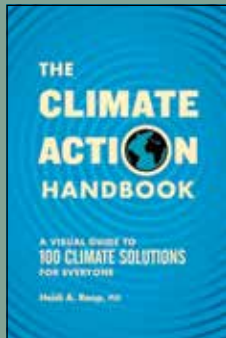




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Park Bugle

St. Anthony Park / Como Park
Falcon Heights / Lauderdale

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March 2024

Tragic SAP house fire takes life of Sylvia Ruud

By Mary Mergenthal

Very early in the morning of Feb. 8, a house on the 2200 block of Buford Avenue in St. Anthony Park caught fire, killing longtime Park resident Sylvia Ruud.

Ruud's husband, Tom Ruud, was unable to get his wife out of the home. A neighbor heard him calling for help and called 911 about 11:45 p.m. Police arrived just before midnight.

Officers were unable to get inside the house due to heavy smoke and heat. Firefighters and other emergency responders arrived quickly, but Mrs. Ruud had already succumbed.

Investigators said they didn't find any working smoke detectors near where the fire started. They believe smoking was the cause of the fire.

Tom Ruud was taken to Regions Hospital with severe burns on his hands, sustained as he tried to get his wife out of the house.

Sylvia Christine (Lee) Ruud, 79, was born Sept. 11, 1944, at Midway Hospital in St. Paul. She grew up in Alaska, California and Brazil, the oldest of five children to Otis and Kathryn Lee.

She attended California Lutheran University, Augsburg University, the University of Minnesota and Luther Seminary. She married Tom Ruud and they moved into their home on Buford Avenue in the early 1980s.

Before retirement, Sylvia had been managing editor of Word and World, a theological journal at Luther Seminary, for more than 25 years. She was also production editor for the journal Dialog for



St. Anthony Park resident Sylvia Ruud lost her life in a Feb. 8 home fire. Submitted photo.

eight years and did private editing as well.

Sylvia was highly intelligent and an avid reader dating back to when she was a 5-year-old. She had hundreds of books and generously loaned them out, encouraging others to read. She was a gourmet cook, who loved reading cook books as well.

She had a strong interest in languages and studied Latin, Greek, Hebrew, Norwegian, Italian, Por-

tuguese and many others on her own and with a group of friends.

Throughout her life, Sylvia also studied various philosophies, religions and psychologies and considered herself a Buddhist. She was very creative and artistic in a variety of ways starting at a young age. Her siblings were amazed at her drawings and other art, like the clothes she made for her Ginny doll and castles made from brown paper.

Sylvia Ruud to p. 6

Remembering Sylvia Ruud

By Fred Gaiser

Sylvia Ruud was the most overqualified person for a job that I have ever known.

Not only did she do an excellent job of carrying out the day-by-day affairs of the Word & World office (at Luther Seminary), but as managing editor, she proof-read every article and could correct your Greek, Hebrew and English grammar.

Sylvia never missed a typo or deadline, and on top of all that, she could read Italian.

Sylvia and I worked side-by-side for a quarter of a century, and it was never anything but a pleasure.

Fred Gaiser is a former Luther Seminary professor and was a long-time colleague of Sylvia Ruud at the seminary. Sylvia perished in early February in a fire at her St. Anthony Park house.

Institute dispels myths about human trafficking

By Christie Vogt

Human trafficking is more common than people expect and often occurs in ways the public doesn't imagine.

So says Andrea Kittleson, anti-trafficking program manager at the International Institute of Minnesota in St. Paul.

Human trafficking, which includes labor trafficking and sex trafficking, is a crime in which a person uses force, fraud or coercion to get another person to provide labor or commercial sex. From agriculture to hotels, nail salons, cleaning services, child care and construction, trafficking occurs in a variety of industries.

Kittleson's comments came in January during Human Trafficking Prevention Month, a presidential proclamation in effect since 2010 that aims to educate the public about how to recognize and prevent human trafficking.

At the institute, 1694 Como Ave., foreign-born survivors of traffick-

ing can access resources to secure housing, health care, job training and other services, depending on each client's needs and goals.

"Trafficking survivors are of any age, any gender, any race or ethnicity," Kittleson said. "It is happening in Minnesota, and it's not always happening the way that we think."

