



School news

Page 8



Food and Drink guide

Page 9



Morning church bells

Page 15

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Park Bugle

St. Anthony Park / Como Park
Falcon Heights / Lauderdale

parkbugle.org
October 2025

Milton Square's new owners seek continued good mix of tenants

By Kathy Henderson

It was supposed to be a “no surprises” purchase earlier this summer when Minneapolis-based SV Northco bought Milton Square, the iconic 27,000-square-foot mixed retail and residential Tudor-influenced architecture complex in St. Anthony Park.

The new owners—led by Ned Rupp, Spencer McMillan and Mark Battles—as experienced real estate investors had conducted their due diligence. They knew the property, the neighborhood and its heritage and had conducted a thorough walk-through with then-owner Heather O’Malley.

But there was a surprise waiting for them: Keys. Keys. Keys.

“There must be 60 of them! A key for every door!” laughed Battles, seated across from Rupp at a Milton Square courtyard table recently.

While appreciating that “charming buildings like Milton Square do not come up on the market all the time” and considering themselves as “stewards” of such a unique property that dates back to 1909, they also take the current real estate market seriously and acknowledge the value of having a good tenant mix. At Milton Square that mix means food, residential, retail, services and offices.

While Rupp noted Milton Square has some solid services and shops, he and his partners have been talking to some potential new



Mark Battles (left) and Ned Rupp are two of the new three co-owners of Milton Square. Not pictured is the third co-owner, Spencer McMillan. Photo by Kathy Henderson.

tenants and are open to retail sales ideas. They are looking for tenants with a sense of stability who would like to be there at least three to five years.

In early September, Milton Square’s tenant mix included Tax Cat Consulting and Almost Heaven Nail Studio with courtyard locations; Studio Hair and Nico’s Taco Bar along Como Avenue; All Seasons Garment Care & Tailoring and Marigold facing Carter Avenue; and June Room, in the process

of re-locating from Carter to a shop within the courtyard.

“The residential apartments are all filled,” said Rupp.

The courtyard flowers, greenery and fountain reflect the expertise of the professional gardener they hired to supplant, as it were, what had been O’Malley’s personal interest and care. They describe the Tamarack Room being underutilized for events and hope there will be more use in the future.

As St. Anthony Park neighbors

and destination shoppers have become accustomed to over the years, changes are part of the Milton Square legacy. When favorite and familiar shops close their doors—Yes! Yes!, the Makery, Bob’s Fly Shop being recent examples—other shops and services eventually fill those spaces, destined to become new favorites. ■

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

Around the world, virtual choir something to sing about

SAP’s Damien Riehl also assembles Porchfest music

By Dave Healy

Five years ago, when St. Anthony Park resident Damien Riehl wanted to assemble a choir, he wasn’t limited to just local singers.

The group he created, Schola Diffusa (tinyurl.com/Schola-Diffusa), initially included six SAP residents along with 15 others. Eventually, he has drawn on voices from around the world, brought together in Riehl’s studio, located on the third floor of his house.

“When the pandemic hit, there were all these people sitting at home with no one else to sing with,” he said. “A virtual choir was a way to bring them together.”

Riehl put out an invitation on social media, asking interested singers to contact him. He made a



Members of the 2020 version of Schola Diffusa, a virtual choir started by Damien Riehl. Photo submitted by Damien Riehl.

listening recording, which he sent to everyone, who recorded themselves on cell phones and emailed him the results.

Using audio and video editing

software, Riehl combined the voices, tweaking each part—soprano, alto, tenor, bass—to create a unified sound, and arranging the head-

Music to p. 19

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CITY FILES

Como and St. Anthony Park community councils news

District 10 Community Council

Seeking community writers

Do you like researching history or getting to know your neighbors? Then you could be a candidate for the Know Your Como project.

Over the past two years, the District 10 Neighborhood Relations Committee has coordinated volunteer writers to recognize the large and small contributions of our neighbors and the diversity that make the Como neighborhood a special place.

Know Your Como pieces are posted on the District 10 website and weekly newsletter. You can find all the articles to date at District10ComoPark.org/KYC.

Email district10@district10comopark.org if you would like to join the volunteer team.

Fall Como Tree Trek Oct. 4

The District 10 Environment Committee hosts Como Tree Treks, where community members can learn how to identify and appreciate the multitude of different tree species living in Como Park. Stephanie Mirocha is our second-generation volunteer Tree Trek guide. Space is limited, registration required.

In addition to the planned events each year, the Tree Trek program has also created and installed tree tags on numerous trees around Como Park for self-guided tree treks, a program bolstered recently with a robust “Meet the

Trees” write-up of all 41 species! Find out more at District10ComoPark.org/tree-trek.

Harvest Festival Oct. 4

The District 10 Community Council will hold its annual harvest festival from 3 to 5 p.m. on Saturday, Oct. 4, at Tilden Park, 1521 Albany Ave. The festival is free and activities include pie tasting, field games, a composting workshop and kid activities.

Participants are also encouraged to bring their extra garden produce to share at the Harvest Table and take anything you’d use. Extra produce will be donated to Como Park Lutheran’s Grow-a-Row program, to be donated to local food shelves. Event sponsors are Holden House and the North Suburban Kiwanis.

If you’d like to help with this event, including distributing flyers or volunteering at the festival, find out more at District10ComoPark.org/sdlevent.

Fall Como curb cleanup

Como Community Council is partnering with Capitol Region Watershed District again for the 2025 Como Curb Cleanup.

Join more than 100 of your neighbors in sweeping your curb once a week this fall, October and November, to help keep Lake Como clean. You can learn more and register as an “official” participant, which greatly helps us track our effectiveness, here on the D10 website: District10ComoPark.org/Cleanup#curb.



Ben Landhauser, executive vice president of Lifestyle Communities, met on Sept. 4 with the District 12 Land Use Committee and citizens from north St. Anthony Park regarding potential redevelopment plans for the Luther Seminary property. Photos from District 12 Community Council.



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, Oct. 1

- 7 p.m. on Wednesday, Oct. 15

All District 10 community meetings are open to the public.

Submitted by District 10 executive director Shevek McKee.

District 12 Community Council

Annual SAP Garage Sale attracts hundreds

The annual St. Anthony Park community garage sale in early September attracted hundreds of neighbors at 27 sites, with sales of

everything from household goods to vintage records.

Some sales even gave back in special ways: One site raised more than \$800 to benefit the Park Bugle, while another directed proceeds to support community radio station KFAI.

“It was amazing to see so many people out and about,” said Lucid Thomas, District 12 tenant organizer. “Neighbors told me how much fun they had—not just shopping, but connecting with one another. Events like this really show what makes St. Anthony Park such a strong community.”

Next year’s garage sale is scheduled for Sept. 4 and 5, 2026. Full details and registration information will be available at sapcc.org/sale.

Transportation: Where neighborhood ideas hit the road

Transportation issues are front and center in St. Anthony Park, from safer sidewalks and bike routes to truck traffic, buses and highway planning. District 12’s Transportation Committee is where neighbors roll up their sleeves and dive in.

This summer the committee weighed in on the Pelham Boulevard redesign, Highway 280 closure planning and truck traffic through south SAP—while also hosting a bike and helmet giveaway at Westgate Commons Park to promote safe riding.

Looking ahead, the committee will continue engaging neighbors around Rethinking I-94, local detours and pedestrian access.

“Transportation touches everyone,” said Pat Thompson, co-chair of the District 12 Transportation Committee. “Whether you’re walking, biking or catching the bus, your perspective matters. We’re looking for neighbors who care about these issues to join the discussion and help us push for solutions that make our community safer and more connected.”

The Transportation Committee meets the last Tuesday of every month at 7 p.m.—all are welcome to attend in person or online. Details are always posted at sapcc.org.

Coming: Annual meeting and elections

District 12’s annual meeting and elections will be held on Thursday, November 13, at the Zvago

Cooperative Housing Community Room, 2265 W. Luther Place.

The annual meeting is a highlight of the year, bringing neighbors together to celebrate accomplishments, hear updates from each of SAPCC’s four committees and look ahead to 2026.

Special guests are expected to include new Ward 4 Council member Molly Coleman and Ramsey County Commissioner Garrison McMurtrey (District 3).

“The annual meeting is where the community comes together to reflect, celebrate and set the stage for what’s next,” said Melissa Pappas, co-chair of the District 12 executive committee. “It’s also a chance to meet neighbors, hear directly from our committees and learn how you can be part of shaping St. Anthony Park’s future.”

Give to the Max 2025: Neighbors supporting neighbors

On Thursday, Nov. 20, the District 12 Community Council will once again participate in Give to the Max Day—Minnesota’s statewide day of giving that lifts up community work across the state.

For SAPCC, Give to the Max is a chance for neighbors to keep local voices strong. “We lean on our neighbors and champions to keep this work moving,” said John Maurer, District 12 treasurer. “Every gift goes directly into programming and support of the organization.”

Donations can be made at sapcc.org/donate.

Upcoming District 12 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, Oct. 2

- **District 12 Board:**
7 p.m. on Thursday, Oct. 9

- **Environment Committee:**
7 p.m. on Wednesday, Oct. 22

- **Transportation Committee:**
7 p.m. on Tuesday, Oct. 28

- **Equity Committee:**
7 p.m. on Thursday, Oct. 30

Submitted by District 12 executive director Zev Radziwill.

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Falcon Heights voters to elect two to city council

By Anne Holzman

Falcon Heights voters will choose two from a field of four candidates for City Council on November 4.

Current council member Eric Meyer is running for a second four-year term; Melanie Leehy is not running again.

The Bugle asked the candidates about their professional backgrounds and experience; their expectations for the development of the Les Bolstad golf course that will soon be sold by the University of Minnesota; and what other priorities they see for the city in the next four years.

Jeremy Hallowanger is a current member of the city's Planning Commission. He attended South Dakota State University. Hallowanger said the golf course development



"will have to be environmentally conscious, creating a space that promotes walkability, biking and is pedestrian friendly." He added it should also offer "spaces that will provide community connectivity."

Hallowanger cited other priorities as "development of other infrastructure, solving State Fair issues, property taxes." He would work on "communication efforts to our residents so they don't feel left in the dark, but also working with our city staff because they are carrying a lot of weight." His website also lists "fully supported and fully accountable police" and additional environmental interests.

Georgiana May is a retired University of Minnesota biology professor. She is a past member of the Community Engagement Commission and currently serves



on the Environment Commission and the State Fair Task Force.

Concerning the golf course, May said she would aim for "sustainable and equitable housing, green spaces for parks, trails and gardens, and high-quality employment in new commercial enterprises." She seeks "fiscally responsible and sustainable development."

May said that at the U she had to secure research grants, and she also helped design the new State Fair parking fees.

"I bring extensive experience in identifying and obtaining grants and will work with city staff and Council to obtain these funds," May said.

Eric Meyer is a current council member and has a master's degree in advocacy and political leadership from the University of Minnesota.



Regarding the golf course property, Meyer said he seeks "a large swath of greenspace that can be used by all residents, that there's a mixture of housing with plenty of opportunities for blended families and aging in place, some new places for local business. Above all, it still feels like Falcon Heights."

Meyer continued, "Property taxes already burden residents. But we still need strategic improvements — boulevard trees, water access at Curtiss Field, a new or expanded community event. It's about making smart choices, pursuing grants aggressively and being selective about projects."

