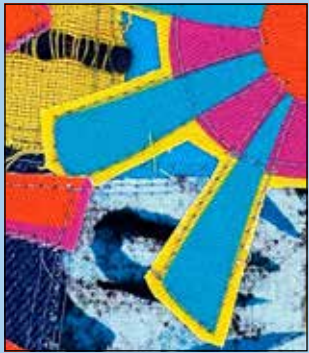




City files

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June 2025

For 2025 SAP Arts Festival, a rebrand

By Sarah CR Clark

The 56th St. Anthony Park Arts Festival, armed with a new logo, will be held on Saturday, June 7, from 10 a.m. to 5 p.m. along Como and Carter Avenues.

The festival will feature more than 65 artists, 13 food and drink vendors, two stages, local business booths and a Beer and Mead Garden on the lawn of Luther Seminary. The SAP Arts Festival is hosted by the St. Anthony Park Branch Library Association and is sponsored by 11 local businesses.

The SAP Arts Festival has recently refreshed its brand with a new logo. “We had a temporary logo last year, for our 55th anniversary,” festival director Anna Gaseitsiwe said. “But we’ve been wanting a new brand to reflect the growth of the festival.”

Designed by planning committee member Nate Killam, the logo features a wide arch of three differently colored layers. Gaseitsiwe explained that the logo can be seen as a perfect Arts Festival day: the green innermost arch as the library lawn, a bright yellow sunrise, topped off by a summery blue sky.

But the new logo does more than just wish for good weather. Gaseitsiwe explained, “If you look closely at our new logo and the SAPBLA’s logo, both reference the library’s architecture and windows which is the connection we’re looking to make. The Arts Festival IS the Library Association.”

The SAPBLA’s annual used book sale, a tradition of the festival, will not be happening this year, as the library building is being renovated. At the time this article was written the library’s website stated, “The St. Anthony Park Branch Library will be closed to the public starting April 7, 2025, for necessary repairs. The library is expected to re-open in mid-June.”

However, according to Gaseitsiwe, the library association will still be present at the festival. “Instead of the book sale, the library association will have a tent where they will be accepting donations and selling SAPBLA merchandise.”

Speaking of merchandise, folks will also be able to purchase SAP Arts Festival branded shirts, hats and bags. Other additions to the festival this year include an appearance by Bachman’s Bloom Squad (who will walk around distributing free flowers and coupons) as well as a photo station where festival goers can pose for photos to publish on social media.



Also new this year, artist and printmaker Wes Winship will be creating a mural, live, on the lawn of Luther Seminary. Winship is co-founder of Burlesque of North America, an internationally known design and screen print collective, as well as Burlesque Public Works, an off-shoot that focuses on large-scale paintings, murals and installations.

The planning committee is still looking for additional volunteers and donations for this year’s festival. To learn more, or to sign up to help out with the event, please visit sapfest.org. ■

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

Lauderdale mourns loss of civic leader, Ultimate Frisbee champ

By Anne Holzman

Just a few months after launching its new Environment Commission, Lauderdale has suffered the loss of one of its leaders.

Gregory Donald Williams, who advocated for the commission and then served as its first chair, died suddenly and unexpectedly on April 1, due to complications of ATTR amyloidosis. He was 71.

“In the six months he was chair, he (Williams) encouraged the group to take bold steps and think big about what they could accomplish,” City Administrator Heather Butkowski said.

Williams’ wife, Lori Young-Williams, told the Bugle that the day before he died, Greg had been energetically engaged in drafting plans for a community garden.

She found the plans on Greg’s phone. It was a typical project, she said, blending his passion for the environment with the nuts and bolts of getting a project done.

“He’s always been about community,” she said. “How do you engage the community in sustainability?”

While working in facilities management for the University of Minnesota, Greg thought a lot about

sustainability, his wife said. “In the early 2000s, Greg was looking for ways the U could be more sustainable, such as erecting green roofs on campus buildings,” she recalled.

Williams’ career also included service at Ramsey County and Metro Transit; he also served on the Ramsey County Parks and Recreation Commission.

Williams enjoyed a wide variety of outdoor activities. He skied (both cross-country and downhill), raced on fat-tire bikes and enjoyed swimming and martial arts.

But Greg’s most passionate project was promoting Ultimate Frisbee in Minnesota. He taught a class about the game at the U and helped develop league play throughout the state.

Bloomington resident Andy Wineberg, who has played Ultimate internationally and coaches youth teams in Bloomington, shared fond memories of Williams.

“His love for the Frisbee community, which he helped to create, knew no bounds,” Wineberg said. “He played Ultimate into his 60s. ... He won a Masters Worlds title in 1994 with Team USA, an event that was held in Great Britain. And in 2014 he traveled to Italy to compete with some companions of his from



Greg Williams as seen at the World Masters Ultimate Club Championships in Canada in July, 2018 for Ultimate Frisbee. Williams was a support member of the Surly Grand Masters team in the opening ceremony. Photo by Brian Rupert.

Sydney, Australia, at the World Masters Club Championships.”

Lori Young-Williams said all of her husband’s passions seemed to be driven by one central question: “How can we leave this place better?”

A celebration of Greg’s life will be held at 3 p. m. on June 29 at Bunker Hills Activities Center. ■

Anne Holzman is a regular Bugle freelance writer who covers Falcon Heights and Lauderdale city news.

CITY FILES

St. Anthony Park and Como community councils news

District 12 Community Council

Studying partial Luther Seminary development plan

The District 12 Community Council is recruiting members for a new citizens' advisory task force that will study redevelopment plans for Luther Seminary's lower campus property at 1501 Fulham St.

This 14-member group will work closely with the developer, Lifestyle Communities, to ensure the development aligns with community values and needs.

The task force will include residents from St. Anthony Park, Lauderdale and surrounding areas, as well as representatives from various District 12 committees. The goal is to gather a diverse range of perspectives to guide the project's development.

The task force is expected to begin its work by July.

Luther Seminary is looking to sell its lower campus property to Lifestyle Communities. This is the seminary's latest effort to downsize its campus holdings.

The seminary's board of directors first approved a future sale of the lower campus in May 2018 as part of an overall campus redesign, with the goal of reinvesting the proceeds from the sale to support the seminary's mission.

Information about the newest plans for the property and opportunities to learn more will be avail-



More than 60 volunteers took part in the Kasota Ponds cleanup in April. Photo submitted by District 12 Community Council.

able as the project moves forward, the seminary said.

For more information or to express interest in serving on the citizens' task force, please email info@sapcc.org.

Recap on Kasota Ponds cleanup

More than 60 volunteers gathered at Kasota Ponds on Saturday, April 13, for the annual cleanup event organized by the District 12 Environment Committee.

Participants received a brief safety orientation before learning about the ecology of the area, home to native plants, migratory birds and other wildlife.

With support from NAPA Auto Parts, which provided parking and access through their property, volunteers collected numerous bags of trash and debris, significantly improving the area's environmental health.

"It's inspiring to see so many

neighbors come together to care for this special place," said Kerry Morgan, the Environment Committee co-chair and volunteer coordinator for the event. "Their efforts make a lasting impact on our community's well-being."

Buy Nothing Day

The Buy Nothing Day event held at Hampden Park on Saturday, May 10, attracted more than 150



Free exchange of goods on Buy Nothing Day. Photo submitted by District 12 Community Council.

neighbors who participated in a free exchange of goods and a community meal.

Nearly two-thirds of the items available were taken and repurposed, reflecting the south SAP community's commitment to sustainability and sharing. The event featured a variety of items, including clothing, toys, home goods and nonperishable food, all donated by local residents.

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, June 5
- **District 12 Board:**
7 p.m. on Thursday, June 12
- **Transportation Committee:**
7 p.m. on Tuesday, June 24
- **Environment Committee:**
7 p.m. on Wednesday, June 25
- **Equity Committee:**
7 p.m. on Thursday, June 26

Submitted by District 12 executive director Zev Radziwill.

District 10 Community Council

Annual report and election results

The District 10 Board held its annual election in April and here are the results:

Incumbent board members **Laura Oyen** (Subdistrict 1), **John Waelti** (Subdistrict 1), **Maggie Zimmerman** (Subdistrict 2), **Eleanor Kerr** (Youth Seat; Subdistrict 3), **Lauren Erchul McCabe** (Subdistrict 4), **Chad K. Hermes** (Subdistrict 4) and **Matt Keliher** (Subdistrict 4) were re-elected.

Added to the board are **Jeremy Wight** (Subdistrict 1), **Michelle Eberhard** (Subdistrict 3) and **Bob Hicks** (Subdistrict 3).

Incumbent board officers were

also appointed by the board for another 1-year term: Keliher as board chair, Zimmerman as vice chair, Dan Edgerton as treasurer, and Lizzy Cantley as secretary.

Outgoing past board chair is **Jenne Nelson**, who has given invaluable leadership and fundraising support to District 10 over the past five years. She is now interim legislative aide to Ward Four interim St. Paul City Councilman Matt Privratsky.

On another note, District 10 also presented the 2024 annual report, which details its activities over the past year. You can view the report at district10comopark.org.

Volunteer at Churchill Gardens

Come help District 10 care for Churchill Gardens — a set of rain gardens at the intersection of Horton/Churchill/Van Slyke streets. The gardens manage stormwater and native plants that support pollinators.

No experience or commitment needed. Drop by anytime between 5 and 7 p.m. on the third Monday of each month. Volunteer nights are scheduled for June 16, July 21, Aug. 18, Sept. 15 and Oct. 20.

Tools and gloves are provided. Bring a friend, bring some water and help keep this space blooming! For further information, contact eva.goetzman@gmail.com.

Bringing Parkrun to Como Park

Parkrun is a free, weekly, timed 5k walk/run that takes place in hundreds of parks around the world every Saturday morning. It is inclusive and open to all — from leisurely dog walkers to elite runners and everyone in between.

City of St. Paul Fitness in the Parks is working with Como community volunteers to establish a Parkrun location in Como Park beginning this summer.

District 10 organizers are working on details and are seeking volunteers help conduct the Parkruns.

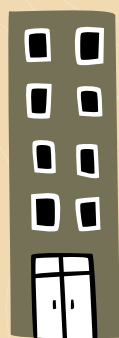
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Community Council News to p.18


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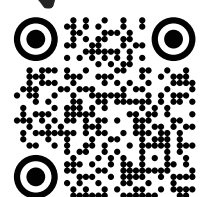
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SCAN FOR MORE



Falcon Heights taking another look at dry cleaning site

By Anne Holzman

Perhaps feeling “pressed” by a lack of activity at the former Get Pressed dry-cleaning shop, Falcon Heights city leaders have listed 1407 Larpenteur Ave. in their recent goals statement as a site to “explore” for possible purchase.

