for a \$50 gift card to

Bolé Ethiopian Cuisine, please include your name, email and mailing address — a delicious reason to let your voice be heard!

We will share the survey results in a future issue of the Bugle. ■

Scott Carlson is managing editor of the Bugle.



1. How often do you look at or read the 12 issues of the Park Bugle each year?

- I look at or read between 7 and 12 issues.
- I look at or read about 6 of the 12 issues.
- I look at or read about 3 of the 12 issues.
- I don't look at or read the Park Bugle.

2. On a scale from 1 to 10, how well do you think the Park Bugle fulfills its mission?

"The Park Bugle is a community newspaper serving Saint Anthony Park, Lauderdale, Falcon Heights and Como Park. The Park Bugle reports and analyzes community news, and promotes the exchange of ideas and opinions in these communities. The Park Bugle strives to promote freedom of expression, enhance the quality of life in the readership communities, and encourage community participation."

(1 = Not at all well, 10 = Exceptionally well)

1 2 3 4 5 6 7 8 9 10

Feel free to use the space below to explain your rating. We'd appreciate your input.

3. Tell us what you read by marking the boxes below.

	I always read this	I read this on occasion	I rarely read this	I never read this	I'm not sure
Front Page					
City Files					
Editorial / Letters to the Editor					
Business News					
School News					
Library Corner					
Events and More					
Lives Lived (obituaries)					
Classifieds					

4. How do you read the Park Bugle.

- I read the print edition.
- I read the Park Bugle on the website (parkbugle.org).
- I read the Park Bugle both in print and online.

5. Use the space below to share any suggestions or feedback on the editorial content of the Park Bugle, including news coverage, feature stories, and columns.

6. How often do advertisements in the Park Bugle influence your decisions about where to shop for goods or services?

- Often Sometimes Rarely Never

7. In the last month, have you purchased any of the following products or services from a local independent business in the Park Bugle's distribution area? (Como Park, Falcon Heights, Lauderdale, St. Anthony Park)

	Yes	No	Unsure
Retail & Grocery			
Restaurants & Cafes			
Home Improvement (painters, plumbers, remodelers, electricians, etc.)			
House & Yard Services (house cleaning, lawn care, snow removal, etc.)			
Medical/Health Services (dentists, chiropractors, veterinarians, etc.)			
Childcare & Education (nursery schools, tutors, camps, etc.)			
Fitness & Wellness Services (fitness classes, yoga studios, gyms, etc.)			
Personal Care (hair salons, massage therapy, beauty services, etc.)			
Professional Services (banks, real estate, financial & legal services)			

8. Do you plan to move in the next two years?

- Yes No

9. Have you done more than \$3,000 in remodeling, renovations, or home improvement on your home in the past year?

- Yes No

10. How old are you?

- 9-15 years 16-24 years 25-34 years 35-54 years
- 55-64 years 65 and older

11. How long have you lived in the Park Bugle's distribution area? (Como Park, Falcon Heights, Lauderdale, St. Anthony Park)

- 0-5 years 6-10 years 11-20 years 21-30 years
- Over 30 years I live outside the distribution area.

12. What is your home zip code? _____

13. What is your living arrangement?

- I own a single-family detached home.
- I rent a single-family detached home.
- I live in and own a duplex/triplex.
- I rent a duplex/triplex.
- I own a multi-family home (typically a condominium).
- I rent a multi-family home (typically a townhome).
- I rent a unit in an apartment building.
- I live in a mobile home.
- Other

14. Please use the space below to share any additional feedback for the Park Bugle Board of Directors.

15. We appreciate your feedback! If you'd like to enter a drawing for a \$50 gift card to Bolé Ethiopian Cuisine, please provide your contact information below.

Name: _____

Email: _____

Mailing Address: _____



SCHOOL NEWS

Ava Lopez earns Athena Award

By Eric Erickson,
Sports analysis

Como Park High School senior Ava Lopez grew up playing soccer, basketball and other sports at Northwest Como Rec Center, adjacent to her childhood school, Chelsea Heights Elementary.

Eventually, soccer became her passion and the focus of her athletic energy. With a storied high school soccer career culminated by selection to the Minnesota All-State team, Lopez earned another prestigious honor when she was named Como's winner of the Athena Award.

The St. Paul Area Athena Awards recognize one female high school senior from each East Metro high school. Lopez and the other recipients were honored at the Athena Awards Banquet on April 16 at the downtown RiverCentre.

Analysis of Lopez's soccer credentials reveals skill and talent—21 career goals, 35 assists as a midfielder. She was twice chosen Como's most valuable player, earning three all-conference awards and five varsity letters (she began playing Como varsity soccer as a Murray Middle School eighth grader).

Lopez developed during every offseason, playing futsal in the winter, playing club soccer for the St. Paul Blackhawks and seeking extra opportunities to keep challenging herself and improving her game.

"When it comes to coaching Ava, I really appreciated her urge to continue learning and growing in the sport," said Como head coach Sumaya Mohamed.

Beyond skills and talent, it's the leadership—on and off the field—that makes Lopez so appreciated and respected. She served as a captain in her junior and senior seasons and guided young players in the program, helping them become part of the Como community.

From keeping practices fun and inclusive to hosting teammates at her nearby home, Lopez helped everyone feel welcome.

"The community piece is really important to me," Lopez said. "When I was a younger player on the team, my older teammates were encouraging. I tried to do the same and be open and inviting."

Another foundation to Lopez's growth and leadership in soccer came from her basketball experience as a freshman. After playing on the junior varsity team through-

out the 2021-22 season, she was called up to the varsity to be part of the playoff roster.