Jim Mogen is a real estate attorney who also serves on the city's Planning Commission and on the city's Visioning Committee on the golf course sale.



Mogen said the city "needs a mix of uses to bring in new residents, provide options for existing residents and provide a sustainable tax base. We need to provide affordable housing, not just subsidized housing, but also housing options that are flexible."

"We also need more retail and commercial uses to provide jobs and a stronger tax base."

Mogren said other priorities would include walkability, "making Larpenteur and Snelling safer for our kids, residents and visitors. Encouraging new retail and commercial options. Ensuring community focused public safety." ■

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

Langford Park Hockey picked for Minnesota Wild program

By Scott Carlson

The Minnesota Wild Foundation has chosen Langford Park hockey as one of the first participants in its new "Skate It Forward" program.

The goal of "Skate It Forward" is to one day make the first year of ice time free for everyone in Minnesota. The program's tag line is "Hockey is hard enough. Getting on the ice should be easy."

For the 2025-2026 season, the Wild Foundation selected 11 pilot youth hockey associations across the state to participate in its inaugural program. That includes Langford Park Hockey, St. Anthony Park's neighborhood youth hockey organization.

"I was surprised and honored to have our scrappy little youth hock-



ey association be selected" said Laura Mays, president of Langford Park Hockey. "The Langford Park Hockey Association has its own mission to keep hockey both affordable and focused on fun."

"While the teams are competitive and skilled, the overall vibe of the Langford Park Hockey association may feel more laid-back and relaxed than what you hear about neighboring large-scale hockey teams."

"As a part of the 'Skate It Forward' program, Langford Park Hockey is now offering free registration to first time players under age 8," Mays said.

While hockey gear can be expensive, Mays noted the association passes down well-loved equipment to new players each year. "We often outfit kids almost entirely with used gear we already have," she added.

This season is a great time to get your kid on the ice in the great state of hockey! Register now at langfordparkhockey.com/register. ■

Scott Carlson is managing editor of the Bugle.



Langford Park hockey players (in blue uniforms) face off in a hockey game. Photo by Joe Hensel.

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EDITORIAL

From the desk of the editor

By Scott Carlson

Traveling exhibit at Luther Seminary

Luther Seminary is hosting a traveling exhibit now through Nov. 16 from the Smithsonian called “Exploring Human Origins: What Does It Mean To Be Human?”

It’s the kind of thought-provoking show that is bound to spark conversation about what is the essence of humanity and where is this planet of some 8 billion people headed.

“Through panels, interactive kiosks, hands-on displays and videos, ‘Exploring Human Origins’ invites viewers of all ages and faith

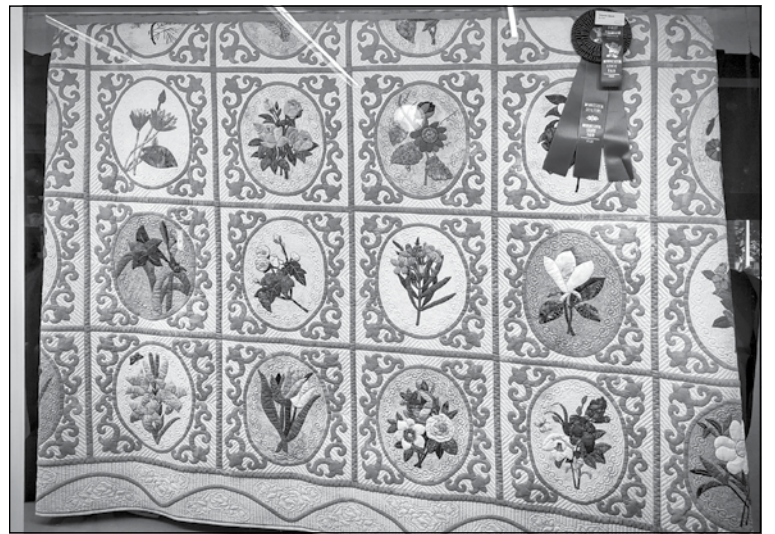
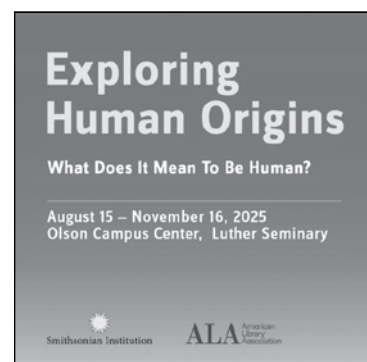
traditions to explore and learn about milestones in the evolutionary journey of becoming human,” said Rachel Farris, seminary director of public relations and internal communication.

She noted, “The exhibit encourages a public conversation that focuses on multiple perspectives of what it means to be human—one that embraces the ideas and beliefs of non-scientists and fosters greater appreciation of the complexity of the science of human evolution.”

I am planning to see the exhibit and expect it will be a thought-provoking opportunity to contemplate the state of our humanity.

The traveling exhibit is being held in the seminary’s Olson Campus Center and is free and open to the public. Viewing times are noon to 6 p.m. Mondays through Thursdays and from noon to 8 p.m. on Fridays through Nov. 16. Luther Seminary is located at 2481 Como Ave.

For more information about the exhibit, check out luthersem.edu/origins.



Annette Jacob, grand champion quilt winner!

Congratulations to Annette Jacob of St. Anthony Park, named grand quilting champion at the 2025 Minnesota State Fair. Her quilt, “Flower Quilt,” was 10 years in the making. After winning first place in the commemorative quilt category, it advanced to compete against 281 other winners from 24 different classes—earning the top honor, the blue Rosette Ribbon. *Submitted photo.*

Bugle fundraising time

With the arrival of fall, it is time for the Bugle’s annual fall fund drive.

But as District 12’s annual community garage sale weekend in early September showed, any time is a fine time to support the Bugle.

Zev Radziwill, District 12 execu-

tive director, noted that one family raised more than \$800 from its garage sale and donated the proceeds to the Bugle.

We are very appreciative of this family’s generosity. Any and all donations are always welcome. ■
Scott Carlson, Bugle editor.

LETTERS TO THE EDITOR

School referendum

Smiling faces, caring and hard-working staff, and equitable education. That is what I see inside the classrooms at St. Paul Public Schools (SPPS).

As a proud SPPS teacher and SPFE union member, I know the good that our schools do for our students and our communities. Our schools are where students receive academic, emotional, social, behavioral, mental and nutritional support.

With restorative practices, language learning supports, out for equity policies, cultural studies and diverse staff, I see St. Paul Public Schools as places where students are not only learning academics, but learning that they belong in our communities and the world.

The programs that define SPPS have been created, developed and fought for over the years by staff, unions, administration, parents and students. This November’s school referendum would ensure that these vital services are able to continue.

Our school district received many additional types of funding during the peak of the COVID-19 pandemic, such as Elementary and Secondary School Relief (ESSR) funds. These extra funds are no longer available, creating a gap in funding.

Even worse, funds for public schools are increasingly threatened at the federal level. While politicians cut social spending, we cannot allow our public school students to suffer. Devaluing and disenfranchising our students and communities like this will not stand.

Public education is the backbone of a civic society, providing quality education and access to opportunity for all.

I know that a referendum is not a small thing. Almost no one makes as much money as they’d like to, and money spent is watched closely. This is an intentional choice: to choose our students, our schools, and our communities; to show our students that they matter and they belong; to put value in the shared future we can create by funding our public schools.

I hope the people of St. Paul will choose to support our students, knowing that education is power and that we can, and will, empower all.

*Kathleen Kostka
St. Paul*

Hopes for a bookstore

To the new owners of Milton Square:

We have lived in St Anthony Park for a lifetime, as have so many of our neighbors, and have seen many businesses come and go. Some we have grieved—Miller Drug, Pam Sherman’s Bakery. The one we miss the most is Micawber’s Books.

My words can not express how nourishing that bookstore was, nor how much we want another. There is absolutely nothing you could do for our neighborhood more important than developing a good bookstore.

Let’s save the world, and our country, one reader at a time. Hopefully.

*Alice and David Duggan
St. Anthony Park*

Supports Georgiana May

While Falcon Heights residents are fortunate to have several qualified and concerned candidates on the ballot for city council this fall, I believe Georgiana May, in her 35 years of residence, has most clearly demonstrated a passion for committing her considerable skills to improving the lives of residents. Serving on the Community Engagement Commission, Climate Action Team and Environment Commission, and participating in Corridor Planning and Community Conversations on Policing, Georgiana has been a valuable, tireless presence wherever and whenever people meet to envision and work toward a better, brighter future for the citizens of Falcon Heights.

As Georgiana’s colleague on the city’s State Fair Task Force, I’ve been impressed by her ability to identify, gather and analyze critical information, and direct her findings toward solving complex public concerns; skills I’m certain she honed during her years as a professor in evolution and ecology at the University of Minnesota. Georgiana has proven to be a data-driven problem solver who also understands and is truly concerned with the human side of the numbers.

I believe we’re fortunate in having a fine slate of candidates willing to step forward and serve us on the Falcon Heights City Council. But I also strongly believe Georgiana May has distinguished herself among this year’s field. I hope you’ll join me in voting for Georgiana on Nov. 4.

*Tom Baldwin
former mayor of Falcon Heights*

Another May supporter

I endorse Georgiana May for Falcon Heights City Council.

As a faculty member at the University of Minnesota’s St. Paul campus, Georgiana’s research included understanding the capacity of prairie plants and their associated microbes to respond to the impacts of climate change and was funded by competitive grants.

In community work, Georgiana served on the Climate Action Team to develop the Climate Action Plan and currently serves on the Environment Commission.

She will bring both objective reasoning skills and passion for the environment to important issues that we face in Falcon Heights, the development of the U of Minnesota golf course and implementation of the Climate Action Plan.

In addition, Georgiana’s continued work on the board of the Friends of the Philando Castile Peace Garden seeks to maintain the garden as a beautiful, healing and contemplative space and as a resource for building bridges across our community.

*Rebecca Montgomery
St. Paul*

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that matter.*

Send your story ideas
or news tips to
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Annual fall fundraiser boosts Bugle's continued publishing

By Steve Plagens, Commentary

Our neighborhood is special! St. Anthony Park has been aptly described as a small town nestled between two large cities. It's inhabited by so many familiar faces, people we recognize shopping at Speedy, banking at Sunrise, walking our dog along Langford Park, picking out a book at the library, filling up our car at Ned's or watching the parade march down Como Avenue on the 4th of July.

Like you, we treasure this neighborhood where we live and work. Like you, we support the Park Bugle because its coverage of civic affairs, local businesses and notable residents "turns readers into neighbors." In 2024, the Bugle celebrated its 50th anniversary. We can all be proud of the Bugle's success because it reflects who we are and what we hold dear. Community newspapers like the Park Bugle are disappearing at an alarming rate across the country.

On average, two local newspapers in the U.S. cease publication every week. The Park Bugle is no stranger to the financial challenges facing newspapers. But three factors have enabled the Bugle to survive: Strong support from neighborhood advertisers; careful control of our expenses; and generous contributions from readers like you. The Park Bugle provides high-quality journalism while operating within our budget constraints. In 2024, our reporting

garnered five awards from the Minnesota Newspaper Association, including one for overall excellence. But we cannot continue this mission without your help. If you haven't already done so, please renew your annual support now through a tax-deductible contribution. Your gift helps expand the Park Bugle's print, online and social media presence, reach new residents and continue to highlight the achievements of our neighbors.