The site, at the corner of Albert Street, was originally a gas station, then converted to a dry-cleaning store in 1969.

Get Pressed left the site in 2017, and the property (which consists of two lots) was purchased the following year by Sarin Homes LLC of Roseville.

In June 2023, the Falcon Heights Planning Commission considered

a proposal to build two sets of townhomes at the site, each with six units. The commission sent a few concerns to the developer (who is not named in the minutes) and noted that it would require rezoning from business to residential or mixed use. The city’s development coordinator told the Bugle then that housing appeared to be “a good transition” use at that site.

However, the developer dropped that housing proposal.

Last year, the Minnesota Pollution Control Agency studied the cleanup needs on the site.

In a letter to Leang Sarin of Sarin Homes last November, the state agency recounted testing the dry-cleaning site for harmful

chemicals and described a previously unknown storage tank that it excavated. The cleanup needed to enable building homes there was estimated at \$370,000 by Bay West LLC environmental consultants.

Meanwhile, the city council and staff set goals for 2025 that included exploring the potential to purchase the property to “clean up ... [and] evaluate future redevelopment.”

City Administrator Jack Linehan, in an email, emphasized that the goal is to “explore,” but that moving to a purchase offer “really depends on cost and viability.” ■

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



By one estimate, the bill for environmental clean-up of the long-vacant dry cleaners at Larpenteur Avenue and Albert Street could exceed \$350,000. Photo by Bill Brady

Falcon Heights council approves paid street parking during State Fair

By Anne Holzman

Falcon Heights will charge \$25 per day for parking on city streets in two neighborhoods close to the fairgrounds during the State Fair starting this summer.

On May 14, the city council approved a one-year contract with ParkMobile to provide app-based parking fee collection during the 12 days of the 2025 State Fair, Aug. 21 to Sept 1.

Streets in the Northome and

Northeast neighborhoods will be marked into zones with temporary signs provided by ParkMobile. Visitors will register their license plates with ParkMobile via the company’s app.

The company will keep about 20% of the fees, estimated at \$200,000 over the 12-day period, and pass the rest on to the city. Based on surveys, the city’s State Fair Task Force has estimated that about 1,000 parking spaces are available to fairgoers in those neighborhoods. There is no change to previously restricted areas; no new spaces have been created, but

previously free parking will now have a fee in the selected areas.

The council has created a special fund for the new program. The fund will be used to hire and equip temporary employees who will flag noncompliant vehicles for enforcement while also welcoming and helping to direct visitors. The fund will cover other fair-related expenses that the city has incurred in the past, such as extra trash management and portable latrines. The city expects to transfer about \$40,000 in excess revenue to other budget items such as street improvement.

The council also adopted a sys-



tem for resident passes so that each household has one pass mailed to their address, with options to apply for additional passes if needed.

The arrangement will be reviewed annually, with possible adjustments to which streets are included and other considerations. ■

Anne Holzman is a regular Bugle freelance writer who covers Falcon Heights and Lauderdale city news.



Falcon Heights plans to implement paid street parking on some city streets during this year’s Minnesota State Fair. Photo by Minnesota State Fair.



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EDITORIAL

From the desk of the editor

By Scott Carlson

A community's interest in local history

Kristin Anderson, professor emerita of Art & Design at Augsburg University, planned this past month to give her final free St. Anthony Park neighborhood history talk.

Anderson's talk in May marked her 28th presentation over the past three years. "We've also had eight different walking tours" during that time, she also noted.

Perhaps then to no surprise, Kristin announced at her May talk: She will hold another nine months of history talks starting in September.

"Regular attendees asked about whether there would be more talks," Anderson told me in an email. "In fact, one audience member said that I should do these talks 'forever.' When I announced the 2025-26 season last night (May 13), the in-house audience applauded — so I guess that there is community interest."

For Anderson, the local architecture history talks are a labor of love. "I am also always uncovering new information that I suspect would be interesting to other folks," she



Kristine Anderson.
Submitted photo.

told me. "Continuing the series allows me to dig into these topics and issues."

And plenty of people like to dig into local history with Kristin.

Her in-person audience ranges from 45 to 75 people per session. Add in live online participants and YouTube viewers and her total audience sometimes surpasses 300 people, she said.

St. Anthony Park Lutheran Church has been host to Anderson's in-person talks.

Asked whether she has been surprised by the enthusiastic response to her history series, Anderson said, "No. We live, work, and/or grew up in a very interesting spot. People are committed to the neighborhood and its people."

"This (history talks) is just one option to help bring the community together, and in a way that includes long-time residents and newer arrivals," Anderson said. "I think we owe a debt of gratitude to the people who came before us, and we honor their work and commitment by paying attention to our neighborhood's past and present."

Kristin added, "It's fun to be able to help people see things for the first time, or with fresh eyes, and to develop their skills of looking at, questioning and analyzing the spaces around us. I always hope that this will spark curiosity, and that it will help develop the connections and commitment that make the neighborhood thrive."

Some of Kristin's most popular past talks include presentations about University Grove and the University of Minnesota-St. Paul campus.

In the year ahead, Kristin's history topics will include neighbor-

hood grocery stores, the Minnesota State Fairgrounds, local seminaries and neighborhood alleys.

For more information about Anderson and other presentations, please check out her website at kristinanderson.org.

Reminder about readership survey

Have you filled out our Bugle readership survey yet?

We featured it in the May Bugle and are repeating it again to make sure we hear back from as many readers as possible.

Look for the survey on page 13, or you can fill out our survey from the Bugle website (and you are free to respond to some, many or all of the questions).

As an added incentive to participate, all survey responders are eligible to compete in a prize drawing for a \$50 gift card from Bolé Ethiopian Cuisine.

We look forward to receiving your helpful feedback as we strive to make the Bugle your community newspaper that informs and serves you. ■

Scott Carlson is the managing editor of the Bugle.

COMMENTARY

Plant closing offers land reuse opportunity

By Zev Radziwill

Smurfit WestRock recently announced the closing of its paper recycling plant at 2250 Wabash Ave. in St. Paul, resulting in the loss of 189 jobs.

The facility, a fixture in the community for decades, is scheduled to cease operations by the end of June. The company's move comes in the wake of re-evaluating its current and future capacity needs and operating costs.

The plant's closing is certainly bad news for its workers and the community.

But the silver lining is that it opens up significant possibilities for the future of south St. Anthony Park. The 40-acre site, located near I-94 and the Green Line light rail, is being considered for redevelopment.



WestRock plant at 2250 Wabash Ave. in St. Paul. Photo from Bugle archives.

Local officials and community members are beginning to explore how the area can be transformed to better serve the neighborhood. "While this loss is significant, it also presents an opportunity to reimagine the space and its role

in our community," said Kenny Niemeyer, co-chair of St. Anthony Park District 12 Community Council's Land Use Committee. "We encourage neighbors to add their voices to the conversation."

The District 12 Land Use Com-

mittee will discuss the plant closing and reuse at its next meeting, which is scheduled for 7 p.m. on Thursday, June 12, at 2375 University Ave. W., Suite 110. For more information, visit sapcc.org/events. ■

Zev Radziwill is executive director of the St. Anthony Park District 12 Community Council.

Bugle deadlines

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

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

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

July:
Graduation Recognition
Copy/ad deadline: June 11
Publication: June 24

August
Copy/ad deadline: July 9
Publication: July 22

September:
Back to School
Copy/ad deadline: Aug. 13
Publication: Aug. 26

We were on spring break



The Twin Cities German Immersion School hosted a photo challenge inviting students and families to show off their TCGIS spirit wherever spring break took them — near or far! Here are a couple of snapshots from some of their student travelers.

COMMENTARY

Nursing homes staffed by 'some of the hardest-working people'

By Dave Healy

It's common to hear candidates for public office say that their policies will benefit "hard-working Americans."

Most such workers labor outside the spotlight.

Some of the hardest-working people I know are seen by only a few. They're the people who work in nursing homes.

My wife, Nancy Healy, spent the last year and a half of her life at St. Anthony Park Home. (Editor's

note: Please see Nancy's obituary below.) She was not an easy resident to care for.

Nancy could not bathe or dress herself, get in and out of bed on her own, or feed herself. Aides at St. Anthony Park Home did those things for her — consistently and competently and compassionately.

It's common to hear people say, "I never want to go to a nursing home." I think the subtext of that statement is, "I don't want to become someone who cannot care for myself or be cared for by those

who know and love me." That's something most people would say.

But some of us, and some of our loved ones, will have no choice.

Nursing homes, like any institutions, vary. The residence where Nancy spent her last years is an old building, without the bells and whistles that characterize newer facilities.

But buildings alone don't make good nursing homes. People make good nursing homes.

Many of the hardest-working people in America were not born

here. That's true of the staff at St. Anthony Park Home and most nursing homes in this country.

When you hear people say that we should close our borders, ask them who they expect to do our hardest jobs.

Many of the hardest-working are among the least well-compensated. That's true of aides, who do the hardest work in nursing homes.

Nancy Healy was a remarkable woman, with many achievements to her credit. She was also richly blessed — by growing up in a sta-

ble home, by opportunities for education and personal enrichment, and by many caring friends and family members.

And when we could no longer care for her, she was richly blessed to find herself someplace where others could take the reins and lead her through the last months of her remarkable life. ■

Dave Healy lives in St. Anthony Park. He is a former editor of the Bugle and continues to be a frequent freelance writer for the newspaper.

Nancy Healy, lover of words, dies in April

Nancy Healy, longtime St. Anthony Park resident, died on April 25 at the age of 73.

Born Nancy Anne Meyer, she was the first of six daughters. A music lover, she played the piano in churches and mastered a good chunk of the Gospel Hymnal.

In her last years, when dementia had robbed her of most of her memory, she could still sing many hymns.

Nancy graduated from Bethel College with an education major and embarked on a long teaching career. Starting when kindergarten

was a half-day affair, she taught 30 students in the morning and another 30 in the afternoon.

After several years she moved to first grade and later started a multi-age program in her school. She finished her career as the curriculum coordinator at a charter school. Over the years she influenced the lives of hundreds of students.

Along the way she earned masters and doctoral degrees in education at the University of Minnesota, where she also taught a class.

During summers and in early retirement, Nancy traveled widely as

an educational consultant, including two trips to the Philippines to help launch the Children of Hope School at the Children's Shelter of Cebu.

In 1974, Nancy married Dave Healy. She bore two sons, Benjamin and Matthew, and delighted in their growth and accomplishments.

For many years Nancy led a writers' group and the Sunday Afternoon Book Group, which met at Micawber's Books. She was an inveterate reader, and she self-published a memoir and

books about her mother, father and grandmother.

