



A new library

Tool library opens March 4 in St. Paul.

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'West Point of the Sky'

Air Mechanics school had brief life on University Avenue.

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School news

Read about your local schools' events and news.

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Park Bugle

St. Anthony Park / Falcon Heights
Lauderdale / Como Park

www.parkbugle.org
March 2017

'Welcoming the stranger'

Local church's refugee-resettlement program still going strong after nearly four decades.

By Kristal Leebrick

Joanne Karvonen has a list three pages long of all the refugee families St. Anthony Park Lutheran Church has worked with over the last 39 years.

She runs her finger down each page: Laos, Vietnam, Eritrea, Ethiopia, Hungary, Somalia, Haiti, Cuba, Croatia, Bosnia, Sierra Leone, Liberia, Myanmar, Bhutan. The list traces past and current "problem spots of the world," Karvonen said.

Since 1978, when Yer Kong and her six children left the Ban Vinai Refugee Camp in Thailand to start a new life in St. Paul, a group of congregants at the church has helped 59 families settle into new homes in the Twin Cities. Lak Maya Tamang and her two children are the most recent refugees helped by the church. Tamang, a 31-year-old Bhutanese refugee who had been living in a camp in Nepal for 25 years, was welcomed by the church in January.

The church's Refugee Committee got its start just as a new wave of immigrants began coming into the United States: the Hmong, an ethnic group living in Southeast Asia who were recruited to fight in CIA guerilla units against Chinese-backed North Vietnamese and Lao

communist forces.

"The Hmong, like the interpreters in Iraq, had been on our side," said Mary Mergenthal, one of the original members of the Refugee Committee. "They flew with our pilots because they knew the terrain."

Their work in the war put them in danger once the communists took over, Karvonen said, and "they had to flee Laos."

That word "flee" is key when talking about refugees, said Karvonen and Mergenthal. Lutheran Social Services of Minnesota defines a refugee as "any person, living outside of his or her home country, who is unable to return to his or her home country due to a well-founded fear of persecution on the basis of race, religion, nationality, membership in a particular social group or political opinion."

Refugees are "people in horrible situations who have no hope, and it should be our mission to help them, no matter who they are," Karvonen said.

Yer Kong and her family arrived in Minnesota in late summer, three years after the United States pulled out of Vietnam. The family spoke no English, and there were no Hmong translators in the Twin Cities. "There were maybe 30



Yer Kong (second from left) and her family came to St. Paul in 1978. They were the first refugees helped by the St. Anthony Park Lutheran Church Refugee Committee.

Hmong people in the whole city," at that time, Mergenthal said.

The family stayed in the second floor of the church, sleeping in sleeping bags on the floor for several weeks before the church found housing for them. "There were no shower facilities, so people took them over to [Luther] seminary for showers," Karvonen said. "They really didn't know anything about how things worked over here." Electric appliances, modern plumbing—these were things church

members had to teach them how to use.

And there was a learning curve for the church committee members, too.

"Social service agencies like Lutheran Social Services and Catholic Charities weren't geared up

Refugees to 20

Patients take the lead in Como Clinic Health Club

By Kristal Leebrick

Three nights after Donald Trump took the oath of office as the 45th president of the United States, nearly 50 people gathered in a conference room on the second floor of HealthPartners Como Clinic to attend a workshop on finding ways to cope with "presidential election stress" led by University of Minnesota researcher and psychologist Bill Doherty.

Two days later, in the same room in the same clinic, a smaller group joined eight HealthPartners nurses and physicians to learn about hospice care. And just three days after that, more than 35 clinic patients crammed into that same second-floor space and overflowed into the hallways for a weekly Saturday-

Health Club to 10



Murray in Wonderland

Murray Middle School students are busy preparing for the March performances of Disney's Alice in Wonderland Jr. Performances will be held Friday and Saturday, March 3 and 4, at 7 p.m. and Sunday, March 5, at 2 p.m. Discount tickets are available through March 3 at pay.spps.org. Murray is located at 2200 Buford Ave., St. Anthony Park. Here, the costume and set crew shows off some of their work. This is the first year that students at the school were in charge of the props, sets and costuming for the annual musical.

C I T Y F I L E S

Como Park

The District 10 Como Community Council meets at 7 p.m. on the third Tuesday of each month at the Historic Streetcar Station, 1224 N. Lexington Parkway. Here's how to connect: 651-644-3889, district10comopark.org or District 10 Community Council on Facebook.

What to do about Lexington?

The District 10 Como Community Council is examining several ways to address traffic issues and bicycle and pedestrian safety along and near Lexington Parkway in our neighborhood. The council wants to find out if residents support any of the ideas or have other suggestions for improvements in the Lexington corridor.

The survey includes questions about speed limits, crosswalks, lane configurations, signs, and bicycle and pedestrian paths. Take the survey at www.surveymonkey.com/r/d10lexington.

Sunday Series shares success story

District 10's 2017 Sunday Series will continue Sunday, March 19, with a look at one of our neighborhood's great success stories: the Como Woodland Outdoor Classroom. The story is how a bunch of citizens volunteered for buckthorn busting in a neglected urban woodland and ended up creating a special place to play, learn and escape outdoors.

The Sunday Series presentation will look at the past, present and future of the Woodland, how many birds find a home there, what those posts are all about and how you can team up to continue restoring and maintaining a vibrant woodland. The presentation will include a sneak peek at a new user's guide to the

woodland.

Details: Sunday, March 19, 1-2:30 p.m., upstairs at the Visitors Center at Como Zoo and Conservatory. It's free.

Here is the rest of the 2017 lineup:

April 2: Sarah Weaver from the University of Minnesota's Monarch Lab will talk about the precarious state of everyone's favorite butterfly. Her discussion will include an overview of the monarch's biology and life cycle, why the population of monarchs is crashing and what individuals can do to turn this around.

May (date TBD): Landscape and Garden Design

June 11: The Capitol Region Watershed District will unveil a new study on Lake Como's ecology.

Keep tabs on District 10's website or on social media to get more details as each event draws near.

Sholom Home update

Developers of the former Sholom Home property are seeking up to \$18 million in tax-exempt bonds from the city's Housing and Redevelopment Authority. If successful, the money would provide about half the funding necessary to convert the abandoned nursing home into an assisted-living facility tentatively named Como Park Senior Living.

District 10's Land Use Committee voted unanimously Jan. 30 to recommend that the full Como Community Council support the request. The council planned to consider the recommendation at its Feb. 21 meeting. The developers say they intend to gut the four buildings at 1554 Midway Parkway. The former nursing home, which has

been vacant since 2009, instead would be converted into roughly 140 one-bedroom assisted-living suites and 25 studio units for memory care.

Stephanie Hawkinson, of the Landon Group, said that of the 168 total units, 45 would be market-rate apartments renting for about \$2,700 a month. The remaining units would qualify as affordable housing for seniors, she said, with subsidized rents ranging from \$751-\$891 a month.

Dave Carr, of Graham Construction, said that if the bonds are approved, construction could begin this May and the first residents could move in fall 2018. Asbestos remediation was scheduled to start in February. For updated information, see the District 10 website: www.district10comopark.org.

Debt workshop offered

District 10 will host a free financial-literacy workshop Wednesday, March 22. TopLine Federal Credit Union and LSS Financial Counseling will lead the workshop, which will be held Wednesday, March 22, 6-7:30 p.m. at the Como Park Streetcar Station. Reservations are required. To reserve a spot, call 763-391-9494.

More ash trees are coming down

The City of St. Paul has begun removing 159 ash trees from boulevards in District 10, plus 175 more trees from the golf course in Como Park. Stretches of eight streets are the latest victims in the city's ongoing war against an accelerating infestation by the invasive and destructive emerald ash borer. You can see the ash removal targets at www.district10comopark.org.

Report potholes

The unseasonably warm winter means potholes are blooming all over. The quickest way to file a pothole complaint with City of Saint Paul Public Works is to send location information to Potholes@stpaul.gov.

Upcoming District 10 meetings

Neighborhood Relations and Safety Committee: Tuesday, March 7

Como Community Council Board: Tuesday, March 21

Environment Committee: Wednesday, March 29

Land Use Committee: Wednesday, April 5

Meetings begin at 7 p.m. at the Como Park Streetcar Station.

Falcon Heights

The Falcon Heights City Council meets the second and fourth Wednesdays of each month at 7 p.m. in Falcon Heights City Hall, 2077 W. Larpen Avenue. Contact information: 651-792-7600 or falconheights.org.

Community Conversations continue in Falcon Heights

The City of Falcon Heights Inclusion and Policing Task Force is seeking input from residents and guests who visit the community in developing recommendations on how to build a more inclusive and welcoming community and develop policing practices that reflect the values of the

community.

A series of five Community Conversation sessions was launched Feb. 16 and will continue through May or June. Each session will be at Falcon Heights United Church of Christ, 1795 Holton St., from 6:30 to 8:30 p.m. Participants in the Feb. 16 conversation helped identify the values of the community.

The schedule for the remaining meetings is listed below:

Conversation 1: Conversation 2, Thursday, March 2: Participants will help develop options for how the city can live out the community's values in its activities, policies, policing policies and practices.

Conversation 3, Monday, April 3: Participants will provide feedback on the task force draft recommendations to the city council on policing values, policies and practices.

Conversation 4, Monday, May 1: Participants will provide feedback on the task force's draft recommendations to the city council on how to best be an inclusive and welcoming community.

Conversation 5, May or June (to be determined): This meeting will take place after the Falcon Heights City Council has acted on the task force's recommendations.

Contact Sack Thongvanh, Falcon Heights city administrator, with questions by emailing sack.thongvanh@falconheights.org or calling 651-792-7611.

St. Anthony Park

The District 12 Community Council meets on the second Thursday of each month at 7 p.m. at Jennings Community Learning Center, 2455 University Ave. The council offices are located at 2395 University Ave., Suite 300 E. Contact information: 651-649-5992 or www.sapcc.org.

Community garden applications due Monday, March 6

Applications for a plot in the St. Anthony Park Community Garden are due Monday, March 6. The garden is located on the north side of Robbins Street, between Raymond Avenue and Highway 280. Garden plots are about 15 by 20 feet and cost \$30 per year. A lottery will be drawn to determine who will be able to rent available plots.

Applications are available at sapcc.org/2017-garden-applications-now-open/. Send the application with a check or money order payable to SAP Community Garden to Susan Conner, 980 Hampden Ave., St. Paul, MN. 55114.

New staff member

The St. Anthony Park Community Council has hired Chiara Marano as executive assistant.

SAPCC gives nod to Pelham Boulevard bikeway proposal

The Pelham Boulevard bikeway project received the support of the St. Anthony Community Council at its Feb. 9 board meeting.

The City of St. Paul is proposing to make bikeway improvements along sections of Pelham Boulevard and Myrtle and

Raymond avenues this spring.

The project is part of the St. Paul Grand Round, which aims to develop nearly 27 miles of scenic parkways connecting parks and neighborhoods across the city with pedestrian and bicycle facilities. City staff is proposing short-term improvements that will include a two-way in-street protected bikeway along Pelham Boulevard between Mississippi River Boulevard and Myrtle Avenue and along Myrtle Avenue between Pelham Boulevard and Raymond Avenue. In-street unprotected bicycle lanes will be added to Raymond Avenue between Myrtle Avenue and University Avenue. The two-way protected bikeway will include flexible delineators separating the roadway from the bikeway.

Implementing the bikeway will require removing on-street parking from the east side of Pelham Boulevard between Mississippi River Boulevard and Myrtle Avenue and from the north and south sides of Myrtle Avenue between Pelham Boulevard and Raymond. There are no proposed parking impacts to Raymond Avenue.

Learn more at stpaul.gov/departments/public-works/bicycles/bicycle-projects/pelham-bikeway.

SAPCC wants park space to be considered at Weyerhaeuser site

The St. Anthony Park Community Council (SAPCC) recently weighed in on the proposed development in the former Weyerhaeuser lumberyard site on the border of the Minneapolis Prospect Park neighborhood. In a letter dated Jan. 20, the community council encouraged the City of St. Paul and developer Dominion to consider "a thoughtfully planned park space" that includes bike and pedestrian connections to and through the property to coincide with the Grand Round project on Raymond Avenue and Pelham Boulevard (see story above); contiguity of park space and a gathering space in that park space for residents and community members to use; a connection to Franklin Avenue from that park space to serve neighbors in the surrounding area; and the addition of permeable, vegetated land to aid in storm water reduction.

Last summer, the Plymouth-based developer bought the 13.3-acre site next to 808 Berry Place, a mixed-income rental property that Dominion opened in 2004. The developer has proposed a 600- to 700-unit apartment complex that may include senior affordable housing, affordable workforce housing and market-rate apartments.

The letter was sent to St. Paul City Council President Russ Stark and Dominion representatives, encouraging both the city and developer to consider the points listed above and asking the city to re-establish a road grid through the property.

"Connectivity in this area will serve local residents and employees and the wider community," the letter said.—Kristal Leebriek

Announcing...

The Saint Anthony Park Community Foundation 2017 Grants Program

Deadline: Applications must be submitted by Thursday, March 31, 2017 to PO Box 8038, St. Paul, MN 55108

Grantmaking Priorities: Improving our environment, Strengthening learning opportunities, Enhancing livability, Supporting aging-in-place solutions, Promoting business vitality, Cultivating life-long appreciation for the arts

Eligible Organizations: Not-for-profit organizations, neighborhood, and community-based groups serving the needs of the St. Anthony Park/District 12 area

Grant Application Forms:

Available on-line at sapfoundation.org or contact the Foundation

Grant size: \$5,000 maximum

Questions: Contact Jon Schumacher at 651/249-9107 or on-line at jon@sapfoundation.org





Congregants and the Rev. Victoria Wilgocki (fifth from right) spent a week in Biloxi, Miss., volunteering at Black Bay Mission.