Every gift matters! On behalf of the Park Bugle Board of Directors, thank you for your steadfast and continuing support. ■



Steve Plagens is a long-time resident of St. Anthony Park and the current president of the Park Bugle board of directors.

Bugle begins annual fall fundraiser

The Bugle's annual fall fundraiser kicks off this month with the expectation that scores of individual, business and nonprofit donors will answer our call to keep the newspaper, website and social media channels strong, healthy and growing. During the Bugle's 2024-25 fiscal

year, total donations topped \$50,000. With your participation, the Bugle hopes to achieve similar financial support in fiscal 2025-26. Each month, the Bugle staff strives to keep you informed on a wide variety of community news and information, as we endeavor to turn readers into neighbors. As we launch this campaign,

we are grateful for your financial support. Your generosity sustains local journalism and strengthens community connections. You can give online at parkbugle.org or by mailing a check to the Park Bugle, PO Box 8126, St. Paul, MN 55108. Every gift matters. Now, here is a list of our latest donors:

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COMMENTARY

Big changes coming to SAP Luther Seminary district

What will stay? What will go?

By Ann Juergens,
Analysis

Earth-shaking change is coming to Falcon Heights, Lauderdale and St. Anthony Park.

It will affect us all, from Rose-lawn Avenue on the north, across Larpenteur, to Como Avenue on the south, and everywhere in between.

It will increase traffic, could alter access to the business district and bring unfamiliar density to our communities.

The good news is that we will soon be sharing our neighborhoods with many more residents, which is precisely what we should be doing.

The hard work comes in our mission, which, as engaged citizens, is to influence those large institutions selling their land and the developers seeking to transform it.

Future together

In so doing, we must envision a future together that welcomes more homes, yet also recognizes the threat of climate change and prioritizes stewardship of our green spaces, tree canopy and watershed.

All told, about 167 acres—the Luther Seminary's 26.6-acre campus and the University of Minnesota's 141-acre golf course—will, over the next two to 10 years, change. By comparison, the Highland Bridge project at the former Ford Plant is only 122 acres.

Operating in St. Anthony Park since 1904, the seminary's student body has diminished over the decades, so shrinking its physical plant makes sense. Its land comprises two parcels. The 16-acre Lower Campus sits to the north and west, bumping up toward Hwy. 280 and Larpenteur Avenue. That

includes a classroom building, a dormitory and a row of houses along Fulham Street.

Significantly, the long-neglected seven-acre Breck Woods in Lauderdale rests on that parcel, too, with mature trees, a watershed pond, trails and abundant wildlife.

The seminary signed a purchase agreement this spring with Lifestyle Communities, Inc. Lifestyle developed the Zvago Co-op, which opened in 2019 on land previously sold by the seminary.

Lifestyle's most recent plan for the Lower Campus includes the construction of 223 residential units: 68 co-op units, 108 "courtyard flat" condominiums, 30 other condominiums and 17 single-family houses.

At a Sept. 4 presentation before the St. Anthony Park Community Council Land Use Committee, the



One of many green spaces at Luther Seminary. Photo by Janet Wight.

developers touched on many issues, from long-term maintenance of green spaces and trees to sources of heating, public access, affordability, parking and traffic.

Many steps remain, among them: St. Paul and Lauderdale site plan approvals, traffic flow resolution, a potential zoning variance and watershed permissions. Still, the Seminary and developers hope to close the purchase as early as spring 2026.

Meanwhile, the Seminary put its remaining 10-plus-acre Upper Campus on the market in July. It contains 13 buildings, including nine houses and four structures, two of which—Bockman Hall and the old Muskego Church—are on the National Register of Historic Places. The land is entirely in St. Paul and extends into a large green wooded lawn along Como Avenue that the community has long shared in a kind of social contract with the seminary. The Arts Fair, Fourth of July parade, ice cream social, SAP Lutheran Church, and many children, walkers and bicyclists have long used that green triangle for gatherings, play and as a natural pathway into our vibrant shopping village.

The seminary states that it is not interested in dividing the Upper Campus into smaller pieces to sell, for example, as individual houses, or the great lawn as a park.

University golf course property

And then there's the University of Minnesota's sale of its Les Bolstad Golf Course, a substantial landscape of rolling hills, ponds and old trees. It straddles Larpenteur Avenue in Falcon Heights. University golf teams have not competed on the course for many years. The U will welcome the cash, too.

Falcon Heights and Ramsey County have declined to buy this land from the university. It will be sold to developers.

A Falcon Heights Visioning Committee is developing goals to include in the University's Request For Proposals to developers. One vision consists of 1,500 units built on the golf course.

But how? Confine construction to tall buildings on the fairways to save trees? Preserve the course's rolling contours to let the land do its work of absorbing water? Pre-

serve park and trails around and through the golf course? Or bulldoze the land flat in the arguably mistaken notion that doing so would make it easier to develop?

These are among the questions in need of sensible answers.

The seminary and university don't pay a penny in property taxes. For-profit housing or commercial development will generate much-needed tax-base increases for our cities.

All three cities have approved 2040 Comprehensive Plans, with St. Paul and Falcon Heights also committed to Climate Action Plans. The proposed developments should adhere to these plans, which include goals such as increasing clean energy usage, citywide carbon neutrality by 2050 and protecting natural ecosystems.

It all may seem like a disparate set of "deals" to be configured by motivated sellers and eager buyers, focused on the monetary value of land, homes and taxes. But these transactions must be driven by our community values.

The lands are connected to each other and so are we. As neighbors from Falcon Heights, Lauderdale and St. Anthony Park, we each might have our self-interests, but together we can raise our voices to our city councils, to mayoral candidates, to the SAP Community Council, at various public information forums and planning commission meetings, to other city and county elected officials, to the seminary, the university and the Capital Region Watershed District.

Ideally, with our elected officials, we can urge developers to collaborate, aiming for a harmonious result that includes environmental health with public access, parks, trees and trail corridors throughout for neighbors current and new to enjoy.

In the end, this is more than a complex business tale of "many moving parts." What's at stake is a once-in-a-lifetime renewal of our region.

What fresh future do you want to see—do we want to see—amid this rapid and inevitable change? ■

Ann Juergens is a director of Friends of Breck Woods and a resident of Zvago SAP Cooperative.

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SCHOOL NEWS

Como Park High School News

By Eric Erickson

National honors for Marine Corps JROTC

Como Park's Junior Reserve Officers Training Corps (JROTC) program earned its 10th consecutive National Honor School Award at the conclusion of the 2024-25 school year. The prestigious recognition is reserved for the top 20% of Marine Corps JROTC across the country.

Criteria are based on annual inspections, community service, academic achievement, enrollment, cadet leadership, competitions, physical fitness and scholastic engagement.

JROTC cadets at Como number over 100 in total and have a full-year class with their grade level. Beyond the classroom, the entire unit collaborates on initiatives throughout the academic year and summer, while individuals and groups may pursue opportunities in drill, color guard, cybersecurity, orienteering, academic bowls and more.

Community service is a pillar, as are fundraising efforts to support retreats, leadership camps and travel to competitions.

The cadets served seven full days on the sanitation crew at the State



Como JROTC cadets serving at the Minnesota State Fair. Photo by James C. Kirkland.



Rafi Gutierrez with Nagasaki Mayor Suzuki at the Minnesota History Center. Photo by Eric Erickson.

Fair this August, peaking with 72 workers on August 25—a new one-day record for the program after more than two decades of duty.

3DE expansion

After a successful launch last year with the freshmen class, Como's 3DE program funded by Junior Achievement will continue to challenge and support students through case studies in partnership with local and national businesses.

All sophomores and freshmen students will be participating this school year.

Adventures Abroad

Costa Rica: Spanish teacher Leah Deiman led 18 Como Park students on an educational weeklong trip to Costa Rica during the summer in coordination with Education First (EF Tours).

Highlights included a cooking class, an ecological workshop, touring a coffee farm, snorkeling, a boat tour of a wildlife refuge, visiting thermal springs, hiking to La Fortuna Waterfall and ziplining over the rain forest in the Arenal Volcano region.

Japan: Rafi Gutierrez, a 2025 Como graduate, was selected to represent the St. Paul-Nagasaki Sister City Committee (SPNSCC) as a youth ambassador. He attended the Aug. 9 Nagasaki Peace Ceremony marking the 80th anniversary of the atomic bombing, joined a youth forum, met with officials, toured the city and visited cultural sites.

Upon his return, Gutierrez was a

featured speaker at the Minnesota History Center when Mayor Suzuki of Nagasaki and a delegation hosted by the SPNSCC visited for the "Friendship After Devastation" celebratory events in late August. Gutierrez is now a freshman at Macalester College. ■

Eric Erickson is a social studies teacher at Como Park Senior High School and writes for the Bugle.

Bugle deadlines

Here are our Bugle deadlines for the next three issues. Early submissions help. Publication dates mark when papers go out for delivery; mailed copies may take several days, and bulk drop-offs usually follow within two to three days.

November:

Copy/ad deadline: Oct. 8
Publication: Oct. 21

December Holiday guide

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

January:

Copy/ad deadline: Dec. 10
Publication: Dec. 23

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SCHOOL NEWS

School news around the town

Compiled by Janet Wight

Chelsea Heights Elementary

Submitted by Principal Guillermo Maldonado Perez.

Building community and collaboration

Staff members, teachers and teaching assistants met during opening week of September and held important conversations regarding special education students and how they can best be served this academic school year.

These open conversations were designed to allow staff members to collaborate and learn as they embrace the diversity and strong sense of community that defines Chelsea Heights.

Oct. 21 PTO meeting

Chelsea Heights invites all families to attend the next PTO meeting on Tuesday, Oct. 21. Dinner will be



Teacher meetings the opening week of the new school year at Chelsea Heights. Photo submitted by Chelsea Heights Elementary.

served in the cafeteria from 5:30 to 6:30 p.m. followed by the PTO meeting in Room 1103.

Child care and dinner are provided in order to make it easier for families to participate.

Benjamin Nelson, a Chelsea Heights parent, prepares the healthy meals that are served prior to each meeting. These meetings enable school families to connect

with one another and strengthen community ties.

During these sessions, families hear important school news and announcements with a time for questions and answers.

Also, Community Recreation Director Ari Dahlager shares information about enrichment opportunities.

St. Anthony Park Elementary School

Submitted by Principal Phillip Hutcheson.

Back-to-School Night

The St. Anthony Park Elementary School community is geared up this fall for the new school year.

Despite back-to-school night signifying an end to summer, many enthusiastic students came to meet new teachers and visit favorite teachers from previous years. The energy in the building was high as students dropped off supplies and found their classrooms. Teachers worked hard to create a warm and welcoming environment at the start of the school year.

Fall carnival

As autumn begins it is a great time to get ready for the fall carnival.



New space opens up at Avalon School for the new school year. Photo submitted by Avalon School.

The festival and pumpkin run will be held from 5 to 7 p.m. on Friday, Oct. 10. This is a great opportunity to meet other families and learn what is special about this school community.

Avalon School

Submitted by Program Coordinator/Advisor Tim Quealy.