Nancy's family is grateful for the compassionate care she received at St. Anthony Park Home during the last year and a half of her life. ■



Nancy Healy. Submitted photo.

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The 'Great Conifer Cone Drop' of 2025 explained

By Bill Brady

As winter turned to spring in our St. Paul neighborhoods this year, the melting snow revealed an unusual plethora of pine cones dotting the landscape of many evergreen-heavy yards.

The more evergreens in the yard, the thicker the carpet of brown seemed to be.

With eight 50-to-60-foot pine trees adorning his lawn, Kenneth P. of Roselawn Avenue certainly noticed.

"Yes! Very heavy on dropped pine cones this year," he said in a NextDoor conversation. "Since last year's bizarre weather and lilacs blooming twice, I wonder if the pine trees did the same."

Kenneth is onto something. According to University of Minnesota Extension Horticulturalist Brandon Miller, the overabundance of those tiny trees-in-waiting is,



quite likely, a product of last fall's "bizarre weather," specifically the lack of moisture.

"We have had droughts for several summers in a row," Miller noted, and often organisms respond to drought by "focusing their energies on reproduction. It's kind of a last hurrah to reproduce," in case they don't make it. Ironically, this activity further depletes their stored energy, making that outcome more possible.

Miller cautioned, however, that highly variable fruit production by trees and shrubs, known as "mast seeding," is not unheard of, and climate is only one possible factor.

"People for centuries have been figuring out why trees will do this," he said. "There are lots of theories."

Drought seems to induce exces-



An abundance of pine cones fell to the ground in the wake of a fairly dry winter season in the Twin Cities. Photo by Bill Brady.

sive seeding. But other explanations include the so-called Predator Satiation Hypothesis: Essentially, if the trees sense a lot of predators, they will overproduce seeds to improve the chances that some seeds can escape consumption.

When you read "predator," think "squirrel." Diane S. of Como Park sees abundant evidence they've made several stops at her pine cone buffet.

"Squirrels in my yard have eaten them right down to the core," she said. "There are lots (of cones) in

my yard that are down to just the core of the pine cone."

That could mean more and chubbier squirrels for a while. But the good news about mast seeding is that it is typically followed by years of below-average seeding, which tends to keep predator populations in check.

Even if dry weather was the primary cause of this year's excessive cone drop, "There's no need to hit the panic button just yet," Miller said. "It is, however, a good reminder to check and make sure the trees

are getting the water they need and aren't getting stressed out.

"In general, the younger, less established plants are more vulnerable to droughts. So, give them special attention."

For up-to-the-minute advice on attending to your trees' health, visit the Extension lawn and garden web site, extension.umn.edu/yard-and-garden. ■

Bill Brady lives in Falcon Heights and is the Park Bugle's copy editor.



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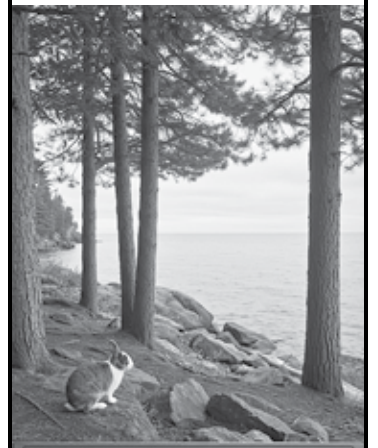
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St. Paul

Grilling tips for the summer season

By Jenni Wolf

It's full summer mode for us Midwesterners, now that Memorial Day is behind us.

We are packing up picnics for park lunches and strolling the sidewalks with ice cream cones for snacks. And come dinnertime, many people are poised on the patio ready to light their grills.

In fact, catching whiffs of charcoal wafting through the neighborhood might just be one of my favorite smells of summer. While some hardcore grill-masters flip burgers in the frigid winter months, most of us retire the grill until summer really starts to show, making now the perfect time to brush up on some grilling tips for a safe, delicious and nutritious meal.

First, grilling involves fire and fire can be dangerous, so placing a priority on safety is crucial. Make sure your grill is located away from overhanging eaves or branches, railings or any other obstacles. Leave a minimum of three feet of space around the grill in all directions.

Make sure your grill is located on a flat surface. Clean your grill before and after every use to remove built-up food matter and grease, which can catch fire if it accumulates.

If you choose a gas grill, check for gas leaks regularly, always turn off the gas after use and always open the grill lid before lighting to avoid a flare-up.

If you opt for a charcoal grill, use only charcoal lighter fluid — nothing else — and apply fluid to charcoal only before lighting. Let coals cool completely before removing and disposing in a metal container.

Now that we've taken steps to ensure safety, let's get cooking.

Summertime can sometimes feel like a free-for-all or a season of so much busyness that "whatever goes" when it comes to mealtime. However, we still want to make balanced meals a priority and choose a source of carb, protein, fat and a fruit or vegetable to include on your plate. They don't all have to come from the grill, but they might!

While meat may be the most popular protein to grill, it is not the only one, so don't limit your-

self. Plant-based proteins like veggie burgers and tofu all do great on the grill as well.

If you are opting for meat, choose a leaner cut that still has some marbling or fat content, such as chicken thighs or drumsticks, pork loin or 90% lean ground beef. This will strike a nice balance on the nutritional front while not sacrificing taste.

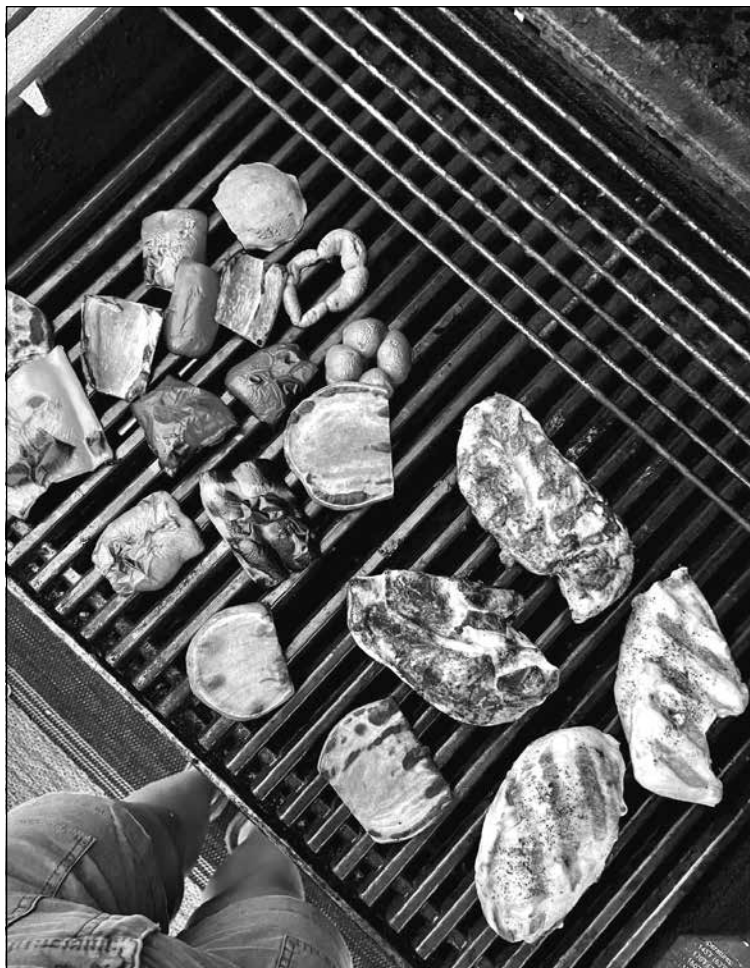
Also, a leaner option makes flare-ups less likely and grilling an easier task. Use a meat thermometer to ensure meat products reach their proper food-safe temperature before serving up. Plant-based options may require less time on the grill so be sure to monitor these appropriately. Both animal and plant proteins can be seasoned with a dry spice rub or a pre-grill marinade.

Make your meal a one-and-done by throwing your sides on the grill too! Vegetables best suited for grilling include asparagus, bell pepper, zucchini, onions and eggplant.

Meanwhile, stone fruits like peaches and plums, along with pineapple, are fruits that fare well. Tossing your produce with oil — avocado or olive oil are great options — prior to grilling will ensure that it doesn't stick while adding flavor and a source of fat. Alternatively, you could wrap them in foil or use a grill basket.

When it comes to carbohydrates or starches suitable for the grill, potatoes are a favorite. Whether they are Yukon Gold, sweet or fingerling, there are many options. Slice into planks and grill directly on the grates, flipping sides. Or chop them and use the foil packet method with these too.

Crusty slices of bread or naan spread with oil or butter are another easy, tasty carb option for the grill. A grill with a burner on the



Time your meal by adding meat to the grill prior to produce, as meat generally requires a longer grilling time. Photo by Jenni Wolf.

side makes whipping up a pot of rice or pasta feasible without having to even go inside.

And let's not forget that a handful of crispy kettle chips make for a mighty fine no-cook summer carb choice too!

With our plate full and food groups accounted for, we are ready to eat and enjoy; ready to soak up our too-short summer season. ■

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



Grill tip: use a cookie sheet to help transfer food from grill to table. Photo by Jenni Wolf.

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ST. ANTHONY PARK ARTS FESTIVAL

Meet the Featured Artists of the SAP Arts Festival

By Janet Wight

The 56th annual St. Anthony Park Arts Festival will fill the neighborhood with arts galore on Saturday, June 7.

This year's one-day celebration will feature more than 50 juried artists on and near the grounds of the neighborhood library along with musicians and a community plant sale.

The featured artists for 2025 are Carmen Elate and Jacques Elate Joss, Aryn and Courtney Kern and Allie Rykken.

Carmen Elate and Jacques Elate Joss



Atelier Mamako is an art studio established by Minneapolis residents Carmen Elate and Jacques Elate Joss.

These fiber artists make eye-catching wearable art pieces that are meant to be used as patches on clothing.

"There is a lot of layering, a lot of juxtaposition; it is truly a mix of bits and pieces of fabric to form new stories," Jacques explained. They collaborate to come up with unique designs. "Each piece is a conversation that we have as artists," he added.

Carmen and Jacques have been collecting fabric from their travels along with donated pieces for three decades. Carmen also designs some of the fabrics. In addition to patches, they also craft these collages into handbound journals, she said, and the patches are also suitable for framing.

They get a great deal of satisfaction when their wearable art pieces and journals travel to different states, or even across the ocean.

"Having collected a lot of material, it's almost like there was a need to put the material back into the world instead of just gathering it," Jacques said.



Sunburst by Atelier Mamako (Carmen Elate and Jacques Elate Joss).

"The patches were a long evolution of other art forms for both of us," Carmen added.

These collages, ranging in price from \$10 to \$500 and up, are unique because each is one of a kind and the artists follow their intuition, they explained.