Mission trip to Biloxi gave volunteers 'more than we gave'

By Michelle Christianson

How do you combine a service project, an educational trip and a life-changing experience into one event? Go to the Back Bay Mission in Biloxi, Miss., which is just what 10 members and the Rev. Victoria Wilgocki of St. Anthony Park United Church of Christ (UCC) did in February.

Those 11 (one man and 10 women, mostly retired) joined seven other Minnesotans as a team that worked, bunked, cooked, ate, sang, prayed and learned together. They had various reasons for going: Some had never been to the Deep South, one person had used social services in the past and wanted to give back, one had heard about the Back Bay Mission as a child in Sunday School and wanted to be a part of the experience, and all wanted to go to help people in need.

The trip was funded by the church, individual gifts, funds raised at a concert and bake sale, a grant from Chapel Hill UCC in Edina and participant fees.

The volunteers prepared for the trip by reflecting on and sharing their stories, journaling and discussing their anxieties and issues of privilege, poverty and racism, Wilgocki said.

Back Bay Mission was established in 1922 by the First Evangelical Church of Biloxi as an outreach program, providing education, clothing, shoes and medicine to poor residents of the city. In the 1940s, the mission provided open houses for the growing number of service personnel stationed in Biloxi, and in the 1950s a nursery school, credit union and Teen Town were added to the ministry. (In 1957, Evangelical and Reformed churches joined with Congregational Christian Churches to form the United Church of Christ.) In the 1960s, a community center was built and included a craft shop, library, preschool and kitchen.

Even though integration and participation in the civil rights movement turned some church supporters away from the mission, Back Bay continued with

involvement with the NAACP, Head Start and Planned Parenthood, and added a neighborhood-improvement program and a women's center. When the UCC of Biloxi dissolved in 1974, Back Bay was still supported by and became the only presence of the UCC on the Mississippi Gulf Coast.

Since the 1980s, Back Bay has added a Loaves and Fishes program, a preschool, an AIDS task force, a thrift store, homeless-housing initiatives, work camping and emergency assistance. When Hurricane Katrina hit in 2005 and

Mission trip to 16

Bugle poetry contest deadline is March 3

April is National Poetry Month and the Bugle is celebrating with its annual poetry contest. You have just a few days left to enter. The first-place winner will receive \$50 and be published in the April issue of the Bugle. We will also publish the second- and third-place winning entries. All entries will be published online.

Here's what you need to know:

- The prompt for the 2017 contest is "walls."
- Poems can take any form you choose.
- The word "walls" does not have to appear in your poem. Use the

word as inspiration to go in any direction it takes you.

• The contest is limited to one submission per person and it must be received by Friday, March 3.

The contest is open to all Bugle readers. Current Bugle employees and Park Press board members and their families are not eligible to enter.

Send poems to Editor, P.O. Box 8126, St. Paul, MN 55108, or to editor@parkbugle.org.

The poems will be judged anonymously by a local poet. Get out those pens (or pencils or laptops) and go to it.

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HAPPY HOUR 3PM - 6PM MONDAY - FRIDAY

\$2 off all draft (beer and wine)\$5 Appetizers

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Como neighbors enjoy Happy Hour from 3pm - Close

THURSDAY IS MOVIE NIGHT

Almost all of the Greatest Movies from 1986 and 1987
Doors at 6pm, Trivia by Trivia Mafia at 6:15pm
Movie begins at 6:45pm

March 2nd - Little Shop of Horrors

March 9th - Hoosiers

March 16th - "Crocodile" Dundee


March 23rd - Star Trek IV: The Voyage Home

March 30th - Monster Squad

When you need advice



www.carteravenueframeshop.com hours: weekdays 10:00 a.m. - 5:30 p.m. / saturday 10:00 a.m. - 4:00 p.m.



Park Perks raised \$515
for the **Como High School Robotics Team** in January.

During the month of March we are collecting for Shakespeare in St. Anthony Park.

SUNRISE BANKS

Member FDIC
2300 Como Ave. St. Paul, MN 55108
sunrisebanks.com

Park Bugle

www.parkbugle.org

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Next deadline:
March 8. The paper
will be published March 21.

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

Opinions expressed in the Bugle by the editor, writers and contributors do not necessarily represent the opinions of the board of directors, Park Press, Inc. Copyright 2017, Park Press, Inc. All rights reserved.

The Park Bugle is published by Park Press, Inc., a 501(c)3 nonprofit organization guided by an elected board of directors.

Currently serving on the board are Grant Abbott, Ted Blank, Betsy Currie, Deborah Cushman, Elizabeth Danielson, Michael Griffin, John Landree, Gabrielle Lawrence, Brian Longley, Beth Mercer-Taylor, Bob Milligan, Merry Rendahl, Glen Skovholt, Matt Vierling and Kathy Wellington.



EDITORIAL

Looking for your Bugle?

We received a few calls in late January from readers who didn't get their Bugles the third week of January. That's because the Bugle wasn't delivered until the last week of the month. Again, in February, the Bugle was delivered at the end of the month.

The Bugle contracts with a delivery service that also delivers a number of other community newspapers in St. Paul and Minneapolis, and in an effort to work with those other papers' schedules, we have an inconsistent delivery schedule this year. Most of the subsequent issues will come out the third week of the month, until we get to October. That issue will come out on Halloween.

If you're curious as to when the Bugle will hit the streets through December, here are the dates:

April issue, March 21
May issue, April 18
June issue, May 23
July issue, June 20

August issue, July 18
September issue, Aug. 22
October issue, Sept. 19
November issue, Oct. 31
December issue, Nov. 21
January 2018, Dec. 19

You can also see the deadline and publication date for the upcoming issue toward the bottom of the column on the left of this page ("Next deadline: March 8. The paper will be published March 21").

Or go to www.parkbugle.org, scroll down to the bottom of the home page and click on "Submission and Publication Dates." That will give you the deadlines for submissions and advertising space reservations and the dates the Bugle will hit the streets.

If you have delivery issues, please email editor@parkbugle.org or call 651-646-5369 and we will do our best to take care of those issues.

LETTERS

Welcome to the Bugle editorial pages, the place where we exchange ideas and opinions. The views reflected in the letters and commentaries printed here are the opinions of the individual writers, not the Bugle staff or board of directors. We encourage community participation on this page, but we do retain the right to edit letters and commentaries for clarity and brevity. Letters should be kept to 400 words or fewer and commentaries should be 800 words or fewer. Send your commentaries or letters to editor@parkbugle.org.

Thank you for your good deeds and collective prayers

This is for the heroes who showed up just in time, when I needed them most.

They are all around us in this St. Anthony Park community. Some of them I recognize and know their names. Many others are anonymous. I am the beneficiary of their good deeds, recipient of the power of their collective prayers, and have been humbled by their generous support and resources.

My name is Krag. My home suffered extensive fire damage on the morning of Dec. 14, 2016, just a week before Christmas. I was at work. My dog Toulou, a Lab/Husky mix, was safe, thanks to my neighbor Gene. Maybe you've seen the house at 2357 Carter Ave. It's a three-story

Victorian built in 1890. A once-beautiful home, its fate is yet to be determined. It has been home for 12 years. SAP has been home for 27 years.

Human kindness has been overflowing. The first of a legion of heroes were there the morning of the fire to help any way they could. (Using first names only) Meg and Deb and Wendy and Lindsay and Tom and Gwen were there to offer support and help retrieve valuables and personal items from the smoky charred remains of the home. The St. Paul Fire Department Station 23 was amazing as a team and as individuals. Each one expressed their condolence. State Farm agents Sharleen, Ryan and Jeremy were on the scene that

day.

Within days a GoFundMe account was established through Britt and St. Anthony Park Lutheran Church. More than 80 people responded, many of them anonymously. This fund is bridging the gap between living expenses occurring today and some future date when I receive insurance benefits. Local businesses have come to my rescue too. Tim & Tom's Speedy Market, Terri and Kim at Salon in the Park, Finnish Bistro, All Season Dry Cleaners, Muffuletta, Park Dental, Park Service and Dog Days provided unexpected support and caring. Include the dozens of anonymous angels who provided encouragement, support and

resources.

This is written with the deepest appreciation for the physical and emotional rescue all of you gave me.

This generosity will be paid forward. Your gift of kindness will be remembered forever.

*Krag Swartz
Currently in temporary housing
in a wonderful duplex apartment at
2291 Hillside Ave.*

Bugle seeks candidates for governing board

The Park Bugle is seeking candidates to fill openings on its board of directors. The board consists of residents and business owners from the communities served by the newspaper.

Skills and background desired include organizational or management skills, especially with nonprofits, including board service; fundraising and grant-writing experience; a strong connection to the community and the ability to comfortably approach potential donors; advertising experience, specifically sales, to support our sales representatives; and legal expertise.

If you'd like to help shape the strategic direction of your local, award-winning, nonprofit newspaper, send a short note and biography to editor@parkbugle.org, with DIRECTORS in the subject line. Or send a letter to Park Bugle, P.O. Box 8126, St. Paul, MN 55108, Attn: Directors.

Thank you, Bugle readers

We are so grateful to our supporters. You've helped us raise \$40,806 in the Park Bugle's 2016-17 fund drive. We thank all of you who have contributed, including the following people and businesses that gave between Jan. 21 and Feb. 15. The nonprofit Bugle would not be here without your contributions. We rely on tax-deductible donations to help defray the newspaper's annual operating costs.

We are always happy to accept more contributions. If you haven't had a chance to donate, you still can by going online at www.parkbugle.org. Click the green DONATE NOW button on the right side of the page. Or send a check to Park Bugle, P.O. Box 8126, St. Paul, MN 55108.

Thank you!

David Brasel &
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Mark Trollope & Christina Kell

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Annette Wuertz

Businesses

Medtronic

Transition Town – All St. Anthony Park

This is one of a series of occasional columns 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. You can find out more about Transition Town at www.TransitionASAP.org.

Tool Library to open March 4

By Ethan Engberg

A new kind of library will open in St. Paul on Saturday, March 4, one with power saws, wrenches and wheelbarrows.

The St. Paul Tool Library, 755 N. Prior Ave., will be the nonprofit Minnesota Tool Library's second location in the Twin Cities. The first, the Northeast Minneapolis Tool Library, opened in 2015.

The tool libraries allow members to use on-site tools in a common shop space and take skill-building workshops on using power and hand tools, garden tools and ladders. Users can browse the tool inventories online, then stop in to check out items for one week, with the option to renew. The St. Paul Tool Library's inventory will be posted on opening day at www.mntoolibrary.org.

The Minnesota Tool Library's mission is to "cultivate a more resilient and equitable community and reduce waste by empowering residents with access to tools, training and workspaces."

The idea for the St. Paul location came about in 2015, when St. Paul resident John Bailey contacted the Northeast Minneapolis Tool Library about bringing the nonprofit to his city. Bailey, who now chairs the St. Paul library's advisory board, says it is a good fit for the area.

"I have known about tool libraries for a long time, and they make so much sense," Bailey says. "It seemed crazy that St. Paul didn't have one."

Early in 2016, Bailey and others started working with the Northeast Minneapolis Tool Library to formalize plans for a second site, search for space and secure start-up funding. The first \$5,000 raised was matched by the Knight Foundation, and further fundraising is now under way.

The St. Paul Tool Library is in the same building as Can Can Wonderland, just south of the yard



Bob Lies of EggPlant Urban Farm Supply (left) and St. Paul Tool Library organizer Peter Hoh hold a five-tined broad fork donated during the February tool drive. Photo by Josh Capristant

waste site on Pierce Butler Road. For \$55 per year, members get tool checkout privileges as well as discounts on studio shop classes. The 1,800-square-foot space has open shelving and wall storage, movable workbenches, and a children's area. A tool drive on Feb. 11 added 300 items to the growing collection. Volunteers have been working diligently to organize, take inventory and prepare the space. The grand opening on March 4 will run 4:30-7:30 p.m. with music, food and libations.

With the growth of the sharing

economy, the tool library is a model for resource sharing and waste reduction.

"I think for many people in St. Paul, it can help them save money by buying [fewer] tools, and as importantly, teach new skills," Bailey says.

You can learn more about the St. Paul Tool Library on its Facebook page, St. Paul Tool Library.

Ethan Engberg is an intern with Transition Town ASAP. A Macalester sophomore, he is focusing on environmental studies and education.

Upcoming Events



Open House

March 6, 2017
Monday
5pm - 8:30pm

Enjoy Food and Drink Specials; Kids Eat Free with a Paying Adult; Beverage Samplings; Raffles and Prizes; Live Music!

Don't Miss the Fun!



March 16, 2017

Sunday
2:00pm - 8:30pm

Special Menu

Soile Anderson
Book signing 2:00pm - 5:00pm

The Finn Hall Four
Music 5:00pm - 8:00pm



Open Daily 6:30am - 8:30pm

Correction

A story in the February 2017 edition of the Park Bugle ("Yes, your recycling cart has a microchip") incorrectly stated that radio-frequency identification (RFID) tags tracked delivery and placement of St. Paul's new carts. Bar codes were used for that purpose.

The RFID tags were not and are not being used in any way, according to Joe Ellickson, communications director, St. Paul Public Works.

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'Wilson,' movie shot in Bugleland in summer 2015, opens March 24

"Wilson," the Woody Harrelson comedy that was filmed in the Twin Cities in 2015, is slated to open March 24.

The film will feature a number of familiar spots in the Como Park

and St. Anthony Park neighborhoods, including Lake Como, Como Town amusement park, Hampden Park Co-op on Raymond Avenue and Hampden Park across the street.