It was quite a ride as that Como team advanced to the state tournament and won the third-place trophy. Being surrounded by such determined student-athletes was an inspirational boost for Lopez on her quest to maximize her talent.

She stepped away from basketball to focus on soccer, but cherishes the hoops memory. "I still have a piece of the net from when we cut it down," Lopez said.

When she's not playing soccer or studying (Lopez takes multiple AP classes and is a consistent honor roll student), she can frequently be found in the bleachers cheering for Cougar teams.

"It's fun to cheer for our school. We root for each other—volleyball, basketball, all the sports—it's good to be together for the same reasons."

Ava Lopez is Como through and through—from working at the neighborhood meeting spot that is Conny's Creamy Cone, to being voted the homecoming queen. She volunteers as a youth soccer coach and enthusiastically leads student council activities in school.



Ava Lopez is Como Park's Athena Award winner for 2025.
Photo by Clara Haycraft.

Lopez is a respected leader who is grateful for a supportive community—a community that loves to see youth thriving.

Next fall, Lopez will navigate a new environment in New York City, where she plans to major in forensic science at John Jay College of Criminal Justice.

Lopez's college also happens to have a soccer team. The coaching staff is thrilled to be welcoming a strong player from Minnesota. Playing at the NCAA Division III level is an appealing opportunity that will keep Lopez connected

to the game she is still passionate about playing.

"I want to continue with soccer and make new friendships," Lopez said. "I'm excited about what I'll study, and also being independent and exploring a new city."

Ava Lopez's achievements, foundation and commitment in the Como community have positioned her to thrive at whatever comes next. ■

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

Como Park Senior High School news

By Eric Erickson

Advanced Placement exams

It's AP Exam season, with subject-specific tests being administered across the nation from May 5-16. Collectively, Como students will take hundreds of exams covering content from 12 different courses, with a goal of showing what they know and potentially earning college credit.

Graduation on horizon

The fourth and final quarter of the academic year commenced on April 7. The last nine weeks of school frequently fly by with busy schedules. Beyond student

coursework and exams, significant events include prom on May 9 at the Landmark Center, Senior Honors Night at school on May 27 and graduation on June 3 at Roy Wilkins Auditorium.

Seniors vs. Staff Basketball Classic

One of Como Park's fun-filled traditions is the annual basketball game played between the seniors and the staff.

More of a spectacle than a game, the smiles and laughs on the court and in the stands make memories that last a lifetime.

Each team assembles about 25 volunteer players. Seniors don't have to be athletes, but must be



A special Como tradition—the seniors vs. staff basketball game. Photo by Eric Erickson.

in good academic standing. Staff members may or may not possess any athleticism—but a positive spirit and ability to laugh at oneself are critical!

Highlights from this year's extravaganza, played at the end of the last day of school before spring break, were plentiful. They included Como assistant principal Tal-

isha Jackson's drive to the basket and English teacher Allison Hartzell's creative "touchdown" run with Michael Youle-Ellering, as the official, declining to call traveling.

In the end, the class of 2025 kept the student winning streak going

and enjoyed the unique experience of playing against their teachers. ■

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

Murray Middle School news

Submitted by Stefania Folkema.



Murray Middle School music ensembles performed at Central High School. Submitted photo.

Band/orchestra

The band and orchestra toured several local elementary schools. The ensembles also performed at

Central High School. The students thoroughly enjoyed participating in these concerts throughout the community.

The spring band/orchestra concert is scheduled for Thursday on May 22 at 6:30 p.m.

History Day

Thirty-seven Murray students advanced from regionals to the State History Day competition, which was held on April 27 at the Minneapolis Convention Center.

There were also five students earning honorable mention. Joselyn Morales Tlacuatl, Ariana James, Juliana Caballero and Marleny Jaramillo were awarded Outstanding Entry at the regional competition. ■

Join us rain or shine under the tent on

Memorial Day

Monday, May 26th

★ ★ ★

Memorial Day Mass: 10:00 a.m

Calvary Cemetery St. Paul	Gethsemane Cemetery New Hope	Resurrection Cemetery Mendota Heights	St. Mary's Cemetery Minneapolis
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★ ★ ★

Memorial Day Band Concerts: 11:30 a.m

Fridley City Band Concert at Gethsemane Cemetery
South of the River Community Band Concert at Resurrection Cemetery

Classifieds

Send your ad to classifieds@parkbugle.org or P.O. Box 8126, St. Paul, MN 55108. Ads are \$1.15 per word. Phone numbers, email addresses and websites are considered two words. Add a box or art for \$11 each. Next deadline: **May 14, 2025.**



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Fisher recognized from p. 1

mentoring. "In college," he said, "I was lucky to have the historian and New Yorker writer, Lewis Mumford, as a mentor and he encouraged me to pursue a career like his, as a public intellectual.

"I aspired to that role as the editorial director of one of the major journals in my field, Progressive Architecture; as the dean of what is now the College of Design; as a teacher and director of a public-facing research center; and as a frequent writer addressing a general readership. While I may not have achieved the renown of Mumford, I have enjoyed all of these roles."

The Fisher family moved to the Twin Cities from New Haven, Connecticut, in 1996. He and his wife are grateful to have their children and grandchildren living close by: one daughter, Ann, and her family live in the house behind them, and their other daughter, Ellen, and her family live in Golden Valley.

Fisher put on his public intellectual hat for a final comment:

"I think strong communities like St. Anthony Park are going to be increasingly important as our national government becomes increasingly undependable and outright hostile to state and local governments," he said. "Much of the work that we do in my center is asset-based community development with small and underserved neighborhoods and municipalities across the state. A lot of that work involves helping communities become more resilient and self-reliant.

"St. Anthony Park has several groups doing that important civic work and we are a model of what many communities will need to do in the future." ■

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



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