Because of the hidden nature of the crime and other barriers to data collection, reliable statistics about human trafficking are difficult to access, Kittleson said.

In her experience, Kittleson has found labor trafficking to be more common than sex trafficking, despite the latter often receiving more public attention.

Traffickers use many techniques to gain and maintain control over their victims, Kittleson said. This can include lying or making false promises, using threats of harm, withholding victims' immigration or identity documents, or claiming the victim owes the trafficker a debt, often one in which the

amount or timeline continues to change.

Due largely to movie portrayals and misinformation on social media, there is a misconception that trafficking situations are always "extreme" or involve violent kidnappings, Kittleson said.

"You can have force, fraud or coercion without physically kidnapping or moving someone," she explained. At the institute, there have been cases in which individuals believed they had been hired for legitimate jobs, but then unknowingly became part of a trafficking situation.

"[Human trafficking] is not as sensational as it's always portrayed to be," Kittleson reiterated. "That's what makes it so easily hidden."

Micaela Schuneman, the institute's senior director of immigration and refugee services, noted another common misunderstanding: that traffickers are always strangers to their victims.

"Often we see that people knew

Human trafficking to p. 8

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CITY FILES

Como and St. Anthony Park community councils news

District 10 Community Council

Reprising Blizzard Breakfast

There was no snow in early February when District 10 held its second annual Blizzard Breakfast at the North Dale Recreation Center.

The mild winter put a kibosh on skating and snowshoeing, but there was still plenty of fun to be had for more than 400 people who attended the event, said District 10 executive director Shevek McKee.

"Thanks to the volunteers from Bethel Lutheran who provided the titular pancake breakfast, our own D10 Neighborhood Relations' volunteers and leaders, all of our local makers, and the wonderful staff at North Dale Rec," he said.

If you attended and had any feedback, or want to be more involved in future events, please email organizer@district10comopark.org.

The next District 10 community event is the April 20 Regional Parks Cleanup Day at the Como Pavilion. For further information, check out District10ComoPark.org/Events.

Como monthly socials

The District 10 Council is putting down the gavel once a month for a social gathering.

This agenda-free meet-up will vary in time and location, but will generally happen on the second Wednesday each month.

For further details, check out the District 10 weekly newsletter

at District10ComoPark.org/D10Social.

Community blood drives

District 10 partners with the American Red Cross and the Como Zoo & Conservatory to host community blood drives at the zoo. The next drive is from 9 a.m. to 3 p.m. Wednesday, March 6. Space is limited, reservations required.

There are also opportunities to volunteer at the check-in table. The drives are split into two shifts of two volunteers each, 9 a.m. to noon and noon to 3 p.m. Find registration and more details at District10ComoPark.org/BloodDrive.

Seeking District 10 board candidates

District 10 is seeking candidates for several seats on its board of directors.

These positions typically serve two-year terms. To get on the ballot, fill out an application at District10ComoPark.org/Elections. That's where you can also learn more about the roles and opportunities of board members. The filing deadline is Sunday April 1.

The election ends April 15. For further information on serving on the District 10 board, go to district10@district10comopark.org.

District 10 community meetings schedule

- March 6, 7 p.m.
- March 19, 7 p.m.
- April 3, 7 p.m.

District 10 meetings are hybrid on Zoom and at the Como Streetcar Station, 1224 Lexington Parkway. You can find meeting details at District10ComoPark.org. All District 10 community meetings are open to the public and include time for community members to bring topics up for discussion.

Submitted by Shevek McKee, District 10 Community Council executive director.

District 12 Community Council

New Volunteer Network

In partnership with the Creative Enterprise Zone, St. Anthony Park Arts Festival, St. Anthony Park Community Foundation and 4th in the Park; District 12 has launched the St. Anthony Park Volunteer Network.

The new initiative is designed to make it easier for community members to volunteer and serve local organizations.

The Volunteer Network is an online, one-stop hub to find all the ways people can serve in St. Anthony Park. From joining boards and committees, to volunteering for annual events, to simply sharing your voice through local initiatives, there's a way for everyone to contribute to the community.

For more information, go to <http://sapcc.org/volunteer-network>.