Most of Carmen's and Jacques' sales come at art fairs. They also offer their work at local Minneapolis farmers markets and through their website, ateliermamako.com.

Carmen, who grew up on a farm in North Dakota, moved to Minneapolis in 1991. Jacques, a francophone from Cameroon, grew up in both Cameroon and the northern suburbs of Paris. He became an American citizen in 2007. The couple met on the dance floor at First Avenue in Minneapolis.

Both Carmen and Jacques have had long careers as educators. They live and create art in their home studio in the Seward neighborhood of Minneapolis while enjoying



She by Atelier Mamako (Carmen Elate and Jacques Elate Joss).

Although Jacques has always embraced his artistic instincts, he did not think of himself as an artist until he started writing poetry. To him, some of the pieces they create are visual poems, since poetry also consists of patterns. He is also a disc jockey and enjoys musical patterns as well.

Carmen's advice to aspiring artists is to "do what you love, what feels good, and what feels right. Listen to that inner voice."

Jacques offers similar recommendations. "Growing as an artist is exciting but it is also difficult. Just be yourself and do what drives you."

Courtney and Aryn Kern



Aryn and Courtney Kern have been designing, crafting and selling artisan wooden kitchen and home accessories full-time for nearly 20 years.

Besides an entire line of cutting boards, the couple makes pizza peels, trivets, serving trays, butcher blocks, home decor and small furniture pieces.

Aryn grew up in Randall, Minnesota, while Courtney was raised in suburban Milwaukee near Lake Michigan. They met in their dormitory at Vermillion Community College in 1995 and have been together ever since.

The couple now lives just north of Little Falls, on a small farm where they raise chickens, pigs and cows. They also have an ox named Chilly, a dog named Murray and shop cats Kate, Dart and Lucas.

Aryn has always been interested in art while Courtney gravitated toward wood-working. "We always wanted to find something we could do together," Aryn explained.

Their first art show, which was a last-minute entry, was at Glensheen in Duluth in 2006. The show went "past well," Courtney said, and the positive feedback they received made them realize that this could be the golden opportunity they had been seeking.

All of their art pieces are made using re-



Birdseye Serving Tray by Longshadow Woodworks (Aryn and Courtney Kern).

claimed hardwood species: cherry, maple, walnut and white oak. These are "tight-grained, finely textured North American hardwoods," Courtney explained.

The couple purchases waste wood — that would otherwise be discarded — from a variety of sources including sawmills and cabinet shops. The shavings from their wood shop then end up as bedding for the animals, Courtney said.



Pizza Peel by Longshadow Woodworks (Aryn and Courtney Kern).

Aryn and Courtney attend at least 30 art shows per year, mostly in the upper Midwest. Prices for their wood creations range from \$6 for magnets up to \$250 for larger, more complex pieces.

The couple said they get a great deal of satisfaction from their craft.

"We get paid in compliments and being thanked for being there," Aryn said. She also delights in thinking about the person who will buy an especially pretty piece as it is being crafted. "Their face will light up and they have to have it," she added.

Courtney said, "I have had highly touching and emotional experiences, talking about people's loved ones that were woodworkers and shop teachers that come by and give you an attaboy." He explained that these comments are the ones that he really finds uplifting.

For beginning artists, Courtney offers some basic advice. "It's about the work. Art equals work. Whatever you do, it's about working at it."

Meanwhile, Aryn has this suggestion for artists who are trying to sell their work: "You have to be open and willing to listen to what people want" in order to set yourself up for success, she said.

More information about their work can be found at longshadowwoodworks.com.

Allie Rykken



St. Anthony Park resident Allie Rykken is a watercolor artist who captures serene scenes in nature — including ski trails, trees and water — in addition

to iconic spots in the Twin Cities.

Rykken grew up in Como Park. A whimsical art teacher in middle school sparked her blossoming interest in art, Allie recalled. After taking an Advanced Placement art class at Minnehaha Academy, Rykken pursued an art degree at the University of Minnesota.

Although Allie loved the experience, she was not sure what she wanted to do after she completed her degree.

Eventually, Rykken took a position at The Loppet Foundation where she has worked for the past 14 years, sharing her passions for art and the outdoors with program participants of all ages.

However, after putting her own art on the back burner for several years, Rykken

thought she might regret not including more art in her life. She connected with other artists to learn how they incorporate art into their everyday lives.



Pines and Petals by Allie Rykken.

At that point, Allie decided to intentionally set aside and devote small bits of time to her own creative journey whenever possible.

After participating in the Art in Bayfront Park festival in Duluth last August, Rykken realized she thoroughly enjoyed being part of an art community.

Rykken displays and offers her work at art fairs and through diapersforrosemary.etsy.com, her Etsy shop. She also sells paintings of ski trails at FinnSisu, a Nordic ski shop in Lauderdale.



Silver Star by Allie Rykken.

Additionally, Allie's greeting cards are available at The Trailhead at Theodore Wirth Regional Park in Minneapolis. Prints sell for \$20 to \$75 while original works range from \$150 to \$1,000.

Rykken admitted she is her own worst critic. "It is so tempting to want to be really good at something before you share it," she reflected. "Everyone has higher standards for themselves than they need to."

Satisfaction comes from finishing a piece despite having a lot of doubt along the way, she said.

"In a fast-paced, somewhat negative world, feeling like I can slowly create something positive and beautiful brings me a lot of joy and peace," she said. Rykken added that it allows her to share these beautiful places with other people, which is an important component of her work.

Rykken and her husband Kevin have two children (Rosemary, 8, and Bennett, 4) along with a cat named Buddy. She enjoys participating in challenging outdoor pursuits including trail running, cross-country skiing and long-distance canoe racing.

Visit sapfest.org for more information, a detailed schedule, a festival map or to make a donation. ■

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

Snapped a great pie at SAP Art Fest?

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ST. ANTHONY PARK 56TH ARTS FESTIVAL

Directory of artists, music and activities on June 7



Presented by:



Ceramics

- 1 Sarah Lenz
- 5 Heidi Van Schooten
- 15 Wendy Eggerman
- 23 John Steger
- 36 Mary Green
- 41 Susan Koehler
- 52 Iris Shaker-Check
- 59 Karis Montanez

Fiber & Wearable

- 4 Barbara Schendel-Kent
- 24 Barbara Geurink
- 27 **Jacques Elate Joss***
- 53 Kelly Radotich
- 60 Stephanie Friant

Glass & Enamel

- 54 Warren Slocum

Henna Tattoos

- 50 Mehndi Made Memories

Jewelry

- 2 Alexis Love
- 6 Edvin Niz
- 10 Melanie Lieb
- 12 Bob Carter
- 16 Amy Pogue Brady
- 18 Kristin Hall
- 20 Erin Smouse
- 25 Alicia Randazzo
- 29 Ann Aas
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- 37 Emma Baker
- 40 Jenny Levernier
- 43 Judy Christensen
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Mixed Media

- 3 Aaron Noble
- 8 Annette Stephens
- 11 Jean Haefele
- 26 JobyLynn Sassily-James
- 32 Josie Wilkening
- 38 Laura Burlis
- 55 Maggie Cunniff

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- 3 Allison Eklund
- 13 **Allie Rykken***
- 14 Anjana Parua
- 17 Amber McDowell
- 30 Christy Dickinson
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- 22 Emily Koehler
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- 63 Thomas Sack

Wood

- 19 **Aryn Kern***
- 35 Peter Dirks
- 62 Gwen Comings
- 65 Robert Offord

* 2025 Featured artist

All Day Activities

St. Anthony Park Foundation Craft Tent
Library Lawn

Bachman's - Bloom Squad
Library Lawn

Terra Firma Lawn Games
Luther Lawn

Mural Painting by Wes Winship of Burlesque of North America
Luther Lawn

Scheduled Activities

Storytelling (for all ages) with Alisa Mee
10 am-11:00 am
Library Stage

Drag Storytime with Dona Pepa
11 am-Noon
Luther Lawn

Beer & Mead Tent
(All ages welcome!
21+ wristband required)
11:00am-8:00 pm
Luther Lawn
(Featuring: Dual Citizen, Bumbling Fools, Hobby Farmer, Urban Growler)

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Tiger Belly Eats food truck
Best Way
Abogados Café LLC
Lemon Heaven
Diventuri concessions
HomeTown Creamery
Tibet Momo
Carnaval Mexican Grill
Hobby Farmer Foods

Music Lineup

Library Stage

- 11 AM Sweet Rhubarb
- Noon Ina-Yukka
- 1 PM Barrel Flash
- 2 PM The Northerly Gales
- 3 PM Omar Abdulkarim Group featuring Ted Olsen
- 4 PM Pig's Eye Jazz Band

Seminary Stage

- Noon Dan Chouinard & Ann Reed
- 1 PM Madameblu
- 2 PM Mary Cutrefello
- 3 PM Doug Collins & The Receptionists
- 4 PM Second Hand Dan
- 5 PM The May North
- 6 PM Adam & Ava Levy

