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Park Bugle

St. Anthony Park / Falcon Heights
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www.parkbugle.org
May 2017

Update on Bell Museum project

Advocates of the Bell Museum and Planetarium say the new facility and its outreach programs will benefit the entire state of Minnesota.

By Roger Bergerson

Work on the new Bell Museum and Planetarium—inside and out—continues apace, with the building on schedule to open in summer 2018.

Although \$64 million, the bulk of the funding for the facility at Cleveland and Larpenteur avenues in Falcon Heights, was provided by the 2015 Minnesota Legislature, a two-prong effort is under way to secure money for expanded programs and associated operating costs.

A capital campaign that began a year ago has raised nearly two-thirds of its \$15 million goal, according to Denise Young, the Bell's executive director.

"Since groundbreaking, we have had great success in fundraising for a number of areas such as the education wing and outdoor learning landscapes," she said. "Our primary focus is funding exhibit enhancements, new technology and longer term programming support to bring the building to life."

And University of Minnesota lobbyists and Bell representatives are back at the Legislature, seeking \$7 million over the coming biennium for a facility that they contend will have a statewide impact.



The facing material on the upper part of the structure is heat-treated white pine, harvested from state forestland in Cass Lake and processed by a Duluth company. Lower portions of the new Bell are clad in a formulation of Iron Range steel. Photo by Kristal Leebrick

"Over the past two fiscal years, nearly every visit to the museum in Minneapolis was matched by outreach—science education and related activities—to schools and communities across the state," Young said. "And we plan to continue this trend going forward."

The prospects for the Bell appropriation were uncertain as the Park Bugle went to press.

Also in the proposed bonding bill are funds for a new College of Biological Sciences plant conservatory on the St. Paul campus. (You can read about that in the May 2016 Park Bugle in the Back Issues section at www.parkbugle.org.)

In the meantime, some innovative exterior features of the new museum and planetarium, several of which celebrate the state's historically important resources, are worth noting.

For example, a major portion of the facing material on the structure is white pine, not traditionally used in outdoor architectural applications. The wood, heat-treated to withstand the elements, was harvested from state forestland in Cass Lake and processed by a Duluth company. The installation is believed to be the largest of its kind in the country.

Lower portions of the new Bell are clad in a unique formulation of

Iron Range steel. The alloys form a protective surface layer that resists atmospheric corrosion and forms a stable rust-like appearance over time.

Another of the building's features has to do with protecting inhabitants of the natural world, namely birds.

The original design for the new Bell, generated well over a decade ago, called for large amounts of reflective glass, which critics contended would confuse birds, causing them to crash into it. (More recently, the same criticisms have been leveled at U.S. Bank Stadium in Minneapolis.)

Bell Museum to 8

Falcon Heights shops for new police contract

By Kristal Leebrick

The City of Falcon Heights could end its policing contract with the City of St. Anthony at the end of this year.

In a special meeting April 5, the Falcon Heights City Council authorized city administrator Sack Thongvanh to send letters to area police departments to gauge interest in policing in the city. The council's decision to shop for a new police contract came on the heels of the March 28 action by the St. Anthony City Council to make the city of Falcon Heights solely liable for any police incident within its borders.

Falcon Heights to 8

Everything's coming up road signs

Here's your 2017 summer road-construction primer

In case you haven't noticed, there are several road construction projects that may hamper your travel in and around Bugleland this summer.

Construction season began April 3 along Snelling Avenue, from Como north to Larpenteur avenues. Traffic is closed to one lane in each direction.

This summer-long Minnesota Department of Transportation project will extend to Highway 36 and includes concrete replacement and additional turn lanes at Snelling and Larpenteur. There will be no construction activities during the Back to the '50s car show June 22-26 or the Minnesota State Fair Aug. 21-Sept. 5.

Raymond Avenue closed between Standish Street and Energy Park Drive April 10 to complete Phase III of the Raymond Avenue reconstruction project. The city will remove the elevated sidewalks under the railroad trestle and replace them with lower sidewalks and bike lanes. This project is expected to be completed by the end of June.

All pedestrian and bike traffic will have access to walk through the jobsite and under the trestle. Project

Road work to 6



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.

District 10 election is April 18

Ten positions on the District 10 Como Community Council Board are up for election at District 10's annual meeting Tuesday, April 18. Two-year terms are available for these positions: chair, secretary and a representative from each of the four geographic sub-districts and three at-large representatives. In addition, a special election will be held for a vacant at-large position.

Community members will also vote on an amendment to District 10's Articles of Incorporation. This technical amendment, which was approved by the District 10 board in March, legally incorporates Sub-District 4 into the boundaries of the district.

Biographies of candidates who filed in time to be on the ballot will be available on District 10's website, www.district10comopark.org.

Board members elected in the nine regular elections will serve from April 25, 2017, to April 23, 2019. The board member elected to fill the at-large vacancy will take office immediately and serve until April 2018. Nominations will be taken from the floor for write-in candidacies.

Any resident of District 10 who is age 18 or older is eligible to vote, as are authorized representatives from a business or nonprofit organization located in District 10. Community residents will vote in person, using secret ballots, at the annual meeting. All members will be able to vote for chair, secretary and the at-large positions. Only members who live in

a particular sub-district will be able to vote for those positions.

The annual meeting will begin at 7 p.m. at the Historic Streetcar Station, 1224 N. Lexington Parkway, at the northeast corner of Lexington and Horton Ave.

Garage sale is coming May 20

The annual Como Neighborhood Garage Sale will take place Saturday, May 20. Residents who want to participate this year must register online no later than Wednesday, May 10. The registration fee is \$15. You can register online at www.district10comopark.org/2017_garage_sale.html.

District 10 will produce a map of all homes participating.

Upcoming District 10 meetings

Community members are always welcome to attend and participate in District 10 meetings. All meetings begin at 7 p.m. at the Historic Streetcar Station.

- *Como Community Council annual meeting:* Tuesday, April 18
- *Environment Committee:* Wednesday, April 26
- *Neighborhood Relations and Safety Committee:* Tuesday, May 2
- *Land Use Committee:* Wednesday, May 3

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. Larpenteur Ave. Contact information: 651-792-7600 or falconheights.org.

Community Conversations continue through May

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 meet at Falcon Heights United Church of Christ, 1795 Holton St., from 6:30 to 8:30 p.m.

The fourth conversation will be held 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 will take place in May or June. The meeting will take place after the Falcon Heights City Council has acted on the task force's recommendations.

You can find summaries of each of the first three conversations on the City of Falcon Heights website, www.falconheights.org.

If you have any questions about the task force and its work, contact Sack Thongvanh, Falcon Heights city administrator, sack.thongvanh@falconheights.org or call 651-792-7611.

Lauderdale

The Lauderdale City Council meets on the second and fourth Tuesday of each month at 7:30 p.m. in Lauderdale City Hall, 1891 Walnut St. Contact information: 651-792-7650 or www.ci.lauderdale.mn.us.

Shoe Drive at City Hall

Girl Scout Troop 55699 is holding a shoe drive for Shoe Away Hunger program through the month of April at Lauderdale City Hall, 1891 Walnut St. The scouts are collecting used shoes that will be re-sold or recycled. Proceeds are used to provide food for those in need.

City garage sale is May 20

Lauderdale's annual City-Wide Garage Sale will be held Saturday, May 20. Lauderdale residents must call City Hall at 651-792-7650 by Friday, May 12, to register a sale location and let the city know what kinds of items to list about your sale on the garage sale map. The sale is a great way to get rid of stuff, meet your neighbors and find some good deals. There is no charge to register and the city does the promotion.

A list of garage sale locations will be available from City Hall the week before the event. If you are having a garage sale, don't forget to put a garage-sale sign in your yard. Sales may begin at 8 a.m.

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.

Mayfest is May 12-14

Hampden Park Co-op will host Mayfest, an annual celebration of spring with plants, food and

community activities, on Friday, May 12, through Sunday, May 14. Mayfest brings neighbors together from north and south St. Anthony Park and outside the neighborhood as well. The co-op and the St. Anthony Park Community Council co-sponsor Mayfest.

Want to attend a District 12 Community Council meeting?

Here is the monthly schedule of District 12 meetings:

- *Land Use Committee* meets the first Thursday of the month, 7-9 p.m. at Jennings Community School, 2455 W. University Ave.
- *District 12 Board of Directors* meets the second Thursday of the month, 7-9 p.m., at Jennings.
- *Transportation Committee* meets the first Monday of the month, 6:30-8 p.m., at the Community Council office, 2395 W. University Ave., Suite 300E.
- *Environment Committee* meets the fourth Wednesday of the month, 7-9 p.m., at the Community Council office.
- *Equity Committee* meets the first Friday of the month, 8-9:30 a.m., at the Community Council office.

Wanted: volunteers for June arts festival

The St. Anthony Park Library Association is looking for volunteers to help with the St. Anthony Park Arts Festival. This year's festival will be held on Saturday, June 3.

The annual festival includes more than 70 artists, a used book sale, fun activities, community groups showcasing their work and food. All proceeds from the festival go toward library programs for youth and helping care for the library building and the gardens surrounding the building.

Help is needed in the following areas: used book sale, gardens, social media and website. The library association is also looking for people to join the board and the arts festival planning committee. Visit www.saplib.org to learn more.

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Join us as we celebrate the School Carnival!!!

Here's what to do with your old books, CDs

The St. Anthony Park Library Association is seeking donations for its annual book sale to be held Saturday, June 3, during the St. Anthony Park Arts Festival.

Please donate new or gently used books, CDs and DVDs. Textbooks or VHS/cassette tapes will not be accepted. Bring the materials to the book cart in the lower level of St. Anthony Park Library, 2243 Como Ave., during regular library hours through Friday, June 2.

Questions? Contact Susan Dean at smdean16@gmail.com.



A rendering of the exterior of the Ray, a 79-unit apartment building at Carleton Street and Charles Avenue in South St. Anthony.

New apartments come in some very small packages

A new apartment building in St. Anthony Park will offer smaller, lower rent spaces for the millennial and the mobile

By Judy Woodward

Pity the poor millennial. Caught between mountainous student debt loads and starting salaries that haven't recovered from the last recession, record numbers of young adults ages 18-34 are living at home with their parents.

But a new housing phenomenon is pointing the way out of the parental basement for those trapped between the longing for independence and the realities of modern housing costs.

Micro dwellings have been defined as fully equipped self-

contained housing units that are somewhere around 350 square feet in floor area. The idea got its start in high-demand urban areas in both the United States and abroad, where housing pressures and skyrocketing rents have a long and grim history.

Micro dwellings to 6



Despite deterrents, wildlife area still a dumping ground

Televisions, bed springs, a water heater, a de-constructed copy machine, computer monitors, and containers of waste oil and antifreeze: Those are just some of the items that ended up in eight large piles of garbage that more than 30 St. Anthony Park volunteers pulled out of the Kasota Ponds Wildlife Area April 8. Each spring, the St. Anthony Park Community Council sponsors a cleanup of the area just west of Highway 280 near Hunting Valley Road. "It was probably the largest haul in recent memory," said organizer Steve Yetter, who has been involved in the cleanup for 10 years. Last summer, MnDOT installed cameras at the site to monitor illegal dumping and serve as a deterrent. Some of the garbage comes from scrap haulers whose items are turned away at nearby Metro Metals Recycling, Yetter said. Increased use of the area as a campsite by homeless people added to the increased garbage this year, Yetter said.

Photos by Emily Blodgett




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C O M M E N T A R Y

Welcome to the Bugle editorial pages, the place where we exchange ideas and opinions. The views reflected in the commentaries and letters 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.

Letting the good times roll

By Jack Neely

She was petite; probably a seventh-grader. I saw her from our sunroom window. It was after school and she was waiting for a ride. She was alone, in her pink jacket and blue stocking hat, with an exploding brown ponytail held tight from the March wind. She looked up and down the street a couple of times, while bending over slightly—to adjust her too-large backpack? Or to check to see if anyone might see what she was

about to do?

She looked north one more time, shifted her weight to her left foot, and then tapped a couple of beats out on the sidewalk, with her right. Then to the right and tapped out the same beat with the left foot—and back and forth a couple of more times. Then she made a circle with one arm extended that said, “See me, and see what I can do on a beautiful day!”

One more pivot, and then a green sedan slowly came to a stop,

and the dancer stepped in. She probably said, “Hi, Dad!” But with that “buck and wing” in tow, she may have added, “... how’s it goin’?”

Maybe she’s taking ballet or tap—or maybe she has seen her parents jiving in the kitchen listening to Louis Jordan and Jonny Otis and Shuggie Otis, doing, “Let the Good Times Roll.” She may have even joined in.

As student and Dad disappeared down the street, they left me thinking of when I wanted to learn tap. I took

a few lessons at age 17 or 18 and used my mediocre talent only once: on stage when in the service in Germany, more than 60 years ago. Wonder where that “buck and wing” went to. Maybe the petite dancer found it at the curbside. Hope so. She seemed to be feeling the great fun I felt so long ago.

“Grandpa” Jack Neely lives and muses in St. Anthony Park.

L E T T E R S

Can't anything be done about the late-night street races?

Almost every spring, summer and fall weekend for the past several years, gangs of hot-rodders, dragsters and motorcycle fiends have amused themselves with late-night street races, noisy motorcades and outdoor drinking parties around Highway 280.

The racket they make can be heard throughout the residential neighborhoods along Como Avenue and in adjacent St. Anthony Park and Lauderdale.

These louts have been repeatedly and insolently disturbing the peace for years on end.

Here on the first weekend of April, I counted approximately 40 cars, pick-up trucks and motorcycles

performing their stunts. I witnessed street-racing on 280; revving engines and blasting (glass-pack?) mufflers; and motorcading back and forth for hours, including the practice of serially whipping through stop signs as they swing around to reverse their direction. The disturbance begins not long after dark and sometimes doesn't cease until 3 and sometimes 4 a.m. on Friday, Saturday, and often Sunday nights.

By late spring or mid-summer, there are scores of cars, trucks and cycles involved, and hundreds of people, often congregated in parking lots along the Kasota Avenue/Energy Park Drive vicinity, where drag matches are staged.