More space, more opportunities

Avalon opened its new middle school space this year with a second-floor expansion and the addition of 5,000 square feet.

The expansion will allow more students to take advantage of the project-based, student-centered learning model.

This year marks Avalon's 25th school year as a tuition-free public charter school. The school is located in south St. Anthony Park at 700 Glendale St.

Murray Middle School

Submitted by Principal Jamin McKenzie.

Outdoor classroom service project

Recent Murray graduate Julia Rentmeester completed her Girl Scout Silver Award project, which involved working with the commu-

nity to establish an outdoor classroom in the Murray courtyard.

Rentmeester collaborated with Principal Jamin McKenzie, National Junior Honor Society leaders and teachers to map out the scope of the project. More than 150 volunteer hours were spent working on the outdoor classroom, which included weeding, planting and moving mulch.

Kern Landscape Resources generously donated all of the mulch.

The courtyard is now available for teachers and students to learn, read and relax.

"I hope that future Murray students continue to maintain and honor the space," Rentmeester said.

Epic bicycle ride for father/daughter duo



Murray Middle School student Molly Ehlers with her father at the Mexican border. Photo from Star Tribune, courtesy of Aaron Ehlers.

Seventh grader Molly Ehlers had an incredible adventure this summer as she bicycled nearly 2,500 miles with her father, Aaron Ehlers, in the western United States.

Most of their riding was done on the trails and dirt roads of the Great Divide Mountain Bike Route.

The journey began mid-June at the Canadian border and ended 45 days later in Antelope Wells, New Mexico, at the Mexican border.

Molly and her father were greeted by her mother, her brother, friends and relatives at the end of the ride. When Molly and Aaron returned home to St. Paul, their family hosted a party to welcome them back. ■

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Food & Drink Guide

La Morelense Restaurant comes to SAP

Janet Wight

La Morelense, a locally owned restaurant showcasing the robust cuisine of Morelos, Mexico, opened in April at 1552 Como Ave.

Owner Maria Rios and her close friend and business partner Cristian Ayala grew up in the same neighborhood in Morelos. They have both been living in Minnesota for over twenty years.

Rios had been discussing the possibility of opening a restaurant but she did not have any firm plans. Ayala happened to notice a Spanish advertisement on Facebook that said the restaurant called El Aguila was for sale in the Como Park neighborhood.

Once Rios and Ayala toured the El Aguila space, they immediately fell in love with it, Ayala said. Within six weeks, they had LaMorelense up and running.

Rios owned and operated a food truck, Tacos La Morelense, in Lake Elmo for two years prior to opening the restaurant. She also owned a commercial cleaning company.

The recipes used at La Morelense are from Rios' mother, who was well regarded for her cooking expertise, Rios said proudly.



Owners/investors Maria Rios (left) and Cristian Ayala (right). Photo by Janet Wight.

Authentic seasonings and freshly prepared food are the hallmarks of the restaurant.

Popular menu choices include quesabirria, which is beef marinated in a variety of seasonings served with mozzarella cheese, onions and cilantro on a crispy tortilla. It is accompanied by a side of beef juice for dipping. The asada taco combination plate, consisting of three tacos, rice, beans and two salsas, is another popular entrée. Gluten-free and vegetarian options are available.

A selection of appealing desserts is also offered.

All appetizers—including chips

con guacamole, elote (grilled street corn) and dori esquires (rolled chips topped with cheese, corn and chili powder)—are under \$10. Entree prices range from \$14.99 for a torta (sandwich), a quesadilla or tamales, to \$26.65 for camarones a la diablo (spicy grilled shrimp). Many dishes are priced between \$17.50 and \$20. Desserts range from \$3.75 for chicharrones en bolsa (pork skins) to \$9.75 for chocoflan. A variety of à la carte items is also available.

As the weather turns colder the restaurant will be introducing more hearty dishes including pozole, a traditional Morelos savory

meat stew. Champurrado, a type of thick hot chocolate made with cinnamon and a bit of flour, will also be featured, Rios said.

Consistently maintaining high quality food offerings is a key ingredient in running a successful restaurant, Rios said. When she worked in the food truck she handled all of the cooking, but now that she has three cooks working in the kitchen she needs to ensure that all of the dishes served are authentically prepared and seasoned.

Another challenge of business ownership has been balancing the needs of the restaurant with responsibilities at home. When

she is not busy at La Morelense, Rios relishes spending time with her family including her husband and three daughters.

So far, owning a restaurant has been a heartwarming experience for Rios. The greatest reward is hearing compliments from customers about how much they have enjoyed the food.

Everyone is invited to come into the restaurant to visit with Rios and taste the unique flavors of Morelos and follow along on Instagram at [instagram.com/la.morelenses](https://www.instagram.com/la.morelenses). ■

Janet Wight is a regular freelance writer for the Bugle.

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Food & Drink Guide

Como Park Lutheran Church debuts a farmers market

By Janet Wight

The inaugural season of the Como Park Lutheran Church Farmers Market has been a resounding success, according to Lindsay Stauner, assistant director of the St. Paul Farmers Market.

The market, 1545 Hamline Ave., is open from 2 to 6 p.m. every Thursday through the end of October.

Como Park Lutheran Church was instrumental in establishing this market, providing the initial idea for it as well as ongoing support and use of its parking lot.

The church and the St. Paul Farmers Market are both invested in making a positive impact on those people experiencing food insecurity, Stauner explained.

She was especially interested in launching this particular location since there are not many farmers markets in the north metro and only a few in St. Paul. Also, there is only one other market held on Thursdays.

The Como-area market has been serving as an alternative food site and community hub for many shoppers since it opened in May, Stauner said.

Available products this fall in-



Lindsay Stauner, assistant director of St. Paul Farmers Market. Photo by Janet Wight.

clude seasonal vegetables, apples, honey, locally-roasted coffee beans, cheese, floral bouquets, freshly popped kettle corn and much more in the 19 stalls that are available to vendors each week.

Those receiving SNAP benefits are eligible for the EBT matching program. Customers using \$10 of SNAP benefits receive \$30 in tokens and coupons to use at the market.

Average weekly attendance is

about 700, although it does fluctuate based on the weather. Attendance was high in the spring before dropping off at the beginning of summer, then it picked up again this fall.

Como Park Lutheran Church has taken the lead in promoting the market, Stauner said. Additionally, it has been advertised in the District 10 Como Community Council and Saint Paul Farmers



A variety of seasonal vegetables, leafy greens, flowers, and more at the Como Park Lutheran Church Farmers Market. Photos by Janet Wight.

Market newsletters. Each market day, 70,000 Facebook and Instagram followers and other interested shoppers can view the latest posts to see which vendors will be present, she added.

One stall is reserved for a local nonprofit, community organization or small business each week. However, no sales or political activities are permitted in this free space.

Children are invited to attend in

costume on Oct. 30, the last day of the market, to celebrate Halloween, Stauner said.

Contact the Saint Paul Farmers Market at info@stpaulfarmersmarket.com to request additional information. ■

Janet Wight is a regular freelance writer for the Bugle.

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Food & Drink Guide

Cow to Cone: students learn ice cream basics

By Kathy Henderson

“Above average.”

That’s how University of Minnesota student Kat Nikkel rates the vanilla ice cream sold at the Gopher Spot in the Student Center on the U’s St. Paul campus, 2017 Buford Ave.

Of course, one wouldn’t expect this ice cream to earn anything less than an “above average” grade. After all, it’s made with milk that comes from the cows grazing on the pastures at the north end of the campus, and it’s produced at the U’s pilot plant, the Food Science and Nutrition Building, just a few blocks away from the Gopher Spot.

And if there is honey involved in the flavor, it’s probably from the U’s Bee Lab.

“We receive the raw milk from the barns and do the processing to pasteurize and create the ice cream mix,” said Mitchell Maher, researcher and pilot plant manager. “The mix is then frozen and inclusions added to create the finished product.”

While traditional production methods are used at the plant, its ice cream flavors are far from ordinary. Some of the innovative flavors reflect the U. For example, there is Gopher Gold (French vanilla base with raspberry chocolate ripple) and Row the Boat (fudge-coffee swirls and peanut butter-filled football candies in vanilla ice cream). There are also homages to the state — sweet corn and Minnesota sundae (honey-flavored base



University of Minnesota student Kat Nikkel with Minnesota Sundae flavor ice cream at Gopher Spot with (right) an overview of flavors in the ice cream case. *Photos by Kathy Henderson.*

with sunflower seeds)—and widening demographics—green tea (made with matcha powder, not artificial flavor).

The Gopher Spot is open 8 a.m. to 5 p.m. Monday-Friday; the cost is \$2.29 for a single scoop; extra scoops, \$2.

Approximately 125 to 175 scoops of ice cream are sold every week at the Gopher Spot, said Tina Siverson, retail coordinator of Student Unions and Activities. The flavors available at the Gopher Spot rotate and depend upon what the plant produces, she said.

On a warm September afternoon, the Gopher Spot freezer was stocked with black licorice, honey, honey lavender, maple nut, huckleberry, Minnesota sundae and vanilla.

Honey lavender tastes like some-

thing that would be served at a luxury spa or retreat location.

Although black licorice is not a top seller, Siverson describes it as delicious and creamy. It is a personal favorite of Johan Ubbink, head of the U’s Department of Food Science and Nutrition, a flavor fondness that he attributes to his Netherlands heritage and culture.

As some flavors are seasonal, Gopher Spot manager Em Sangma predicts that pumpkin pie, candy corn and egg nog will return for the holiday season.

There is also a new flavor coming up that will reflect Central America, but neither Ubbink or Maher would give away the key ingredient. Coffee? Chile? Tropical fruits? They won’t say.

The U’s ice cream is also available at its Dairy and Meat Sales-

room, which is open from 2 to 5 p.m. on Wednesdays at the Andrew Boss Lab of Meat Science, 1354 Eckles Ave. In addition, it is sold at Coffman Union, on the Minneapolis campus, and seasonally at the Minnesota Landscape Arboretum’s AppleHouse in Chaska.

Ubbink noted U ice cream production is not meant to compete

with retail. Sales support student roles in research and learning to produce an actual product and keep connected to an end product. Availability builds relationships and awareness within the U and neighborhood communities, he said.

The pilot plant is the informal name for the Joseph J. Warthesen Food Processing Center, which is part of the Department of Food Science and Nutrition.

The U’s Minnesota Dairy Cattle Teaching and Research Farm has about 90 cows. It is part of the Department of Animal Science. The Bee Lab is part of the Department of Entomology. All are within the College of Food, Agricultural and Natural Resource Sciences, commonly known as CFANS.

In less than a minute, you can watch how Golden Gopher ice cream was made in 2020 via YouTube at youtube.com/watch?v=kyjhPAdUhXc. ■

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



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Food & Drink Guide

Fall flavors and festivities around town

Compiled by Kathy Henderson

Fall brings a feast of flavors and festivities to our community. From harvest fundraisers and pie tastings to family carnivals and cultural celebrations, the season offers many ways to enjoy food, fun and local traditions.

Spirited tours lead the curious through haunted landmarks, while farmers' markets, craft fairs and special events celebrate the season's bounty. Families, food lovers and history buffs alike will find reasons to explore. Browse the lineup for food, drink, fundraisers and fall fun.