Kasota Ponds clean-up

The annual Kasota Ponds volunteer clean-up event is scheduled for 10 a.m. to 2 p.m. Saturday, April 13.

Located off Highway 280, Kasota Ponds make up three of only four water bodies in St. Anthony Park, which are home to a variety of wildlife including turtles, migratory waterfowl, fish, songbirds, and some mammals.

In 2023, volunteers removed around 2,200 pounds of trash and recyclables.

Volunteers are encouraged to dress appropriately for the weather and wear suitable shoes for walking on uneven surfaces. If you'd like, remember to bring insect and tick repellent. Work gloves, safety vests, and trash bags will be provided.

Besides helping clean up the ponds, volunteers will have the chance to hear educational presentations.

Sign up at <http://bit.ly/KasotaPonds>. In case of inclement weather, the rain date will be 10 a.m. to 2 p.m. Sunday, April 28.

Environmental Committee leader

District 12 needs a chair person for its volunteer Environmental Committee, whose activities include advocating for clean air and water and organizing local clean-ups.

Prior experience is not required, just an interest in advocating for the community and six to seven hours to volunteer each month.

For further information or to apply, please email info@sapcc.org.

Semi-trucks on city streets

St. Paul has fully enacted a semi-truck parking ban on city streets. Fines are currently \$150 and will increase to \$250 on July 1.

If you see semi cabs, detached trailers or full tractor trailers parked on a city street in St. Paul, please report it to the police non-emergency number, 651-291-1111.

For parking enforcement, you will need to cite the location, length of time the truck(s) have been on the street, a description of the vehicle, and if you have it, the license plate.

Upcoming meetings

SAPCC committee meetings are open to the public. If you are interested in attending an upcoming committee meeting or want more information, please email info@sapcc.org.

- **Land Use Committee:**
7 p.m. Thursday, March 7
- **District 12 Board:**
7 p.m. Thursday, March 14
- **Environment Committee:**
6:30 p.m. Wednesday, March 27
- **Transportation Committee:**
7 p.m. Tuesday, March 26
- **Equity Committee:**
7 p.m. Thursday, March 28

Submitted by Hailey Dickinson, District 12 communications coordinator

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Wehyee finishes term on Falcon Heights Council

By Anne Holzman

After serving on the Falcon Heights City Council from January 2020 to December 2023, Yakasah Wehyee chose not to run for re-election, citing personal matters.

Still, Wehyee is likely to reappear sometime again on the public scene, noting he sees public service as a life-long interest and expects to seek elective office again in the near future.

Starting from his days in high school as a student council member, Wehyee said, "I didn't want to be an observer. I wanted to be a voice." He grew up in the Twin Cities and attended Hamline University and the University of Minnesota, earning a doctorate in political science.



Yakasah Wehyee. Submitted photo.

As a Falcon Heights council member, Wehyee said a couple of highlights included working with

the Community Engagement Commission assisting immigrants as a Human Rights Day theme and bringing the Just Deeds movement to Falcon Heights. Just Deeds assists homeowners in identifying and removing racist covenants from their property records.

Wehyee said another accomplishment was witnessing the opening of Amber Union, a 125-unit apartment complex in the former TIES building, which Buhl Investors renovated as affordable housing. That development is at the southwest corner of Snelling and Larpeur avenues.

"The Amber Union development was something I was very proud of," Wehyee said.

Wehyee also got involved in the

nuts and bolts of city governance, helping to hire Jack Linehan as city administrator and pushing for comprehensive street repaving.

Wehyee said he has also kept equity at the forefront when dealing with city policies, such as the municipality's outdated front-yard lawn policy that caused a stir when a resident wanted to put in a vegetable garden. Replacing that ordinance with clearer guidelines to allow gardens served two goals, he said: It made the city more environmentally friendly and it reduced the danger of inequitable enforcement.

Wehyee works at Step-Up Level 2, a Minneapolis job training and placement program for youth. He said he loves teaching and policy work and hopes to balance the two

interests as his career matures. He has a two-year-old son that he hopes to spend a little more time with now that he doesn't have to attend city meetings.

Wehyee said he grew as a leader during his four years on the council.