Can't anything be done about it? It has cost me many nights of lost sleep, even with windows closed in spring, summer and fall; and I'm sure there are other victims.

I'd like to hear from other neighbors to see if this can be solved. Here are a few suggestions for discouraging these troublemakers: Speed bumps on Kasota-Energy Park would help, simple security measures for the business parking lots like weekend chains across their entrances, occasional saturation patrols by law enforcement, and maybe a few mass drive-in events by local residents in order to outnumber and disperse the interlopers.

We've put up with this constant breach of the peace for far too long. I'd like to see our civic authorities fulfill their responsibility to re-establish order.

*Oliver Steinberg
St. Anthony Park*

Sidewalk poems

Note: We had two readers try their hands at our Sidewalk Poetry prompt from the last issue. Here are the results.

The Welcome Guest

It's really here!
I know because today as I sat on the deck,
The sun soaked through my jeans

The wind washed my hair.
Snuggled together, my husband and I watched it come.
And the earth began to grow again!

A great relief settled into my heart!
You can doubt green-growing things in the grip of a Minnesota winter,
Doubt that grapes once hung on the garden fence,
Wonder if raspberries actually grew red plump on those stark stems.

But, it's here!
I can see it in my husband's smile,
Hear it in the neighborhood children's collective scream and yell
As they careen through the yards,
Running, running, running!

The tired old glider in the back yard swings up and down, up and down,
And it is once more piloted to South America, Africa, and outer space.
The cat goes berserk—racing up one tree, down and across to another,
Chase a leaf, spin around, roll on the sun-warmed sidewalk.

Oh! I want to shout WELCOME in grand crescendos and loud hosannas,
Dance whirling and jumping across the yards with the kids,
Hello Spring!
Where have you been?
Don't stay away so long ever again!

*Barbara Leary
St. Anthony Park*

I'm just a slab of sidewalk,
That runs along the street,
To provide a path for people,
Who travel on their feet.
I'm neither rich nor famous,
And that's OK by me,
For I exist exactly,
Where I am meant to be.

*Dick Wenkel
Falcon Heights*

Letters to 5

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Deadlines, publishing dates and where to find a Bugle

Want to submit something to the Bugle?

Here are the deadlines and publication dates for the next four months:

June issue: deadline is Wednesday, May 10, and will hit the streets Tuesday, May 23

July issue: deadline is Wednesday, June 7, and will hit the streets Tuesday, June 20

August issue: deadline is Wednesday, July 5, and will hit the streets Tuesday, July 18

September issue: deadline is Wednesday, Aug. 9, and will hit the streets Tuesday, Aug. 22

Got a story idea?

Give us a holler: editor@parkbugle.org or 651-646-5369. We take traditional mail, too: Park Bugle, P.O. Box 8126, St. Paul, MN 55108.

Missing your Bugle?

If your house was missed during our delivery week, we apologize. Here are some spots where you can pick up a Bugle:

- District 10 Como Community Council office, 1224 N. Lexington Parkway
- Dogwood Coffee Bar, 825 Carleton St.
- Finnish Bistro, 2264 Como Ave.
- Hampden Park Co-op, 928 Raymond Ave.
- Falcon Heights City Hall, 2077 Larpenteur Ave.
- Lauderdale City Hall, 1891 Walnut St.
- Little Wine Shoppe, 2236 Carter Ave.
- Roseville Library, 2180 Hamline Ave.
- Schneider Drug, 3400 University Ave., Minneapolis
- Speedy Market, 2310 Como Ave.
- St. Anthony Park Library, 2245 Como Ave.
- Urban Growler, 2325 Endicott St.
- Workhorse Coffee Bar, 2399 University Ave.

Or go to www.parkbugle.org/delivery/ for a more complete list of places that carry the Bugle. You can also read the Bugle online at www.parkbugle.org.

COMMENTARY

Et tool, Brute?

By Adam Granger

We are in the middle of springtime, and with this season of regeneration and rejuvenation comes home repair. I'm not sure why this is—maybe it burbles up from the same DNA well as spring cleaning—but when we see that first robin, we strap on the tool belts, drag out the stepladders and become carpenters raising high the roof beams, to borrow from J.D. Salinger.

My dad was an academic (with the emphasis on *academic*): inside his own head and content to be there. In his view, a house took care of itself, except for paint every seven years, and he saw no need in going beyond the basics in tool acquisition. If a tool couldn't be found in the supermarket hardware aisle, the Grangers didn't need it.

We did have tools. We kept them in a kitchen drawer. We had a hammer, a flathead screwdriver and a Phillips screwdriver (bought grudgingly by my dad after I explained that most of the world's

screws have Phillips heads). There was a pair of pliers and a coping saw with no handle. I didn't even know coping saws had handles until I took shop in high school. There was a wood plane with no blade in it. Dad, who had never actually used a plane himself, insisted that "a little elbow grease" would eliminate the need for a blade. Add two jars of miscellaneous nails and screws and orphan nuts and bolts, and a handsaw consigned to the basement, and you have the sum of tools in the Granger house. Seriously.

Combine my father's natural acquisitional reticence with a professor's modest income and it's clear why getting a new tool in the Granger house was as rare as the Air Force getting a new bomber. Our process for tool acquisition was, in equal parts, diplomatic maneuvering and Spanish Inquisition:

"We've already got a drill. What do you need a drill bit for?"

"You wanted me to put up the water cooler baffle, and if I don't drill

pilot holes, it'll split the wood."

"Hmpf. Well, what size bit do you need?"

"I don't know. You usually buy them in sets—"

"Sets?! We're not going to get a bunch of drill bits we'll never use! We'll get an 1/8-inch bit. If the hole needs to be bigger, take a screwdriver shaft and ream it out a little. I think there's a screwdriver in the tool drawer. And let me know how this goes. I want to make sure I'm not throwing away money."

This is neither a tale of parental abuse nor of paternal deficiency. Dad would have had the same conversation with Gustave Eiffel.

Getting the Phillips screwdriver had felt like winning an unwinnable bar bet. A hand drill had been as exhilarating as a successful thesis defense. And, in arguing for an adjustable wrench, I had been Clarence Darrow, mopping the sweat from my brow in Dayton. The trial of the century. I prevailed, finally, by telling him the handlebars

fell off my bike every time I turned left. This wasn't strictly true; in fact, it was fake news. What was true was that if the nut that held my handlebars on were to come loose—a nut, which an adjustable wrench could tighten—I could lose my handlebars and have a terrible crash. Thanks primarily to this dissimulation, I won at day's end.

I started buying my own tools in high school, when I started working on my own cars: open-end wrenches, socket wrenches, a full set of screwdrivers with different size heads, a torque wrench. I followed the same rule then as I follow now: If I'm doing a repair myself, the cost of any tool I might need to buy will be less than the cost of having the repair done by someone else. So, I may have only used that gear puller hanging on the garage wall one time, but I'm still ahead of the game, financially, and I've got a gear puller to boot.

To be sure, not everyone is handy, and not everyone is interested

in tackling their own repairs, and that's where handymen and -women come in. Our neighborhood is full of old houses—ours was built in 1887—occupied by people who like keeping them in good nick, so we have a generous supply of craftspeople catering to us. And as we home handyfolk age, we pass more and more repair and maintenance on to those more fit (and almost always more qualified).

I will never again clean my own gutters, nor will I ever replace an automobile clutch again. And plumbing? That's dead to me.

So, welcome sweet springtime, we greet thee with song. And hammers. And saws. And paint brushes. And ladders. Please be careful.

Adam Granger lives in St. Anthony Park with his wife and dog, Molly, and is a regular contributor to the Park Bugle.

Letters from 4

She's free from the pursuit of weight loss

I was intrigued by research discussed in February's "One person's healthy food is not another person's healthy food" that the Healthy Foods, Healthy Living Institute is involved in, including growing food in northern Minnesota. However, I was troubled by statements around weight and weight-loss goals for older women. Full disclosure: I am a woman over 40, a family doctor, mom to a daughter and a specialist in childhood feeding.

As Prof. Mindy Kurzer's self-described lifelong challenges with weight show, knowledge and determination ("... they have to be willing to change their lifestyle for the rest of their lives."), as well as having the resources to shop for, transport, store nutritious foods, and hire a personal trainer, don't guarantee weight loss.

Can we expect that advice to work for the rest of us, for those working three jobs, relying on buses or struggling with housing, mental

illness or stigma?

It's been 13 years since my last diet (dieting "success" rates are single digits, with many chronic dieters gaining more than is lost). My husband lost 14 pounds and I lost 3, and all 17 were gained back. I wasted hours dreaming of the forbidden high-carb bowl of cereal.

I have since researched the science and embraced the final words of the article, which seemed counter to the content: "If feeling better was the motivation rather than the figure on the scale, we'd all do better."

Of the vibrant women I know in their 70s, 80s and 90s who "do better," some are lean, others are round and soft. All have a passion, whether it is writing letters, painting, saving turtles, church or political activism. They have strong family and community connections, didn't smoke and have financial resources and medical care.

I hope to be among these women someday, and struggling to lose weight is not more likely to make that happen. I am weighed annually at the doctor and, yes, since 40, my weight has crept up a few pounds as it does for many women.

I am thankful that through my work I learned that weight and poor health are not linearly related, as in every "extra" 5 pounds does not take additional months off your life.

With awareness of my privilege, I share that I may no longer fit into my wedding dress, but I cook often and prioritize family meals. I enjoy lentils and spinach, ice cream and the occasional fast food. I am grateful for my body, and move in joyful ways as often as I can, more some weeks than others. I aim for enough quality sleep and maintain meaningful social connections. I inherited genes that direct my body to do things with cholesterol that make my doctor swoon. I take breaks when I feel like my head and heart will explode from my Facebook feed. I had a secure, low-stress childhood (research shows a compelling link between cumulative childhood trauma and poor adult health outcomes). I have a loving partner, a healthy child and a warm home in a safe neighborhood.

I cherish the freedom from the tyranny of the pursuit of weight loss, where a bowl of cereal is just that, and I can dream of more enchanting

things. I take care of myself with healthy behaviors and allow my weight to settle where it may. I encourage others to consider doing the same.

More at intuitiveeating.org and ASDAH.org and lindabacon.org

*Postmenopausal women suffer increasingly from eating disorders. The Emily Program is a resource in

St. Anthony Park. If the pursuit of weight loss or negative body image are interfering with quality of life, there is help. (I have no financial stake in the Emily Program, and there are other programs in the Twin Cities.)

*Katja Rowell
St. Anthony Park*

Park Bugle seeks candidates for the governing board, Park Press

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

Thanks to all who helped raise \$41,233 in the Park Bugle's 2016-17 fund drive.

We thank all of you who have contributed, including the following businesses and people listed below who gave between Feb. 16 and March 31.

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. And, of course, 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!

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Saint Anthony Park Community Foundation
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Micro dwellings from 3

Now the trend has come to south St. Anthony Park. In July, the Ray, a new 79-unit apartment building, will open its doors. Named for nearby Raymond Avenue, the Ray will occupy the site of a century-old repurposed warehouse at Carleton Street and Charles Avenue.

“We like to think of the Ray as offering ‘naturally affordable’ studios,” says developer Bard Johnson, chief manager of Ray Residential. Sixty-nine of the building’s 79 units will be in the micro-range with an average floor space of 372 square feet. The building was constructed with private financing and does not meet official definitions of affordable housing. Monthly rents will start at \$890.

To put the apartments’ size in perspective, consider that a good-sized 20-by-20-foot living room in a vintage St. Anthony Park house occupies 400 square feet. Into a slightly smaller space, the Ray will pack living, dining, kitchen, bath, laundry and closet space.

Johnson is unabashed. “We’re not trying to hide our size,” he says. “We try to make maximum use of space. If you can give up on square footage, we offer every [other] luxury.” That means designer touches like high-end countertop finishes, hardwood floors, 9-foot ceilings, balconies and more floor-to-ceiling windows. A choice of 12 floorplans allows potential tenants to choose among open plans, alcoves—even walk-in closets.

“You get a feeling of spaciousness where you don’t actually have space,” he says.

Reinforcing the attractions of the individual units are the common



Sixty-nine of the Ray’s 79 units will be in the micro-range, with an average floor space of 372 square feet. That’s a bit smaller than the average size living room in a St. Anthony Park house.

spaces. On the roof, there will be a bar, grill and fire pit, as well as a dog run for occupants who decide that 372 feet is not too few to share with Man’s Best Friend. At this point, anyway, the Ray has placed no

appointed private dining room and professional kitchen that can be booked in advance.

Units will have individual high-efficiency packaged terminal air conditioning (PTAC) units

The Ray will pack living, dining, kitchen, bath, laundry and closet space in to less than 400 square feet.

restrictions on the size of its future canine tenants.

Indoors there will be a secure, code-operated delivery system for incoming packages, as well as a library featuring books, study space and room for “vinyl” (records). What about tenants with no place to go for holiday meals? When a resident wants to invite guests to a sit-down meal, there’s a generous-sized, well-

providing A/C and heat. “Residents will be able to program and control their individual PTACs via mobile device,” Johnson says. “So the units can automatically turn off or down when a resident leaves but turn back on in time for the resident to come home to a comfortable temperature. And, you can turn up the heat or A/C from anywhere, without getting up from your chair.”

As for prospective residents, Johnson says the Ray is aimed at people who “make too much for subsidized housing, but still need affordable places.” Johnson’s company also hopes to “appeal to people who care about transit.” The building lies within a block of the Raymond Avenue Green Line LRT station. It’s also near an HourCar ride-sharing auto pickup point and a Nice Ride public bike station.

The neighborhood’s growing retail business climate is another attraction. The Dogwood Café sits directly across the street from the

Ray. Dogwood Café manager Jessica Shearer is excited to welcome new customers, and she’s also pleased at the improvements the Ray plans for the immediate neighborhood, whose overall esthetic is probably currently best described as post-industrial.

“Right now, this area doesn’t look like a street so much as a warehouse parking lot,” Shearer says. But the Ray, will “develop the whole block with trees, lighting and sidewalks.”

Johnson agrees that the Ray’s curbside amenities will introduce a softening touch to the landscape of former warehouses and light manufacturing plants. New bright, street lighting as well as the trees they intend to plant will give “the whole corner a residential feel,” he says. “We’ll be a safe, comfortable spot in the bigger urban village.”