FOOD & DRINK

Holy Childhood

Holy Childhood parking lot, 1435 Midway Parkway

Holy Childhood church is hosting its annual Oktoberfest from 5:30 to 10 p.m. on Saturday, Sept. 27.

Food options include roasted pork shank baskets, bratwurst, hot dogs, spaetzle, chips, giant pretzels with cheese, desserts, plus beer, wine and hot cider. Ages 21+. \$10 admission includes one beverage. Tickets at maternityofmarychurch.org/events/oktoberfest.

Twin Cities Oktoberfest

Eco Experience Building, 1621 Randall Ave.

Minnesota State Fairgrounds

The 15th annual Oktoberfest runs from 5 to 11 p.m. on Friday, Oct. 3, and from noon to 10 p.m. on Saturday, Oct. 4.

Food and drink vendors offer authentic local German-heritage foods and 20 varieties of beers and ciders, including two non-alcohol options, many from familiar local breweries. Enjoy music, entertainment and merchandise sales.

A free, all-ages event, but \$11.89 wristband required for 21+ alcohol purchases. Band schedules and other details at tcoctoberfest.com.

FUNDRAISERS

Up and Autumn

Matthew's Episcopal Church, 2136 Carter Ave.

Silent auction and desserts fundraiser supporting social justice ministries from 7 to 9 p.m. on Saturday, Oct. 11. Families with young children who need early bedtimes are invited to come at 5:30 p.m. to bid on special auction items and enjoy kid-friendly treats.

Enjoy refreshments while bidding on goods, services and experiences donated by parishioners, friends and neighboring businesses. \$10 individual; \$25 family. Register: stmatthews.ccbchurch.com/goto/forms/33/responses/new.

TOURS & EVENTS

RAMSEY COUNTY HISTORICAL SOCIETY

Gibbs Farm Annual Steampunk Halloween Trick-or-Treat Trail

Gibbs Farm, 2097 Larpenteur Ave. W., Falcon Heights

40-minute timed entries from 3 to 5 p.m. and 5:30 to 7:15 p.m. on Saturday, Oct. 15. Live music by Light of the Moon. \$5-\$15. Register at rchs.com/event/gibbs-farm-halloween-trick-or-treat-trail-3.

Society History Revealed:

Oakland Cemetery

Oakland Cemetery, 927 Jackson St.

Two walking tours will run from 1 to 3 p.m. on Wednesdays; the north end tour on Oct. 15 and the south end tour on Oct. 22. The tour, led by veteran tour guide and historian Denise Dunnell Wells, includes legends and locations of the final resting places of notable citizens. \$10 per tour. Register: ramsey-county-historical-society.square.site.

ST. PAUL COMMUNITY EDUCATION

Register at comm.ed.spps.org or call 651-767-8178.

Ghosts & Gables Haunted

Summit Avenue

Summit Overlook Park, 418 Summit Ave.

Walking tour from 3 to 4 p.m. on Sunday, Oct. 5. \$31.

Haunted Dayton's Bluff

Departs from Hamm's Brewery parking lot, 704 Minnehaha Ave.

Bus tour from 6 to 7:45 p.m. on Wednesday, Oct. 15. \$49.

Union Depot ghost tour

St. Paul Union Depot, 214 Fourth St. E.

Walking tour from 5:30 to 7:30 p.m. on Sunday, Oct. 19. \$30.

MINNESOTA HISTORY CENTER

Shadows & Spirits

of the State Capitol

Minnesota State Capitol, 75 Rev. Dr. Martin Luther King Jr. Blvd.

Tour the Capitol under its original 1900s lighting. One-hour tours run Thursdays, Oct. 16 & 23; Fridays,

Fall events to p. 17



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Bloody Mary Festival

Union Depot, 14 4th Street East

The 7th Annual Bloody Mary Festival from 10 a.m. to 5:30 p.m. on Saturday, Oct. 4. Experience unlimited tastings of creative Bloody Marys from top local bars, restaurants and craft mixers. Enjoy food and beverage samples from local vendors. Must be 21+ to enter. Tickets: thebloodymaryfest.com/twin-cities-mn-10-4-25.

Roseville Gift and Craft Shoppe

Anpetu Teca Education Center, 1910 County Road B W., Roseville

Annual gift and craft sale featuring handmade items crafted by Roseville Area Schools Community Education volunteers. Time: 8:30 a.m. to 4 p.m. on Thursday and Friday, Oct. 23 and 24, and 8:30 a.m. to 2 p.m. on Saturday, Oct. 25. Credit cards are not accepted.



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TRANSITION TOWN

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

Car-free mobility: It's easier than you think

By Tracy Kugler

It's no surprise that transportation is a big factor in the climate crisis. According to the St. Paul Climate Dashboard, transportation accounts for 31% of the city's greenhouse gas emissions.

What may surprise you is how easy it is to help cut those emissions by walking, biking and using public transit.

New posters on display at neighborhood businesses and other destinations show how far you can get without a car. Each poster has two

maps customized to the location where it's displayed.

The green area in this example shows how far you can reach by bus in 20 minutes from the St. Anthony Park Library at the intersection of Como and Carter avenues. Each full poster also shows a map with

20-minute travel distance if you combine biking and busing. (Did you know your bike can ride the bus too?)

Also notice how many transit routes run through and connect near the neighborhood.

Keep an eye out for the posters

on your errands. Then use them, along with metrotransit.org, to plan your next trip without the car! ■

Tracy Kugler is a geographer and bike commuter who lives in the Como Park neighborhood.

Where Can You Get in 20 Minutes Without a Car?

Transit may be able to take you farther and faster than you thought!

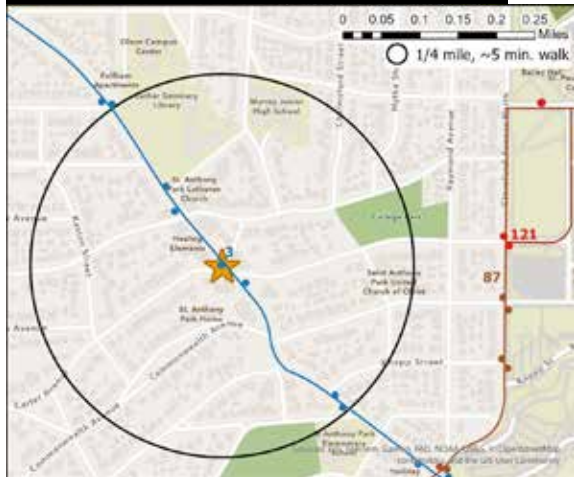
Check out these maps to see where you can get in just 20 minutes of travel time by transit, walking, or biking.

Plus on transit, you can read a book, catch up on email, or maybe make a new friend!

Visit metrotransit.org for more information and to plan your trip.

- ★ You Are Here
- 20 minute travel time
- Metro Transit Routes and Stops
- 3
- 87
- A Line
- Green Line
- 33
- 61
- 67
- 83
- 121 Campus Connector

NEARBY TRANSIT STOPS



A project of Transition Town—All St. Anthony Park and the UMN Accessibility Observatory

Credits
Travel time data: UMN Accessibility Observatory
Transit routes, stops, and bikeways data: MN Geospatial Commons, Metropolitan Council
Map design: Tracy Kugler

Location 1: Como & Carter

WALKING + METROTRANSIT



BIKING + METROTRANSIT



Excerpt from one of the transit posters seen in our area this fall. In this map, the yellow "You Are Here" star is at the corner of Como and Carter Avenues. This project was a collaboration between Transition Town—ASAP and the University of Minnesota Accessibility Observatory. Submitted photo.

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EVENTS AND MORE

Compiled by Kathy Henderson

**St. Anthony Park Garden Club
The Seeds of Knowledge and
Healing: A Hmong Botanical Garden**

Guest speaker Zongxee Lee, who comes from a long line of Hmong herbalists and healers, is known for her “Seeds of Knowledge and Healing” exhibit at the Minnesota Landscape Arboretum, featuring 12 key Hmong chicken soup herbs, as well as other plants.

The Garden Club program with Lee starts at 7:30 p.m. on Tuesday, Oct. 7, at St. Anthony Park Lutheran Church, 2323 Como Ave. Social hour and club meeting precede the program starting at 6:30 p.m.

Enter via the Luther Place door. To attend virtually, request a Zoom link: sapgardenclub@gmail.com.

Community Sing

Join pianist, accordionist, storyteller and vocalist Dan Chouinard and singer-songwriter Ann Reed for a free sing-along at 7 p.m. on Monday, Oct. 20 at St. Matthew’s Episcopal Church, 2136 Carter Ave.

Next Chapter Booksellers

Saint Paul Almanac Reading Series: Illumination: 6 to 8 p.m. on Wednesday, Oct. 29, at 38 Snelling Ave. S. “Illumination” is an anthology of prose and poetry from Minnesota writers that illuminate the tenacity, grit, pleasure and grace of the human experience.

Women’s Drum Center

Celebrating Our Past, Empowering Our Future: Annual concert and celebration. Pre-show activities from 6 to 6:50 p.m., concert at 7 p.m. on Saturday, Oct. 18, at Beutow Music Center Auditorium, Concordia University, 300 Hamline Ave.

The event features performances by Taikolaborative, Djembe Diyamu, Women Who Groove, Rhythm Connections, drumHeart and other special guests.

Two ticket options: Concert and Rockstar Experience (limited to 20 tickets): \$100. Concert Experience with pre-show: \$20 for adults, \$10 for youth 16 and under. Both include access to pre-show activities, the percussion playground, the merchandise table and general admission seating. Details and tickets at womensdrumcenter.org.

Art

boréal Art Loft: The fifth annual “Dant Werks Family Art Show” opens with an artist reception from 2 to 4 p.m. on Saturday, Oct. 4, and runs through Monday, Oct. 29, at 2276 Como Ave.

The show features oil paintings by the late Esther Dant, along with oil paintings by Jack Dant, photography by Michael Dant, and jewelry by Janet Graham Dant.

Esther passed away unexpectedly in January and her children have selected a group of her paintings to be available at the fifth annual show, along with their artwork.

The Art Loft is open Monday through Saturday, 10 a.m. to 6 p.m. and Sunday, 10 a.m. to 5 p.m.

Larson Art Gallery: “The Human Condition” runs Sept. 25 through Dec. 12 at the University of Minnesota’s St. Paul Student Center, 2017 Buford Ave. A reception will be held 6 to 8 p.m. Thursday, Sept. 25. Eleven local and four U student artists explore human feelings and connections through varied media and styles.

St. Matthew’s: “The Spirit of Marbling,” a Minnesota marbling exhibit, continues through Nov. 23 at St. Matthew’s Episcopal Church, 2136 Carter Ave. Open during office hours from 10:30 a.m. to 3 p.m. on Wednesdays and Fridays and from 9 a.m. to 12:30 p.m. on Sundays. In addition, artists will demonstrate marbling techniques at 12:15 p.m. on Sunday, Oct. 5.

Mini Medical School

The University of Minnesota’s three-part Mini Medical School fall series takes place online at 5 p.m. on Tuesdays, Oct. 14, 21, and 28. The theme is “The Promise and Power of Genome Engineering”:

- Oct. 14: Genome Engineering—What’s Possible?
- Oct. 21: Rare Diseases, Real Hope
- Oct. 28: Reimagining Cancer Treatment (the groundbreaking world of Tumor Infiltrating Lymphocyte (TIL) therapy)

The series will also be available online for future viewing. Register at clinicalaffairs.umn.edu/mini-medical-school.