The film crew spent the night of July 30, 2015, at the co-op filming, and used nearby St. Anthony Park Lutheran Church for a supper break.—*Kristal Leebrick*

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The "Wilson" film crew and actors worked into the wee hours July 30, 2015, filming at Hampden Park Co-op. Photo by Kristal Leebrick

March brings Music in the Park Series and Family Concerts to St. Anthony Park

The Schubert Club has a number of musical events lined up for March in St. Anthony Park.

The Music in the Park Family Concerts series will open its 27th

season Friday, March 3, with two performances by Yolanda Kondonassis, harp, and Jason Vieaux, guitar. The two soloists and recording artists will join forces in a program

featuring "Spirit of Trees" by Alan Hovhaness and other works that bring music and nature together. Readings from Kondonassis's book *Our House Is Round: A Kid's Book About Why Protecting Our Earth Matters*, will carry a message about taking care of our natural resources.

All Family Concerts are held at St. Matthew's Episcopal Church, 2136 Carter Ave., and have two performances, one at 6 p.m. and one at 7:15 p.m. Seating is limited and tickets for all of the 6 p.m. concerts are going quickly.

Later in the month, the Scandinavian Trio will perform Friday, March 24. The trio features Ross Sutter, guitar; Cheryl Paschke, nykelharpa and fiddle; and Marya Hart, piano.

New this year: Attendees can choose their own pricing: tickets are \$0 to \$5 per person. Advanced ticket reservations are strongly encouraged (no tickets required for babes in arms up to age 1).

Also in March, the Schubert Club will present a concert with violinist Alina Ibragimova and pianist Cédric Tiberghien Sunday, March 26, at 4 p.m. at St. Anthony Park United Church of Christ. A pre-concert talk will begin at 3 p.m.

Performing music from baroque to new commissions, on both modern and period instruments, Ibragimova has a long-standing partnership with Tiberghien. Tickets to the concert are limited.

You can order tickets for any of these concerts at schubertclub.org or call the box office, 651-292-3268.

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History:  **One darn thing after another**
 Roger Bergerson chronicles our remarkable past

'West Point of the sky' once slated for Midway

Note: This article is adapted from a longer piece in the upcoming edition of Ramsey County History magazine.

For a century, the edifice now known as the Court International Building has been a landmark at 2550 University Ave. in the western Midway of St. Paul.

It's an office building today, but things would have turned out very differently if St. Paul businessmen had had their way as World War I was winding down.

They envisioned—and U.S. Army brass in Washington, D.C., did nothing to discourage them—that the Air Service Mechanics School headquartered there would triple in size to 10,000 men, with the temporary post becoming a permanent military base.

With the flair of modern-day civic boosters, officials of the St. Paul Association, predecessor of the Chamber of Commerce, predicted that such a facility would pump \$3 million annually into the local economy.

The city's newspapers heartily endorsed the idea, with the St. Paul Daily News trumpeting that the school was destined to be "the West Point of the sky."

Nearby warehouses were leased and a block of residences near the school commandeered for officer's quarters. City officials agreed to vacate Eustis Street, which the St. Paul Dispatch noted "eventually will be used as a driveway to the athletic, drill and flying field at Desnoyer Park."

But then all the grandiose plans came crashing down. An Armistice was declared on Nov. 11, 1918, which was no surprise, but with it came the shocking news that the school was to be closed.

Two months later, the building was returned to its automaker owner, Willys-Overland.

Back in 1916, the company opened its new, \$1 million four-story facility in St. Paul to serve as a distribution center for cars headed to Overland dealerships in the region and a service center for area car owners. During this period, the Toledo, Ohio-based manufacturer was second only to Ford as the nation's largest car-manufacturer.

With the U.S. declaration of war on Germany in April 1917, President Woodrow Wilson declared that America would develop an air armada to end German domination of European skies, despite having a mere handful of trained pilots and obsolete airplanes.

Ground personnel would be needed to support this effort, and in early 1918 the War Department leased the Willys-Overland Building to house one of the nation's two Air Service Mechanics Schools.

Soldiers trained as carpenters, electricians, coppersmiths, sheet

metal and fabric workers, and engine mechanics. (They were all called mechanics, whether directly responsible for the maintenance of a plane or not, motorcyclists and chauffeurs included.)

After a tour, a St. Paul Pioneer Press reporter was positively giddy about what he had seen: "One of the many wonderful things about the school is the cleanliness that prevails. Talk about your Spotless Town! Every man is happy, officers and students. They like Major Weaver [the commandant]; Major Weaver likes them and . . . when these several thousand young men get into real service the Germans will know they are in no child's game."

There was a post exchange, a three-story building on University with a 15-chair barbershop, restaurant, soda fountain, general sundries store, tailor shop and pool hall.

To divert the men from some of the less-savory attractions off post, movies were shown nightly, actors and actresses came from downtown theaters to perform, boxing and wrestling matches were staged, and athletic teams were sponsored. (The school's football team was soundly thrashed by the University of Minnesota's 11 in a scrimmage that fall of 1918.)

Religious services were conducted onsite and the nearby Church of St. Cecilia, on Bayless Place in St. Anthony Park, held a special Sunday mass each week, attended by up to 500 men.

The school was growing in the same kind of exponential way as the rest of the Air Service, which had been moved out from under the Signal Corps and made an independent branch of the U.S. Army.

At a makeshift flying field at the Earle Brown Farm in Brooklyn Center Village the apprentice mechanics accompanied pilots aloft. "It has been found there are some kinds of engine trouble which can best be studied while the machine is in flight," noted one newspaper.

The soldiers marched in parades around the area and the school sponsored a large exhibit at the Minnesota State Fair to explain its mission and help recruitment. In fact, recruitment continued right up to the Armistice, with planes dropping leaflets over the Twin Cities on several occasions.

Then came the order to close the school and instruction ceased on Dec. 10, 1918. At that point, there were 3,400 enlisted men and 100 officers on site. Most were to be discharged as soon as possible, a process that began at the rate of several hundred troops per day.

The students and staff at the Air Service Mechanics School were determined to do more than just gradually fade away, however, and

planned "the biggest party ever held in the Twin Cities," according to the Minneapolis Tribune.

It was a "farewell open house, military dance and Christmas carnival" that attracted a crowd of

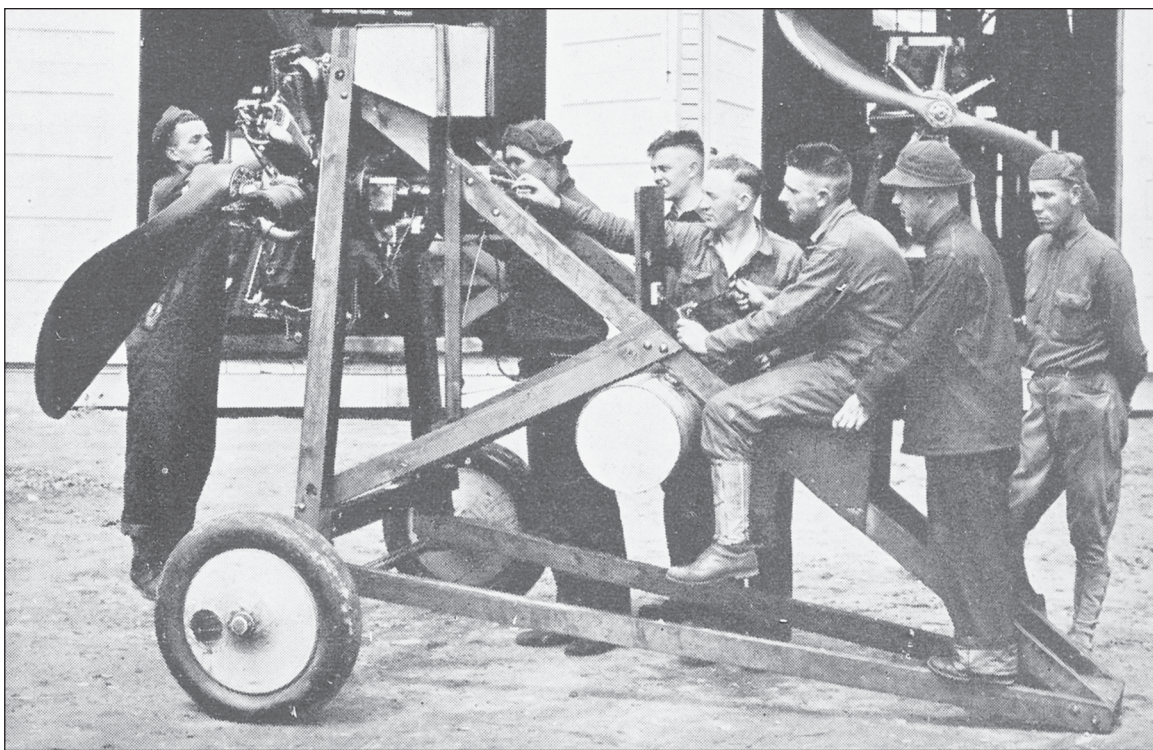
10,000 to 12,000 to the Willys-Overland Building on December 20, 1918, including Mayors Laurence Hodgson and Thomas Van Lear of St. Paul and Minneapolis, respectively, and a host of dignitaries.

Afterwards, the dismantling of the post began in earnest.

At midnight Jan. 27, 1919, the large rooftop electric signs with "Overland" in script letters were lit once again.



Once the Army took over, the property was fenced and entry points established on University Avenue. Photos courtesy of Minnesota Aviation Hall of Fame



With varying degrees of interest, soldiers test an airplane engine.

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The Birdman of Lauderdale by Clay Christensen

Everything you wanted to know about the red-winged blackbird

The red-winged blackbird is perhaps the most abundant and most commonly studied bird in North America. The male is readily recognizable by his red epaulets bordered with yellow, which he can cover or reveal, depending on whether he's trying to remain unnoticed or if it's time for boldness. The female is brown and streaky with an orange- or salmon-colored wash on her throat.

While we may occasionally see a red-winged blackbird in winter, the majority start to return to Minnesota in March. Those that continue further north are migrants. Those who stay here are residents.

Migrant adult males are first to pass through on their way to territories farther north. They may spend a day or two on a marsh, resting and refueling before continuing their migration. These males don't exhibit territorial or nesting behavior.

The next wave is resident adult males returning to the previous year's territories. They defend them vigorously, singing from perches, making threat displays and chasing away everything that dares to intrude on their territory, such as other males, other birds and even females when they arrive later.

Next to pass through are migrant females and immature males. If they stop at one of our marshes, they will be chased and harassed by the resident males who are claiming territories.

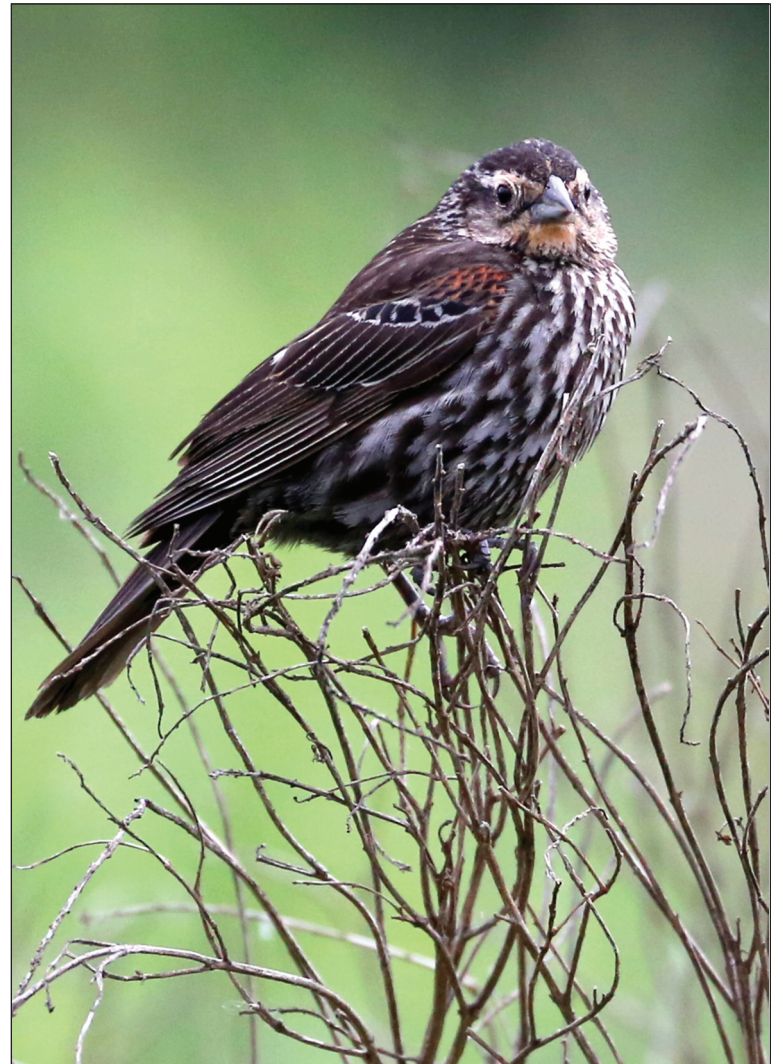
Resident adult females, the focus of this territorial brouhaha, make their arrival a few days after the resident males. The adult males are hormonally charged they even chase the females around the marsh—at least at first. The females stay low in the cattails, checking out the territories and prospective mates.

A female will look for cattails, reeds and grasses with which to make a sturdy nest. She will also seek a source of fresh water and ample insect life for food.