"One of the things I've learned," he said, "is you've got to know when to be aggressive and when to sit back" because there's already a majority in agreement.

"My ultimate contribution has been to bring us closer to realizing our vision of making us a more welcoming community," Wehyee said. ■

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

A winter that wasn't casts pall over Langford Park Hockey's outdoor identity

By Bill Brady

"Outdoor ice is what we are about," says the website for Langford Park Hockey. But this winter has been so mild that the rec center's three outdoor skating rinks opened for only 10 days the entire season. Even the 6.9-inch snowfall on Valentine's Day came too late — the city had already returned the necessary equipment to storage for the year.

"We lost weeks of outdoor evening practices," said LPH Board President Laura Mays. "We also lost the main winter school break activity. I wasn't sure what to do with my kids. They usually burn 8-10 hours of energy racing around the ice rink every day."

Soaring temps even forced the cancellation of the historic 65th LPH Winter Classic hockey tournament on the last weekend of January.

"I was going to play on the Squirt

C team and it got cancelled," said a disappointed Henry Thomford in an interview with WCCO-TV at the time. His equally despondent younger brother Norman, a Mite, added: "Mother Nature had a lot of heat and just dumped it on the ice."

The soggy 2024 season was in marked contrast to the year before, when it was so cold for the Winter Classic that the official time clock kept freezing and stopping. "This year I bought a small igloo to keep the equipment warm but visible," said Mays. Turns out she needn't have worried.

The final call to cancel was made on the Wednesday before the tournament was to start on Friday, Jan. 26. They had previously arranged for the North Dale Rec Center to serve as the backup venue, but even their refrigerated outdoor rink couldn't hold up in the heat.

Moving the tournament indoors was a non-starter — it would have

been too expensive even if space could have been found at a rink, whose schedules are booked months in advance. Rescheduling on site also didn't feel like an option. "Looking at extended weather forecasts, we couldn't (and still don't) expect we'll ever get our outdoor rink back up this year," Mays noted ruefully.

Should warmer winters become the norm rather than the exception, it could have serious financial implications for the Langford Park program. "I don't see us being able to afford enough indoor ice as an alternative," Mays said. However she tries to maintain an optimis-

tic outlook. "If the warming trend keeps occurring, we will find creative alternatives. I just keep repeating the mantra, 'Next year is gonna be GREAT!'" ■

Bill Brady is the Bugle copy editor. His son Nick played for Langford Park Hockey back in the day.

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

Opinions expressed in the Bugle by the editor, writers and contributors do not necessarily represent the opinions of the board of directors, Park Press, Inc. Copyright 2023, Park Press, Inc. All rights reserved.

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Currently serving on the board are:

Beth Breidel, Rosann Cahill,
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EDITORIAL

From the desk of the editor

By Scott Carlson

Bugle snags MNA honors

The Minnesota Newspaper Association recently named the Park Bugle as the recipient of five awards in the trade group's 2022-23 Better Newspaper Contest.

For our scrappy band of freelancers and regular staffers, the Bugle's fine showing is a testament to the talent and esprit de corps of our team members to our community monthly.

Here is a recap of the MNA awards presented to the Bugle, which competed in the class of "non-multi day publications with circulation over 7,000":

- Second place in Typography and Design: Eddie Hofmeister and Wendy Holdman
- First place in advertising excellence: Sonia Ellis and Eddie Hofmeister

- Second place in self-promotion or "house" ad: Wendy Holdman
- Second place in best advertisement: Sonia Ellis, Eddie Hofmeister and Wendy Holdman
- Second place in hard news: Courts/crime coverage — Gustav Demars and Scott Carlson

These awards reflect our staff's talent and dedication to produce high-quality journalism for you, our readers.

In a special honor, the MNA welcomed me as one of five new inductees into its Half Century Club. The club recognizes members for 50 or more years of service to the newspaper profession. I am reticent to toot my own horn, so you can read more about my award from Bugle board presiding officer Helen Warren on this page.

The awards presentation took



The Bugle won home several awards from the Minnesota Newspaper Association's latest Better Newspaper Contest. Pictured (l to r) are Jenny Plott, Eddie Hofmeister, Sonia Ellis, Scott Carlson and Gustav Demars. Photo by Lou Michaels.

place in early February at the MNA's latest annual convention in Brooklyn Center.