Feast of St. Francis of Assisi

Commemorative blessing for leashed and friendly pets at 3 p.m. on Sunday, Oct. 5 at the front churchyard, St. Matthew’s Episcopal Church, 2136 Carter Ave. If your pet is difficult to transport or not well socialized, bring an image of your pet to be blessed and honored during this simple service.

Bell Museum

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

Star Party: International Observe the Moon Night: 8 to 9:30 p.m. on Friday, Oct. 3. Weather permitting, telescopes available to observe the moon. Learn about moon geology, exploration history and future predictions. Short, free planetarium shows on a first come, first served basis. Free; museum galleries will not be open during this event. Registration requested.

Story Time: 11 to 11:30 a.m. on Thursday, Oct. 16. Engaging stories and STEAM (Science, Technology, Engineering, Art and Math) hands-on activities for young children (ages 7 and younger) and their families. Included with regular admission.

Collectors Day 2025: 10 a.m. to 3 p.m. on Saturday, Nov. 1. Community members share and showcase their own personal collections.

Curious Allies: Exploring Relationships in Fungi, Parasites and Carnivores, an exhibit of 50 artworks, runs through Jan. 4, 2026.

Minnesota History Center

345 W. Kellogg Blvd. mnhs.org.

North Star Voices: How Minnesota Sent a Generation on The Oregon Trail: 2 to 3:30 p.m. on Saturday, Oct. 11. An interactive program marking 40 years since the release of the first fully graphical edition of The Oregon Trail™ game. Free. Registration recommended: mnhs.org/events/29624851032. Also accessible virtually via Zoom: mnhs-org.zoom.us/j/81170612253.

Rooted in Resilience: Nourishing Our Spirits, Growing Our Futures: 5 to 8:30 p.m. on Saturday, Oct. 18. Food, exhibits, games, activities, music, showing of the film “Fifty” by Joua Lee Grande and theatrical performances written by Sunny Thao commemorate 50 years of Hmong Americans in Minnesota. Complimentary food samplings from 5 to 6:30 p.m.; program begins inside the 3M Auditorium at 6:30 p.m. Free.

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.

Fall Flower Show: Two parts: Bright candy colors continues through Oct. 19. Moody (dark colors with creamy accents) from Oct. 24 through Nov. 30. The garden will be closed Oct. 20-23 for the mid-show change.

Senior Strolls: 4:30 to 6 p.m. on Tuesday, Oct. 7, and from 9 to 10 a.m. on Tuesday, Oct. 28. Special time reserved for adults ages 55 and older.

Red Cross blood drive: 9 a.m. to 3 p.m. on Tuesday, Oct. 14. Register for a time slot at redcrossblood.org/give and enter sponsor code ‘comozoo’.

Como Quest: Scavenger hunt from 9 to 11 a.m. on Friday, Oct. 17. An immersive Como Friends fundraiser with a family-friendly

mix of hands-on activities, games and crafts. Create a team and follow the conservation clues to uncover new secrets about Como’s extraordinary animals and plants. \$21.99. Register: comofriends.org/events/como-quest.

Creepy-Crawly Creature Awareness Weekend: Hands-on fun on the Porch from 10 a.m. to 4 p.m. on Saturday, Oct. 18, and Sunday, Oct. 19, with a creepy-crawly carnival of learning and fun highlighting Como’s bugs, snakes, spooky plants and wild discoveries. Each day “Face Your Fears... Up Close!” from 10 to 11 a.m. and from 1 to 2:30 p.m. with live bugs and a slithery snake.

USO Day of the Deployed: 11 a.m. to 2 p.m. on Saturday, Oct. 18, exclusively for military service members and their families in the Bullard Rainforest Auditorium. Families connect, create and enjoy time together with zoo, books, activities, root beer floats and snacks, plus Como’s Creepy-Crawly Creatures events. Registration required: register.tinyurl.com/y3xppdk9.

Senior activities

St. Anthony Park Area Seniors offers a variety of activities. Unless another location is listed, activities take place at Centennial United Methodist Church, 2200 Hillside Ave. W. Unless specified, registration is not necessary. For more information, call 651-642-9052 or email sc@sapaseniors.org.

SAIL: Stay Active and Independent for Life: A fitness class for balance, strength and flexibility. 10 to 11 a.m. on Mondays, Oct. 6, 13, 20 and 27, and Wednesdays, Oct. 1, 8, 15, 22 and 29. Call the office or email to register.

Walk with Ease: 10 to 11 a.m. on Tuesdays, Oct. 7, and Thursdays, Oct. 2 and 9. Meet at Como Lakeside Pavilion, 1360 Lexington Parkway N. Call or email the office to register.

Pound Fit: Full-body movements with drumsticks set to music. 10 to 11 a.m. on Tuesdays, Oct. 7, 14, 21 and 28. Limited class size. Call the office or email to register.

Game Day: Coffee and board games. 10 to 11:45 a.m. on Friday, Oct. 3, and Tuesday, Oct. 28.

Handiwork Group: 10 a.m. to noon on Thursday, Oct. 9, at St. Anthony Park Library, 2245 Como Ave. Bring your own supplies.

Equal Portions: Noon to 1:30 p.m. on Thursday, Oct. 16, at St. Matthew’s Episcopal Church, 2136 Carter Ave. Catered luncheon and presentation, \$15. Register by Wednesday, Oct. 8.

Poetry Group: 9:30 to 10:30 a.m. on Friday, Oct. 17. Virtual: Call the office or e-mail for Zoom link.

Chair yoga: 9:30 to 10:30 a.m. on Fridays, Sept. 12, 19 and 26. Virtual via Zoom. Contact office to register. ■

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



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When morning comes, the church bells ring

By Bill Brady

Since 2018, Falcon Heights United Church of Christ has greeted its neighbors every morning at 8 o'clock by gently peeling out two verses of "Morning Has Broken" from its carillon bells.

"I can hear it from my house," says nearby resident Brenda Hartman. "It's a wonderful way to start the day."

"It is calming and pleasant to hear," adds Edward Johnson of Reservoir Woods, "maybe because it reminds me of something heard in my childhood."

Indeed, the soft sounds wafting from the "bell tower"—actually some strategically placed loudspeakers atop the church at Garden Avenue and Holton Street—lend a feel of nostalgia and small town coziness to those who hear it. That includes anyone living or passing through the northern side of Falcon Heights, along with a few homes in border areas of Roseville and Como Park.

The carillon was originally donated to the church in 1986 by longtime members Gerry and Evelyn Palmer, who in addition to

purchasing the carillon, also established an endowment for ongoing maintenance.

"We used proceeds from the endowment to purchase a new unit in 2018," said Bob Olsen, a Holton Avenue resident with a long history at the church. "That's when 'Morning Has Broken' started. It was one of the hymns that came with the new unit. The guy who managed the carillon at the time just liked the tune."

It was an instant hit with the neighbors, regardless of faith—or lack thereof.

"I'm not religious at all, I haven't been to a church service in decades, but I have zero problem with morning church bells," said one resident.

A Silent Spring

"Morning Has Broken" got silenced for four months when a power surge at the church knocked the carillon out of commission in January. The neighbors missed it. One of them, Ryan Stokes, Olsen's Holton Street neighbor, offered to help fix and re-install the damaged equipment.

"So he and I worked on it, and fi-

nally got it re-installed," Olsen said. The dulcet tones returned in June.

Over the years, they've had to make minor adjustments, such as when the speakers were pointed a little too directly at a nearby house, or when a local musician asked if the bells could be adjusted to chime in "A" rather than "B-flat."

One thing no one has ever complained about is the tune itself, a traditional Scottish Gaelic melody whose most recognizable lyrics were written by English author Eleanor Farjeon and published in 1931. It took on a much wider popularity 40 years later, when a British singer then known as Cat Stevens released it as a single, which reached number six on the Billboard Hot 100, according to Wikipedia.

"I really enjoy it," said Sue Salmon of Pascal Street. "Some mornings I even start humming along."

Added Nina Semmelroth of Arona Street: "It always sparks joy! I grew up in Europe and this was very common, so also a bit of nostalgia for me."

Not to put too fine a point on it, but the neighbors seem to praise with elation. You might say they



Longtime church member Bob Olsen (L) and neighbor Ryan Stokes worked together to restore the carillon music system for Falcon Heights Church this past spring. Photo by Bill Brady.

praise every morning. As if it really was God's re-creation of the new day.

To hear the Falcon Heights church carillon playing Morning

Has Broken, go to [youtube.com/shorts/BAG32mCebuQ](https://www.youtube.com/shorts/BAG32mCebuQ). ■

Bill Brady is copy editor and occasional writer for the Park Bugle.

SAP history series: Shopping for food

By Mary Mergenthal

In her latest architectural history presentation, St. Anthony Park resident Kristin Anderson will review the many options for buying food in St. Anthony Park during the 19th and 20th centuries.

Anderson's talk will be held at 7 p.m. on Tuesday, Oct. 14, at St. Anthony Park Lutheran Church, 2323 Como Ave. Anderson, professor emerita of Art & Design from Augsburg University, is in her third season of history talks. Her series continues through next May.

This summer, Tim & Tom's Speedy Market celebrated 30 years as an independent grocery store. The first store in the building, Blomberg's Grocery, was one of many grocery stores in the neighborhood in the early 20th century.

Anyone unable to attend in person can view the presentation live online, with a recording available for one week after Oct.



Blomberg's Grocery circa 1925. Photo from a private collection, used by permission.

14 via the SAPLC YouTube channel bit.ly/Sap-history.

You can also access the channel from saplc.org via the worship tab and livestream link.

All are welcome to attend. Presentations are still free, but dona-

tions are appreciated to help offset program expenses. ■

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

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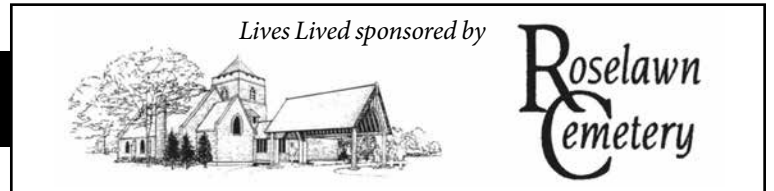
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LIVES LIVED

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.



Mildred Baumhoefner

Mildred Elaine Baumhoefner, 99, formerly of St. Paul, died July 27, 2025.

She was born and raised just outside Pipestone, the daughter of Oscar and Mary Evelyn Ingebritson. She spent a happy childhood in the small town of Ihlen.

Mildred was a graduate of Swedish Hospital School of Nursing and enjoyed her years working as a registered nurse.

She was preceded in death by her husband, Paul; and siblings, Richard and Burnice. She is survived by her daughter, Karen (Paul) Dumais, and two grandsons.

Service has been held. Memorials preferred to Como Park Lutheran Church.

Judie Hanson

Judie Joan Hanson, 83, of St. Anthony Park and more recently Como Park, died Aug. 27, 2025. She lived her first 65 years in Montana and held important positions with the U.S. Park Service and with FEMA.

Judie was preceded in death by parents Chester and Alice Wiltgen; husband, Robert Moseman; daughter, Victoria Bjorem (Jerome); and one grandson.