Community Booths

- 21 Carter Frame Shop
- 46 SAP Community Foundation
- 48 St. Paul Public Library (SAPBLA Book Sale)
- 51 Evie Carshare
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- 74 SAP Area Seniors
- 75 St. Paul Parks & Rec
- 76 MidCity Farmers Market
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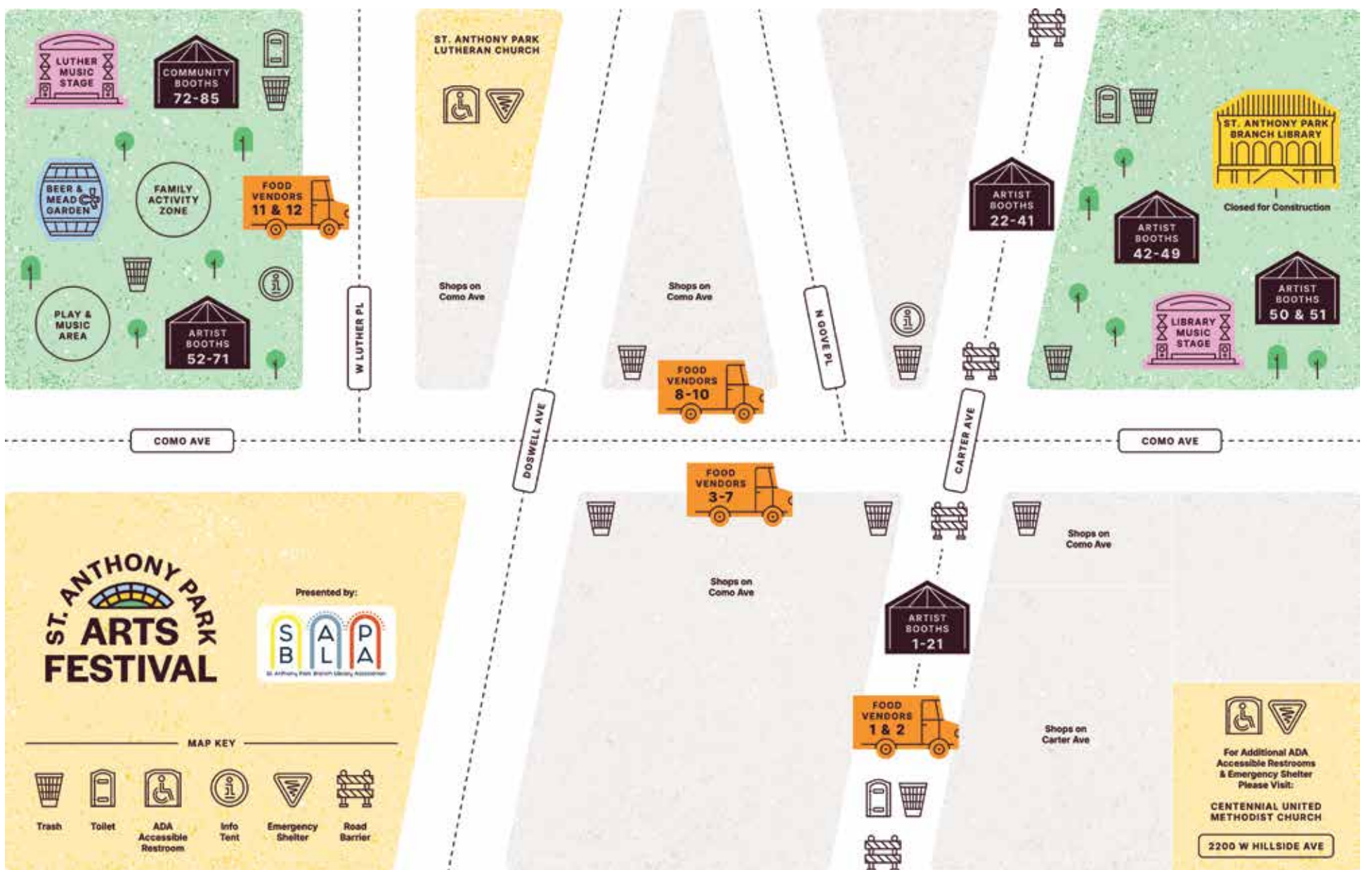
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ST. ANTHONY PARK 56TH ARTS FESTIVAL



New murals coming to Chroma Zone

The sixth annual Chroma Zone Mural & Art Festival returns in 2025 with nine new murals, a visiting artist talk in June, and three days of events and tours in mid-September in the Creative Enterprise Zone district in St. Paul.

The new Chroma Zone murals will be created by six local, one national, and one international muralist, with painting on commercial buildings beginning in May and leading up to free artist-led tours and events Thursday through Saturday, Sept. 18 to 20, 2025.

Argentine muralist and Chroma Zone alum Mariela Ajras, known for her giant mother and child portrait on The Wycliff building, kicked off the festival the week of May 19 by painting two new murals to add to her “Motherhood and Migration” series (making it our first triptych) and presenting “Let her paint from subject to authorship, Latin American women muralists” from 7 to 8 p.m. on Monday, June 2 at New Studio Gallery, 2303 Wycliff St.

Murals by local artists Biafra Inc., Mike Davis, Xena Goldman, Cadex Herrera, Pablo Kalaka, and Christina Vang will follow over the summer with Denver-based muralist Anna Charney painting the final week, Sept. 15-20, 2025.

The Chroma Zone festival is produced by the Creative Enterprise Zone (CEZ), a city-recognized district and nonprofit with a mission to attract and support creative people and businesses.

Since 2019, the Chroma Zone festival has fostered creative, cultural and economic development by commissioning outdoor murals on commercial buildings in the Creative Enterprise Zone district. The historically industrial district is now growing a residential and small business community in south St. Anthony Park and West Midway in St. Paul.

The Chroma Zone district has produced 62 murals to date: 75% by local artists, 77% by Black, Indigenous and People of Color (IPOC) artists, and 50% by women/nonbinary artists.

Muralists for 2025 are:

- Mariela Ajras (Buenos Aires, Argentina) marielaajras.com
- Biafra Inc. (Saint Paul) biafrainc.com
- Anna Charney (Denver, Colorado) anna-charney.com

- Mike Davis (Minneapolis) @mike2600
- Xena Goldman (Minneapolis) xenastuff.com
- Cadex Herrera (Saint Paul) cadexherrera.com
- Pablo Kalaka (Minneapolis) elkalaka.com
- Christina Vang (Minneapolis) labangstudio.com

Plus, a commissioned LEGO® art block (mosaic) mural by Brian Kelley of Young Builders & Designers will be displayed at festival events in September.

Mural site locations and schedules are listed (subject to change) on the Chroma Zone Mural & Art Festival website at chromazone.net. ■

Submitted by the Creative Enterprise Zone.



A close up of Unci Maka, Chroma Zone, 2021 by Thomasina Top Bear. (Location: Murphy Rigging, 2299 W. Territorial, Saint Paul) Photo by Ja James.



LOVE, Chroma Zone, 2019 by Cey Adams. (Location: Hampden Park Co-op, 928 Raymond Ave., Saint Paul) Photo by Alex Olson.

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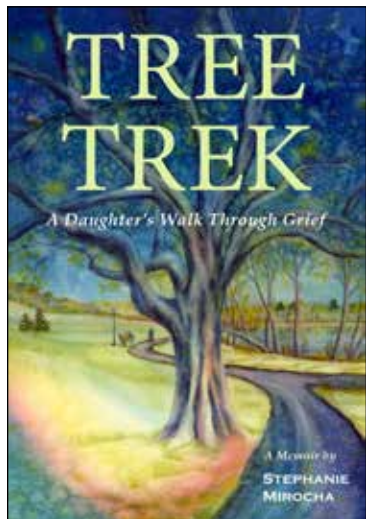
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LIBRARY CORNER



Daughter celebrates nature and father's life in memoir

By Scott Carlson

When Stephanie Mirocha signs copies of her new book "Tree Trek: A Daughter's Walk through Grief" at the Como Zoo's gift shop, Safari Gifts, on June 20 from 1:30 to 3 p.m., her appearance will be a homecoming of sorts.

Although she has been a visual artist living for many years in Aitken, Stephanie's roots are firmly in Como Park. It's where she grew up, attending schools, biking to the St. Anthony Park Library and doing other activities.

These days, Stephanie still has ties to Como Park, leading educational nature talks called "Tree Treks," an activity she picked up from her father, Chet, founder of "Tree Trek" talks and leader of them from 2004 to 2013.

Chet, who was a professor at the University of Minnesota-St. Paul campus, died in 2019. Stephanie picked up her father's nature legacy in June of 2020.

"I have always loved nature on many levels," Stephanie said. "My dad and I shared a deep bond which included a poetic and appreciative love of nature, including trees."

"A few years before he died, I began to take great interest in the scientific aspect of nature," Stephanie said. "At this point I had been a professional artist for 20 years based in Aitkin. In my work up to this point, I carefully observed what I was painting, followed scientific principles when painting reflections, shadows and using perspective."

"But I did not know the science of trees, including its nomenclature and amazing variety of characteristics."

"Besides leading Como Park Tree Treks, my volunteer work in the park includes an expansion of the self-guided aspect of Tree Trek, first initiated by my dad who labeled 18 trees," she said.

For the expanded labeling proj-



Stephanie Mirocha demonstrates leaf tutorial at a 2023 Tree Trek talk. Photo by Shevek McKee.

ect, the District 10 Como Park Community Council added new signs. The park now has 41 labeled trees, "and last year I completed another project of creating write-ups for all of those labeled tree species," Stephanie said.

The same summer after receiving her master naturalist certification, Stephanie revived the Como Park Tree Trek program first initiated by Chet.

"What I found to be unexpected was that, while my park activities were thoroughly enjoyable, they

also had much to do with processing my grief," she said. "My new book shares my own grief story that I found in nature in my walks through the trees in the park."

A few years into her master naturalist activities in Como Park, Mirocha said she felt a strong sudden urge to write about her park projects, which including the very personal story of her deep grief at losing her father.

"I spent about six weeks intensively letting the story flow through me, pouring out in words the in-

tensity of my feelings and thoughts," Stephanie said. "I then edited the manuscript over the next year or so, finally submitting it to publishers in 2023." The book's publisher is Holy Cow! Press of Duluth.

For more information about Mirocha's career and art, including a gallery of her paintings and work for children's picture books, visit her website: stephaniemirocha.com. ■

Scott Carlson is managing editor of the Bugle.



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More information at sapbla.org.



Calvary Cemetery

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Open House

Wednesday, June 25

10:00am - 1:00pm

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Saint Paul, MN 55103
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To learn more about Calvary Cemetery please visit Catholic-Cemeteries.org/Calvary

Don't forget our Bugle readership survey!

By Scott Carlson

If you overlooked or neglected completing the Bugle's first readership survey since 2018 last month, you have another chance to offer your feedback.

Think of it as an extra chance to take a bite of the feedback apple.

The anonymous survey takes only a few minutes to complete, and your feedback is very important. It will help shape the Bugle's news coverage and make it an even better resource for our community.

To participate, fill out the survey and mail it to: Reader Surveys, P.O. Box 8126, St. Paul, MN 55108.

You can also scan the QR code to the right or visit surveyMonkey.com/r/B9PNDSF.

Plus, one lucky survey participant in our prize drawing will win a \$50 gift card to Bolé Ethiopian Cuisine.

To be eligible for the prize drawing, please include your name, email,

and address — a delicious reason to let your voice be heard!

We look forward to receiving your feedback as we endeavor to make the Bugle your community newspaper that informs and serves you. ■

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: _____



EVENTS AND MORE

Compiled by Kathy Henderson

St. Anthony Park Arts Festival

10 a.m. to 5 p.m. on Saturday, June 7, at Como and Carter avenues. Artists, musicians, food and more. Details: sapfest.org (Editor's note: See stories on SAP Arts Festival throughout this issue of the Bugle.)

Shadow Falls Art Fair

9 a.m. to 3 p.m. on Saturday, June 14, at Otis and Exeter avenues, Union Park neighborhood. Ceramics, pottery, photography, painting, fabric art, weaving, along with food vendors and musicians. Details: shadow-falls-arts.mailchimpsites.com.

MidCity Farmers Market

4 to 8 p.m. every Wednesday, June 4 to Sept. 24, at 693 Raymond Ave. (MidCity Kitchen parking lot). Locally grown produce, artisanal foods, handmade goods and more. EBT/SNAP and Market Bucks accepted.