For a mate, she may very well check out the shoulder patches on the male. Brighter, bolder color may indicate he's healthy, knows how to catch nutritious bugs and would be a good provider for her nestlings.

When she finds what she's looking for, she flies in next to her chosen male, perches nearby, and waits to see if the feelings are mutual. He'll know when he starts following her around, not just trying to drive her off.

Finally, the last red-wings to arrive, the resident immature males and females, have little to do with the reeding dance (at least this year). They keep to themselves, roost together at night and try to avoid conflicts with the resident adults.



A female red-winged blackbird. Photos by C. Harris Mallory

Male red-winged blackbirds are polygynous with up to 15 females each. Busy, busy and watchful. If he doesn't pay attention, another male may sneak in for a quick dalliance with one of his mates.

In the red-winged bird world, the female builds the nest, weaving string-like reeds and grasses around a set of erect cattails or reeds, which serve as a vertical support. She builds a cup nest about 4 1/2 inches across with an inside opening of about 3 inches.

The female chooses her nest site carefully, making sure the supporting reeds are either all living or all dead. A mixture of living reeds and dead ones will cause a problem later on.

As the live reeds grow taller, they will carry a nest along with them. Any dead reeds would hold the nest back, eventually causing it to spill open.

She'll lay an egg a day until she has three or four in the nest. The eggs are elliptical, about 1 inch by 3/4 inch, pale blue-green to gray with streaks, blotches or black/brown spots, mostly on the larger end.

Only the female incubates the eggs. When born, the hatchlings are altricial, both blind and naked. The female broods them at night and when the weather is cold or wet. While the females are brooding, the

males roost together. (Was it not ever thus?)

Incubation normally lasts about 12 days. After hatching, the nestlings are ready to leave the nest in another 12 days. During that time, both parents bring dragonflies, moths, butterflies, other insects and spiders to the youngsters. Food service continues for up to two weeks after the kids leave the nest and even another three weeks away from the nesting territory.

The young red-wings settle in with flocks of females for the rest of the summer. In the fall, they head south in mixed flocks of starlings and other blackbirds. They'll be some of the resident immatures that return the following spring.

The adult males are the last of this species to migrate at the end of the season.

It seems incredible, but winter roosts in the southern United States can reach several million birds. They also can become agricultural pests and lead to urban noise and sanitation problems.

I think I'll take their summer to their winter presence any day.

Clay Christensen lives and writes in Lauderdale. His book, *The Birdman of Lauderdale*, is available at local bird stores, bookstores and BirdmanBook.com.



One person's healthy food is not another person's healthy food

By Judy Woodward

When it comes to good food, Prof. Mindy Kurzer is the expert.

Director of the Healthy Food, Healthy Lives Institute on the St. Paul campus of the University of Minnesota, Kurzer oversees an interdisciplinary research group dedicated to bringing together specialists in fields as varied as applied agricultural economics, agronomy and nutrition to tackle problems and promote solutions directly related to better eating. Yet she insists that definitions of healthy food are as individual as the people who make them.

"There's no one definition," she says. "Native American people might use the words in a cultural sense, while for others the definition of healthy eating involves avoidance of processed food. ... My personal definition of healthy foods are foods that contribute nutrients to the body, are not heavily processed and ideally contain healthy anti-oxidizing or anti-carcinogenic compounds ... but more important than the health of individual foods is the overall pattern of eating."

However you define it, healthy eating has a major role in disease prevention, says Kurzer.

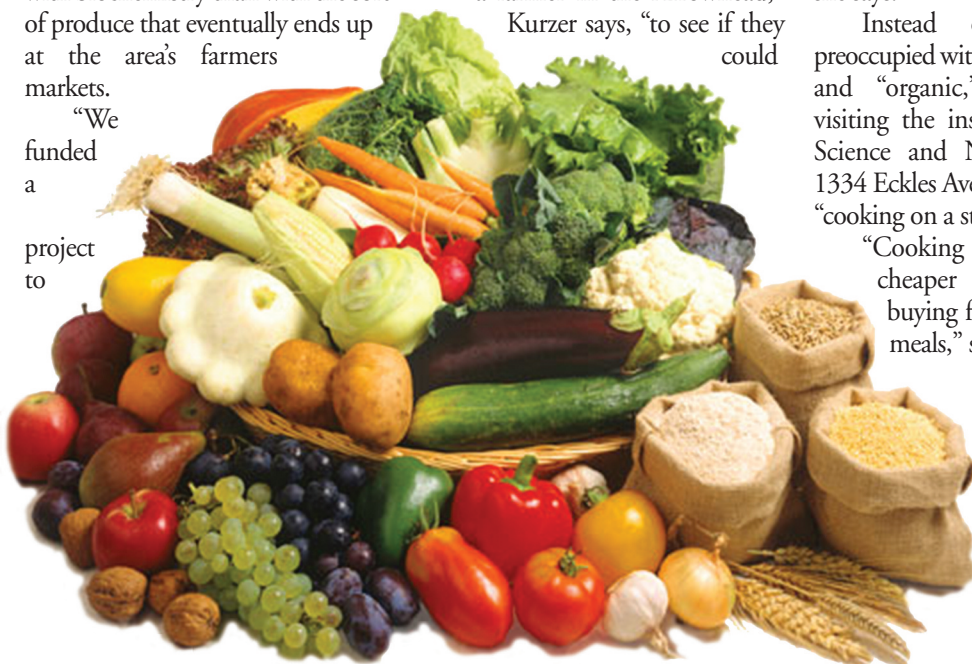
"Diet has been linked to one-

third to one-half of all cancers," she says, explaining that dietary factors also play a role in cardiovascular disease and diabetes.

Research at the institute focuses on projects that cross academic boundaries, Kurzer says. A typical research strategy has been to enlist agronomy to develop plant breeds with exceptionally high levels of cancer-fighting compounds. Nutritionists and medical researchers then test the effectiveness of these antioxidant-rich food stuffs on the health of individual subjects.

Other projects are less involved with biochemistry than with the sort of produce that eventually ends up at the area's farmers

"We funded a project to



teach beekeeping to local Hmong-American truck farmers," says Kurzer. "We asked the farmers to [record] their production levels and see if the [increase in] bee populations improves productivity."

The institute also has a community grant program that funds efforts to encourage gardening and healthier food-preparation techniques among Native American, African American and Latino communities, in order to address high levels of diabetes in those populations.

"And we funded a project led by a farmer in the Arrowhead,"

Kurzer says, "to see if they could

grow all the food they needed locally" in the harsh conditions of northern Minnesota.

The verdict was, they could.

Defining 'healthy foods'

When Kurzer talks about healthy foods, she tries to avoid narrow definitions that depend on "natural" or organic ingredients, which may be out of the price-range of those on a budget.

"The diet I aspire to consists of low sugar, moderate alcohol and salt, with high plant content, moderate amounts of meat and lots of fish," she says.

Instead of being overly preoccupied with labels like "natural" and "organic," Kurzer suggests visiting the institute in the Food Science and Nutrition Building, 1334 Eckles Ave., for suggestions on "cooking on a student's budget."

"Cooking from scratch can be cheaper and healthier than buying fast food or prepared meals," she says.

Is lack of time the barrier to home-cooked meals?

"Try cooking in bulk on weekends and freezing stuff for

use later in the week." Every year in October, the institute sponsors an Annual Food Day on campus to promote ideas like these to the public.

Kurzer concedes that to stop smoking is both the simplest and most-effective health decision that most people can make, but that's partly because "smoking is simply one thing." The human diet is infinitely more complex and—depending on an individual's current health or susceptibility to certain diseases—dietary recommendations may vary.

"Changing your diet is very complicated," says Kurzer. Nonetheless, she's able to offer some suggestions that will benefit almost everyone.

"Minimizing sugar is No. 1," she says. "The amount of sugar the average American consumes is astounding. ... [I]f sugar intake was reduced, diabetes would fall dramatically."

Kurzer refuses to blame food manufacturers for America's obesity epidemic, but she thinks they do have a responsibility to their customers.

"[Soft drink] companies have to

Healthy food to 12

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B E W E L L



Health Club from 1

morning yoga class offered through the Como Clinic Health Club.

That busy winter week was just a taste of a 7-year-old program launched at the clinic, located at 2500 Como Ave. in St. Anthony Park, that has succeeded “beyond our expectations,” said Doherty, a professor of family social science and a man who has a keen interest in “Citizen Health Care.”

For several years, Doherty had been doing work in what he calls “organizing patient leaders to work jointly with medical leaders to create initiatives to improve health.” His earlier projects focused on specific health issues, such as diabetes,

smoking or children’s health, he said.

“I was interested in seeing if a project could be formed around a clinic community where the health issues would be diverse. Would patients come forward in leadership based on an affiliation with a health clinic as a kind of small town promoting health and well-being?”

After talking with Dr. Steven Radosevich, medical director at the clinic, the Como Clinic Health Club was launched.

Since then, the club has organized cooking classes, book discussions, walking groups, biking trips, poetry workshops and more.

Mary Griffin, a resident of St. Anthony Park and a longtime patient at the clinic, was involved at the start.

Asked by her Como health

provider if she would be interested in coming to a series of three meetings to discuss the feasibility of forming such a group, Griffin said yes. “Bill [Doherty] had a pretty big group there and tried to explain their vision. I thought, ‘This was interesting. You need a community to create change and you need a community to make things happen. And I don’t have time for it.’”

But Doherty is a great salesman, Griffin said.

The underlying question asked in the formative stage was: “Is it possible to create a group of patients like a PTA or church group around the clinic?” Griffin said. “How do we as patients create a community to keep each other healthy and support each other?”

The Health Insurance Portability and Accountability Act of 1996 (HIPAA) prevents health providers from connecting patients with other patients who are dealing with similar issues.

A doctor can’t say, “You should talk to Mary; she has the same health issues you do,” Griffin explained. But patients can connect with each other and the Como Clinic Health Club aims to do just that.

Health providers often mention the club (it was first called the Active Patient Project) to their patients during office visits, and posters and leaflets advertising upcoming events are distributed throughout the clinic. The club also has a monthly email newsletter and a Facebook page. Members of the club are people who describe the Como Clinic as their home clinic.

The health club’s core committee, a group of a dozen people, including Doherty, Radosevich and Griffin, meets once a month “to talk about what we are going to do,” Griffin said. “Programs need to be participatory and it needs to be free. We want people to come and be engaged and for it to be accessible to everybody. And we want it to relate to our mission: Does this support people in their health goals?”

In January, the club began a partnership with the Good Acre on Larpenteur Avenue to offer cooking classes. Participants in the January class learned about one-pot meals like soup and made bone broth, curried lentil soup and quinoa vegetable soup.

When Dr. Richard Rose offered to lead a poetry discussion on end-of-life issues, people weren’t sure it would take.



In September, the Como Clinic Health Club hosts a healthy grilling event in the clinic parking lot.

“Twelve people showed up,” Griffin said. “Now he does it every two months to a full room.” In January, the “Lifelines” poetry group discussed poems by Emily Dickinson and Wallace Stevens.

In the fall, the club held a series of community discussions on gun violence. In the warmer months, a group meets Saturday mornings at the clinic to walk in the neighborhood for as far and as long as participants can or want to. Some club members offer bigger hikes in nature areas and bike rides.

“You can be a more active participant in your own health care if you have other people to help you,” Griffin said. “Patients with high blood pressure may know that they need to go for a walk and eat a salad, but a lot of people have nobody to walk with and don’t know how to cook.”

Each September, the club hosts a healthy grilling event in the clinic parking lot. Grills are set up along with tables, chairs and tents, and the

menu includes grain-based salads with grilled vegetables.

“Dr. Radosevich likes to cook, so he comes up with the recipes,” Griffin said. “It’s free to anybody walking in and out of the clinic. We routinely serve several hundred people.”

The club has proved so successful and popular that HealthPartners White Bear Lake Clinic is launching a similar program.

There is “nothing like it in the country, as far as I know,” said Doherty, who is considered the “process leader” of the Como club. “The key is patient leadership, not just programming. HealthPartners is committed to spreading the clinic health club idea.” Jennette Turner, Como Clinic Health Club program manager, will serve as the process leader at White Bear Lake.

Griffin calls herself a “citizen patient” in her role at the clinic’s club.

“What we are doing is trying to be that responsive committee at church or the PTA of the Como Clinic,” she said. “We are the group that puts things together. We aren’t the professionals. We aren’t the people who need help. We are the people in between. We are saying, ‘We can do health care together.’”

Want to learn more? You can sign up for the Spotlight On newsletter by emailing ComoHealthClub@HealthPartners.com or find the club on Facebook at Como Clinic Health Club.

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Bodywork, acupuncture, nutrition part of wellness practices in Lakes and Plains Building

By Anne Holzman

In the Lakes and Plains Building, the former union hall at 842 Raymond Ave., three independent practitioners offer a variety of wellness therapies and services.

David Fultz, a licensed massage therapist who once offered massages at Holly House on the corner of Como and Carter avenues, has since hung out his shingle in the states of Michigan and Virginia, moving to accommodate his partner's job changes.

Fultz has moved back to the Twin Cities and opened for business in 2016 in the Lakes and Plains building, specializing in neuromuscular therapy.

"With 18 years, it's kind of morphed into integrating the mind-body experience," Fultz said of his approach. "I went from nuts and bolts clinical to openness to emotional and even spiritual elements of wellness." While he is "not a talk therapist," Fultz said, "we're not as separate as we thought."

He said his long experience in massage practice has taught him sensitivity. "People come in typically with some goals in mind," he said. "I'm very aware too that people relax their muscles at their own pace."

Fultz noted that clients may park behind the Lakes and Plains building and enter through the front door.