While most of the Ray’s future tenants are likely to be on the youthful side, Johnson thinks the building will also attract those with “mobile lifestyles, who just need a place to crash,” as well as those undergoing “a status change to divorced or widowed.” What they will almost certainly be is single. Although there are a few larger one- or two-bedroom units at the Ray, Johnson says that couples “would

have to be very intimate to rent a studio here.” And that fills a niche when current demographic trends point to rising ages for marriage and childbearing.

Kate Zimmerman is a grad student in architecture at the University of Minnesota who is writing her thesis on topics related to micro dwelling. Projects like the Ray make sense, she says. “You can see cities increasing in density. We need smaller dwelling units.”

Unfortunately, lifestyle ideals have sometimes been slow to catch up with housing realities, Zimmerman says.

“After World War II, the idea of the nuclear family [living in] the single family home really exploded,” she says. “But that idea isn’t holding up. The lack of affordable housing is increasing.”

And fashions in housing are finally changing.

Zimmerman, who lives in South St. Anthony, points to the Green Line as a magnet for the development of both higher-end and “artists” apartment-style housing in the area. Projects like the Ray can provide a foundation for what has become “a really hip lifestyle right now,” she says. “People don’t want to be tied down with a lot of possessions.”

As a young adult in her late 20s, Zimmerman knows firsthand the factors that are shaping the minimalist lifestyle of her generation.

“My peers have lots of student debt ... and a [sense of] increasing mobility,” she says. “[It] justifies staying in a place for only a couple of years. People still want to have families, but that comes later, after you’ve paid off the debts.”

For now, there are places like the Ray. Ten of the 79 units of the building have been rented in anticipation of the July opening date, according to Johnson.

For more information, visit the website, www.raysmartliving.com.

When she’s not writing about community news, Judy Woodward spends her time as a reference librarian at the Roseville Library.

Road work from 1

engineer Mike Vanbeusekom may be called with any questions: 651-775-6673.

The reconstruction of Raymond Avenue was a three-phase project that began in 2013, but the planning for it began in 2004, when District 12 residents and officials sought to calm traffic along the corridor.

In May, water and gas crews will begin work on the Como Avenue paving project, a multi-year project that will begin from Raymond west to Commonwealth Avenue.

The project will include adding boulevard trees, concrete curb and gutter, concrete out walks and driveway aprons, lantern-style street lighting, sewer and water-main repairs as needed, sodded boulevards, storm sewer catch basins and bituminous pavement.

Once completed, parking will

be banned on the south side of the street to allow for 6-foot bike lanes and wider boulevards. Wider boulevards on the south side will allow room for tree planting and the lantern-style lighting.

Como Avenue was last paved in 1960. The sidewalks along the street were installed in 1969.

The Raymond to Commonwealth project is scheduled to be finished by Oct. 31. Phase 2 of Como Avenue construction will be from Commonwealth to Eustis Street in 2018. Phase 3 will be from Eustis Street to Emerald Street and the city limits in 2020.

You can find out more about the Como and Raymond projects at www.stpaul.gov/departments/public-works/road-construction.—*Kristal Leebrick*

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History:  **One darn thing after another**

Roger Bergerson chronicles our remarkable past

Physician's family enjoyed 'roughing it' in what is now Falcon Heights

As his career wound down in the second decade of the 20th century, Dr. James Quinn and his wife, Frances, began to spend their summers in a "vine-covered shack" on a farm at Larpenteur and Snelling avenues.

The 80-acre tract on the northeast corner of the intersection had been in the Quinn family since 1865, and by 1912 most of it was rented by the University of Minnesota's Agricultural Experiment Station for crop research.

In the warm months, the Quinns lived on the remaining five acres, residing in winter at a hotel in downtown St. Paul. It was a habit shared by several other residents in proximity of Snelling and Larpenteur, at that time beyond the reach of utility services.

"We both enjoy 'roughing it,' and our friends seem to also, for we always have a house full over the week end," Mrs. Quinn told a reporter.

Quinn, invariably described as "popular" and "genial," was a prominent physician, by that time chief surgeon with the Great Northern Railway. He also had served as Ramsey County coroner and president of the county medical society.

Pioneer stock

His father, William, was a Kentuckian who came to this area in 1846 and was counted among the "old settlers" along with the likes of Ramsey, Sibley, Larpenteur and Hoyt. William first farmed in the Merriam Park district and moved with his wife and 10-year-old James to the Snelling farm in newly organized Rose Township in 1865.

William was an officer in the North Star Grange, a political and social organization for farmers, a member of the county and state horticultural societies, a county commissioner and Republican Party activist.

James may have attended the one-room school that operated on

the southeast corner of Snelling and Larpenteur at the time. It's known for certain that he attended a Methodist seminary in Illinois before enrolling at the University of Minnesota. He earned his medical degree from Columbia University in New York City.

Dr. Quinn returned to St. Paul and joined the practice of Dr. John Murphy, a pioneer physician. It was an era when the railroads had begun hiring "surgeons" to treat the phenomenal number of injuries their workers incurred, and Quinn and Murphy gradually took on more and



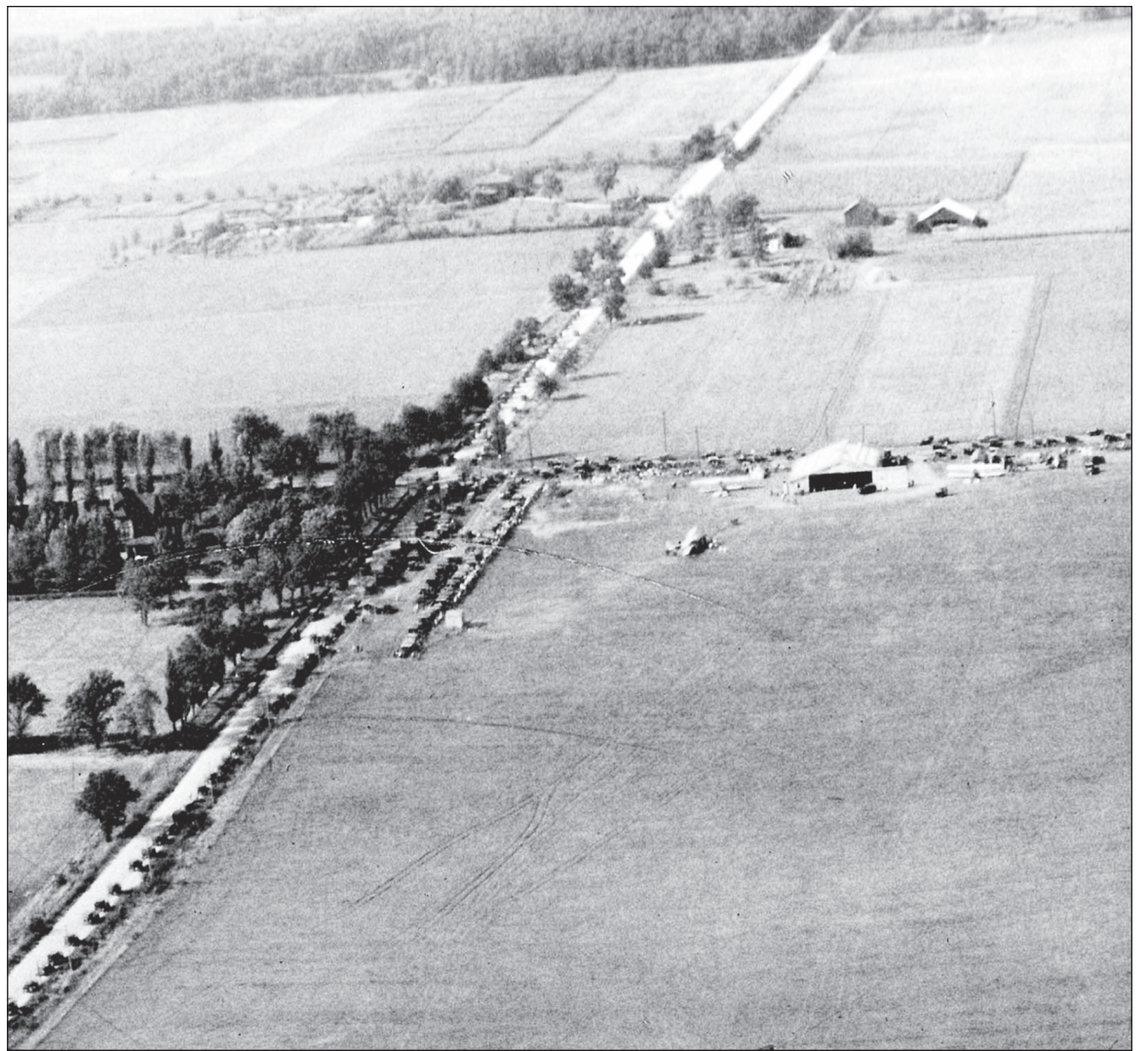
Dr. James Quinn. Photo courtesy of the Minnesota Historical Society.

more of that type of work.

Quinn became a familiar figure on the streets of St. Paul, in a buggy pulled by his buckskin mare, Topsy.

Snappy dresser

During his stint as coroner, an elected position, Quinn was described as something of a dandy by a St. Paul



In a 1920 aerial view looking north, the Quinn farm can be seen at the top of the photo, on the east side of Snelling Avenue, then a two-lane gravel road. Curtiss Northwest Airport is directly to the south, across Larpenteur Avenue. Photo courtesy of the Minnesota Aviation Hall of Fame.

Daily Globe reporter: "You rarely see him twice in succession with the same suit. He pays big money for his clothes and usually keeps pace with fashion's requirements. . . . In winter the doctor wears a fine chinchilla overcoat so long that it almost drags the ground."

A well-known sportsman, Quinn was president of the St. George's Snowshoe Club, which participated in the early Winter Carnivals. In 1888, the club fielded a baseball team during the carnival and Quinn played centerfield in snowshoes.

He was an avid hunter and

fisherman and helped found both the St. Paul Rod and Gun Club and the Mississippi Gun and Rod Club, the

latter with a clubhouse and grounds at Balsam Lake, Wis. As a newspaper

History to 14

Yesterday's news

Roger Bergerson shares headlines he has collected from old newspapers over the years.

Minneapolis man will sell ear for \$10,000

Ratio of insane in Ireland is growing

Man made wife give up tub to alligator

2125 Scudder

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Meet the Bell's executive director

The executive director of the Bell Museum and Planetarium is a veteran university-based museum and planetarium administrator formerly associated with the University of North Carolina at Chapel Hill.

During Denise Young's term as director of education and planning for the Morehead Planetarium and Science Center, science center attendance nearly doubled and philanthropic support increased



Denise Young, the new executive director at the Bell Museum and Planetarium

exponentially. She also co-founded the North Carolina Science Festival, a multi-day celebration showcasing the educational, cultural and financial impact of science across the state.

Young holds a doctorate in education from Chapel Hill, a master's degree in school administration and educational leadership, and a bachelor's degree in early childhood education.—Roger Bergerson

Bell Museum from 1

Through a consultative process in the intervening years, however, the design was modified to reduce the amount of glass and make it safer for birds.

Patterns have been applied to the glass that appear to the human eye as either horizontal lines or dots, but birds see them as obstacles and are diverted away.

Inside the new Bell, said Young, exhibit installation is set to begin later this summer, including 10 of the large dioramas that were such favorites at the old building.

"Disassembly, cleaning and other restoration work has been progressing well since we closed our galleries on the Minneapolis campus



A drop-off zone for school buses will be on Cleveland Avenue.

last December," she said.

The main entrance to the new Bell will be on the west side of the building, with access from the parking lot off Larpenteur Avenue.

There will be a drop-off zone for school buses on Cleveland Avenue.

Roger Bergerson writes about history and community news regularly in the Bugle.

Falcon Heights from 1

Thongvanh will send letters to police departments in St. Paul, Minneapolis, Roseville, Maplewood and New Brighton, along with posting a letter on the League Minnesota Cities website. If letters of interest are returned, the city can then request proposals.

Since the July 2016 fatal shooting of Philando Castile by St. Anthony police officer Jeronimo Yanez on Larpenteur Avenue in Falcon Heights, both Falcon Heights and St. Anthony have incurred mounting expenses that aren't covered under the liability insurance that is part of the \$672,590 contract Falcon Heights has with St. Anthony.

"Data requests, staff time and equipment use—that's not covered

under liability insurance," Thongvanh said. Falcon Heights had to rent equipment such as barricades during the protests after the shooting, an out-of-pocket expense that was reimbursed by St. Anthony, Thongvanh said.

"The city of St. Anthony has spent \$400,000 in data requests at this time," but the city chose to hire an expensive law firm to handle those requests, Thongvanh said.

Since last summer's shooting, the Falcon Heights City Council has been under pressure by citizens to end the contract with St. Anthony. The current contract continues through Dec. 31, 2019. The contract allows the two cities to renegotiate for calendar year 2018 in June. If St. Anthony proposes an increase that exceeds 3 percent of the current year's fee, Falcon Heights can reject that and either re-negotiate or end the

contract at the end of this year.

Both Falcon Heights and Lauderdale contract with St. Anthony for police services, but the March 28 decision addresses only Falcon Heights.

"St. Anthony may need to consider future revisions to its agreement with Lauderdale as well," said St. Anthony city manager Mark Casey. "However, at this point, it is more vital that additional clarity be sought between St. Anthony and Falcon Heights. In our experience, significantly more resources are required to meet the policing demands in Falcon Heights. This is due, in part, to a greater number of commercial areas and high traffic streets as compared to Lauderdale. In addition, the costs of additional risks are known in Falcon Heights at this time."

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The Birdman of Lauderdale by Clay Christensen

The home-building habits of the black-capped chickadee

My neighbor buddy, Jim, and I were sitting out on my patio one moderately warm March afternoon, drinking pop and talking big, watching the cars go by. We'd wave at the drivers to see if they'd wave back. And we watched the birds coming to the feeders, sometimes buzzing us on their approach.