Neighbors of Alden Square

Alden Square Park, 1169 Gibbs Ave.

Kismet Rendezvous concert and local talent show:

6:30 to 8 p.m. on Friday, June 13. Bring a blanket or chair, your own beverage and cash for tips. Cookies served. Children and pets welcome.

Game night:

6:30 to 8 p.m. on Friday, June 27. Badminton, volleyball, croquet, cornhole, soccer and table games. Bring your own beverage and a snack to share.

St. Anthony Park Garden Club

Plant Sale: 9 a.m. to 1 p.m. on Saturday, June 7, at Como Avenue and Luther Place (across from Speedy Market). Annuals, veggies and house plants plus hostas grown in the SAP Library garden. Cash and checks preferred.

Garden Tour: 10 a.m. to 3 p.m. on Saturday, June 28. Staggered start times. Tour 10 gardens featuring rain gardens, native plantings, sunny and shady spaces, and water features. Artists and musicians at most locations. \$15; children 10 and under free with adult supervision. Attendance is limited. Tickets: stanthonyparkgardenclub.com/garden-tour.html.

Transition Town - All St. Anthony Park

Join your neighbors on Sunday afternoon, June 1, to experience how easy and convenient the public transit system can be. Destination: Weisman Art Museum, University of Minnesota, Minneapolis.

Meet at 12:45 p.m. at the bus stop in front of the SAP Library, Como at Carter Avenue to catch the 1:17 p.m. bus. While waiting for the bus, hear tips for using public transit and have your questions answered by knowledgeable guides.

The group will leave the museum at 3 p.m. to take the 3:15 p.m. bus back to the library stop. Bus fare is \$2; \$1 seniors, youth, mobility. Fare

applicable for the 2.5-hour transfer window/round trip. Museum entry is free.

Next Chapter Bookseller

Minneapolis author Alison McGhee reads from "Weird Sad and Silent," a children's middle-grade novel, at 6 p.m. on Tuesday, May 27, at Next Chapter Booksellers, 38 Snelling Ave. S.

Community Sing

Musician Dan Chouinard and singer-songwriter Ann Reed lead a free community sing at 7 p.m. on Monday, June 16 at St. Matthew's Episcopal Church, 2136 Carter Ave.

Women's Drum Center

Something new: Buckets and Bottles Jam! Cut loose and explore this popular style of street performance to create easy, exhilarating grooves. No experience necessary. For ages 16 and older. Buckets and bottles provided. \$15. 6:30 to 8 p.m. on Friday, June 20, at 2242 University Ave. W. womensdrumcenter.org.

Age-Friendly University Day

8 a.m. to 2:15 p.m. on Monday, June 23, at McNamara Alumni Center, University of Minnesota Minneapolis campus. Continental breakfast, lunch, speakers and resource information booths targeted to retirees and lifelong learners. \$25 or free via zoom. Agenda and registration: sph.umn.edu/events-calendar/age-friendly-university-day/.

Como Park 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. comozooconservatory.org.

Sunken Garden: Spring Flower Show ends June 8. Summer Flower Show runs June 13 to Sept. 14.

Senior Strolls: 6:30 to 8 p.m. on Tuesday, June 10, and 9 to 10 a.m. on Tuesday, June 16. Special time reserved for adults ages 55+. Online registration is no longer required.

Groovin' In The Garden: Outdoor concerts and activities from 6 to 8 p.m. on Wednesdays as scheduled from June 11 to July 30 in front of the conservatory. Free. Refreshments available for purchase.

- **Innocent Reggae Band**, roots reggae. June 11.
- **Maria & The Coins**, singer-songwriter Driven Pop Hooks. June 18.
- **Flamin' Oh's**, Minnesota music legends. June 25.

Como Town: Rides and attractions at this family-friendly amusement park next to Como Zoo are open for the season. Find details online at comotown.com.

Dock and Paddle

Como Lakeside Pavilion, 1360 Lexington Parkway N. Join in "The Initials Game Live" from 7 to 8:30 p.m. every Thursday. A free weekly trivia game where players guess initials of people, places and things. Find the full summer music and entertainment schedule online at dockandpaddle.com.

Gibbs Farm

Pathways to Dakota & Pioneer Life exhibit reopened 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.

Senior activities

St. Anthony Park Area Seniors offers a mixture of in-person, virtual, and hybrid activities during June.

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 Tuesdays, June 3, 10, 17 and 24, and from 2 to 3 p.m. on Thursdays, June 5, 12, 19 and 26 at Centennial United Methodist Church, 2200 Hillside Ave. W. Call the office or email to register.

Senior exercise: Exercises from the Arthritis Foundation: 2 to 3 p.m. on Wednesdays, June 4, 11, 18 and 15 at the Lauderdale City Hall, 1891 Walnut St. Call the office or email to register.

Game Day: Coffee and board games: 10 to 11:45 a.m. on Friday, June 6, and Tuesday, June 24, at 2200 Hillside Ave. W.

Handiwork Group: Note: Change from library location: 10 a.m. to noon on Thursday, June 12, at 2200 Hillside Ave. W. Bring your own supplies and drop in to knit, crochet, embroider and socialize with your neighbors. Contact the office for more information.

Dinner show: 3:45 to 7:30 p.m. on Thursday, June 12. Crooner's Supper Club presents "Yearbook: Class of '77" (nostalgic songs from 1973-1977). No charge to attend; transportation, dinner and show are all included. Registration is mandatory and space is limited. Priority to people ages 60+ who live in the SAPAS service area. Email sc@sapaseniors.org to register.

Equal Portions: Noon to 1:30 p.m. on Thursday, June 19, at St. Matthew's Episcopal Church, 2136 Carter Ave. Catered luncheon and presentation. \$15. Contact the office to register by June 11.

Poetry Group: 9:30 to 10:30 a.m. on Friday, June 20, at 2200 Hillside Ave. W. Contact the office for more information.

Hybrid:

Grief and Loss Support Group: 10 to 11 a.m. on Thursdays, June 5, 19 and 26. No meeting June 12. 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, June 25. Call the office or email for Zoom link. ■

Kathy Henderson is a freelance writer for the Bugle.



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Add your neighborhood event to our online calendar!

Go to:



TRANSITION TOWN

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

Rain gardens capture water, fight pollution: What's not to love?

By Kerry Morgan

June marks the rainiest month of the year, when an average of 4.34 inches falls in the Twin Cities.

But averages reflect the past, and today we're experiencing longer droughts and heavier rainfalls due to climate change.

Conserving water and dealing with large volumes of stormwater are growing concerns, especially when the runoff contains pollutants like dirt, fertilizers, pesticides, pet waste, chemicals and garbage.

These pollutants can't be traced to just one specific source; they travel along hard surfaces and end up in our lakes and rivers.

While there's no singular solution for water pollution or a perfect strategy to prepare our infrastructure for unprecedented volumes of water, there is a relatively inexpensive and accessible option for almost anyone with a yard: installing a rain garden, or two.

Rain garden basics

Unlike regular gardens, rain gardens are low-lying areas designed and planted to temporarily hold rainwater that flows from roofs, driveways, patios, lawns, and even streets. Properly constructed, they let the collected water seep into the ground over a 24- to 48-hour period (too quickly for mosquitoes to breed).

The vegetation and soil slowly percolate and filter the water, recharging the groundwater supply and removing pollutants that might otherwise reach a local waterway.

Several factors play into the design of a rain garden: site, size, shape, soil and plant selection. Native shrubs, grasses and wildflowers provide the greatest ecological benefit since they are already well adapted to the local environment, require no fertilization, have long

roots to help prevent erosion and will attract the widest variety of pollinators and birds.

The University of Minnesota Extension offers useful guidelines (See extension.umn.edu/landscape-design/rain-gardens) and soil testing. Rain garden templates are available from the nonprofit Blue Thumb, which also hosts free or inexpensive online and in-person workshops (bluethumb.org).

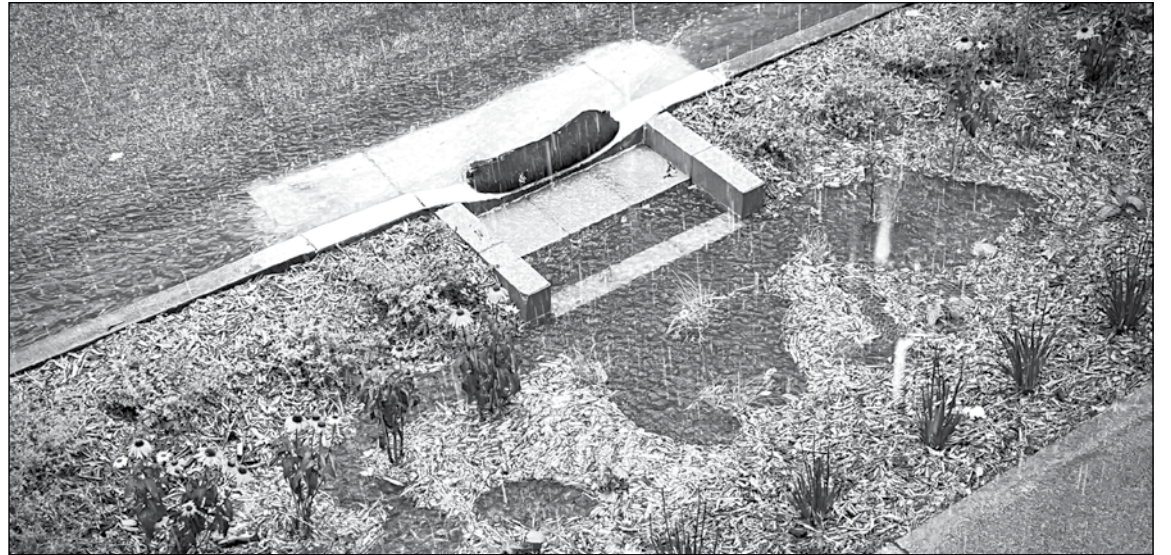
Local resources make it easy and affordable

A rain garden can be a self-funded DIY project, but watershed districts may offer property owners technical and financial assistance.

Most of the Bugle's readers live within the Capitol Region Watershed District (CRWD), and they have taken advantage of these cost-sharing grants for decades, with almost 50 rain gardens in St. Anthony Park supported by CRWD grants (capitolregionwd.org/grants/clean-water-project-grants).

Two-time recipients of CRWD grant funding are north St. Anthony Park residents Maria Wolff and Eric Kloos.