Kris Nourse, well-known to

many in the neighborhood as a massage therapist, has now become a Rosen Method Bodywork Practitioner. She is in the final year of training with Peter Levine's Somatic Experience Trauma Institute toward certification.

"Somatic Bodywork views the body and self as inseparable," Nourse explained. "When a body is touched, the whole person is accessed. Aspects of the subconscious such as emotions, beliefs, and past experiences are made more available to the conscious mind. The combination of touch, dialogue and heightened inner awareness can create lasting positive change for health and well-being."

Nourse continued, "I use a range of touch skills that help clients connect with themselves and find relaxation. Instead of applying a technique or forcing muscle tissue to release, I respond to the body's signals and work with the innate and subtle systems that have been holding tension or pain, until the body shifts on its own."

She added, "This is different from a typical full-body relaxation massage, or from traditional neuromuscular or deep-tissue massage that manipulates and directs changes in the body."

Acupuncturist Cadance Paulaha said she is happy to have found her niche among the wellness practitioners in the Lakes and Plains

building.

"I feel very fortunate to both live and work in the St. Anthony Park neighborhood," she said. "Seven years ago I began my wellness practice in the Healy Building on Como Avenue. When that building was replaced with apartments, I was thrilled to be able to stay in [St. Anthony] Park and that's when I moved to the Lakes and Plains Building to work alongside like-minded wellness practitioners."

Paulaha's approach combines several therapeutic traditions. "Everyone's road to vibrant and optimal health is different," she noted, so she offers "a range of natural, non-invasive treatment options, including acupuncture, herbs, nutrition and applied kinesiology/muscle testing."

Clients come to her office for a variety of reasons, she said. "Many people are wondering why their energy, sleep, mood or general well-being is not what it used to be," she said. "Individualized nutrition plans, created through testing for change in the body's muscle strength when different nutrition or environmental stressors are introduced, can make a big difference. Also, acupuncture is good for many issues including pain, digestive problems, chronic conditions and stress."

Her background in engineering, perhaps a little unusual among wellness practitioners, gives her an



Kris Nourse, David Fultz and Cadance Paulaha Photo by Kristal Leebrick

analytical bent, she said.

"I strive to find the best means available to help people. As a former engineer with a four-year double master's degree in acupuncture and herbal medicine, as well as advanced certification in applied kinesiology and nutrition, I have extensive

experience with problem solving," Paulaha said. "It is a pleasure to apply this experience to help you discover unique issues that stand between where you are today and optimal health."

Yoga in Bugleland

By Alex Lodner

Wellness, both physical and mental, is a hot topic these days. Workout programs and diet fads come and go, hawked by celebrities and promising Instagrammable bodies and instant bliss.

As trends ebb and flow, one constant remains: yoga.

Yoga, the discipline of physical, mental and spiritual practice originated in India around 5,000 years ago and is said to have been brought to the West by Indian gurus in the late 19th century. Westerners began twisting their limbs and breathing mindfully in earnest in the 1980s, and the trend has not shown any signs of slowing down. Yoga has been shown to have a multitude of benefits, including improved posture, stress reduction and increased muscle strength. Yoga practice is one of the most inclusive physical programs, benefitting men, women and children.

We've put together a list of some unique local yoga practices.

RiverStones Wellness

www.riverstoneswellness.com

Marnie Myhre runs RiverStones Wellness out of her St. Anthony Park home. RiverStones offers yoga classes as well as private physical therapy, yoga therapy and energy healing sessions. With a background in physical and yoga therapy and ergonomics, Myhre is focusing on helping her clients age gracefully, "and have fun doing it," she said.

Her most popular class is the "Yoga for Good Men" class, which brings men into the practice of yoga in a non-intimidating environment.

"I believe strongly that yoga should be accessible to all as it is a wonderful way to improve flexibility and balance while having fun," Myhre said. "The men regularly report a difference in how they feel after practicing."

Soma Yoga, which combines somatics, a bodyworks field focusing on internal physical perception and experience, with a mind and body philosophy along with the practice of

yoga, is another popular class offered at Myhre's studio.

"It involves slow, gentle movements that facilitate the release of involuntary, habitual muscle patterns. It helps to relieve chronic tension that can lead to muscle and joint problems," Myhre said. "Soma Yoga practice can lead to improved posture, freedom of movement, greater energy and overall well-being."

Healing Elements

www.healingelementswellness.com

Located in the former Peapods space on Como Avenue, Healing Elements is a wellness center that includes massage services, a yoga studio, many unique workshops, energy work and retail space. One of the more unique and universally appealing classes offered at Healing Elements is the Candlelight Flow class, offered, predictably, in the evenings.

"I believe people are attracted to the calming nature of candles and a slower paced yoga class," instructor

and studio manager Sara Sleeper explained. "Since the class is later in the evening, it's more appealing to students to have a calming class rather than a vigorous vinyasa."

With four different Candlelight Flow classes currently available, there really is something for everyone here. Each instructor brings his or her own touch to the 60-minute session. "This definitely adds to the popularity and general allure since you're always experiencing something new," Sleeper said.

Bliss Yoga Studio

www.blissyogastudiomn.com

Bliss Yoga Studio celebrated 10 years on Valentine's Day, offering a variety of yoga classes, workshops and yoga therapy. Minnesota Monthly magazine included Bliss Yoga Studio in its Best Yoga Studio of 2011 list, and the men's yoga class offered at Bliss was featured in the magazine. Owner Sheila Burns added the class so that men in the prime of life (40-80) can also benefit from yoga by

improving their flexibility and reducing their stress levels, she said.

The Tuesday evening men's class has been one of Bliss Yoga's core classes. "It has been tremendously gratifying to see students improve their flexibility, to grow more confident in their practice, and in many cases, to experience significant changes in their health and well-being," Burns said. "The men's class gives new students an opportunity to improve their flexibility and strength without comparing themselves to women, who are more naturally flexible. Of course, men participate in other classes at Bliss Yoga Studio and we have two male yoga teachers, as well."

Bliss also began offering Yoga Teacher Training (RYT 200) in 2016, with its first class of newly minted teachers graduating this past December.

"Our teacher training program is comprehensive and rigorous, and is a great way to begin a career in yoga or to bring your practice to the next level," Burns said.

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Healthy food from 9

make a profit, and it's difficult to pull successful products off the shelf," she says, "but can't the formula be modified in a less sugary direction?"

The \$64 million question

Her second piece of dietary advice is to increase the proportion of plant foods in your diet. This is all standard nutritional counsel, and chances are most readers may have heard it before.

But that raises another question. Why are dietary recommendations so easy to understand and so hard to follow?

"That's the \$64 million question," Kurzer says. "The study of human behavior is one of the most important aspects [of promoting good nutrition]."

For those who want to lose weight, Kurzer has a string of discouraging research findings.

There's more and more evidence to suggest that sugar may be addictive. The same receptors in our brains that are activated by certain drugs may also be stimulated by sugar, she explains.

And there's more.

"As we age, we require less food," she says. To maintain a healthy weight, "either we eat less or we exercise more."

Of course, diet and exercise are closely related, but here there's even more grim news for half the population.

"When men exercise, they lose weight," says Kurzer. "With women it's not so simple. Women tend not to lose weight when we exercise, because exercise tends to make many women eat more."

And one of those women is Kurzer herself. At age 65, she confesses with disarming frankness, "I've struggled with body weight all my life."

She speaks from experience when she says, "What people need to realize [to lose weight] is that they have to be willing to change their lifestyle for the rest of their lives." She's also in favor of individualized solutions. "We each need to find out what motivates us and remove the barriers."

Kurzer thinks she has found the key to her own well-being. Despite the handicap of the female metabolism, she says, "For me, the answer is exercise. It makes me feel great. I work out with a personal trainer to exhaustion. It elevates my mood and helps me eat healthfully."

There is a psychological factor at work. "[After a workout] I'm not going to wreck my day by eating that candy bar."

When it comes to dieting, she says, doing what it takes to feel healthy is the goal. "If feeling better was the motivation rather than the figure on the scale, we'd all do better."

You can find out more about the Healthy Foods, Healthy Lives Institute by visiting www.hfhl.umn.edu.

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Lakes & Plains Bldg, 842 Raymond Avenue



Wellness briefs

Compiled by Bugle staff

The value of staying connected

It is commonly accepted among health-care professionals that social isolation can have a negative impact on seniors, impairing mental performance, compromising the immune system and increasing the risk of disease.

In fact, according to a report by the AARP Foundation, prolonged social isolation can equal the health risks of smoking 15 cigarettes a day.

Internet systems help seniors stay connected and St. Anthony Park resident Peter Austin reports that one such tool, grandPad, is doing just that at an assisted-care facility in St. Paul, the Highlands at River Road.

Austin is an executive with the developers of the new property, built on the site of the former St. Mary's Home at 1925 Norfolk Ave.

The grandPad is a simplified computer tablet that residents are given when they move in, Austin explains. Users can make phone and video calls, send voice emails, check the weather, play games and view family photos.

Heather Kerl, campus director at Highlands, said the tablets are a big hit.

"Residents say things like, 'Oh, I'm so excited to see pictures of my

grandkids' and 'I have family out of state that I'm looking forward to video chatting with' and 'I love hearing my favorite music on the grandPad,'" she said.

Digital connectivity is not the only solution for combating loneliness, of course, and it's not a substitute for real-life interaction with other people. But tools like the grandPad may provide a useful form of social engagement for seniors who don't have enough.

Lyngblomsten launches life-enrichment centers for seniors

Some 75 percent of adults age 60 and older intend to live in their current home for the rest of their life, according to the 2015 United States of Aging Survey. Many will need a supportive service or two to help make this happen, whether it's a group recreational activity to address loneliness, a trained volunteer who can help around the house, a support group for caregivers.

In November, Lyngblomsten launched 2nd Half with Lyngblomsten, a new model of service for adults in the second half of life (ages 50 and older) that connects them with community

services, resources and opportunities to enhance their quality of life.

The 2nd Half model offers two life-enrichment centers, one in the Como Park neighborhood on the Lyngblomsten campus and another in White Bear Lake, hosted at Redeemer Lutheran Church. These centers offer programming in education and the arts, health, wellness and spirituality, socializing and outings, caregiver support and services, and service opportunities.

"The 2nd Half model is one-of-a-kind," said Julie Pfab, director of Lyngblomsten Community Services, who oversees 2nd Half with Lyngblomsten. "Our site coordinators at each center have years of experience working with older adults. They are well-equipped to help participants navigate some of the opportunities—and the challenges—that come with aging."

Pfab also emphasized that 2nd Half's life-enrichment centers aren't looking to compete with other service providers. Instead, they're collaborating with them.

In St. Paul, for example, Lyngblomsten has worked for years with a number of local organizations, including the Amherst H. Wilder Foundation, the Roseville Alzheimer's and Dementia

Community Action Team, and the HealthEast Care System. In White Bear Lake, Pfab and Stofferahn have been working with leadership from the White Bear Area Senior Program for months, identifying areas of collaboration.

Want to learn more about how 2nd Half with Lyngblomsten can impact your life and your community? Community members are invited to learn more at two 2nd Half Sampler open houses where they can meet with instructors and staff, preview upcoming programs, get the new spring catalog and win prizes.

The open houses will be held Wednesday, March 8, 3-6 p.m., on the Lyngblomsten campus, 1415 Almond Ave., St. Paul; and Monday, March 13, 3-6 p.m., at Redeemer Lutheran Church, 3770 Bellaire Ave., White Bear Lake.

Dance can be part of any wellness practice

The School at TU Dance Center, 2121 W. University Ave., St. Paul, offers a variety of classes for beginner, intermediate and advanced students from ages 3+. The school is organized in three divisions: The Children and Teen Program introduces creative

movement and beginning dance technique; the Pre-Professional Program trains aspiring dancers up to age 23 who are considering dance careers; and the Open Program welcomes everyone to join individual classes in a range of techniques including Ballet, Modern, Jazz, Hip-Hop, Inversion Modern, Improvisation and West African dance.

Dance can improve posture, balance, mood and coordination. In addition, dance classes naturally incorporate the practice of being present in the moment, being aware of the body, breath and the people dancing with you. These aspects can be important parts of any wellness practice.

The School at TU Dance Center was formed in 2011, by the center's artistic directors Toni Pierce-Sands and Uri Sands. The school shares TU Dance Center with the professional company, providing opportunities for students of all ages to learn from working dancers, seasoned faculty and distinguished guest artists who are frequently in residence with the company.

For more information about classes visit tudance.org/programs or contact TU Dance Center at 612-605-1925

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MARCH

EVENTS

VENUE INFORMATION IS LISTED AT THE END OF THE CALENDAR. SEND YOUR EVENTS TO calendar@parkbugle.org by Wednesday, March 8, to be included in the April issue.

1 WEDNESDAY

English Conversation Circles, every Wednesday, St. Anthony Park Library, 4 p.m.

2 THURSDAY

Caregiver Support Group, first Thursday of each month, St. Anthony Park United Church of Christ, 10-11:30 a.m.

Bereavement Support Group, first Thursday of each month, St. Anthony Park United Church of Christ, 10-11:30 a.m.

Preschool story time in Mandarin Chinese, St. Anthony Park Library, 10:30 a.m.

3 FRIDAY

Preschool story time, every Friday, St. Anthony Park Library, 10:30 a.m.

Walking in the Langford Park gym from 1-2 p.m. every Friday. Free and open to adults.

Community World Day of Prayer Service, St. Anthony Park Lutheran Church, 1:30 p.m.

7 TUESDAY

Baby & toddler story time, for ages 0-2, every Tuesday, St. Anthony Park Library, 9:30-10 & 10:30-11 a.m.