Jim spotted a chickadee working on a nest hole in a neighbor's mountain ash tree. The tree is quite a bit the worse for wear, broken off about 15 feet off the ground and getting rather punky. The little bird poked its head in, grabbed some wood bits with its beak, backed out and perched on a nearby branch to clear the sawdust out of its bill.

Another chickadee joined the first one. It went directly to the hole, did some pecking inside, then backed out, perched on a different branch and cleared its beak.

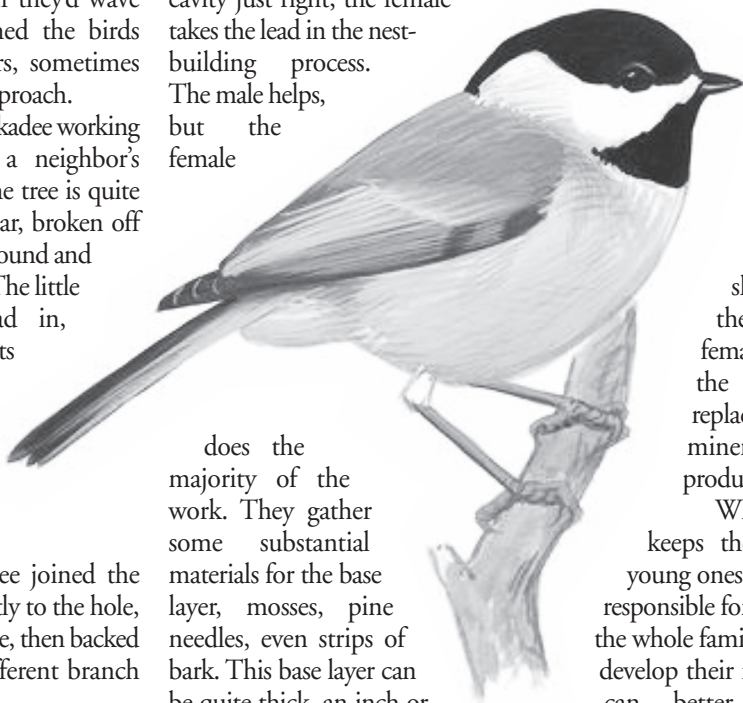
Jim said they must be a pair. He arbitrarily decided which one was the female and imagined what she was telling the male about how the excavation was going. Jim has an active imagination. The chickadees took turns working on the hole for about a half hour and then they were gone.

In my research, I've learned that chickadees will often start two or three nest cavities before deciding which one is the best. After all, they have very small bills. They're not built like a woodpecker, and that's why they pick dead or dying trees to dig into. They'll often start their home-building project at a knot hole or where a branch has broken off. They'll also use a nest hole that another bird has abandoned.

Once the chickadees have gone in a bit, the excavation turns in a downward direction. On the average, the nest cavity will be about 8 inches deep. That means they've got to have

room to turn around in there. You don't want to take a chance of bending your tail while you're backing up.

When they've got the cavity just right, the female takes the lead in the nest-building process. The male helps, but the female



does the majority of the work. They gather some substantial materials for the base layer, mosses, pine needles, even strips of bark. This base layer can be quite thick, an inch or so. When she gets that to her liking, she begins to add softer, downy material like rabbit fur and cattail fluff.

She takes about a day off before she starts laying eggs, laying an egg a day, usually early in the morning. But she doesn't start incubating them until she's only got one egg left. (How does she know?) Whenever she leaves the nest, she covers the eggs with the edges of the downy layer to help conceal them from predators and keep them warm.

By waiting to start incubation until she's laid all her eggs, she assures that they'll all hatch at about the same time. In all, she will lay six to eight eggs, dull white with little red dots and streaks on the wide end. They're less than two-thirds of an inch long and a half-inch wide.

As she sits, incubating her clutch, her mate brings her food. Again, when she leaves the nest, she brings the fluffy layer over the eggs

before she leaves. This may also help to make the nest appear empty if some nosy predator peeks in.

Incubation can last 12 or 13 days. As each egg hatches, the adults take the shells out of the nest and some distance from the tree, so there isn't a telltale pile of shells right under the nest cavity. The female may actually eat the shells to help replace the calcium and minerals expended in producing the eggs.

While the female keeps the newly hatched young ones warm, the male is responsible for bringing food for the whole family. As the nestlings develop their feather coats, they can better regulate their temperature and the female will leave for brief intervals to feed herself and bring back food for the little ones.

But the adults don't leave the nest "empty-beaked." They take with them a fecal sac, a convenient container that baby bird poop comes in. They fly off with it, dropping it away from the nest. Sometimes the adults eat the fecal sac, since newly hatched chicks don't process much of the food they eat, so there's still quite a bit of nutritional value in what passes through them. And yet they remain so cheerful.

Jim and I hope these chickadees choose "our" tree so we can watch them raise their brood this summer.

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

St. Paul mayoral candidate forum to be broadcast live on SPNN

St. Paul STRONG will host a mayoral candidates forum Wednesday, April 26, at 7 p.m., at the St. Paul Neighborhood Network (SPNN) studio, 550 Vandalia St., #170.

The event will be broadcast live on SPNN and made available for review on the St. Paul STRONG website. St. Paul

STRONG Steering Committee member, Yusef Mgeni, will serve as moderator and Shirley Erstad, St. Paul STRONG Steering Committee member, will open the forum and present concluding remarks.

The broadcast will conclude at 9 p.m.

SPNN lobby doors will open at 6 p.m. The broadcast will begin at 7

p.m. and conclude at 9 p.m. Lake Monster Brewing Company, located next door, has invited candidates and attendees to socialize after the broadcast until 10 p.m.

St. Paul STRONG is a nonpartisan, community-led organization dedicated to improving open and representative government in the City of St. Paul.



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Alchemy's LightHotel will be on display at the St. Anthony Park Community Garden through the end of April. Photo courtesy of Alchemy.

LightHotel will light up the garden

Geoffrey Warner's LightHotel will be on display through the end of April at the St. Anthony Park Community Garden on Robbins Street in South St. Anthony.

The LightHotel's brief installation is being hosted by the St. Anthony Park Community Council, which oversees the cooperative garden.

The LightHotel, designed by Geoffrey Warner, principal architect and owner of Alchemy, LLC, 856 Raymond Ave., debuted last spring

at the Minneapolis Institute of Arts during the June Northern Sparks festival. It was built to be a one-room roving hotel that could be rented out at various venues in the Twin Cities, but for now the movable hotel room is not rentable.

The dwelling was built from an 8-by-20-foot shipping container and includes sustainable amenities such as a composting toilet, solar panels and a porch at the entrance with a sitting area that will be surrounded by water-filtering plants.

It's built for year-round use in Minnesota and features spray foam insulation, triple-paned windows, solar-powered HVAC, LED lighting and hydronic in-floor heating. It also has a 250-gallon water tank (stored under the queen size bed), on-demand water heater, and wet room with shower and toilet. Warner says the LightHotel is part of an ongoing effort to "celebrate and create new paradigms for efficient living."

You can find out more at www.LiveLargeHotel.com.



Something that's been bugging us . . .

Ever wonder about all those white vehicles parked from time to time on the north end of the State Fairgrounds? L-Z Truck Equipment Inc. of Roseville pays to store them there until they can be modified for a variety of commercial uses and shipped to customers across the United States.—Roger Bergerson



Saint Anthony Park Community Foundation's 2nd annual Spring Reveal

Thursday, May 18
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Join us to announce our 2017 grant winners, celebrate new neighbors and build on our the Make It Happen Fund.



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A screen-printing workshop was held April 2 at the Center for Book Arts in Minneapolis and another will take place Saturday, May 20. Participants will print Transition NOW! shirts with symbols of ways to decrease carbon footprints. Photo by Regula Russelle



Allie Rykken, Ruby Thompson and Madeline Harpell each designed a Transition NOW! shirt to wear at Northern Spark on June 10-11. Photo by Pat Thompson

Transition Town artists will be part of Northern Spark fest

Community is invited to Minnesota Center for Book Arts May 20 to help the artists create materials for their June installation.

Northern Spark, the free all-night arts festival that happens each June in the Twin Cities, will be moving down the Green Line from 8:59 p.m. (sundown) Saturday, June 10, to 5:25 a.m. (sunrise) Sunday, June 11. This year's theme is Climate Chaos/Climate Rising.

One of the largest art events in the Twin Cities, nearly 70 art projects will take place at seven locations along the Green Line, and a group of St. Anthony Park residents will be among the featured artists.

The community is invited to help the artists with their Northern Spark project at a free event Saturday, May 20, 6-9 p.m. at the Minnesota Center for Book Arts, 1011 S. Washington Ave., Minneapolis.

Book artist Regula Russelle, graphic designer Pat Thompson and illustrators Ruby Thompson, Madeline Harpell and Allie

Rykken—all of whom are involved in the St. Anthony Park group Transition ASAP—have joined forces on a project called, "TransitionNOW! Twin Cities." The St. Anthony Park Group is collaborating with other Twin Cities Transition groups, including one in the Minneapolis Longfellow neighborhood and in Northeast Minneapolis.

Transition Town ASAP and other similar groups are community organizations that are working to find a local response to climate change through creating a smaller carbon footprint and community cooperation.

The project will involve glow-in-the-dark t-shirts, Russelle's signature tiny books and an installation of a grove of trees where the community can engage the question, "What will I do this year to

live more sustainably?"

At the May 20 event, participants can:

- Get a free t-shirt and customize it with the help of volunteer screen printers.

- Work with Russelle to prepare tiny books for distribution during Northern Spark.

- Help make leaves that will be part of the Grove of Life installation in Lowertown, St. Paul on June 10.

Children are welcome at the event. You can find more information on the Transition ASAP website, www.transitionasap.org.

Northern Spark 2017 will follow the Green Line, starting at "the Commons," or U.S. Bank Stadium in downtown Minneapolis, and include installations in Cedar Riverside/West Bank neighborhood of Minneapolis, the Weisman Art Museum on the University of

Minnesota's East Bank, and then into St. Paul with installations at Little Africa at Snelling Avenue, Rondo at Lexington Parkway, Little Mekong at Western Avenue and then to Lowertown and the Union Depot.

Since 2011 thousands of Minnesotans and visitors have

enjoyed the video projections, temporary installations and experimental performances at Northern Spark. The festival is produced by Northern Lights.mn.

Find out more at 2017.northernspark.org.

5 reasons to advertise in the Park Bugle

Community newspapers are readers' choice for news and advertising

Readers in areas served by community newspapers with circulations of less than 15,000 prefer the community newspaper as their source of local news and advertising.*

1. 69% of those surveyed read a local newspaper each week and prefer the printed copy to the online version.
2. Those readers, on average, share their paper with 2.33 persons.
3. 51% say they prefer to receive advertising through the newspaper instead of on the internet (11%)
4. 73% say they read most or all of their community newspaper
5. 43.8% keep their community newspaper six or more days

*Results of an annual survey conducted by the National Newspaper Association and the research arm of the Reynolds Journalism Institute at the Missouri School of Journalism.

Show your artistic side in the Bugle's St. Anthony Park Arts Festival special section in June and reach 30,000 regular readers and festival-goers.

Our full-color section features everything festival attendees need to know about the arts festival on Saturday, June 3. The paper will be handed out at information booths at the festival and will be available at the shops and restaurants in the area the week of the festival.

Ask about discounts for our contract advertisers.

To learn more, contact your ad representative:

Clare Caffrey (for businesses on the south side of Como Avenue) **651-270-5988** or clare.caffrey@parkbugle.org

Bradley Wolfe (for businesses on the north side of Como Avenue) **952-393-6814** or bradley.wolfe@parkbugle.org



Park Bugle



Business News

Late Night Eats

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A tip of the hat

A high time was had March 18 at the third-annual "Hats, Horses and High Tea," a trunk show and fundraiser at Scarborough Fair Boutique, 2238 Carter Ave., St. Anthony Park. The shop featured the handmade hats of Karen Morris, Monica Lyon, Candy Kuehn and other Minnesota Milliners. The event included demonstrations, tea, cake and scones. The event was also a fundraiser for the Textile Center, located at 3000 S.E. University Ave., Minneapolis. Scarborough Fair proprietor Katheryn Menaged, pictured here with Morris, said the event "was a blast." The store was packed from 11 a.m. to late in the afternoon, she said.

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Welcome Knoke's and Park 24

It was a two-for-one ribbon-cutting March 16 when the Midway Chamber of Commerce welcomed Knoke's Chocolates & Nuts and the Park 24 apartment building to the corner of Doswell and Como avenues. Above left, Dave Knoke cuts the ribbon inside his chocolate shop, which opened in St. Anthony Park just before Thanksgiving. With him are Brian Hayes of Western Insurance Agency and Joe Aho

of Aspen Waste Systems. This is Knoke's second shop. His first opened in 2000 in Hudson, Wis. Above right, Ned Wesenberg, proprietor of Park Service and Park 24, cuts the ribbon outside his building, which opened last fall. A little secret we learned at the ribbon-cutting: Park 24's name was derived from the number of apartments that were planned for the building. Turns out, there are 25 apartments in the building.



The MidModMen+friends 1960s-inspired room showcased at the American Craft Show in April.

MidModMen+friends channel '60s design at American Craft Show

Neal Kielar and Jon Mehus, owners of MidModMen+friends, 2401 University Ave., designed a 1960s-inspired showcase for the American Craft Council's American Craft Show April 7-9 in downtown St. Paul.

The room design by Kielar and Mehus was part of the council's "Make Room" home décor program that puts craft into context by featuring room vignettes created by local designers. This year's theme was "In Space and Time." The design challenge was to create spaces

inspired by fine craft and iconic images from the 1940s to today that visually communicate changing styles across decades.

There were four "Make Room" showcases. Kielar and Mehus have channeled 1960s design "with a twist," Kielar said.

The 1960s had a more diverse aesthetic than the 1940s and 1950s, Kielar said. Their space blended classic vintage modern pieces with Native American, Northern African, Middle Eastern and Asian influences.

Featured in the space were

furniture by well-known designers like Jens Risom, chairs restored and re-imagined with ikat upholstery, a mid-century chest with an Asian motif, 1960s era lighting and artwork, and current objects created by American Craft Show artists.