More than 15 years ago they used a Clean Water Project grant for a backyard rain garden. That success inspired them to apply again, this time for a curb-cut boulevard rain garden. These are installed between the sidewalk and roadway



The newly installed curb-cut rain garden at the Wolff-Kloos residence at 1521 Chelmsford Ave. is helping filter stormwater, reduce local flooding and beautify the neighborhood. Photo by Eric Kloos.

and require coordination with a city's public works department to open the curb.

For the Wolff-Kloos family the whole process, from application to installation, took about 10 months. As a homeowner, they paid only 5% of the cost.

Wolff has been pleased with the results. Little maintenance is required: weeding in the late fall, leaf removal in spring and removing street debris at the inlet monthly.

And the effects were immediate.

After rainstorms, "the water is absorbed in a matter of hours," Wolff said, and they see "a lot of pollinator action in late summer, with monarchs and bees specifically."

CRWD, which monitors the curb-cut rain gardens, reported that the 145-square-foot rain gar-

den diverted 2,722 cubic feet of stormwater in one year.

CRWD has coordinated over 300 new curb-cut rain gardens in its watershed. Some are part of a major street renovation, such as the reconfiguring of Raymond Avenue in 2015 that established the two large community rain gardens maintained by the St. Anthony Park Community Council.

These recently revitalized rain gardens, along with the sizable curb-cut boulevard rain garden at

2350 Bayless Place, will be featured in the upcoming St. Anthony Park Garden Club Tour on Saturday, June 28, from 10 a.m. until 3 p.m.

Perhaps a walk through the neighborhood will inspire you to apply for your own Clean Water Project Grant. ■

Kerry Morgan is a board member of the St. Anthony Park Community Council, a Ramsey County master gardener and a Minnesota water steward.

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LIVES LIVED

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



Merle Abrahamson

Merle Roy Abrahamson, 81, died April 10, 2025. He grew up in the Como Park neighborhood.

Merle served as a staff sergeant with the U.S. Army National Guard and dedicated 31 years to teaching in the St. Paul Public Schools.

Merle was known for hard work, generosity and willingness to help others. As a young man he helped with his father's masonry business and restored a Ford Model A that he proudly drove on his wedding day.

Merle taught driver's education and later built a remote cabin in northern Minnesota where he spent summers with friends. He also found joy in travel — cruising to Alaska, Europe, Central America, the Caribbean — and treasured time with loved ones across Minnesota and in Florida.

He was predeceased by his wife, Joyce. He is survived by sons Craig (Dena) and Cary (Whitney); three grandchildren; and brother Robert (Delores).

Memorials may be made to St. Jude Children's Research Hospital.

Joel Geist

Joel Geist, 66, formerly of St. Anthony Park, died April 16, 2025, at his home in San Diego.

He graduated from Murray High School, then earned a bachelor's degree from the University of Minnesota Duluth and a master's degree from the University of Minnesota Twin Cities. After many years at U.S. Bank in Minneapolis, Joel retired in 2021 and moved to San Diego, where he and his wife enjoyed hiking and camping.

He was preceded in death by his father Raymond Geist. Survivors include wife, Rhonda; daughter Nicole (Trevor Ochs); and newborn granddaughter Savanna; mother, Gay Geist of Roseville; sister Julie (Mark Drew) of Boise, Idaho; sister Liz (Dick Wehrs) of Peoria, Illinois; and brother Tim Geist (Katie) of Whidbey Island, Washington.

Lucille Hammer

Lucille E. Hammer, 98, born on March 5, 1927, died on April 13, 2025.

Lucille had a distinguished career as executive administrator

in education, health care and city government. She was a long-time board member of Spire Federal Credit Union (now Blaze Federal Credit Union) and Professional Secretaries International.

Friends and family described Lucille as lovely and lively, spunky, brilliant, spitfire, poetic writer, determined, kind, stubborn, clever, a snappy dresser, firecracker, mentor, youthful looking, true friend and honest to a fault.

She was preceded in death by Bob Hammer, husband of 67 years; and brothers Bill and Mike Hafner. She is survived by sons Bob (LeAnne) and Jerry (Debby), and daughter Mary Beth (Bruce Riebe); six grandchildren; and eight great-grandchildren; as well as her sister Mary Ann (Don) Pojar and sisters-in-law Gloria Hafner and Elaine Hafner.

Mass of Christian Burial was celebrated at Holy Childhood Church. The family thanks the entire Lyngblomsten family for embracing Lu with outstanding care and love.

Harlan Klante

Harlan Klante, 88, of Crosby, formerly of Roseville, died April 12, 2025.

He was preceded in death by wife, Mary; parents Agnes (Zaske) and William Klante; and sister, Shirley Nelson.

Harlan is survived by his children: Julie (Phillip) Cain, Harlan W. (Sue), Jill (Steve) Krause, Jody (Bobby) Rogers, and Janel (Jon) Dorn. He is also survived by 10 grandchildren and 25 great-grandchildren; brothers Glen and Vern Klante; and sister, Detta (John) Comnick; and special friend Carol and family.

Harlan was a longtime member of Sheet Metal Workers Local No. 10, an avid deer hunter, snowmo-

biler, card player and beloved family man.

His funeral service was held at Como Park Lutheran Church, with interment at Roselawn Cemetery.

Joy Narum

Joy Ramlo Narum was born in 1929 and died March 30, 2025, after years of battling rheumatoid arthritis.

Joy and Paul lived most of their lives and raised their family in Roseville. Joy was a lifelong, passionate elementary school teacher, having earned her education degree at the University of Minnesota.

Joy is survived by son David (Carol), three granddaughters and a great grandchild. She was preceded in death by her husband, Paul, in 2003, an infant son, and a son, Mark John, in 1982.

A memorial service was held at St. Timothy Lutheran Church, where she had been a long-time, active member.

Lois Picard

Lois M. Picard died April 21, 2025. The daughter of Leona and Arthur Lidberg, she was born on June 4, 1944, in Browerville, Minnesota.

She and husband, David, were a proud team for over 50 years of marriage, until he preceded her in death in November of 2017.

Lois is survived by her three children Jonathan (Kelly) Picard, Jennifer (Greg) Harvey, and Benjamin Picard; her mother Leona Lidberg; siblings Larry (Mary), Allen (Liz), Michael (Carol) and Keith (Shelly); sisters-in-law Anne and Mary (Ed); and five grandchildren.

Mass of Christian Burial has been held at St. Cecilia's Catholic Church. Memorials preferred to Maplewood Monarchs, c/o Ev Osten, 2397 Queens Dr., Woodbury, MN 55125.

Brian Walden

Brian Lee "Gor" Walden, 75, died April 28, 2025. He was born in St. Paul to Ruth and Herbert Walden on Nov. 23, 1949. He graduated from St. Paul Johnson High School in 1967 and received a bachelor's degree from Gustavus Adolphus College in 1971.

He married Nancy Gail Barber, on Aug. 1, 1981.

Brian was a lifelong artist, potter, inventor, wood turner, craftsman, photographer and outdoorsman. He sold his pottery at the Minnesota Renaissance Festival and Uptown Art Fair, among other places. He enjoyed making handcrafted gifts for friends and family.

Brian had a long career as a journeyman commercial industrial electrician at Arcade Electric.

He was predeceased by his mother Ruth Walden; father Herbert Walden; stepmother Josephine Walden; brother Myron Stabenow; sister Karen Taylor; stepsister Joan Gross and brother-in-law Dick Dalton. He is survived by his wife of 43 years, Nancy Barber Walden; sister Kathy Dalton and sister-in-law Jane Barber.

A memorial service was held at St. Anthony Park Lutheran Church. Memorials preferred to the Alzheimer's Association (alz.org) or Gillette Children's Hospital (gillettechildrens.org).

Anders Himmelstrup memorial

A memorial service for Anders Himmelstrup, who lived in St. Anthony Park for 55 years, will be held at 11 a.m. on Friday June 20 at St. Anthony Park United Church of Christ, 2129 Commonwealth Ave.

He is survived by his wife of 64 years, Julie. The couple lived the past six years at Waverly Gardens. A full obituary will appear in the July Bugle. ■

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Community Worship Directory

❖ CENTENNIAL UNITED METHODIST CHURCH—ST. ANTHONY PARK CAMPUS

2200 Hillside Avenue, 651-633-7644

www.centennialumc.org

Worship online and in-person

Sundays at 10:30 AM

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

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❖ ST. ANTHONY PARK LUTHERAN CHURCH

2323 Como Avenue West, 651-645-0371

Pastor Jill Rode and Pastor Daniel Tallon Ruen

Web, Facebook and Instagram: *SAPLC*

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

Sunday worship in-person: 9:30 AM

Wednesday community dinners: 5:00 PM

Summer Music School for all ages: Wednesdays

beginning 6/11. Register at saplc.org/Music

❖ ST. ANTHONY PARK UNITED CHURCH OF CHRIST

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

www.sapucc.org

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

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❖ ST. MATTHEW'S EPISCOPAL CHURCH

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

www.stmatthewsmn.org, Facebook: *stmatthewsmn*

Sunday morning Eucharist 10:30 AM

Starting June 1, outdoors in College Park

Wednesday Eucharist: 12:00 NOON followed by lunch

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

50-years: International Institute of Minnesota

Fifty years ago, the fall of Saigon officially ended the Vietnam War, marking a seminal moment in modern history. The exodus of hundreds of thousands of people seeking safety and freedom in Vietnam, Laos and Cambodia, among other Southeast Asian countries became a way forward for those who fled and those in the United States wanting to help.

On the other end of the world, the International Institute of Minnesota stepped up to assist those displaced, beginning a half-century-long commitment, eventually resettling over 26,000 refugees to our state.

In the decades since, the Institute became a leader in resettlement in Minnesota, and the United States cemented itself as the worldwide leader in refugee admissions. In January of this year, a presidential executive order suspended refugee admissions and the federal resettlement program.

How it All Began

On May 6, 1975, a family of 11 arrived from Vietnam, becoming the first refugees sponsored by the Institute. Since the law at that time greatly restricted refugee admissions, and a formalized federal program was not yet in place, resettlement relied on a community-based approach.

In Minnesota, this approach involved the Institute's teaming with leaders from a range of social service groups, government agencies, faith communities and volunteers. Across the country, similar partnerships created an ad hoc approach to resettlement.



International Institute of Minnesota's current building, 1694 Como Ave. Submitted photo by International Institute of Minnesota.

The ingenuity, resourcefulness and an altruistic spirit of these partnerships made resettlement possible throughout this period. However, due to the informal nature of the process, resources and assistance varied. The Refugee Act of 1980 streamlined resettlement and created a more equal disbursement of funding and resources.