She is survived by husband, Perry Hanson; daughters Luci Tuttle (Ken) and Paula Smith; sisters Anita Kurtz (Gene) and Mary Beth Squires (David); brothers, Steven Wiltgen (Rhonda) and Arthur Wiltgen (Karie); and by several grandchildren and great-grandchildren, as well as the children and grandchildren of her husband, Perry.

Service was held at St. Anthony Park Lutheran Church.

Jo Ann Kenny

Jo Ann Kenny, 79, died Aug. 9, 2025. Jo Ann attended Murray High School, the University of

Minnesota Twin Cities for undergrad and the University of Illinois Urbana-Champaign for grad school. She worked at 3M as a chemist and technical audit specialist for 23 years. She also spent five years with the U.S. Postal Service.

Jo Ann was a wonderful, caring person whose positivity, joy and wit enhanced the lives of all who knew her.

She is survived by her son, John (Jeanne Burns-Frank) Frank; two grandsons; two sisters and two brothers.

David "Lee" Petersen

David "Lee" Petersen, 72, Roseville, died Aug. 14, 2025. He was born on Jan. 21, 1953, in Reedsburg, Wisconsin, to Bernard and Thelma (Acree) Petersen and grew up on the family farm between Baraboo and Wisconsin Dells. There he met his wife, Linda (Harmel) Petersen, who he married in 1973.

Lee earned three degrees, a bachelor of science in mining engineering from the University of Wisconsin and master's and doctoral degrees in geoenvironmental engineering from the University of Minnesota. He had an accomplished career, starting with Agapito & Associates (Colorado) and culminating as a principal engineer at Itasca Consulting Group (Minnesota). His many achievements included work on the Silver Creek Cliff and Lafayette Bluff tunnels on Minnesota's North Shore, the underground law library at the University of Minnesota, and the LRT tunnel beneath the MSP Airport.

For over 40 years, he was an active member of Mount Olive Lutheran Church in Como Park, where he held various roles on the church council. He humbly shared his faith with others, participating in mission trips to Peru and Haiti,

and helping co-found Branch Lutheran Schools of Haiti, now in its tenth year.

He will be remembered for his compassion, empathy and genuine care for others.

He is survived by his wife, Linda Petersen; daughters, Victoria Petersen and Kristie (Dave) Schaffer; two grandsons; and brother, Wayne (Pam) Petersen.

A funeral service has been held at Mount Olive Lutheran Church. Memorials may be made to Branch Lutheran Schools of Haiti.



Lori Shuster

Lori Shuster, aka Loretta Good, 91, died at home on Aug. 30, 2025.

Lori's first career was modeling in Charleston, West Virginia. Then she opened her own modeling school and made her way to the showroom floor of Elizabeth Arden in New York City.

Despite that early glamorous career, Lori's proudest career choice was getting a job at the University of Minnesota and working her way up to become the senior administrative director of the Department of Family Practice in the Medical School. She said that working at the U for 30 years was the college education she never got to have.

Lori raised her daughters next to St. Anthony Park Elementary School, and was involved in the SAP Community Gardens, including plantings at the library.

Lori spent countless hours researching family history and writing stories from memories of growing up on a farm in the 1930s to 1950s in West Virginia.

Lori leaves behind her love of nature, gardens, hosting fancy dinners, good home cooking, home-

grown tomatoes, baking, cooked apples, current events, telling funny stories, reading, writing, researching and always learning until the end.

A private memorial will be planned for a later date.

Memorials can be made to the School of Nursing at the University of Minnesota at makingagift.umn.edu/give/fund.html?id=1597085152154.



Mary Sjowall

Mary Malia "Ma Sjo" Walker, 84, former longtime St. Anthony Park resident, died

Aug. 10, 2025, in Lakeville. She was born Nov. 26, 1940, in Albert Lea.

Mary was an English as a second language teacher in the St. Paul and Minneapolis school districts, and nurtured generations of students from around the world. She welcomed children from St. Anthony Park and beyond. She not only taught language—she taught life. For students newly arrived from countries such as Cambodia, Laos, Somalia, Tibet and Hmong communities, she provided not just lessons, but winter coats, warm meals and a safe place to feel seen and valued.

Mary also wrote features about old St. Anthony Park houses for the Park Bugle. She started with the history of her own house on Carter Avenue.

Mary's adventurous spirit was as boundless as her compassion. She celebrated life's milestones with bold and joyful acts: At 40, she jumped a freight train with friends; at 50, she got an apple tattoo; at 60, she swam with dolphins in Hawaii; at 70, she met the Dalai Lama; at 75, she strolled the beaches of Sanibel Island, collecting seashells with

friends; and at 80, she was honored with a roaring motorcycle parade—over 30 Harley-Davidsons from Lakeville riding clubs escorting her in style to the front of Highview Hills Senior Living.

From the shores of Waimanalo, Hawaii, to the streets of St. Anthony Park, Mary lived with kindness, generosity and unconditional love. She was a poet, published author, photographer, storyteller and an eternal friend to strangers. Those who met her carried away not just a smile, but a piece of her light.

Mary leaves behind not only her family, but a legacy of kindness that will ripple through generations. As her loved ones say "Aloha, Tutu"—until we meet again—they imagine her barefoot on a warm Hawaiian shore, seashells in her hands, laughter on the wind and her spirit forever free in the tides she so loved.

Mary was preceded in death by her parents, Lillian and Bruce Walker. She is survived by her children, Sara (Steve) Lebens and Erik (Nicole) Sjowall, and six grandchildren.

Memorial donations can be made to the St. Paul Humane Society in Como Park or the Como Park Conservatory.

Her family and friends will gather for a celebration of her extraordinary life on Sat., Nov. 29 from 11 a.m. to 2 p.m., at the Cremation Society of Minnesota, 7110 France Ave. S, Edina.

There will be a short service at 12 p.m. ■

Perhaps they are not stars, but rather openings in heaven.

— Inuit Proverb

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www.stmatthewsmn.org, Facebook: *stmatthewsmn*

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

Wednesday Eucharist 12:00 NOON followed by lunch

Contemplative worship: 5:00 PM, 2nd and 4th Sundays

To add your place of worship to the directory, contact Roald Sateren at 651-468-4040 or roald.sateren@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: October 8, 2025.



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Fall events from p. 12

Oct. 17, 24 & Nov. 14; and Saturdays, Oct. 18 & 25. Explore the rotunda, hallways and chambers with historical "spirits" who share stories of the Capitol's past. \$14-\$16. Reservations: mnhs.org/events.


Ramsey After Dark: Victorian Superstitions
Alexander Ramsey House, 65 Exchange St. S.
One-hour tours at 5:30 and 7:30 p.m. on Fridays, Oct. 10 & 24 and Nov. 14. Explore 19th-century superstitions, hear chilling Ramsey

family letters, try Victorian fortune-telling games and see how superstition endured in an age of reason. \$18-\$20. Reservations: mnhs.org/events.

LANDMARK CENTER Great Pumpkin Halloween Celebration
Landmark Center, 75 Fifth St. W.
1 to 3 p.m. on Sunday, Oct. 26. Family carnival with games, fishing for prizes, cake walk, costume parade, face painting, crafts, plus a DJ spinning tunes. Free.

Romanian Dark Legends: Monsters, Vampires and the Undead
Landmark Center, 75 Fifth St. W.
3 p.m. on Sundays, Oct. 5, 12, 19 and 26. The Heritage Organization of Romanian Americans presents a free session every Sunday in October.

A Romanian folk arts workshop, "Masks and Dances," will be held from 1 to 3 p.m. on Sunday, Oct. 26. Create a folkloric character mask and learn the basic steps of regional Romanian dances. ■



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LIBRARY CORNER

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Como Park man's book is self-described 'Gen X mash-up'

By Scott Carlson

Scott Berndt is a proud resident of St. Paul's Como Park neighborhood, drinks lots of coffee and is prone to nostalgic daydreams.

Berndt is also partial to history, research and writing. He just published his first book, "John Cleese Saved My Life! ... And Other True Tales Of Pop, Politics, And Prayer." He calls his first tome "a Gen X mash-up where memoir meets history book."

Set in Ronald Reagan's America in the 1980s, Berndt unravels his adolescence and the political and pop culture forces that shaped his character and transformed his religious faith, he says on his website.

From the time he was a fourth grader, Berndt said he has wanted to write a book. Fifteen years ago, Berndt realized he wanted to leave behind a story that he could



share with his children, one that leaned on his own experiences, reflecting his love of music and history.

"In the end it became what I like to call, 'a Gen X mash-up' where memoir meets history book," Berndt told the Bugle.

A native of Anoka, Berndt graduated from Anoka High School in 1991, then enrolled at Hamline University. After college, he joined the St. Paul School District in 2003, where he has spent most of his career as a history teacher at Highland Park Senior High.

Berndt said he spent 10 years researching and writing his book, then spent another eight months carrying out the publishing process.

"Since my book is firmly situated

in the 1980s, I listened to a lot of '80s music to place me in the mindset of my younger self," Berndt said. He has a lengthy music playlist to explore the cultural significance of events in his book.

Some of Berndt's playlist includes: Under Pressure by Queen & David Bowie; The Boy in the Bubble by Paul Simon; Jammin' Me by Tom Petty and The Heartbreakers; Sign 'o the Times by Prince; All She Wants To Do Is Dance by Don Henley; Undercover (Of The Night) by The Rolling Stones; Allentown by Billy Joel; Pink Houses by John Cougar Mellencamp; Born in the U.S.A. by Bruce Springsteen & The E Street Band; and The Way It Is by Bruce Hornsby and The Range.

Besides gaining inspiration from a wide selection of rock 'n roll music, Berndt pays homage to John Cleese, an internationally known English performer, comedian and

presenter whose credits include the Monty Python comedy troupe. Cleese helped organize the Secret Policeman's Ball benefit show for Amnesty International—reviewers credit him with creating a template for celebrity activism.

Cleese's work had a profound impact in shaping his life, Berndt said.

Despite taking a decade to write his book, Berndt said the hardest part of this project has been promoting and marketing it.

"I am not a salesman so that is a challenge," Berndt said.

Still, he is pushing forward, looking to schedule book signings and readings.

Published by Luminare Press in Oregon, Berndt's book can be found online at Amazon.com and many booksellers. For further information, contact Berndt at scottberndtbooks@gmail.com. ■



Scott Berndt, a Como Park resident and St. Paul public school history teacher, published his first book this year. Photo by Dave Crawford.

Scott Carlson is managing editor of the Bugle.

St. Anthony Park Library events

Compiled by Kathy Henderson

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

Closing for staff training

All St. Paul Public Libraries will be closed on Thursday, Oct. 30, for staff training.

Ongoing programs

English Conversation Circle for Adults

4 to 5:30 p.m. on Thursdays, Oct. 2, 9 and 16. Join the University of Minnesota Retirees Volunteer

Center and the Partners in English program for free English practice taking place in the library's lower level auditorium. All levels of English language skill are welcome.

Storytime in the Park

10:30 to 11:15 a.m. on Tuesdays, Sept. 30 and Oct. 7, 14, 21 and 28, at College Park, 2223 Carter Ave. Stories, songs, rhymes and puppets for children ages 5 and younger and their siblings with their caregivers.