MidModMen+friends is a retailer of stylish vintage and modern home furnishings. Everything is hand-selected, then cleaned, rejuvenated or restored according to need.

You can learn more at midmodmen.com.

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The Daedalus String Quartet: Min-Young Kim, Matilda Kaul, Jessica Thompson and Tom Kraines

Music in the Park, Family Concert, part of Daedalus' local residency

The Daedalus String Quartet will perform a number of concerts in the St. Anthony Park neighborhood, beginning with the the Schubert Club's Music in the Park Family Concerts Friday, April 21, at St. Matthew's Episcopal Church, 2136 Carter Ave., at 6 p.m. and at 7:15 p.m.

Family Concert 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). You can order tickets online at schubertclub.org or call the box office, 651-292-3268.

Later that weekend, the quartet will perform at a Music in the Park

Series concert Sunday, April 23, at 4 p.m. at St. Anthony Park United Church of Christ, 2129 Commonwealth Ave. A pre-concert talk will begin at 3 p.m.

The Daedalus String Quartet—Min-Young Kim and Matilda Kaul, violins; Jessica Thompson, viola; and Tom Kraines, cello—will be joined by Twin Cities cellist Wilhelmina Smith and actor Linda Kelsey for the April 23 performance. The Daedalus Quartet has established itself as a leader among the new generation of string ensembles. Cellist Wilhelmina Smith made her solo debut with the Philadelphia Orchestra while still a student at the Curtis Institute of Music. Since then, her beautiful

sound, impassioned performances, and commitment to a vast repertoire have been marked by stunning blend of intelligence and integrity. Rounding out this special performance, will be Minnesota actor Kelsey, a multiple Emmy and Golden Globe winning actor with an extensive and impressive array of stage and screen credits. Kelsey, Smith and the quartet will explore music and literary texts associated with Beethoven's Kreutzer Sonata.

The quartet will end its tour in St. Paul with a community residency that includes private performances at St. Anthony Park Elementary School and St. Anthony Park Home Monday, April 24.

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History from 7

noted, "Besides playing a red-hot game of sinch [probably the card game Cinch], 'doc' can tell a story, sing a song or dance a jig with any of the boys. Now and then he takes his dogs and gun with him and goes off into the woods to shoot welch [sic] rarebits."

Freak accident

Quinn also shot himself on one occasion. While groping through a closet in his office downtown, searching for a collar for one of his many hunting dogs, the doctor accidentally discharged an old pistol kept there. He had to have the index finger and a portion of his left hand amputated.

Possibly drawing on that experience, Quinn gave a talk on skin grafting at the North Dakota State Medical Association meeting in Grand Forks several months later.

By the time of his father's death in 1895, the younger Quinn had left private practice for the employ of the Great Northern Railway. He rented

out the Snelling property to a farmer until the university took over.

"It is doubtful if there is another as fine a piece of property in all of Ramsey County," said Prof. Andrew Boss of the experiment station.

Quinn apparently was on good terms with Bill Kidder, the manager of the Curtiss Northwest Airport on the south side of Larpenteur, and in 1920 turned to Kidder for help when insects infested his apple trees.

In what Kidder later claimed was the first example anywhere of aerial crop dusting, one of his pilots sprayed lead arsenate, a commonly used insecticide at the time, on Quinn's trees. (Lead arsenate was later replaced by the more benign DDT.) It worked, although Quinn had to pay for a neighbor's chickens that were killed in the process.

Lamented passing

In that same year, a newspaper described Quinn as "still young and active in heart and deed," but his health soon began to fail. He died in

late 1923 at his residence in the Marlborough Apartment Hotel downtown. St. Paul Mayor Laurence Hodgson spoke at his funeral.

"His genial, cordial and companionable disposition tolled up probably the largest acquaintance ever enjoyed by any physician in St. Paul . . . no society or association meeting seemed complete without him," noted the journal, Minnesota Medicine.

The Quinn farm was rented to a truck gardener until a realty company put it on the market in 1933. The new addition was called "Falcon Heights," an early use of the name that the new city would formally adopt in 1949.

"We hear on every side that this is a buyer's market," said the realtor's ad as the Great Depression deepened. "It is our opinion that St. Paul buyers of home sites will take advantage of this new suburban opening. Prices are in keeping with the conditions and times."

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. The Bugle will design a display obituary with photos for a fee. Contact editor@parkbugle.org or call 651-646-5369 for more information.

William Foley

William F. Foley, 89, of Falcon Heights, died peacefully March 28, 2017. William was born in New Orleans, was a Korean War veteran, and retired U.S. Post Office mail handler and Worn-A-Bit shop manager.

He is survived by his wife, Fenita; three sons, William Jr., Mark and Michael; and a daughter, Michelle (Bill) Butchee. He was preceded in death by children Maria and Jeffrey. He is also survived by three grandchildren.

Mass of Christian Burial was celebrated April 6 at St. Peter Claver Church in St. Paul. Burial with military honors was held at Fort Snelling Cemetery.

Angela Keefe

Angela T. Keefe, née Gosling, 91, died March 3, 2017. She was a longtime resident of Como Park.

She was preceded in death by her husband, Daniel; son-in-law, Dan Shea; and twin sister, Aggie Kaup. She is survived by her children, Mary Kay (Rick) Elm, Geri Shea, Linda (John) Turi, Joan (Glenn) Smith, Diane (Monte) Smith and Pat (Cory) Keefe; 13 grandchildren; and 14 great-grandchildren.

She was a devoted lifelong member of Church of the Holy Childhood in Como Park. Mass of Christian Burial was celebrated March 7 at the church, with interment at Roselawn Cemetery.

Margaret Ann Richter

Margaret Ann Richter, 67, of St. Anthony Village, died March 12, 2017, after a brief illness.

She was preceded in death by her parents, Gene and Elaine Richter. She is survived by her twin sister, Mary Ellen Richter; sister, Patrice (Joe) Kern; and niece Lauren Kern.

Mass of Christian Burial was celebrated March 18 at the Church of St. Cecilia in St. Anthony Park, with interment at Elmhurst Cemetery.

John Ring

John Walter Ring, 91, of Falcon Heights, died March 8, 2017.

John was born and raised in Faribault with 10 brothers and sisters. He went into the army directly after high school graduation and was deployed to Belgium, where he was seriously wounded in the Battle of the Bulge. His long recovery took him to England, then to a hospital in Iowa. There he met his match, the lovely young nurse, Loretta Jane Yourd.

John went to college on the G.I. Bill to become a science teacher, graduating from Macalester College in 1951. His was a life full of joy and had many friends. Some highlights: He was a high school science teacher

for 38 years (mostly in St. Paul), sponsored women's hockey teams and made incredible cinnamon rolls.

He believed in giving back to the community. He coordinated Odyssey of the Mind/Destination ImagiNation for more than 30 years. He led his Scout troop in making fiberglass canoes—don't try to lift one! Quietly, he helped many kids go to college.

John was active in professional associations, got his doctorate, was crazy about mountains and was a great bridge player. John built two lake cottages.

He traveled to China, Australia and Alaska and loved family gatherings, especially with pie. He could fix or build darn near anything—i.e., that dubious cement mixer from a trashcan and a washing machine motor. John was a great neighbor and a Johnny Cash fan. It was impossible to go out to dinner with him in the St. Paul area without former students coming up to greet "Doc Ring!"

He loved Macalester College, taught there a year or so and was a persistently active alumnus. His family celebrates him and the way he lived his life.

John was preceded in death by his wife, Loretta Jane, in 2015. He is survived by his son and daughter, Steven Ring (Molly Redmond) and Sue Ring-Jarvi (Roland); two grandsons; one brother, James (Maren); and a sister, Hazel Voss.

A memorial service was held at the Macalester College Weyerhauser Chapel on March 26.

Joseph Scheunemann

Joseph H. Scheunemann, 88, of Roseville, died peacefully after a wonderful, full life on March 10, 2017.

Joe served 33 years as a St. Paul firefighter and captain on the rescue squad. He began his second career as a home inspector, then retired at 79.

Joe enjoyed being a Scout Master and helped his wife, Arlene, a foster mother to baby animals at Como Zoo. He enjoyed skiing, casinos, traveling the country and world with Arlene.

He will be greatly missed by his many relatives and friends. He was preceded in death by the love of his life, Arlene, his wife of 59 years, and five siblings. He is survived by four children, Vicki, Terri, Joe (Christine) and Scott (Kathy); two grandchildren; a great-granddaughter and her soon-to-be sister; and best friends, Rick and Judie.

The family thanks Lyngblomsten Care Center, for the care and commitment the staff showed Joe.

A memorial service was held March 16 at Como Park Lutheran Church, with interment at Fort Snelling National Cemetery.

DOMINIQUE
ALICE
BOUVIER
1961-2017



DOMINIQUE BOUVIER, 55, of University Grove in Falcon Heights, died on 23 March 2017. Dominique was born in Belgium and immigrated with her family to the United States as a teenager. She earned a bachelor's degree in economics and French from the University of Illinois. She moved with her husband, Steven McCarthy, and their young children to the Twin Cities in 1998. She became an American citizen in 1999 and worked for Allianz until 2015. Dominique lived with lymphoma with grit and grace for many years.

These are her words: "Before and after lymphoma, my life is full and I am grateful – for so much: the loves of my life, my husband Steven McCarthy and our children Alice and John McCarthy; my beloved parents John and Andrée Bouvier; my brother Pierre; my siblings in-law: Paul, Mark, Clare and Jean and their families; my soul sister, Kay McCarthy; my mother-in-law Carolyn McCarthy and the memory of my father-in-law Don McCarthy; my lifelong friends and honorary siblings: Kevin and Shelly J., Debbi F. and Jeff B., Peggy and Bob S.; my Minnesota friends and local lifelines Kristal L., Ann J., James BB and Kelly M.; my faithful childhood friend Véronique G.; and many others who knew and cared about me – you know who you are. I am grateful for my expert and caring medical team at the Masonic Cancer Center, the University of Minnesota Medical Center, and Fairview Home Hospice Care. I am grateful for the good books, the great trips, the lovely walks, the delicious glasses of Sauvignon Blanc and pots of homemade soup, the good work and colleagues, the beautiful views from my living room window, and the birds congregating at my bird feeder. And I am grateful to be an immigrant and part of the diverse American fabric. I leave you with this: resist, persist and fight to keep America great and open and generous."

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PARK PERKS

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During the month of May we are collecting for St. Paul City School.

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MAY

EVENTS

VENUE INFORMATION IS LISTED AT THE END OF THE CALENDAR. SEND YOUR EVENTS TO calendar@parkbugle.org by Wednesday, May 10, to be included in the June issue.

1 MONDAY

SAPAS writing workshop with NAOMI COHN, "Haiku and Other Short Poems," CENTENNIAL UNITED METHODIST CHURCH, 10 A.M.-NOON. REGISTRATION REQUIRED. CALL 651-642-9052.

Middle School Book Club, St. ANTHONY PARK LIBRARY, 6:30 P.M. FOR GRADES 6-8. PICK UP A COPY OF THE BOOK AT THE LIBRARY INFORMATION DESK. THE MAY BOOK IS TBD.

WORDSMITH TOASTMASTERS CLUB #374 MEETS MONDAYS, 6:30-8 P.M., HAMLIN UNIVERSITY GIDDENS LEARNING CENTER, 1536 HEWITT AVE., ROOM 106. EVERYONE IS WELCOME.

2 TUESDAY

Baby and toddler story time, for ages 0-2, siblings are welcome, every Tuesday, St. ANTHONY PARK LIBRARY, 9:30-10 A.M. and 10:30-11 A.M. THERE WILL BE NO STORY TIME TUESDAY, May 23 OR 30.

St. ANTHONY PARK GARDEN CLUB: "MARTAGONS," presented by FRANS OFFICER, NORTH STAR AND NORTH AMERICAN LILY SOCIETY, St. MATTHEW'S EPISCOPAL CHURCH, 2136 CARTER AVE., social time at 7 P.M., program, 7:30-8:30 P.M. QUESTIONS? CONTACT SANDEE KELSEY, kelse005@umn.edu, 651-645-9053

3 WEDNESDAY

English CONVERSATION CIRCLES, every Wednesday, St. ANTHONY PARK LIBRARY, 4 P.M. THERE WILL BE NO ENGLISH

CONVERSATION CIRCLE on May 24 OR May 31.

4 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.

DIALOGGERS TOASTMASTERS MEETS EVERY Thursday, U of M St. PAUL CAMPUS, NORTHERN RESEARCH STATION, 1992 FOLWELL AVE., 11:30 A.M.-12:30 P.M.

St. ANTHONY PARK AREA SENIORS CINEMA SERIES, "FENCES," St. ANTHONY PARK LIBRARY, 2 P.M. ALL WELCOME. FREE.

5 FRIDAY

PRESCHOOL STORY TIME, every Friday, St. ANTHONY PARK LIBRARY, 10:30 A.M. THERE WILL BE NO PRESCHOOL STORY TIME May 26.

Walk in the LANGFORD PARK GYM from 1-2 P.M. every Friday. FREE AND OPEN TO ADULTS.

St. ANTHONY PARK ELEMENTARY SCHOOL Spring CARNIVAL, 2180 KNAPP ST., 5:30-8 P.M.

11 THURSDAY

PLANT SALE, St. ANTHONY PARK ELEMENTARY SCHOOL, 8 A.M.-5 P.M. ANNUALS, PERENNIALS, HERBS, VEGETABLES, POTTED PLANTS AND HANGING BASKETS SOURCED FROM PLETCHER'S GREENHOUSE.

All plants sustainably grown, and environmentally friendly varieties will be available.

St. PAUL Public LIBRARIES closed for STAFF TRAINING.

12 FRIDAY

PLANT SALE, St. ANTHONY PARK ELEMENTARY SCHOOL CONTINUES, 8 A.M.-5 P.M. ANNUALS, PERENNIALS, HERBS, VEGETABLES, POTTED PLANTS AND HANGING BASKETS.

Hampden Park CO-OP Mayfest, a neighborhood party and plant sale. PLANTS, MUSIC, FOOD AND BEER, 11 A.M.-3 P.M.

SAPAS GAME DAY, City Gables, 10 A.M.-NOON. NO CHARGE OR REGISTRATION REQUIRED.