SAP Garden Club, "Luther Burbank: American Botanist, Pioneer Seed

Breeder, Hybridizer and Magician," presented by Mary Maguire Lerman, B.S. Horticulture & Garden Club member, St. Matthew's Episcopal Church Fellowship Hall, 7:30-8:30 p.m. Refreshments, social time, 7 p.m.

9 THURSDAY

St. Anthony Park Area Seniors Cinema Series, "Pete's Dragon," St. Anthony Park Library, 2 p.m. All welcome. Free.

Rummage Sale, Church of the Holy Childhood, 9 a.m.-7 p.m. Many treasures to be found.

10 FRIDAY

SAPAS Game Day, City Gables, 10 a.m.-noon. No charge or registration required.

Rummage Sale continues at Church of the Holy Childhood, 9 a.m.-5 p.m.

11 SATURDAY

Rummage Sale bag day, Church of the Holy Childhood, 9 a.m.-1 p.m.

17 FRIDAY

SAPAS Game Day, City Gables, 10 a.m.-noon. No charge or registration required.

Tablet/smartphone drop-in clinic, St. Anthony Park Library, noon.

20 MONDAY

Community Sing, Olson Campus Center, Luther Seminary, 6:30 p.m. gathering, 7-8:30 p.m. sing. The event is free, but a hat will be passed for our music leaders and to make the sings possible. Children welcome. Co-sponsored by the District 12 Community Council.

24 FRIDAY

Co-ed Drum Circle, Women's Drum Center, 6:30 p.m. \$10 at the door. All levels of experience are welcomed and encouraged. Drums provided.

26 SUNDAY

Sunday Afternoon Book Club, "Villa Air-Bel: World War II, Escape and a House in Marseille" by Rosemary Sullivan, Micawber's, 1:30-3 p.m. All are welcome.

SENIOR EXERCISE

St. Anthony Park Area Seniors

Mondays and Thursdays, Lauderdale City Hall, 2-3 p.m.
Tuesdays and Fridays, St. Anthony Park Library, 2:30-3:30 p.m. Chair

yoqa March 3 & 17.

Wednesdays, Centennial United Methodist Church-SAP campus, 10:30-11:30 a.m.

Como Park/Falcon Heights Block Nurse Program

Tuesdays and Thursdays, Falcon Heights Town Square Senior Apartments, 9:30-10:30 a.m. and Arbor Pointe Senior Apartment, 11 a.m.-noon

FREE SENIOR BLOOD PRESSURE CLINICS

Como Park/Falcon Heights Block Nurse Program:

Third Thursdays, Arbor Pointe Senior Apartments, 10-11 a.m.

Fourth Thursdays, Falcon Heights Town Square Senior Apartments, 11 a.m.-noon

Saint Anthony Park Area Seniors

Wednesdays, Centennial United Methodist Church-SAP campus, 11:30 a.m.-noon.

First Friday of the Month (March 3), St. Anthony Park Library, 2-2:30 p.m.

Second Tuesday (March 14), Seal Hi-Rise, 3-3:30 p.m.

Third Tuesday (March 21), St. Cecilia's Church, 10:30-11 a.m.

VENUE INFORMATION

Arbor Pointe Senior Apartments, 635 W. Maryland Ave.

Centennial United Methodist Church, 2200 Hillside Ave., 651-603-8946

Church of the Holy Childhood, 1435 Midway Parkway, 651-644-7495

City Gables, 1611 Pleasant St., Lauderdale

Falcon Heights Town Square Senior Apartments, 1530 W. Larpenteur Ave.

Lauderdale City Hall, 1891 Walnut St., 651-631-0300

Micawber's, Carter & Como, Milton Square, 651-646-5506

Olson Campus Center, Luther Seminary, 1490 Fulham St.

Seal Hi-Rise, 825 Seal St., 651-298-4673

St. Anthony Park Library, 2245 Como Ave., 651-642-0411

St. Anthony Park United Church of Christ, 2129 Commonwealth Ave., 651-646-7173

St. Cecilia's Church, 2357 Bayless Place, 651-644-4502

St. Matthew's Episcopal Church, 2136 Carter Ave., 651-645-3058

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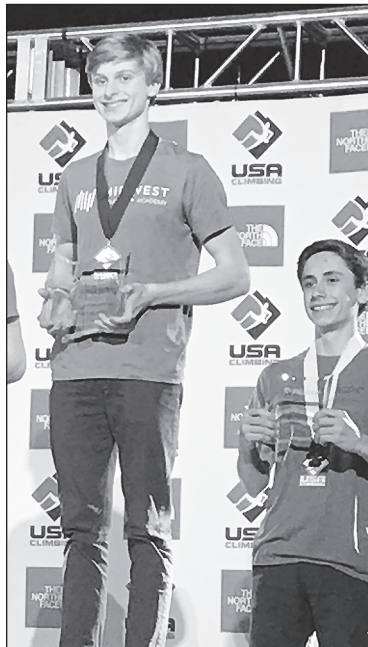
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Friday, March 26 • Ross Sutter Scandinavian Trio
Friday, April 21 • Daedalus String Quartet
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schubert.org/family



Neighbors



Sam Struthers (left)

Local climber wins national bouldering competition

St. Anthony Park resident Sam Struthers won the Youth Bouldering National Championships in the Male A category (16 and 17 years old) on Feb. 12 in Salt Lake City, Utah. He was competing against 50 other climbers in his category from across the country who had qualified through Divisional-level events in January.

The award earns him a spot on the Youth National Climbing Team and the opportunity to represent the U.S. at the World Youth Climbing Championships in Innsbruck, Austria, this summer.

Struthers, a junior at Central High School in St. Paul, trains and coaches at the Midwest Climbing Academy in Minneapolis. His older brother, Kyle (a freshman at the University of Minnesota and fellow coach at the academy) also competed at the championship and finished 11th in the Male Junior category (18 and 19 years old).

Metro Deaf School to host spaghetti dinner and silent auction
Metro Deaf School, 1471 Brewster St., St. Paul, will host its 23rd annual spaghetti dinner and silent auction fundraiser Friday, April 2, 4:30-8 p.m. at the school.

Metro Deaf School is a 24-year-old charter school for Deaf and

hard-of-hearing children from preschool to 12th grade. The school provides students and families with a bilingual approach to education, valuing American Sign Language and English for instruction. The school has 95 students from 30 school districts in the Twin Cities and Wisconsin.

Everyone is encouraged to attend the fundraiser, and you don't need to know ASL to attend.

Cost of admission is \$8 for adults and \$5 for kids, with a maximum charge to families of \$25. Children under 2 are free.

Como Men's Golf Club registration is now open

The cost of membership in the Como Men's Golf Club for 2017 is \$100. New members will receive a \$25 gift card after completing five qualifying rounds to establish a club handicap. The gift card may be redeemed at the Como pro shop toward green fees or merchandise.

Former members who have been away from the club for a year or more may take advantage of a special \$50 membership fee.

Membership includes events every weekend from mid-April to Oct. 15. Members qualify for preferred tee times, which include all age groups and golfing talents.

For more information, contact Larry Jagoe, 651-271-1131 or go to www.mensclubcomo.org for a list of all events and to print out a membership application.

Forum will address criminal justice system and mental health

As it relates to mental health, can the Minnesota criminal justice system do better?

Sunrise Rotary Club's 12th annual community forum will address this issue Thursday, April 20, at 7:15 a.m. at Town and Country Club, at the corner of Marshall and Otis avenues, St. Paul.

Sue Aberholden, executive director of the National Alliance on Mental Illness (NAMI); Dr. Eduardo Colón-Navarro, director of psychiatry, Hennepin County Medical Center; and Tom Roy, Minnesota Department of Corrections commission, will talk

about challenges in trying to keep Minnesotans with mental illnesses out of prison. The panel will also explore whether current practices might be reformed to better aid individuals and their families dealing with mental illness crisis situations.

Tom Crann, of Minnesota Public Radio, will moderate the event, which will be recorded for subsequent broadcast.

Admission to the two-hour forum is \$25 and includes breakfast. Registration and payment is required by Thursday, April 13. Find out more at www.stpaulsunriserotary.org.

Preschool theater class offered at North Dale Recreation Center

Homeward Bound Theatre Company will offer the class "A Land of Fairy Tales" for children ages 3-5 Monday, March 20, 10:30-11:15 a.m. at North Dale Recreation Center, 1414 N. St. Albans St. Children will journey to the land of Aesop's Fables and have fun with theater exercises and storytelling as they create a show. Cost is \$10. For more information, call the center at 651-558-2329 or register online at www.stpaul.gov/activityregistration.

Spaghetti dinner at St. Stephanus

The Men's Club of St. Stephanus will host its annual Spaghetti Dinner Saturday, April 1, 5-7 p.m. at St. Stephanus Lutheran Church, 739 Lafond Ave. Tickets are \$10 for ages 13 and older, \$5 for children 5-12, and free for children under 5. Take out will be available.

For tickets, call the church at 651-228-1486 or Dennis at 651-644-9432. Tickets will also be available at the door.

Medical cannabis program topic of League of Women Voters talk

The League of Women Voters St. Paul will host an informational meeting on Minnesota's medical cannabis program Wednesday,

March 29, at O'Gara's Bar and Grill, 164 N. Snelling Ave., from 5:30 to 7 p.m. Deepa McGriff, a research scientist at the Minnesota Department of Health will speak.

Celebrate St. Paddy's month

Kickin' It Irish will perform at the Celtic Junction Arts Center, 836 N. Prior Ave., St. Paul March 10-12. The lineup includes 20 dancers and an international five-piece band. Performances will be held Friday, March 10, and Saturday, March 11, at 7:30 p.m., and Saturday and Sunday, March 11 and 12, at 3 p.m. Wine and beer cash bar will be available. Tickets are \$10-\$20 and are available at thecelticjunction.com or by calling 612-874-8892.



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Scarborough Fair's Hats, Horses and High Tea to benefit Textile Center

Scarborough Fair Boutique, 2238 Carter Ave., St. Anthony Park, will host its third annual Hats, Horses and High Tea Saturday, March 18, 11 a.m. to 4 p.m. The event—which will feature the handmade hats of Karen Morris, Monica Lyon, Candy Kuehn and other milliners from Minnesota—is a fundraiser for the Textile Center on University Avenue in Minneapolis.

The hats that will be showcased are perfect for the Kentucky Derby in May, a polo match, Easter or upcoming weddings or any other event befitting a show-stopping hat, said proprietor Katheryn Menaged. Featured milliners will offer demonstrations, and tea and other beverages, as well as cake and scones with clotted cream, will be served.

Ten percent of all sales that day will be donated to the Textile Center. Those funds will be dedicated to educational programming at the center, according to Karl Reichert, executive director at the Textile Center.

Scarborough Fair Boutique opened in St. Anthony Park last year. You can find out more about it at www.scarboroughfairshop.com.

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L I V E S L I V E D

The Park Bugle prints obituaries free of charge as a service to our communities.
Send information about area deaths to Mary Mergenthal at mary.mergenthal@gmail.com or call 651-644-1650.

James Osenberg

James Paul Osenberg, 61, of Anoka, died Feb. 3, 2017. He had served St. Anthony Park Library for many years as a volunteer. He started the tablet/smartphone drop-in-clinic at St. Anthony Park and Merriam Park libraries.

He is survived by his wife,

Pauline, and children, Maria and Nick.

A memorial service, including a rosary service, was held Feb. 16 at Thurston-Lindberg Funeral Home in Anoka.

Marion Skildum

Marion L. Skildum, 92, of Roseville,

died Feb. 6, 2017.

Marion was known for her hospitality, care-giving, her love of music and devotion to her family and grandchildren and was known as "The Cookie Lady."

She is survived by her husband of 73 years, Neil; daughter, Jan Hanson; sons, Tom (Nancy), Denny (Anne Lageson) and Rick (Penny) Skildum; eight grandchildren; and 12 great-grandchildren. She was preceded in death by her grandson, Brian, and brother, Robert Vesaas.

A memorial service was held Feb. 13 at Como Park Lutheran Church, with interment at Fort Snelling National Cemetery.

Memorials are preferred to CPLC Music Program. The family thanks the dedicated staff members

at EagleCrest for their loving care and support.

Yvonne Vogel

Yvonne M. Vogel, 85, of St. Paul, died Jan. 20, 2017. She was preceded in death by her parents, Carl and Beatrice Vogel, and brothers Chuck and Jack. She is survived by her brother Patrick Vogel.

Mass of Christian Burial was celebrated Feb. 2 at Church of St. Cecilia in St. Anthony Park. Burial will be at a later date in St. Peter's Catholic Cemetery, Sisseton, S.D.

Herbert Walfoort

Herbert Wells Walfoort, 89, born Oct. 19, 1927, died on Feb. 6, 2017.

He is survived by his wife, Sally; children, Richard (Cindy) and Sheryl

(Blaine) Haywood; stepchildren, Mark (Debbie), Brad, Ron (Sue), Ross (Stacy) and Clark Jacobsen; and 12 grandchildren. He was preceded in death by his first wife, Mary (Garber) Walfoort, and infant twin sister.

Herb spent 32 years at 3M and pursued his many talents as an artist, musician, author and poet. He was a lifelong learner and loved to take classes to learn about electronics and computers. At age 88, he started taking cello lessons. Herb was proud of his service in the Navy in World War II.

Mass of Christian Burial was celebrated Feb. 10 at Church of the Holy Childhood, with interment at Union Cemetery.

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Misson trip from 3

six of seven buildings were damaged beyond repair, Back Bay rebuilt and added a day center for the homeless and supportive housing for veterans.