In case of inclement weather, Storytime will be held in the SAP Library auditorium. The decision to move to the library will be made by 9:30 a.m. on Storytime days and posted to sppl.org/calendar.

Shake Your Sillies Out!

10:30 to 11:30 a.m. on Saturdays, Sept. 27 and Oct. 4, 11, 18 and 25, in the lower level auditorium. This early childhood playtime for children ages 5 and younger with their caregivers includes stories, stretching and movement, designed to develop a love for books and make new friends.

Handiwork @ Your Library

10 a.m. to noon on Thursday, Oct. 9. Knit, crochet, embroider and socialize with your neighbors. All ages welcome. Bring your own supplies. This program is co-hosted by SPPL and the St. Anthony Park Area Seniors.

Paw Pals: Read with Enzo

10:15 to 11:30 a.m. on Saturday, Oct. 11. Youth ages 5-12 can read to Enzo,

a friendly dog who loves to sit and listen to stories. Register in advance for a single 15-minute reading session by calling the library at 651-642-0411 or emailing SaintAnthonyPark@ci.stpaul.mn.us.

Adult book club

6:30 to 7:30 p.m. on Monday, Oct. 27. Join library staff and fellow book lovers in the lower-level auditorium for lively conversation and refreshments. Call the library to find out what book the book club members chose as their October selection: 651-642-0411.

Tuesday with a Scholar

Tuesday with a Scholar kicks off its fall season with "The American Prairie" via Zoom from 12:30 to 2 p.m. on Tuesday, Oct. 7. Learn about the American prairie's histo-

ry and the environmental threats it faces today. Guest speakers: retired Minnesota Star Tribune journalists Dave Hage and Josephine Marcotty, authors of the recently published book "Sea of Grass: The Conquest, Ruin, and Redemption of Nature on the American Prairie." Registration required: rclreads.bibliocommons.com/events/68b9f321ce3cf62f00ee09af.

This series is co-sponsored by the University of Minnesota's Osler Lifelong Learning Institute and Ramsey County Library. See the Ramsey County Library website events for Oct. 14, 21 and 28 topics and presenters: rclreads.org. View previously recorded programs: rclreads.org/rcl-program-videos. ■

Compiled from the library website by Kathy Henderson.



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MINNESOTA NATIVE PLANT OF THE MONTH: Sneezeweed

By Dave Crawford & Dawn Lamm

Sneezeweed or Helen's Flower

Latin name:
Helenium autumnale

Dakota name:
šunghúštíphiye zí
(Yellow Horse Medicine)
Used as a poultice for horses' hooves.

Menominee name:
aiatci'a ni'tcikûn
(In the Menominee language, related to Anishinaabe, "aiatci'a ni'tcikûn," translates to "sneezing spasmodically")

The first question people usually ask about Sneezeweed is, "Does it make you sneeze?"

The answer is: "It can, if you snort it up your nose."

Sneezeweed blooms at the same time ragweed sufferers begin to sneeze, but they're sneezing because of ragweed pollen, which is airborne. Sneezeweed pollen is only transported by insects, and you, one would hope, don't allow insects in your nose!

Sneezeweed has bright yellow, daisy-like flowers with short petals. Each petal has three shallow lobes

at its tip. The center of the flower is globe-shaped and yellow to brown.

Perennial Sneezeweed can be found in the wild in almost every county in Minnesota. It's most often found in moist soil with plenty of sun. It can grow well in any garden that's not too shady or dry. It can grow 2-5 feet tall, so it's best planted among other tall plants or against a wall or fence.

Red and orange cultivars have been bred for the nursery trade, but the native wild type is pure yellow. Its abundant flowers add cheerful color to gardens, and last well in cut flower arrangements.

The name "Sneezeweed" reflects the plant's use in Native American and early colonial herbal medicine. Dried flower heads and leaves, if crumbled finely and snuffed up the nose, cause sneezing. This can help expel nasal and sinus congestion and offer some relief in head colds.

In our area, Sneezeweed can begin blooming in early August and continue into October. Its flowers attract bumblebees and other native bees, plus butterflies, flower flies and pollinating beetles.

For many insects that overwinter, sneezeweed, along with late blooming asters, are the last forage before settling in to pass the winter.

The plant has a bitter flavor which tends to make deer and rabbits avoid eating it. It's toxic in large quantities (several pounds of raw leaves) and can cause poisoning in sheep.

We encourage you to explore saving and exchanging the seed of this wonderful yellow ballerina of October! It's the most economical way to add to your garden. When the flowerheads are spent and dried along with about 2 inches of the stem, the seeds can be harvested simply by tapping the heads into a container.

Practice responsible seed saving by only harvesting in landscapes you have permission for, and only harvest about 20% of a particular plant or population. Scatter a few seeds to renew the population and share the rest of your harvest with your community.

Sneezeweed, when established, requires less water, are more tolerant of our changing climate and provides forage and shelter for our animal friends while securing water and improving the soil in our landscapes. The bright gold of Sneezeweed colors the landscape past first frost, when tender annual zinnias and marigolds have faded. Thanks to Linda Black Elk, eth-



The bright gold of Sneezeweed colors the landscape past first frost while tender annual zinnias and marigolds have faded. Photo by Dave Crawford.

nobotanist with North American Traditional Indigenous Food Systems (NATIFS), for the Dakota name and information about its medicinal use in caring for horses. ■

Dave Crawford is a former Minnesota state park naturalist;

Dawn Lamm is founder and organizer of the Como Community Seed Library.

Music from p. 1

shots to make a visual, as well as auditory, choir.

Schola Diffusa has now recorded 18 songs/videos, both sacred and secular, ranging from classical to traditional to pop. Some of Riehl's choices have reflected a response to current events, such as "What a Wonderful World" after the George Floyd murder, and the Ukrainian National Anthem after Russia's invasion of that country.

Now "Porchfest" hyperlocal

If Schola Diffusa is international in scope, Riehl's most recent project, Porchfest, is hyperlocal.

This time Riehl and his collaborators—Clay Williams, Bruce Elliott, Susan Barnes Elliott and Paul Durkee—recruited 35 households in St. Anthony Park to volunteer their porch, front steps or yard for a performance that took place the evening of July 24. They then found 35 groups to play at those locations, scattered throughout the neighborhood.

What the two projects have in common is an inclusive vision of music making and listening.

"Everyone can sing," said Riehl. "Humans have been doing it for thousands of years. I'm interested in ways to expand the opportunities for making music."

Riehl was first exposed to virtual choirs through the conductor Eric Whitaker, and to porch concerts via a long-standing series in upstate New York, where friends of his were living.

"It seemed like National Night Out with music," he said.

Riehl, the product of a musical family whose members sang at



Andy Engstrom of Steady Range performs at the July 24 Porchfest. Submitted photo from Damien Riehl.

home and in church, studied music in college. He jokes that while he was a St. John's music major and student teaching at St. Cloud Tech High School, two tenors getting into a fistfight over their shared sheet music led him to law school, where he figured he could learn about conflict management.

Riehl's legal work has included Internet law, computer and technology law, cybersecurity, data privacy, and trademark and copyright law.

The latter interest gave rise to a project he described in a 2020 TEDx talk (tinyurl.com/Damien-Riehl): a copyright effort to help musicians in "you stole my melody" lawsuits by copyrighting all possible melodies using the notes of the diatonic and chromatic

scales, showing that music can be viewed as mathematical (unoriginal) combinations of pitches, and songwriters all pull from a common mathematical wellspring, so artists should be free to create their music with less fear of being sued for copyright infringement over songs they've never heard.

Schola Diffusa is ongoing, and Riehl plans to reprise Porchfest next summer.

"The mechanics—a website and signup system—are in place," he said. "So next time around it will just be a matter of seeing who all wants to participate. I'm already looking forward to it." ■

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

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Como High School fall sports update

By Eric Erickson,
Sports analysis

As the calendar turns to October, student athletes competing in fall sports find themselves entering the eighth week of their season. Some emerging storylines for Cougar athletic teams are highlighted here:

Elite cross-country team: The varsity runners in the boys cross country program have grown accustomed to the recognition they receive.

But nothing has changed in their preparation, focus or humility. They still strive for personal records. If those keep coming, a team trophy in the state meet is possible.

In 2024, the Cougars won their second straight St. Paul City Conference title and appeared in their fourth consecutive state meet, finishing just shy of the podium and trophy for a top three finish.

In 2025, the Cougars began the season ranked No. 2 in state for class AA. While they downplay rankings, the boys know their hard work and dedication could lead to historic results and aim to take full advantage of the opportunity.

Seniors **Hazel Small** and **Ben Clark**, juniors **Charlie Loth** and **Arthur Anderson**, and sophomore

Logan Small are leading the way, consistently filling the top five spots that count in varsity scoring.

The depth of the program is evident, with senior **Colin Johnson** being a top 15 runner in the city and the Cougars not able to use his time in the total team scoring.

The Como girls have strengthened their roster over the last couple of years and are fielding a consistent third place team in city competition, led by junior **Lilly Coyle** and freshman **Lu Beckman**, who both qualified as individuals for the state meet in 2024. Sophomores **Addie Power-Theisen** and **Paloma Dashevsky** bolster the lineup and serve as captains along with Coyle.

If you see a pack of 30 students running through the neighborhoods after school while wearing black and gold, you're likely seeing a Como cross country practice. The boys and girls train together and enjoy the camaraderie that comes with their exercise, as well as their traditional pre-meet pasta dinners.

Swimming star seeking state: Senior swim captain **Aleia Lueck** is working to peak at the state meet and earn a few more medals while pursuing personal bests. Lueck has represented Como at state every



The Cougar varsity volleyball team gathers to celebrate its victory in the Como gym *Submitted photo*.

year during her high school career and she hopes a fourth trip to state will be the most satisfying.

As a junior in 2024, Lueck earned a fourth-place state medal in the 50-yard freestyle and a sixth-place medal in the 100-yard backstroke. "My goals for this season are to drop time and place higher at state than last year," Lueck said.

Volleyball energy: The Como girls volleyball matches are fan favorites. Enthusiastic supporters in the gymnasium roar in celebration of

every Cougar point earned. The atmosphere is always positive around Como volleyball—whether it's practice or competition.

The varsity squad is young and energetic. They were even younger last year with an average age of 14.6 according to head coach **Madison Critchley**. She said she appreciates how her varsity team is growing and improving, while also developing as leaders, supporting all the players on the junior varsity and c-team.

Collectively, it's a big happy family,

with goals of getting better at volleyball and showing excellence in the classroom. Senior co-captains **Niko Solheid** and **Aletha Keizer** consistently demonstrate how to do both.

Mayor's Cup at Allianz Field: The tenth annual Mayor's Cup matches between the Como and Humboldt soccer teams will take place on Friday, Oct. 3, at Allianz Field. The girls' game will kick off at 5:30 p.m. with the boys to follow at 7:30 p.m..

There is always hype and anticipation when the Cougars and Hawks play for the traveling trophies. But the excitement of competing for the coveted prizes reaches an entirely new level when the high school kids get to shine on a perfect pitch in the professional stadium.

This will be the second time Minnesota United has hosted the Mayor's Cup at Allianz, the first being in 2021. In between, the other St. Paul Public Schools have also had the chance to make memories on the pristine field by playing a city rival for the St. Paul Cup. ■

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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