St. ANTHONY PARK ELEMENTARY SCHOOL TALENT SHOW, MURRAY MIDDLE SCHOOL, 2200 BUFORD AVE., 6:30 P.M.

"Sustainable, Responsible and Impact Investing: Aligning Your Values With Your Investments to Make a Difference," St. ANTHONY PARK UNITED CHURCH OF CHRIST, 6:30 P.M. GATHERING, 7 P.M. PRESENTATION, 8 P.M. DESSERT. FREE AND OPEN TO THE PUBLIC. Childcare provided.

14 SUNDAY

Como Park musician Miss BECKY KAPPELL and THE FAT SIX play THE DUBLINER, 5-7:30 P.M.

15 MONDAY

SAPAS writing workshop with NAOMI COHN, "MEET YOUR MUSE: Staying Inspired to Write," CENTENNIAL UNITED METHODIST CHURCH, 10 A.M.-NOON. REGISTRATION REQUIRED. CALL 651-642-9052.

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.

18 THURSDAY

YMCA Camps Widjiwagan and du Nord Spring GARAGE SALE, MINNESOTA STATE FAIRGROUNDS MERCHANDISE MART, 9 A.M.-7:30 P.M.

19 FRIDAY

YMCA Camps Widjiwagan and du Nord Spring GARAGE SALE, MINNESOTA STATE FAIRGROUNDS MERCHANDISE MART, 9 A.M.-7:30 P.M.

SAPAS GAME DAY, City Gables, 10 A.M.-NOON. NO CHARGE OR REGISTRATION REQUIRED.

Drop-in clinic for all TABLETS AND SMARTPHONES, St. ANTHONY PARK LIBRARY, NOON. This is a FREE drop-in session; NO PRE-REGISTRATION REQUIRED.

CHelsea HEIGHTS ELEMENTARY School Spring CARNIVAL, 1357 HURON ST., 5:30-8 P.M.

20 SATURDAY

BAG SALE: YMCA Camps Widjiwagan and du Nord Spring GARAGE SALE, MINNESOTA STATE FAIRGROUNDS MERCHANDISE MART, 8 A.M.-4 P.M.

RAMSEY COUNTY MASTER GARDENER plant sale, 2200 WHITE BEAR AVE., Maplewood, 8 A.M.-2 P.M.

NATURE SMART PROGRAM, St. ANTHONY PARK LIBRARY, NOON-1:30 P.M.

21 SUNDAY

Sunday AFTERNOON Book Club, "Into the Beautiful North" by Luis ALBERTO URREA, MICAWBER'S, 1:30-3 P.M. All ARE WELCOME.

Join HEALING ELEMENTS for a HEALING GARDEN COMMUNITY EVENT. PLANT HEALING HERBS in the garden box outside of the shop at 2290 Como AVE., 4 P.M. All ARE WELCOME to COME LEARN ABOUT HEALING HERBS AND GET YOUR HANDS in the dirt.

26 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.

27 SATURDAY

St. PAUL LIBRARIES ARE CLOSED for Memorial Day weekend.

St. ANTHONY PARK musician CHARLIE LAWSON plays THE LAST Saturday of each month, DUBLINER Pub, 9 P.M.-1 A.M.

29 MONDAY

St. PAUL LIBRARIES ARE CLOSED for Memorial Day weekend.

30 TUESDAY

COMMUNITY blood drive, St. ANTHONY PARK LUTHERAN CHURCH, 2-7 P.M. Make an appointment at www.redcrossblood.org, code SAPL.

SENIOR EXERCISE

St. ANTHONY PARK AREA SENIORS

Mondays and Thursdays, LAUDERDALE CITY HALL, 2-3 P.M. (No EXERCISE CLASS ON Monday, May 29.)

Tuesdays and Fridays, St. ANTHONY PARK LIBRARY, 2:30-3:30 P.M. (Chair yoga on May 5 & 19. THERE WILL BE NO SENIOR EXERCISE May 26 OR May 30.)

Wednesdays, CENTENNIAL UNITED METHODIST CHURCH, 10:30-11:30 A.M.

Como Park/Falcon Heights Block Nurse Program

Tuesdays and Thursdays, FALCON HEIGHTS TOWN SQUARE SENIOR APTS.,

9:30-10:30 A.M. and ARBOR POINTE SENIOR APTS., 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, 11:30 A.M.-NOON.

Friday, May 5, St. ANTHONY PARK LIBRARY, 2-2:30 P.M.

Tuesday, May 9, SEAL HI-RISE, 3-3:30 P.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

DUBLINER PUB, 2162 W. UNIVERSITY AVE., 651-646-5551

FALCON HEIGHTS TOWN SQUARE SENIOR APARTMENTS, 1530 W. LARPENITEUR AVE.

Hampden Park Co-op, 928 Raymond AVE., 651-651-646-6686

LAUDERDALE CITY HALL, 1891 WALNUT ST., 651-631-0300

MICAWBER'S BOOKSTORE, CARTER & Como, LOWER LEVEL MILTON SQUARE, 651-646-5506

OLSON CAMPUS CENTER, LUTHER SEMINARY, 1490 FULLAM ST.

SEAL HI-RISE, 825 SEAL ST., 651-298-4673

St. ANTHONY PARK ELEMENTARY SCHOOL, 2180 KNAPP ST., 651-293-8735

St. ANTHONY PARK LIBRARY, 2245 Como AVE., 651-642-0411

St. ANTHONY PARK LUTHERAN CHURCH, 2323 Como AVE., 651-645-0371

St. ANTHONY PARK UNITED CHURCH OF CHRIST, 2129 COMMONWEALTH AVE., 651-646-7173

St. Cecelia's Church, 2357 Bayless PLACE, 651-644-4502

St. MATTHEW'S EPISCOPAL CHURCH, 2136 CARTER AVE., 651-645-3058

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Neighbors

Annual Kids Stuff Sale set for April 29 at Falcon Heights Elementary

The annual Falcon Heights Elementary Kids Stuff Sale will be held Saturday, April 29, 8:30 a.m.-12:30 p.m. Falcon Heights Elementary School, 1393 W. Garden Ave.

The sale will include gently used kids clothing, toys, sporting equipment, furniture and more. Half off on marked items begins at 11 a.m. Free admission. No strollers or outside bags please. Cash or check only.

For more information, or to donate gently used kids items (through April 26), you can find the event on Facebook at Falcon Heights Elementary Kids Stuff Sale.

Poetry at the Dubliner April 25

Transition Town All St Anthony Park (www.transitionasap.org) will host a one-hour poetry reading at 6 p.m. Tuesday, April 25, at the Dubliner Pub, 2162 W. University Ave.

This celebration of National Poetry Month will include readings from Carmon Johnson, Naomi Cohn, Eric Tu, Alice Duggan, Mary Easter, Dave Healy and Mimi Jennings.

Roseville Library presents Tuesdays with a Scholar

The Roseville Library, 2180 N. Hamline Ave., will offer two Tuesdays with a Scholar lectures in April and May. The free lectures are co-sponsored by the Osher Lifelong Learning Institute of the University

of Minnesota and are open to the public. Each lecture begins at 12:30 p.m.

On Tuesday, April 25, U of M Professor Emeritus James Tracy will explore the paradox of a revolutionary who hated revolution with "Martin Luther: A Revolutionary Who Hated Revolution."

This year marks the 500th anniversary of the publication of the historic *95 Theses* by Martin Luther. Among German contemporaries, Luther's defiance of the Pope sparked challenges to authority of all kinds, including his own.

On Tuesday, May 2, law professor David Schulz will present "American Politics in the Age of Ignorance: Why Lawmakers Choose Belief Over Evidence."

State and local governments are often trumpeted as laboratories of democracy, capable of significant policy innovation and expertise. Yet more often than not, both repeatedly reenact failed policies that past research shows do not work.

Schultz, of Hamline and the University of Minnesota Law Schools, will examine hot button issues, such as immigration and welfare migration, seeking to lure businesses with tax breaks and providing public subsidies for sports stadiums.

Learn about Norway's history

Just in time for Syttende Mai, here's a chance to explore Norway's history from the Stone Age to the present

day. Join historian John Yilek Mondays, May 1 to June 19, at 12:30 p.m. at the Roseville Library, 2180 N. Hamline Ave., to hear fascinating stories and review authentic historical writings about ancient cultures, the Vikings, the Sami, St. Olav, the Birkebeinere, the Black Death, the Reformation, witch trials, farmers and fishermen, 1814, emigration from Norway to America, Edvard Grieg, independence, the German invasion and Norwegian resistance in World War II, and much more.

Recommended reading: *History of Norway* by John A. Yilek, Wasteland Press, 2015. The library has some copies available for checkout.

Ramsey County Master Gardener sale is May 20 in Maplewood

The Ramsey County Master Gardener plant sale will be held Saturday, May 20, 8 a.m.-2 p.m. at 2020 White Bear Ave., Maplewood. The sale will feature a variety of annuals, perennials, bulbs, vegetables and more. Native plants are a regular favorite at the sale, as is a selection of hosta and shade garden plants. This year also will feature plants from the Minnesota Seed Trials, producing plants that are particularly favorable to conditions in Minnesota gardens.

WaterFest will celebrate Minnesota's clean lakes

WaterFest 2017, a free, family festival

Neighbors to 18

St. Anthony Park native named Family Physician of the Year

Julie Mayers Benson has been named the 2017 Family Physician of the Year by the Minnesota Academy of Family Physicians (MAFP). Benson, a physician at Lakewood Health System in Staples, Minn., grew up in St. Anthony Park. She is the daughter of Carole and the late Nick Mayers.

Benson will receive the award at an MAFP celebration Thursday, April 20, in Minneapolis.

The award is presented each year to a family physician who represents the highest ideals of the specialty of family medicine, including caring, comprehensive medical service, community involvement and service as a role model. The award has been given annually since 1981.

Thirty-one family physicians from across the state were nominated for the award by patients, community members and colleagues. The MAFP Board of Directors chose Dr. Benson as the winner after reviewing nomination letters and credentials.

Benson is recognized statewide as an expert in palliative care, an emerging specialty that focuses on improving life and providing



Dr. Julie Mayers Benson and her husband, Steve. Mayers Benson was named the 2017 Family Physician of the Year.

comfort to people of all ages with serious, chronic and life-threatening illnesses. She started the palliative care and hospice program at Lakewood.

Patients describe Benson's care as top notch, heartfelt and "above and

beyond."

Benson and her husband, Steve, have two children, Katie and Jack. They enjoy raising chickens on their Staples farm, as well as spending time together outdoors.

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Neighbors from 17

celebrating Minnesota's clean lakes will offer fun and an opportunity for outdoor hands-on learning about clean water, wildlife, and land and water conservation Saturday, June 3, 11 a.m.-4 p.m. at Lake Phalen Park, 1600 Phalen Drive. The event will include Voyageur canoe rides and opportunities to paddle a canoe, kayak or paddleboat, learn to fish or participate in a fishing contest.

For landlubbers, Farnsworth Marching Band will perform and there will be water games; a water arcade; climbing walls; a jump castle; a native plant giveaway; Passport

Odyssey with prizes; live animals; landscaping, watershed and art exhibits; music and dance; lakeside yoga; food for purchase and more.

WaterFest is sponsored by Ramsey-Washington Metro Watershed District with the cities of Saint Paul, Maplewood, Roseville, Little Canada, Shoreview, White Bear Lake, Landfall and North St. Paul, Capitol Region Watershed District, Ramsey County, Met Council Environmental Services, Barr Engineering, Minnesota Native Landscapes, Minnesota Water Well Association and other partners. You can find out more at

www.rwmwd.org.

Summer programs at Langford
Langford Recreation Center has a number of programs scheduled for the summer. You can register online at www.stpaul.gov/LangfordRec or call 651-298-5765. The programs, by month, are listed below.

June

Fishing & Swimming Camp, #19263: ages 8-14, Monday-Friday, June 19-23, 8 a.m.-5 p.m., \$174

Outdoor Cooking, #17963: ages 6-10, Monday-Friday, June 12-16, 1-4 p.m., \$74

Summer Blast, #14313: ages 6-12, Monday-Thursday, June 19-Aug. 17, 1-4 p.m., free

Soccer (Sanneh), #19349: ages 6-12, Monday-Thursday, June 26-29, 9-11:30 a.m., free

Beginning Fast Pitch Softball Clinic, #19536: ages 9-14, Tuesdays, June 20-July 25, 10:30 a.m.-noon, \$20

I Heart Art, #19316: ages 5-12, Friday, June 23, 9 a.m.-3 p.m., \$64

Theatre 101, #19352: ages 11-14, Monday-Friday, June 26-30, 5:30-8 p.m., \$90

Math-Tastic Camp, #19346: ages 6-9, Monday-Friday, June 26-30, 10-11:30 a.m., \$40

Schoolhouse Chess, #12406: ages 6-12, Monday-Thursday, June 12-15, 1-4 p.m., \$104

Game Coding: Platformer,

#16867: ages 10-15, Monday-Friday, June 26-30, 1:30-3:30 p.m., \$110

American Red Cross Babysitting Training, #17995: ages 11-17, Thursday, June 15, 9:30 a.m.-4 p.m., \$60

Horseshoes, #19261: ages 18+, Wednesdays, June 7-Aug. 30, 6-7:45 p.m., free

July

Hoops in the Park, #18204: ages 5-8, Monday, July 10-31, 6-6:45 p.m., \$10

Hoops in the Park, #18206: ages 8-11, Monday, July 10-31, 6:45-8 p.m., \$20

Basketball Camp, #12493: ages 7-12, Monday-Thursday, July 10-13, 1:30-4:30 p.m., \$89

Soccer Camp, #4414: ages 5-12, Monday-Thursday, July 17-20, 9 a.m.-noon, \$80

Multi-Sport Camp, #19300: ages 7-12, Monday-Thursday, July 24-27, 9 a.m.-4 p.m., \$199

Glow-in-the-Dark Art Camp, #10508: ages 4-9, Thursday-Friday, July 27-28, 9:30-11:30 a.m., \$54