Volunteer mission trips like the one from St. Anthony Park have been a part of Back Bay since the 1960s. More than 800 people come each year from all over the country to stay in the Mission House and

serve others by doing housing restoration (both new building and rehabilitation of older homes), working in the food pantry, doing laundry, and cleaning and monitoring the supply room in the Micah Day Center.

St. Anthony Park UCC volunteers had four work opportunities. Some worked at "Miss Kitty's" house, getting it ready for rehabilitation by taking walls down

to the studs, ripping out the toilets, sinks and floors, and removing all debris—two large dumpsters-full (a very satisfying job, according to Wilgocki). Others worked in the food pantry, escorting the clients as they made their food choices, or at the Micah Day Center, where the homeless can shower and wash their clothes. A fourth option was to work at Loaves and Fishes cooking and serving hearty hot breakfasts and lunches to the homeless and food-insecure.

Each person in the group had at least one interaction that was very profound, hearing stories of hardship and resilience that they will carry with them for the rest of their lives, said Wilgocki.


They learned that poverty can be generational or situational, but that most people were generous and grateful, with an "openness of heart" that is unique to the South. They learned that some are homeless by choice, or due to mental illness, addiction, or a string of bad luck. And they also enjoyed seeing the beauty of Biloxi and trying the local cuisine.

Every person was stretched spiritually, examining the meaning of faith and justice, compassion and servanthood, and seeing Bible stories in the light of living and working in community, Wilgocki said.

The group will share its experiences during a worship service at St. Anthony Park UCC, 2129 Commonwealth Ave., on Sunday, March 5, at 10:30 a.m.

Wilgocki would do it again, she said. "We got more than we gave."

Community



Worship Directory

- ❖ **LYDIA PLACE COLLABORATIVE COMMUNITIES ELCA**
Rev. Scott Simmons, pastor, 612-859-1134, lydiaplace.com
Hymntap beer and hymns, fourth Monday of each month
7 p.m. Dubliner Pub, 2162 W. University Ave. 55114
Sunday Worship: 5 p.m., Dow Art Gallery,
2242 W. University Ave., St. Paul
- ❖ **MOUNT OLIVE LUTHERAN CHURCH—WELS**
A Caring Family of Christ-Centered Believers
www.mount-olive-lutheran-church.org
Find us on Facebook
1460 Almond Ave., St. Paul, MN 55108
651-645-2575
Sunday Worship: 9 a.m.
Bible Study and Sunday School, 10:30 a.m.
Pastor Al Schleusener
- ❖ **PEACE LUTHERAN CHURCH—ELCA**
1744 Walnut St. (at Ione), Lauderdale, 651-644-5440
www.peacelauderdale.com
Sunday worship: 10 a.m.
Reconciling in Christ Congregation
All are welcome. Come as you are.
- ❖ **ST. CECILIA'S CATHOLIC CHURCH**
2357 Bayless Place, 651-644-4502
Website: www.stceciliasp.com
Handicap-accessible
Saturday Mass: 4:30 p.m.
Sunday Masses: 8:15 a.m. and 10 a.m.
- ❖ **HOLY CHILDHOOD CATHOLIC CHURCH**
1435 Midway Parkway, St. Paul, 55108
Pastor, Fr. Timothy Cloutier
Weekend Masses: Saturday 5 p.m., Sunday 7:45 & 10 a.m.
Weekday Masses: 7:45 a.m. Tuesday, Wednesday, Friday & Saturday
Confession: Saturday, 4 - 4:30 p.m., or call for appointment
Parish office: 651-644-7495, mcmadigan@holychildhoodparish.org
- ❖ **ST. ANTHONY PARK UNITED CHURCH OF CHRIST**
2129 Commonwealth Ave. (corner of Commonwealth and Chelmsford)
651-646-7173, www.sapucc.org
9:15 a.m. Faith Formation for all ages: Sunday School and Adult Forum
10:30 a.m. Worship
Ash Wednesday service, March 1, 7 p.m.
Lenten Series "The Intersection of Work & Faith" Wednesdays, March 8 through
April 5, 6 p.m. soup supper; 6:30 p.m. program
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Choir School every Wednesday (Babies through Grade 6) call for times
Youth Choir (Grade 7-12): 5:15 - 6 p.m.
Adult Choir: 7:30 - 9 p.m.
- ❖ **ST. MATTHEW'S EPISCOPAL CHURCH**
Rev. Blair Pogue, Rector 2136 Carter at Chelmsford
Sundays: 9:15 a.m: Education for all ages
10:30 a.m: Worship with sermon and communion
Nursery care provided 9 a.m. -11:20 a.m.
5:30 p.m: Night Prayer with evening meal at 6:30 p.m.
All are welcome! Learn more at www.stmatthewsmn.org

To add your church to the directory,
contact Bradley Wolfe at 952-393-6814 or
bradley.wolfe@parkbugle.org

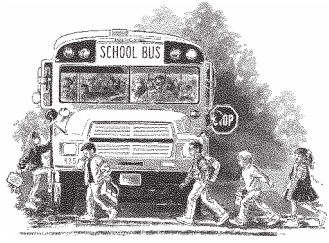
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School News

The Bugle welcomes news about students and schools in the area. The deadline for the March issue is Wednesday, March 8. Send your news to editor@parkbugle.org.

Avalon School

700 Glendale St., 651-649-5495
www.avalonschool.org

Open houses announced

The deadline to enroll in Avalon School's lottery is Wednesday, March 1. Contact Gretchen Sage-Martinson at enrollment@avalonschool.org or 651-649-5495, ext. 204, for more information.

Chili Night at Avalon

Avalon School's annual Chili Night will be held Friday, March 3, from 6 to 8 p.m. The evening will feature a chili dinner, a silent auction and a live auction. Proceeds from the event will go toward helping Avalon students' projects, a school technology update and to school trips to see plays, performances and other events.

If you or your organization would like to make a donation to the silent or live auction, bring it to Avalon, 700 Glendale St., and drop it off at the office or contact David at david@avalonschool.org to make other arrangements.

Como Park Senior High

740 Rose Ave., 651-293-8800
www.comosr.spps.org

Debate teams qualify for state

Two Como Park debate teams qualified for the Minnesota State Debate Tournament, held at the University of Minnesota in January. Juniors Jackson Kerr and Stephen Boler placed third in the section tournament to qualify for the state tourney. Sophomores Peter Schik and Henry Hansen placed fourth in sections to earn the final state qualification spot. Both teams participated in the policy debate division, which examined the question of the U.S. increasing its diplomatic or economic engagement with the People's Republic of China.

The experience has been rewarding for the participants. "We know infinitely more about China-U.S. relations than we did prior to the debate season," said Jackson Kerr. "We really enjoyed the camaraderie and the practices were lively."

WorldQuest teams place in top 10

Global Minnesota sponsored the annual Academic WorldQuest competition at Ecolab in downtown St. Paul on Feb. 1. Two Como teams of four students participated. Both teams placed in the top 10 out of 42 teams from across the state.

The team of seniors Divine Uchegbu, Georgie Kinsman, Aaron Coggins and junior Jackson Kerr finished in fifth place.

The team of seniors Hannah Rhee and Ella Harker and juniors Dominic Wolters and Stephen Boler

finished seventh.

NHS book drive a success

Members of Como's National Honor Society (NHS) collected and delivered more than 300 books to Como Park Elementary School students. NHS students set up a collection box, built by Bob Prifrel's woodworking class, in the main office. All books were donated by Como students and staff. Seniors Hannah Rhee and Divine Uchegbu launched and coordinated the effort.

"It really is a community project and the school has been very generous with their donations," said Uchegbu. "NHS students have constantly volunteered to count, store and transport the books."

The project will continue throughout the spring.

Carole Whitney nominee for Minnesota Teacher award

Carole Whitney is a nominee for the Minnesota Teacher of the Year Award. Whitney is the music department chair at Como, conducting five choirs and directing the fall musical and spring play. She has created opportunities for all students, ranging from beginning choir to preparing soloists and ensembles for state competitions to leading her advanced choirs to Carnegie Hall in New York City during the span of her 23 years at Como.

She has been certified by the National Board for Professional Teaching Standards in Early Adolescent/Young Adult Music and has held several other leadership positions in regional and state music organizations. The announcement of the 2017 Minnesota Teacher of the Year will be revealed in May. A panel of community leaders will work with Education Minnesota to analyze and determine finalists during the coming weeks.

Mr. D named Excellent Educator

Donnell Gibson, known as "Mr. D" at Como, was featured on the WCCO morning news on Feb. 15 and honored with the station's Excellent Educator Award. Mr. D is an intervention specialist and a motivating, positive presence in the halls and classrooms of Como. He was chosen for his tireless and selfless work with students, coordination of his nonprofit Gibson Foundation and his leadership as the coach for the junior varsity boys' basketball team.

Booster Club to sponsor fundraiser at Urban Growler

The Como Park High School Booster Club is sponsoring its third annual friendly fundraiser at the Urban Growler Brewing Co. on Sunday, March 12, 4-8 p.m. Advanced ticket purchases are \$20 for adults and \$15 for children. Tickets at the door are \$25 and \$20. The price includes one meal and one beverage, live music, plus a chance to

win some high-quality prizes.

Funds raised will support students' extracurricular activities. You can buy tickets at comosr.spps.org/booster_club, or get more details by calling Ann Commers at 651-270-3692 or email comoparkboosterclub@gmail.com.

Murray Middle School

2200 Buford Ave., 651-293-8740
www.murray.spps.org

Murray students move on to regional History Day tourney

Murray History Day was held in February and a number of students are moving on to the regional tournament at Johnson High School on Saturday, March 18, 8 a.m.-2 p.m. Listed below are the students and how they placed in each category.

Performance, individual: (1) Robel Hayelom, (2) Nora Thomey, (3) Amelia Moseman, (4) Audrey Power-Theisen, (5) Olga Vincen-

Tina Tang, (7) Abby Altman, (8) Ruby Kosiak and (9) Campbell Wencell. Honorable mention: Taylor Fairbanks, Graham Whitney, Olivia Miller, Damian Perry, Aidan Reihl, Ayden Brudnik-Voss, Valani Vang, Ethan Watson and Elliot Kramer.

Exhibits, group: (1) Claire Fortier and Lucy Hebble, (2) Kaya Solheid and Lyra Sato, (3) Rukiya Hussein, Anisha Majila, Sadia Hussein and Pei Wah, (4) Ellen Chinema and Aundrea Valdez, (5) Cha Koong Vang and Isaiah Cooper, (6) Ella Sundheim, Rosetta Haag and Tasneem Dahr, (7) Greta Berg and Maggie Fuller, (8) Levi Nichols and Charles Wriedt, and (9) Geneva Landon and Aubrey Ross.

Websites, individual: (1) Toby Felthauer, (2) Dhayalan Balasubramanian, (3) Sam Skinner, (4) Soren Sackreiter, (5) Sarah Parker, (6) Violet Eicher, and (7) Charlie Power-Theisen. Honorable mention: Naimo Mahamud, Liam Schwie and Drew Lancaster.

Websites, group: (1) Gajan

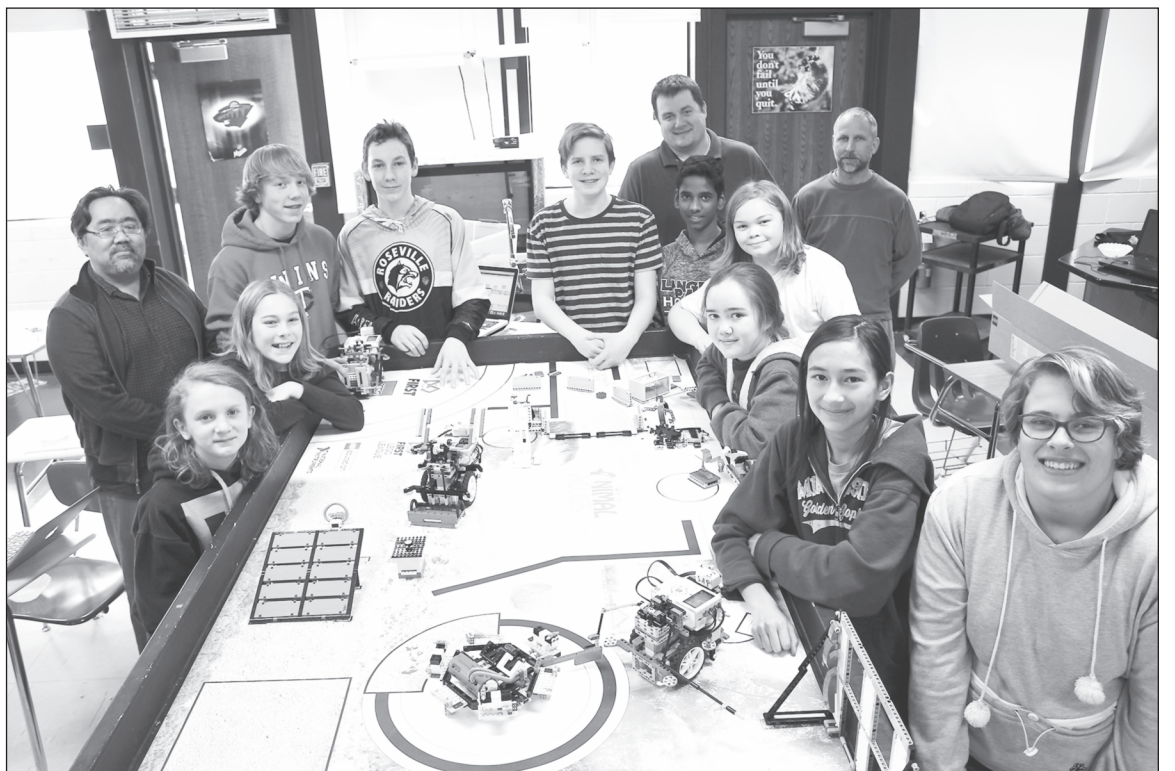
Wah, (2) Anise Bates and Allie Rognerud and (3) Diego Guevera and Emerson Spencer. Honorable mention: Maddy Sjoberg and Katherine Kozack.