Back in 1975, much of the planning and preparations included Olga Zoltai, an Institute staff member and former refugee who strongly believed in the Institute's ability to provide leadership. The Institute fundraised and planned for the influx of arrivals by hiring its first Vietnamese case worker, Nga Truitner, who quickly became an invaluable asset. Although her title was case worker, Nga became so much more than that as she provided emotional support, en-

couragement and even relationship advice to her clients.

After surviving war, and being forced out of their homes, seeing someone like Nga who spoke their language and knew their customs provided comfort to the new arrivals. Nga and the Institute's hard work did not go unnoticed, as Gov. Wendell Anderson commended the resettlement efforts.

In 1976, a year after the first Vietnamese refugees were resettled, other groups negatively impacted by America's military involvement in Southeast Asia began to make their way to Minnesota.

Leng Wong was the first Hmong refugee the Institute resettled, and within just four years, he was joined by 10,000 other Hmong individuals. Today, the Twin Cities has the largest Hmong population of any

U.S. metropolitan area, according to the Pew Research Center.

Once forced to move across the globe to a place with frigid winters and an unknown language, the Minnesota Hmong community has since become an essential part of the cultural and economic fabric of our state. From local and state elected officials to teachers, business owners, artists and U.S. Olympians, Minnesota has benefited greatly from of the half century of contributions from the Hmong community.

Institute Grows to Meet Needs of New Americans

In the decades since the Institute's first refugee arrivals, the Institute has grown our services to meet the evolving needs of the New Americans being resettled. As the demographics and locations of displaced people changed, so did the Institute and our programs.

The Institute created workforce development programs to train New Americans for jobs in sectors that urgently needed workers, especially nursing assistants and health aides. The Institute has established itself as a recognized leader in new American workforce development and provides the sup-

port needed for immigrants and refugees to succeed and strengthen communities across the state.

Refugee resettlement continued to be an essential service the Institute provided before the program's recent suspension by executive order. To prepare for an expected halt in refugee admissions following the new presidential administration, the Institute resettled over 900 refugees in the final 15 months of the program.

While we pause refugee resettlement, the Institute continues offering its comprehensive classes, job trainings and immigration services to new Americans already living in Minnesota. We will adapt, as we always have, to ensure new Americans are given the resources and services they need to be self-sufficient and strengthen our state.

As we honor the 50-year anniversary, we recognize the legacy and contributions of more than 26,000 refugees sponsored by the Institute since 1975 and that of other refugees who arrived through other charitable organizations and means. ■

Submitted by the International Institute of Minnesota.

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Ramsey County's new environmental recycling center

Reusing and recycling is now easier for Ramsey County and other metro area residents with the opening this spring of the new Environmental Center.

The new 29,421 square-foot facility offers free disposal of household recyclables, household hazardous waste, electronics, food scraps, scrap metal and more.

Residents can come inside the Environmental Center to peruse the Product Reuse Room, where things like paint and cleaning supplies that are still useable when dropped off are available to anyone for free.

"People who come by the Environmental Center will see the culmination of years of work to make it easier for residents to reduce, reuse, repair, recycle and keep hazardous materials out of

our environment," said District 7 Commissioner Kelly Miller. "They will experience an innovative place for environmental services, learning and activity. They will also glimpse what we think will be the standard for how these activities are delivered in the future."

The Environmental Center is at 1700 Kent St. in Roseville, a convenient and accessible drive from anywhere in the county.

Responses to community surveys showed staff there was a need for the Environmental Center. As the building was planned, additional resident feedback was sought and incorporated along the way.

Convenience and sustainability were listed as highly important to residents who took the surveys. Some conveniences include:

- A drive-through area to drop off household hazardous waste and electronics at the same time. This enclosed, climate-controlled drive-through makes drop-offs comfortable throughout the year.
 - A self-service drop-off area for household recycling, food scraps and more.
 - A product reuse room to pick up reusable cleaning supplies, paint etc.
 - Indoor space for Fix-It Clinics and community education.
- The Environmental Center was built sustainably from the ground to the roof. Some features include:
- Recycled road materials, which were used as a base for construction.
 - Compost containing material from Ramsey County food scraps for soil and landscaping.



The new Ramsey County Environmental Center is open! Free for residents of Ramsey, Anoka, Carver, Dakota, Hennepin, Scott and Washington counties. Photo by Ramsey County.

- Geothermal heat and solar panels, which reduce the building's carbon footprint.
- Native trees and other plants.
- Stormwater pond filters, which clean and cool precipitation runoff before it rejoins the water table.

Learn more about the Environmental Center and Ramsey County's recycling and reuse programs at ramseyrecycles.com. ■

Submitted by Casper Hill, Ramsey County media relations manager.

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Bugle donations closing for 2024-25

The Bugle's fundraising for 2024-25 is coming nearly to an end with the current fiscal year closing on June 30 and we thank you for your generous contributions!

From July 1, 2024 to March 6, the Bugle has raised \$50,020 in donations from individuals and businesses toward our fund drive goal.

Your much-appreciated donations support the Bugle's ongoing operations. Each month the Bugle staff

strives to keep you well informed on a wide array of community news and information.

We thank you all for your financial support and confidence. There is always time to join in supporting your community newspaper. Every gift matters.

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

Latest donors for the Bugle's 2024-25 fiscal year are:

Individuals

- Mary Boyd-Brent
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- Andrew & Allison Eklund
- Bjorn & Britt Gangeness
- Kristina Halvorson
- Erik Haugo
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- Jay Weiner & Ann Juergens
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- Businesses**
- Tim & Tom's Speedy Market

Community Council News from p. 2

Please contact Jeremy Wight at comoparkparkrun@gmail.com.

2025 Lake Como cleanups

In partnership with the Capitol Region Watershed District, the District 10 Community Council is sponsoring a series of Lake Como cleanups including focusing on the lake's shoreline.

Cleanup dates are 9 a.m. to noon on Saturday, June 14; 5 to 8 p.m. on Tuesday, July 8; and 9 a.m. to noon on Saturday, Sept. 20.

District 10 will provide trash bags, trash-grabbers, rakes, nets,

buckets and nitrile gloves for those who need them. Otherwise, feel free to provide your own gear.

Registration, although not required, helps District 10 organizers plan for the cleanups and communicate if changes in dates or times are necessary.

For more information, go to the District 10 website at District10ComoPark.org/Cleanup.

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, June 4
- 7 p.m. on Wednesday, June 18
- 7 p.m. on Wednesday, July 2

All District 10 community meetings are open to the public and include time for community members to bring topics for discussion. It's a great way to stay informed, ask questions, and connect with neighbors — everyone is welcome!

Submitted by District 10 executive director Shevek McKee.

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South of Como Avenue, contact sonia.ellis@parkbugle.org

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: June 11, 2025.



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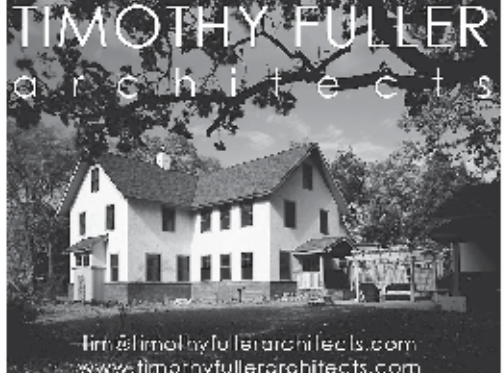


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CPHS COUGAR SPORTS

Cougar athletics year in review

By Eric Erickson,
Sports analysis

The 2024–25 school year flew by, as did the seasons for hundreds of student athletes in dozens of sports at Como Park High School.

While some Cougar teams cherish titles and trophies, others made memories to last a lifetime through special moments.

Often, it's the pleasant surprises sprinkled into the grind of a season that get remembered forever. That can happen in an upset victory, a valiant effort in a loss, a personal record, a team goal that's realized or any other unique circumstance.

Here's a chronological review of some significant Como sports moments from the past school year. These are not all the stories, and a mere mention leaves much untold. But for the participants, their supporters and Bugle readers, we provide a glimpse of Cougar Pride.

Fall: The Kathy and Dick Dumas tennis courts were dedicated in September.

Kathy Dumas, the beloved former teacher and coach whose donation made the complete construction of new courts possible, came back to campus for the ribbon cutting ceremony.

The perfect evening was a celebration of Como past and present with alumni and their children playing tennis on the new courts with current players from the boys and girls Cougar teams.

The girls team entered a new partnership in forming a co-op team with Harding, which improved depth and allowed for a full junior varsity roster. The Como-Harding varsity squad bonded quickly, posted a 14–9 record, and won a section playoff match.

Boys soccer had a resurgent year with a 12–5–1 record that included a thrilling section semifinal playoff victory over Mahtomedi en route to their first section championship game since 2017.

While Mahtomedi was the higher seed, the Cougars put forth exceptional effort and executed their game plan to secure the win on their opponent's field.

Both boys and girls Como Park cross country runners qualified for the state meet. State has become an annual meet for the Cougars, with improved results every year.

After wrapping up conference and section titles, the 2024 boys team finished fourth in the state.

Girls swimming continued to seamlessly blend novice and experienced swimmers with a focus on



The Como girls' badminton team won the St. Paul City Conference Championship for the first time since 2002. Photo submitted by Eric Erickson.

improvement and personal bests. For junior Aleia Lueck, she made her third straight state meet and fourth place on the podium — an accomplishment celebrated by the whole team.

Winter: Girls basketball did what they always do and won the St. Paul City Conference. Their 11th straight city crown was noteworthy, but a more memorable moment took place in the Twin Cities Title Game in a close loss at Minneapolis North. A packed and energetic gym provided an electric atmosphere celebrating city basketball.

Boys basketball made their

mark in January when they beat Johnson. The Como Gym was electric that night as fans from both sides cheered on their respective teams. The Cougars came through in the clutch, snapping a losing streak against the perennial St. Paul power that dated back to 2003.

Como wrestler Makiya May made it to the state finals of her weight class at the Xcel Energy Center, earning the second-place medal. What may have been even more fun was the overnight trip to Redwood Valley High School for the girls' section tournament and team bonding at the hotel.

Nordic skier Henry Simmons finished in the top tier of elite skiers

at state. The Como Nordic program continues to thrive as one of three in the St. Paul Public Schools.

Spring: The baseball team got a big-league experience when it played at CHS Field, the home of the St. Paul Saints, in a city conference game against Johnson. The Cougars made the most of the opportunity, defeating the Governors 13–10.

Meanwhile, the softball team combined with Johnson this spring to form a co-op team. The former rivals are enjoying their new camaraderie and have posted an overall record of 9–6.

Much of the spring sport season is still being written. As the Bugle went to press, the badminton team was amid a historic season with hopes of a deep run through to the state tournament. The regular season concluded with Como emerging as the St. Paul City Conference Champions.

Check next month's issue for a full summary of all Como's spring sports. ■

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

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