Magic Storytelling, #19309: ages 7-12, Wednesday, July 19-26, 1-3 p.m., \$35

Robotics: Star Wars Droid Builder, #16875: ages 6-10, Monday-Friday, July 10-14, 10 a.m.-noon, \$110

Yoga & Meditation for Teens, #19537: ages 13-17, Tuesdays, July 18-Aug. 22, 6:30-7:30 p.m., \$50

August

Fort Building, #16893: ages 6-12, Monday-Friday, Aug. 7-11, 9 a.m.-noon, \$74

Amazing Race, #3563: ages 7-14, Monday-Thursday, Aug. 14-17, 1-4 p.m., \$110

Disc Golf Camp, #17983: ages 8-15, Monday-Thursday, Aug. 7-10, 9 a.m.-noon, \$80

Volleyball Camp, #3577: ages 9-14, Monday-Thursday, Aug. 7-10, 1:30-4:30 p.m., \$89

Mini Hawk Camp, #12398: ages 4-7, Monday-Thursday, Aug. 14-17, 9 a.m.-noon, \$89

Beyond Pokemon Art Class, #16876: ages 5-12, Thursday-Friday, Aug. 17-18, 9:30-11:30 a.m., \$54

The Art of Healthy Living, #19387: ages 18+, Tuesdays, Aug. 8-29, 6:30-7:30 p.m., \$54

Ongoing

Fitness: Pilates (Beginning), #9433: 18+, Thursdays, May 25-Aug. 3, 12:15-1:15 p.m., \$73/adults, \$71/seniors (55+)

Fitness: Pilates (Intermediate), #9434: 18+, Thursdays, May 25-Aug. 3, 11 a.m.-noon, \$73/adults, \$71/seniors (55+)

Soo Bahk Do/Karate: ages 5-adults, registration must be done in person or by phone, \$45/month, \$120/three months

Special events

Fourth in the Park, Tuesday, July 4: 8 a.m.-4 p.m., Free tournaments for all ages. Register online at www.stpaul.gov/facilities/langford-park-recreation-center:

Horseshoes, #17317 (teams of two, parent/child or adult/adult)

Tennis, #18271 (Teams of two, parent/child only)

Volleyball (beginner), #18272

(teams of six)

Volleyball (advanced), #18273 (teams of six)

Movie in the Park (Moana) Friday, Aug. 11, 6:30 p.m., other activities include a climbing wall, jump castle, lawn games and face painting, a hula performance at 7:45 p.m. and the movie will start at 8:30 p.m.

Gibbs Farm presents new programs and returning favorites

Gibbs Farm: Pathways to Dakota & Pioneer Life will offer new programs and returning favorites for the 2017 season.

Visitors of all ages will get a glimpse into the lives and cultures of the native people of this area, the Dakota, and a look at the craft and kitchen heritage of the pioneers who settled, farmed and raised families in 19th-century Minnesota. The new Gibbs Farm Fridays series will focus on the day-to-day lives and activities of women from both cultures and will include a new topic each week. The series will run Fridays from June 9 to Aug. 25, 10 a.m.-4 p.m.

Returning favorites include Ice Cream Sundays throughout the summer, Gibbs Halloween and the Apple Festival in the fall, and Dakota Day, Saturday, June 24, 10 a.m.-4p.m. Dakota Day celebrates the contributions of the Dakota, Minnesota's First People, with language presentations, crafts, food and more.

Gibbs Farm will be open Wednesday, May 17, through Saturday, Oct. 28. The farm is open Saturdays and Sundays, 10 a.m.-4 p.m. and on Fridays for the Farm Fridays series.

Admission is \$8 for adults, \$7 for seniors 62 and older and \$5 for children ages 4 to 16. Children 3 and under are free. Ramsey County Historical Society members receive free admission to regular events and free or discounted admission to special events.

For information on events, programs, Gibbs Farm Day Camps or school field trips, go to www.rchs.com/gibbs-farm/ or call 651-646-8629.

NAMI support group for families is offered Wednesday in Roseville

NAMI Minnesota (National Alliance on Mental Illness) sponsors free support groups for families and friends of individuals living with a mental illness, led by trained facilitators who also have a family member with mental illness. A family support group meets in Roseville on the second and fourth Wednesdays of the month at 6:30 p.m., at Centennial United Methodist Church, 1524 W. County Road C-2 at Snelling Ave. For information, call Anne Mae at 651-484-0599.

Native Plant Expo set for June 3

Learn about native plants and their benefits from local conservation organizations at the Landscape Revival Native Plant Expo & Market, Saturday June 3, 9 a.m.-3 p.m., at the Cub Foods Community Pavilion, 1201 Larpenture Ave.

You can find out more at saintpaulaudubon.org/events/native-plant-expo-and-market/

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MAY CALENDAR OF EVENTS
Sunday, May 7, WILLKINSON JAMES, 3PM
Sunday, May 7, CITY OF LAKES CHORUS, 7PM
Thursday, May 11, STEAMHEAT SWING BAND, 7PM
Friday, May 12, THE FAIRLANES, 7PM
Friday, May 19, THE TEXTILES, 7PM
Saturday, May 20, SILVER LAKES SYMPHONIC WINDS 7PM
Sunday, May 21, EVERCHANGING MOOD, 7PM
Tuesday, May 23, SOUTH HIGH COMMUNITY BAND, 7PM
Wednesday, May 24, DIRTY SHORTS BRASS BAND, 7PM
Thursday, May 25, MINNEAPOLIS POLICE BAND, 7PM
Friday, May 26, SHELTERED REALTY, 7PM
Saturday, May 27, MOVIES ON THE LAKE: BACK TO THE FUTURE

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

Urban roots carry the Como boys' tennis team into a new season

Como Park Senior High School's tennis courts on campus were full after school during the first official week of spring. For some, stepping onto any tennis court was a new experience. For others, the Como courts represent where they first tried the game as 5-year-olds, sparking an interest they still pursue.

Como's tennis team is composed of seasonal players, many of whom play multiple sports. The neighborhood courts lie buried in the winter months and the cost of tennis club membership is high. But when the snow melts and the nets are placed on the posts, the Cougars pick up their rackets and get outside.

Outside on neighborhood courts underneath the summer sun is where Como's varsity leaders first learned the game. They are products of St. Paul Urban Tennis (SPUT), a well-established institution in St. Paul that has promoted and organized opportunities for youth to play the game and practice sportsmanship since 1991.

Como sophomores Antero Sivula and Will Larson are returning varsity sophomores, and next-door neighbors. When they were 5, their parents started bringing them to the Como Park High School courts for Urban Tennis every morning. They've been playing on their neighborhood high school's courts, six short blocks from their homes, ever since.

The story is similar for the Cougars' varsity co-captains. Senior captain Eli Freburg first played Urban Tennis at the Hamline courts, and continued summer play at



Como tennis captains Eli Freburg (left) and Gabe Reynolds anticipate another season of camaraderie and improvement for the Cougars.

Como as he progressed. Junior captain Gabe Reynolds played Urban Tennis at Langford Park and later at College Park. Both said that SPUT planted the seed for developing skills in a supportive and fun environment.

Como's varsity tennis coach, Ron Filstrup, appreciates what Urban Tennis does. He strives to build on the foundation and sees each tennis season at Como Park Senior High School as an opportunity for growth.

"We're out here to teach kids how to take something and learn

how to be successful in it. It's more for life. Tennis is a way to learn the lessons you need about life, fast," Filstrup said.

"Lessons for life are going to take place in each of those matches. And it is mainly to do with you, more than your opponent. You've got to learn about yourself. What your strengths are, what your weaknesses are and how you work with those to succeed."

Cougar Sports to 20



An opening week practice in late March concluded with fitness training and footwork on the Como Park Senior High School tennis courts.

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Be sure to check this issue of the Bugle for information on the 1666 Coffman Street Public Open House on May 21st. Drop in and check out our upcoming listings!



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 Rev. Scott Simmons, pastor, 612-859-1134, lydiaplace.com
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 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**
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 1460 Almond Ave., St. Paul, MN 55108
 651-645-2575
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 Bible Study and Sunday School, 10:30 a.m.
 Pastor Al Schleusener

❖ **PEACE LUTHERAN CHURCH—ELCA**
 1744 Walnut St. (at Lone), Lauderdale, 651-644-5440
www.peacelauderdale.com
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❖ **ST. CECILIA'S CATHOLIC CHURCH**
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❖ **HOLY CHILDHOOD CATHOLIC CHURCH**
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 Weekday Masses 7:45 am - Tues., Wed., Fri., & Sat.
 Confession: Sat. 4:00 - 4:30 or call for appointment
 Parish office: 651-644-7495, mcmadigan@holychildhoodparish.org
 Upcoming Orchestral Mass - Sunday, May 28, 10:00 am
 Feast of the Ascension - Mass of the Quiet Hour - George Oldroyd
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❖ **ST. ANTHONY PARK UNITED CHURCH OF CHRIST**
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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**
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Cougar Sports from 19

Filstrup has developed his coaching philosophy over several decades. Before taking the Como boys' tennis position in 2010, he spent 25 years coaching boys' tennis at Woodbury High School.

Filstrup acknowledges that the culture of tennis in the suburbs can be different and that specialized year-round players were common at his former school. But he finds the work ethic of the Como team to be tremendous and the attitude extremely positive.

"The kids here are great. They do what they're supposed to do. They listen, they make corrections, and they make greater strides. You see a huge improvement," Filstrup said.

The opportunity for big gains is in part because of the seasonal play, he said. Year-round players have refined technique with more

consistent strokes. When you don't play for six or eight months, you start each spring with a less-developed skill set.

Then there are the beginners who join the program without knowledge of the rules and without a racket. All are welcome. All will learn. Junior varsity coach Jon Tretsven and volunteer Richard Lebevre help with basic skills, teach scoring and etiquette, and foster an appreciation for what can become a lifelong activity.

The team takes pride in its inclusiveness and the support for each teammate, regardless of their age or skill level. The captains describe teammates as wonderful people, on and off the court. "We have a really welcoming environment," Reynolds said.

"The camaraderie is the most important thing about playing tennis for Como," Freburg added.

All players on a tennis team will compete against each other to establish their tennis ladder or rankings, and transitioning from opponent to supportive teammate can be tricky. But for these Cougar athletes, the omnipresent camaraderie ultimately wins, unifying the team and instilling confidence when they take on their competitors.

As for the 2017 Cougars, there are eight returning varsity letter winners this season. They will be the

core of the 10-person lineup that high school tennis requires, four singles players and three doubles teams.

Riley Eddins, another Urban Tennis player, will play No. 1 singles. Reynolds and Freburg are evenly matched and will play No. 2 and No. 3 singles, depending on their most recent results. No. 4 singles is up for grabs and the doubles teams are to be determined based on chemistry and inner squad sessions. But expect that Larson and Sivula will fill in where needed, along with three other varsity returners: Eli Pattison, Lah Htoo and Steven Boler.

The Cougars' overall standing in the St. Paul City Conference has consistently been in the top half. There was one conference championship in 2006. Como sent a doubles team to state in 2013, and Nate Parsons qualified for state as a singles player in 2014 and 2015. He now plays for Luther College in Decorah, Iowa.

But the team everyone in the city is chasing is Harding. They've won eight of the last nine conference crowns. The Cougars look forward to the Harding match to see how they stack up against the best.



"They're also a really nice, polite team," Freburg said.

Como finished third in the conference last season behind Harding and Highland. They tallied victories over Central, Washington, Johnson and Humboldt. If the Cougars can pick up where they left off last season and make the great strides that Coach Filstrup has witnessed before, the team could make second place.

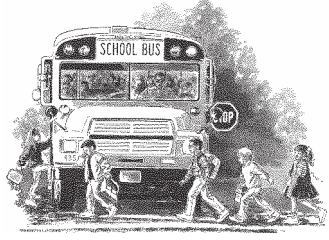
But more important than results, all Como tennis players can improve their skills and develop a growth mindset. They've already developed an appreciation for tennis by playing it on their urban courts. They've had fun, but also learned a lot about themselves in the process. As Coach Filstrup reminds them, the game is a great teacher of life.

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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School News

The Bugle welcomes news about students and schools in the area. The deadline for the March issue is Wednesday, May 10. Send your news to editor@parkbugle.org.

Chelsea Heights Elementary

1557 Huron St., 651-293-8790
www.chelsea.spps.org

It's carnival time

Chelsea Heights PTO will host a spring carnival on Friday, May 19, 5:30-8 p.m. The event will feature a pop toss, Crazy Hair, face painting, bounce houses, a climbing wall, a photo booth and more. Food will include Twins Tasty Truck, Crav'n Pie and Walking Tacos. Activity tickets are 50 cents each and most activities will require three to five tickets. Cash, check or credit cards will be accepted for ticket purchase. All are welcome.

Como Park Senior High

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

Econ students go to state

Como economics students won the Urban Regional Econ Challenge at the Federal Reserve Bank in Minneapolis on March 14. The event is administered by the Minnesota Council of Economic Education (MCEE) and sponsored by "The Fed." Teams of students participate in two competitive divisions. The Adam Smith Division is for AP/IB/college-level economics coursework and the David Ricardo Division is tailored to high school core standards.

The team of Mira Kammueler, Nathan Stover, Divine Uchegbu and Ben Schafer earned first place in the Adam Smith Division and advanced to the State Econ Challenge. The team of Lay Lay Zan, Psaw Paw Kasuh, Tyler Johnson and John Barton took first place in the David Ricardo Division, also advancing to state.

The format included rounds of individual testing in microeconomics and macroeconomics, followed by a team test on international finance and trade. The teams with the top two combined scores in each division faced off against each other in the final Quiz Bowl Round. Como's victories at that level clinched the Urban Regional title and qualified the teams for the state meet. In addition to the competition, the students enjoyed breakfast and lunch at the Fed and toured the facility, including the cash vault, with Federal Reserve staff.

Cooking up awards at Como

The St. Paul Public School Culinary Competition took place on March 15. It was an opportunity for Family and Consumer Science students throughout the district to prepare and present a meal to a panel of

judges. The Como Park Culinary teams took first and third place in the district.

The first-place team of Dina Thoresen, Trinh Nguyen, Ong Vang and Isaac Vue presented a menu of Thai glass noodle salad for a starter, vegetarian pho with a side dish of stock boiled vegetables for the entrée, and coconut rice pudding with lemongrass curd for dessert.