Historical papers: (1) Aidan Reynolds, (2) Bill Lancman, (3) Betty Hebble and (4) Jennifer Rosas.

Tutors needed

Murray Middle School provides an intentional intervention program called the "Pilot One-on-One Program" for at-risk students who are academically challenged. The program, now in its ninth year, focuses on students who typically do not have strong home support and are often living in crisis.

Students work with a tutor individually each day studying English, math, social studies or science together. Students also work on improving their study skills. Tutors are needed Monday through Friday for one to three hours from 11:08 a.m.-12:08 p.m., 12:12-1:04 p.m. and 1:08-2 p.m. Pick a day and



LEGO champs!

The Murray Middle School LEGO League team competed in the First LEGO League State Championship on Feb. 25 at Washington Technology Magnet in St. Paul. This is the first time a LEGO League team from Murray went to state. The team's project, Lead Poisoning in Bald Eagles and Other Raptors, can be found at sites.google.com/stpaul.k12.mn.us/leadpoisoninginraptors/. Shown here are team members and coaches, from left: Ashton Bricker, Noah Sullivan, Gaku Sato (parent and coach), Soren Sackreiter, Ian Culver, Sam Skinner, Nick Altringer (teacher and coach), Dhayalan Balasubramanian, Peter Solheid (parent and coach), Max Mills, Lyra Sato, Kaya Solheid and Violet Schafer. Team member Peter Wenger wasn't there the day the photo was taken. Photo by Kristal Leebrick

Guevera, (6) Nanatale Bagurusi and (7) Kevin Torstenson.

Performance, group: (1) Tana Ososki and Aaron Ramsey, (2) Claire Driscoll, Fiona Jaurez-Sweeney and Bridget Lee, (3) Pia Banat and Lydia Westerlund, (4) Ayrion Gordon Jackson and Ashlyn Petit, and (5) Fiona Blank and Anna Gaudio. Honorable mention: Nila Yang and Jaela McQueen.

Exhibits, individual: (1) Peter Wenger, (2) Hemetii Si-Asar Apet, (3) Marisol Guevara, (4) Audrey di Gilaramo, (5) Dylan Aarness, (6)

Dilepan and John Mason, (2) Mary Holm and Tess Turnure, (3) Gelila Woldemariam and Emilie Hanson, and (4) Molly Clement and Caitlyn Coyle. Honorable mention: Max Mills and Veronica Sakorski and Drew Moseman and McKenna Frechette.

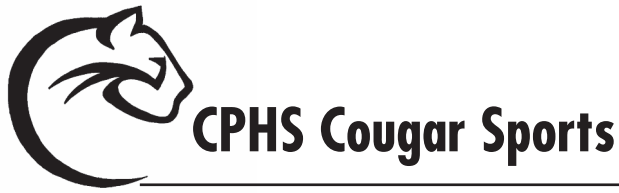
Documentaries, individual: (1) Mira Seeba, (2) Olivia McKee, (3) Charlotte Tracy and (4) Alex Le. Honorable mention: Pariz Battee and Will Path.

Documentaries, group: (1) Kyra Rocha, Anna Stratham and Paw

time that works best for you for the semester. Murray is just four blocks from the University of Minnesota St. Paul campus.

All volunteers must attend a 90-minute training and orientation session and complete a background check. The training sessions are available most days at 8 a.m. or 2:30 p.m. upon request.

Contact Cindy Thrasher, coordinator, to sign up for a training session at 651-293-8740 or cindy.thrasher@spps.org.



Eric Erickson highlights Como Park Senior High School athletics each month in the Bugle.

Como basketball season begins in the classroom

The boys' basketball season for Como Park Senior High School began in a classroom on a Saturday morning in September. Coach John Robinson cooked up a breakfast and served it to his potential players. Mentors and tutors spoke about study habits and academic eligibility requirements. There wasn't a basketball in sight.

The season's first practice on the court wouldn't take place until November, after several more meetings of the Saturday morning "breakfast club" had set the stage for a culture change in the Como Park program.

Robinson, an educational assistant at Como, is serving his second year as the Cougar boys' head coach. While his team showed improvement on the court during his first season, he was concerned about the grade-point averages (GPAs) of his players. He sensed a disconnect between reality and his players' perceptions about college preparation.

Having been around the high school game since 2004, primarily coaching girls, Robinson has seen plenty of players succeed on and off the court, leading to opportunity in college.

Robinson was an assistant coach at St. Paul's Central High School when his daughter, Angel Robinson, starred for a state championship team and received a scholarship to play and study at Marquette University in Milwaukee, Wis. He was the head girls' coach at Como for seven seasons, and won a conference



The Como Cougars boys basketball team rallied after a time-out in the second half of a game against Harding on Feb. 9. The Cougars hit a free throw in the last second to claim a 60-59 victory. *Photo by Mike Krivit*

title in 2015. Andrayah Adams was the star of that team and is now on scholarship at St. John's in New York.

Those experiences inspired Robinson to raise the bar of academics for the boys.

"I want them all to be eligible to qualify for NCAA basketball," said Robinson. To reach that goal, many players needed to step it up, and the coach would need some support.

Kristy Pierce was asked to be the team's academic adviser. Before coming to Como as a cultural

specialist last school year, Pierce worked for the Minnesota Timberwolves in roles ranging from administrative assistant to being a member of the coaching staff to serving as the executive director of the Timberwolves foundation.

Pierce is with the Cougars for every event, practice and game. Before the players take the court for practice, they need to check in with Pierce and submit the daily monitor sheets that their teachers signed off on at the end of every class.

The daily accountability is the first step to grade improvement. Teachers can check "yes" or "no" boxes for five categories, including "on time," "homework completed" and "positive attitude." There is also room for comments that allow teacher concerns to be addressed or encouragement and praise to be provided.

Going through the monitor slips allows Pierce to catch problems early, redirect or use as a shining

example of effort and success. While she jokes that the players might call her a pain, the truth is that her role is much more of the school mom for many of the boys.

"She's always there for us," said junior Brian King-Keller. "Some of the work she does might go unappreciated, but it crosses my mind a lot. I feel like I made a big change in my grades. She showed me that I can do it, and she made me really believe in myself."

Sophomore Avery Reid, who plays on the junior varsity, said that the entire coaching staff puts grades before basketball. "We can't play unless we've got the grades," said Reid. The JV team is coached by Donnell Gibson, known as Mr. D around Como. With Gibson, Pierce, Robinson and varsity assistant Marlon McCoy all on the same page with their clear expectations, there has been a noticeable change.

In some cases, individual GPAs are up more than a full point from

last season. Nine students in the program had a GPA of 3.5 for the first semester. Every player in the program improved their grades from the first quarter of the school year. A few who didn't are no longer with the program. There are consequences.

It hasn't always been a smooth ride this season. The expectations set forth are challenging, causing bumps along the way, both academically and on the court. But it's the sacrifice and the team effort that have made the journey rewarding.

For senior Kyrin Woodard, Como basketball has been the one constant and most motivating influence in his life. Not because of a winning record (the Cougars were 7-13 as the Bugle went to press), but because of the relationships and the family that the Cougar program has become.

"Everybody sticks together. We never give up," said Woodard. "Playing for Como, we have a bond. We're playing for something more than ourselves. I feel like it's all made me more mature. I care about school more. I know there are high expectations. It pushes me. It's made me better in everything."

Students first. Basketball players second. Teaching the boys of Como basketball how to work, how to be committed, how to persevere and how to be proud about doing the right thing on and off the court are now pillars of the program.

With a foundation based on those values, Robinson and his coaching staff are energized to continue the work for years to come.

"I'm happy with the way things are going," said Robinson. "The kids have accepted and taken on the challenge and are helping to create a program that will be attractive to more student athletes. We're working hard and we're growing every day."

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



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thanks everyone who helped raise more than \$14,000 for the American Heart Association through Jump Rope for Heart in January, to the co-hosts and all who came to the SAPSA fundraiser at Colossal Café in February, and a special thank you

goes out to the Colossal Café for its generous support of St. Anthony Park Elementary School.

Read-A-Thon coming up

The St. Anthony Park Elementary School Read-A-Thon will take place from March 17 to March 29.

Principal Ann Johnson announces retirement

Ann Johnson, principal of St. Anthony Park Elementary School for the past nine years has announced her retirement after the current school year. The Bugle will have more about Johnson and her career in public education in a future issue.

Classifieds

Send your ad to classifieds@parkbugle.org or P.O.Box 8126, St. Paul, MN 55108, or call Fariba Sanikhatam, 651-239-0321. Ads are \$5 per line. Add a box or art for \$10. **Next deadline: March 12.**

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Refugees from 1

yet to deal with this massive influx of people," Karvonen said. Church members helped the family get medical and public assistance, go to medical appointments, and sign the children up for school.

"All that bureaucratic paperwork had to be done by the church committee, which had no experience doing this kind of work," she said.

But it wasn't just the six committee members at the time who got involved with the family. "The thing that was really impressive was that the whole congregation bought into the effort. There were countless other people who were involved," Karvonen said.

After finding a home for Yer Kong and her family, a team of tutors visited each week to help teach her English. And after enrolling the two youngest children in a co-op nursery school, committee members accompanied Yer Kong during the school's required volunteer time to help her understand what was being said and done.

After about three years, Yer Kong moved her family to California, where a large community of Hmong people had settled. The family stays in touch. Mergenthal received a Christmas card and photo of the family in December.

Her children have their own families now. One son is a minister, one is a teacher, one is a social worker, two are postal employees. "They all finished high school and some more than that," Karvonen said. "It's sort of the American success story."

After the experience with Kong and her family, the church



Lak Maya Tamang and her two children came from a refugee camp in Nepal and are the most recent family to be mentored by the church committee.

committee "really got moving," Karvonen said.

In 1980, the church welcomed Wang Yao Her and Seng Kong and their family to St. Paul, and President Jimmy Carter signed the U.S. Refugee Act of 1980, which outlined procedures on how to deal with refugees.

"The social service agencies geared up, got more staff and took over many of the jobs that were done in the beginning here," Karvonen said.

After refugees are vetted through the United Nations—a process that can take up to two years—they go through another vetting process with the U.S. State Department. The State Department then works with nine domestic nonprofit organizations to resettle refugees. Those organizations have affiliates in each state. In Minnesota, five social service agencies—Catholic Charities, International Institute of Minnesota, Lutheran Social Services, Minnesota Council of Churches and Arrive Ministries—sponsor refugees and do the bureaucratic work.

The St. Anthony Park Lutheran Church Refugee Committee works with Lutheran Social Services, which partners the committee with new families. Once called "sponsors," they are now called "mentors" and mostly provide furniture, clothing and friendship to the families.

Committee member Shelley Weiss shops regularly at second-hand stores to find winter clothing and other items for families, and Elaine Philips, chair of the committee, posts notices in the church's bulletin outlining what a particular family may need, Karvonen said.

"It's been amazing. We put out the word for either money or a used TV or an old couch, or whatever, and we always get it." For years, the offering at the Thanksgiving Day church service has been dedicated to the Refugee Committee.

'Show welcome to the stranger'

At the bottom of Karvonen's list of families who found refuge in Minnesota are three pieces of

scripture labeled "Texts that have guided and inspired us."

From Leviticus: "The stranger who resides with you shall be to you as the native among you, and you shall love him as yourself. . . ."

From Galatians: ". . . through love be servants of one another."

From Buddhist scripture: "Even as a mother at the risk of her own life watches over and protects her only child, so with a boundless mind should one cherish all living things. . . . So let one cultivate an infinite good will toward the whole world."

"Theologically, it's what we are called to do: Show welcome to the stranger," Mergenthal said.

Looking ahead

The Bugle spoke with Karvonen and Mergenthal just before the 9th Circuit Court of Appeals rejected President Trump's executive order barring travelers and immigrants from select countries on Feb. 10. With the promise of a revamped order on its way, if Trump succeeds in preventing refugees from settling in the United States, the work of the church committee will stop, of course. That frustrates Karvonen.

"It's hateful," she said. "America has been the land of opportunity, welcoming, the Statue of Liberty and all that. . . . Some of the people who have come to us are so traumatized, you wonder if they ever will have a normal life. [This is] just more awfulness in their lives."

As she looked through a scrapbook of photos of families who have benefited from the work of the committee, Karvonen pointed to a family from Somalia. "He was a banker in Somalia and he always told us how beautiful it was in Mogadishu and wanted to take us there," she said.

"People think refugees are just dying to come here and [that] this is where they've always wanted to live, and so they cook up a reason to come," Karvonen said. "I've never met one who wouldn't rather live in their home country. If they had a choice they would go back to their home, but they can't."

Hear an immigrant's story

On Wednesday, March 15, the League of Women Voters St. Paul will host "The Immigrant Story: Two Perspectives," a discussion on what it takes to resettle immigrants and refugees in Minnesota and the cost of adjustment for the immigrant/refugee.

The event is open to the public and will be held from 6 to 7:30 p.m. at the Hallie Q. Brown Center, 270 N. Kent St., at the corner Kent and Marshall Avenue.

LAY SCHOOL OF THEOLOGY

The Lay School of Theology is a program of informal, non-credit classes taught by seminary professors for anyone who wants to learn more about matters relating to their Christian faith and life.

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Instructor: Roland Martinson, Professor Emeritus of Children, Youth and Family Ministry
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