The third-place team of Jillian Brenner, Eloise Rein, Trenton Phillippi and Curtis Persson prepared a tomato mozzarella salad for a starter, beef ravioli (pasta made from scratch) with fresh tomato cream sauce for an entrée, and white chocolate mousse topped with a raspberry sauce for dessert.

All participants took their culinary arts to new levels, impressing the panel of experts in the process.

Como students advance to Minnesota State History Day

Como Park students participated in History Day as part of their study and research in U.S. History classes. The 2017 History Day competition's theme "Taking a Stand." Students analyzed primary and secondary sources before choosing a category to present their findings. Categories included website design, exhibit board, documentary, performance and research paper.

Judges from the Minnesota Historical Society visited Como to evaluate projects and select participants for the St. Paul regional competition. Como winners at the St. Paul Regional included Abdullahi Salim, Jahara Ortiz, Felix Lukens and Juan Morales for their documentary film on the Stonewall riots. They will represent Como at the State History Day at the University of Minnesota April 29. Peyton Thomas, Than Dah Aye and Noel Krum wrote research papers that also advanced to state. Anna Caballero and Yeeva Lor received honorable mention at the regional competition for their exhibit on the *Loving v. Virginia* Supreme Court case.

Spring play is April 28 and 29

Como's spring play, "The Brothers Grimm Spectaculathon," will be held Thursday, April 28, and Friday, April 29, at 7 p.m. in the Como auditorium. The actors will attempt to recreate all 209 of the Brothers Grimm fairy tales in a wild, fast-paced extravaganza. Tickets are \$7 for adults and \$5 for students and senior citizens. Tickets will be available at the door.

Music to our ears

Como's Advanced Band competed at the 4AA large ensemble competition and earned a certification of "excellent." Como's Concert Choir also received an excellent rating, and the Donna di Cantare (Women of Song) group received a "superior" rating at the 4AA vocal competition.



An enriching experience

Thirteen of Murray Middle School's seventh-grade Life Science students presented their "bear enrichment" projects at the Minnesota Zoo in March. The students were chosen out of thousands of students from nine districts to participate. Students took weeks preparing, planning, engineering and presenting enrichment toys for the three grizzly bears at the Minnesota Zoo. The students received certificates of achievement and received a stipend for their science classroom. The students are Sofia Ahmed, Makhi Chandler, Aynesia Chappell-McCullough, Geovany (Alex) Miller, Justin Neal, Paul Nguyen, King Quayson, Latecia Roby-McCray, Casper Rousseau, Kiely Schultz, Zachary Swenson, Kjan Williams and William Xiong.

A few dozen of Como's top musicians and vocalists will join forces with students from across the school district at the Ordway Honors Concert on April 18 at 6:30 p.m.

Murray Middle School

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

Spring sports at Murray

Murray spring sports are under way. Murray again has huge numbers of athletes participating in spring sports. At this writing there were more than 160 students involved in the four spring teams. Co-ed track leads the way with nearly 70 athletics. All spring teams took either first or second place in the regular season last year.

The Pilots look to be very competitive again this spring. Look for the most current schedule and standings at stpaulsports.org. This year the softball games have been moved to the Murray baseball field. The field is at the far end of the soccer field.

This will be Murray's athletic director David Hughes' last year at Murray, as the longtime social studies teacher and sports director will be retiring from St. Paul Public Schools at the end of the 2016-17 school year.

Student wins at state science fair

Sebastian Zarkower was awarded the Seagate Emerging Scientist Award, placing in the top 10 percent of all first-time state science fair

participants, and the Minnesota Academy of Science Bronze Award, placing in the top 15 percent of all projects at the state science fair in Minneapolis in March.

St. Anthony Park Elementary

2180 Knapp St., 651-293-8735
www.stanthony.spps.org

Spring means carnival time

St. Anthony Park's annual spring carnival will be held Friday, May 5, 5:30-8 p.m. The community is invited to attend.

Plant sale set for May 11-12

St. Anthony Park School Association will host a plant sale Thursday and Friday, May 11-12, 8 a.m.-5 p.m. The sale is a fundraiser for the school.

Perennials, annuals, herbs, vegetables, pots and hanging baskets sourced from Pletcher's Greenhouse and sustainably grown and environmentally friendly varieties from Glacial Ridge Growers will be sold—just in time for Mother's Day. New this year: six-packs of preselected bee-, butterfly- or monarch-friendly perennials. We did the work for you. The sale will also feature baskets and patio pots.

Celebrate Principal Ann Johnson

Principal Ann Johnson's retirement celebration will be held Thursday, May 18, 5-7 p.m., at the school. The community is invited to celebrate and congratulate Johnson on her outstanding career with the district

and St. Anthony Park Elementary School. She will be deeply missed by her students, staff and the parent community.

Treats will be provided by Leprechaun's Dreamcycle and there will be food to purchase from the Foxy Falafel food truck. The event will take place rain or shine.

We've got talent

The annual St. Anthony Park Elementary School Talent Show, will be held Friday, May 12, at Murray Middle School Auditorium, 2200 Buford Ave., 6:30 p.m.

Free science event

The public is invited to an evening of "Women in Science" at St. Anthony Park Elementary, Tuesday, April 25, at 6:30 p.m. The event will feature mini lectures, Q&A, and demonstration and activity stations. Bring everyone in the family. Free will donation to SAPSA will be accepted to support science activities at the school.

Running Club and Patrol Parade

Two longstanding spring events are coming up: Running Club begins Tuesday, April 27, and will continue each Tuesday and Thursday until the big race Thursday, May 16. Thanks to Anderson Races for the race equipment.

St. Paul Public Schools annual Patrol Parade, will be held on Thursday, May 16. Thanks to all the fifth-grade patrols for all of their hard work this year.

No more pencils, no more books

St. Anthony Park Elementary School principal will retire after four decades in St. Paul Public Schools.

By Kristal Leebrick

She's been taped to a wall, milked a goat, colored her hair pink, dressed up as a chicken and wiggled through the "Chicken Dance" in every classroom at St. Anthony Park Elementary School. On April 13 Ann Johnson donned an inflatable Minion costume and hosted a Minion Dance Party in celebration of the school's students reading an accumulated 300,000 minutes in 12 days as part of its annual read-a-thon.

The dance party marked her last read-a-thon, an annual fundraiser that had Johnson promising to do something crazy each spring if kids made their reading goals. Johnson is retiring in June after nearly four decades in St. Paul Public Schools. Her leave-taking from St. Anthony Park comes just as the school will undergo a \$12.4 million two-year remodel that will add more than 7,000 square feet of classroom space, expand the school's cafeteria, and add windows and skylights to bring natural light into each classroom.

"I won't get to be here for the cool new building," she said, but she made the choice to retire now, in part because of the remodel and new programming that will go with it. "It's best for a new principal to step in" to help orchestrate the changes, she said. That new principal should be named by the end of the



"Education has been the most gratifying and fulfilling career I could possible have had," says St. Anthony Park Elementary School principal Ann Johnson, who is retiring in June. Photo by Kristal Leebrick

school year, she said.

Johnson came to St. Anthony Park as principal in fall 2008. She grew up in St. Paul, attending Homecroft Elementary School and Highland junior and senior high schools. She attended the University of Minnesota for her bachelor's degree and Hamline and St. Thomas universities for her graduate work. Her first job was at St. Paul Public Schools Open School. She then spent many years as a kindergarten

teacher at several district schools. She was assistant principal at Expo Elementary School before coming to St. Anthony Park.

"I have loved my job here," she said about her time at St. Anthony Park. She described the community of parents, students and teachers at St. Anthony Park as a collaborative group. "We all work together; we have tight relationships here," she said. "I have felt highly supported and have always felt in partnership with the parents."

getting to know refugee families, she said. "I learned so much about racial equity awareness and never to assume anything and to be a good listener."

Johnson described herself as a smart, active student in grade school, and one of those kids who was often told to sit down and be quiet. "I wanted school to be engaging," but for her the learning was by rote and "a lot of memorization."

She recalls two principals in her grade school, each with a very different administrative style: the first "was so kind and wonderful I just wanted to please her," Johnson said. The second walked around with a ruler that she often used "to swat students on the head if they were misbehaving."

The contrast between the kinder educator and the authoritarian was pivotal for her. Learning "with an iron fist" doesn't work for many children, she said. She considers kind, generous and experiential learning environments more conducive to learning.

After she hangs up her principal's hat in June, Johnson plans to do "typical retirement things," like travel. "The biggest deal is time is whizzing by," she said. "I'm taking time to enjoy life." And her book club friends say they are looking forward to her finally finishing a book.

Johnson doesn't plan to leave education entirely. With her early-childhood background, she may get involved in advocating, either legislatively or in an educational setting, she said.

A celebration for Johnson will be held Thursday, May 18, 5-7 p.m., at the school, rain or shine. The community is invited. Treats will be provided by Leprechaun's Dreamcycle and food will be available for purchase from the Foxy Falafel food truck.

She recalls her first read-a-thon in spring 2009: She was asked to sit atop a dunk tank outside while students lobbed balls at the machine in hopes their ball hit the mark and the principal would land in the water. For many of them, that's exactly what happened.

"It was my first year," she said. "People weren't sure what they thought of me. I was really nervous." But after she climbed out of that tank, cold and wet, she thought, "I think I can call this year a success."

"Education has been the most gratifying and fulfilling career I could possibly have had," Johnson said, as she pulled out a poster board tucked behind a file cabinet in her office. The board is filled with classroom photos from her first 17 years as a teacher. She can still name most of the children in each photo.

She pointed to her first class at Expo. That was her first time

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If you want to place an ad for a business south of

Como Avenue,
contact **Clare Caffrey**

651-270-5988 or clare.caffrey@parkbugle.org

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To place a classified ad, contact Fariba Sanikhatam, classifieds@parkbugle.org or call 651-646-5369.

YOUR NEWS AND VIEWS

Longtime teacher says farewell to SAP co-op preschool

By Anne Holzman

After two decades of serving neighborhood families as teacher of their young children, Barbara Burk plans to leave her post at the end of this school year. In her final year as director, she is training in new staff at St. Anthony Park Co-op Preschool, including current teacher Kristin Tran, now in her third year, and new teacher Kerrin Flanagan. The preschool is housed in St. Anthony Park United Church of Christ, 2129 Commonwealth Ave.

Longtime co-teacher Elizabeth Lee said she has fond memories of her years sharing duties with Burk. "She always puts the children first and tries to do what is best for each child and family," Lee said. "She appreciates each child for who they are and puts laughter into every day."

Burk said her husband, Tom Burk, is retiring this spring from his post at the University of Minnesota, and they plan to enjoy the freedom to travel. The Burks have three children and four grandchildren and plan to visit a branch of the family in upstate New York, among other priorities.

The preschool has long been a Burk family affair. "Teacher Barbara," as she is known to hundreds of people in and around St. Anthony Park, began teaching in 1996, when her own children were still in elementary school. In her early years of teaching, a nephew was enrolled in the program, followed a

decade later by two grandnieces.

During her first four years of teaching, Burk said, she was trained in by then-director Sheila Richter, who herself had taught there since 1979. "I valued that experience very highly," Burk said, noting that Richter came from a family of diplomats, "and it showed." Richter died in 2011.

While Burk's successor brings a master's degree to the assignment, Burk said, "Our main criterion is that teachers have a good manner with children."

She said she does not expect any alteration to the preschool's longstanding core mission. "We provide a place for children to learn to be together," Burk said. "We'll continue to be about social skills and academic exposure, learning through play."

St. Anthony Park Co-op Preschool enrolls 23 students at a time, balancing two classrooms with a mix of 3- and 4-year-olds meeting on Tuesday, Wednesday and Thursday mornings, September through May. Parents (as well as grandparents and other caregivers) commit to volunteer work shifts and serve on the board of directors.

In recent years, Burk said, they're seeing a few 4-year-olds continue on to public school instead of spending a second year in the preschool. The preschool has adjusted to earlier kindergarten and pre-k offerings in the area public schools by taking more children



Barbara Burk is retiring after two decades of teaching at the St. Anthony Park Co-op Preschool. Photo by Lori Hamilton

whose third birthdays just miss the Sept. 1 cutoff date. The school has also extended sessions on Tuesdays and Thursdays for an optional lunch hour, with children eating lunches brought from home.

In spite of the diminishing numbers of full-time, stay-at-home parents, Burk said there still seems to be a demand for the co-op preschool model. "There's a strong community feeling in this neighborhood," she said, noting that many parents work

part-time, work from home, or employ nannies who are also welcome to participate as preschool volunteers.

And some families just don't want their kids at school all day quite so young, Burk said. "For people who aren't ready to take the plunge to full-time preschool, it's a baby step. I call our school a moderate-structure school," she said. "There are times of the day we do certain things, but not too much."

The school does some formal academic preparation but is more focused on social development. "We try to build community," she explained.

This extends to families and caregivers, as well, she said. Parents, grandparents and nannies are invited to participate in the classroom experience. "We invite them to just come and be an extra set of eyes and hands," she said.

Some families volunteer to give presentations on their special traditions, Burk said, or offer their professional expertise in a way that's accessible to young children. A family with a Chinese background recently taught about their New Year observance. Another family gave a Spanish lesson. And some preschool

families remember a parent who made handprints for all the children and took them to a lab to analyze their microbe content, then came back to deliver a stern lesson on hand washing.

Alicia Sandy, who went from parent volunteer to paid teacher during her stretch at the preschool, offered her own take on Burk's preschool years: "My three kids delighted in Teacher Barbara at SAPCP—her songs, her hugs, her art projects," Sandy said. "I was fortunate enough to teach alongside her for a couple of lovely years there, too."

"Barbara is one of those rare gifts to the world," Sandy continued. "She helps people become better, more thoughtful, more creative and more loving, just by being around them. She continues to bring joy and inspire conversation and action throughout her many communities."

Anne Holzman is a freelance writer living in Bloomington. Her three children enjoyed a total of seven years at St. Anthony Park Co-op Preschool, and she served on the parent board as treasurer and as a classroom volunteer.

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