In the professional division, there were several hundred contestants vying for honors in more than 30 newspaper categories. The vast majority of those winners were from commercial newspapers with far more resources and revenue than the Bugle.

But there is a pride and esprit de corps that powers the Bugle. As

we celebrate our 50th anniversary this year, we believe the Bugle is the glue that connects people in our community, sharing news and information that turns readers into neighbors.

We look forward to serving you each and every month. And thanks for your ongoing support.

Scott Carlson is the managing editor of the Bugle.

Some words about your editor

By Helen Warren

A half century, 50 years, is more than half a human lifetime. Besides living and breathing, most of us fill our time on earth with a craft or career.

We keep doing what we do because we know how to do it and because it pays the bills. If we are lucky, it also brings a sense of achievement or pleasure that keep us going.

Recently, the Minnesota Newspaper Association inducted Park Bugle editor Scott Carlson into its Half Century Club. Scott has been a professional journalist for 50 years.

After nearly 20 years as a business reporter for the St. Paul Pioneer Press, Scott has served in a variety of positions assisting commercial firms, non-profits and government agencies to clarify and effectively advocate their products and interests.

Like many journalists, Scott has learned to navigate the "gig economy," contracting his services to organizations on a freelance basis. He's been the editor of the Park Bugle for five and a half years.

Scott's experience demonstrates that longevity does not result from doing the same thing in the same way for decades. Instead, you generate staying power by learning to adapt, to experiment, to try new things. Resilience in the face of fun-

damental change is what members of the Half Century Club have in common.

As he has weathered 50 years of turbulence, Scott has relied on anchors, enduring principles that keep him upright and steady. He puts his faith in well-told stories, grounded in fact and animated by human interest. He's judicious about his choices as a writer and editor.

He also has what my father, an Associated Press editor, used to call "a healthy disrespect" for powerful, overbearing people and organizations.

He's curious about people's motives and conscious of their vulnerabilities. He doesn't confront or pity them. He asks them simple questions, the ones his readers have on their minds.

And he reports the answers as fairly and fully as he can. He lets his readers decide what to think about them.

Fifty years is a big milestone. Let's wish Scott the best as he looks ahead to the next issue of the Park Bugle. ■

Helen Warren lives in St. Anthony Park and is the presiding officer of the Park Bugle board of directors.

SAP Library Assoc. celebrating Pi Day

By Kathy Henderson

March 14 is Pi Day and the St. Anthony Park Library Association will be participating in the hoopla.

Nope, that's not a typo. It is pi (the math number) not pie, although both sound the same and Pi Day often becomes a lighthearted excuse to eat pie.

According to NASA, "The ratio of any circle's circumference to its diameter is equal to pi, which is often rounded to 3.14." Thus, pi is an easy connection to the 14th day in the third month, March 14.

Give this a try: Take an empty soup can or a pie plate and measure the distance around it (circumference). Measure directly across it (diameter). Divide the circumference

by the diameter. The result, 3.14. The diameter fits three times around the circumference with a little left over.

Pi is not one of those concepts left behind and forgotten when junior high math class is over. As a mathematical constant number, pi is used in real-world science, architecture, manufacturing, engineering, farming and more.

However, in case you think Pi Day is just a commercial strategy to sell pies, its creation goes back to physicist Larry Shaw, who celebrated the first Pi Day in 1988.

In 2009, the U.S. House of Representatives officially recognized March 14 as National Pi Day, promoting math and science learning.

At St. Anthony Park Lutheran

Church, 2323 Como Ave. a Pi/Pie Day forum, sponsored by the Library Association, is scheduled to start at 6 p.m. There will be pi/pie jokes, poems and songs to share on open mike.

Pi day will also include pies judged, plus more pies to share. A children's (and adult) art table will feature creative pies. And neighbors are invited to bring a pie to share. Pie contestants should bring their baked goods to the church by 5 p.m. ■

Kathy Henderson is a freelance writer for the Bugle. Rita La Doux, of the SAP Library Association, contributed to this report.

Bugle deadlines

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

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

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

April: Senior Living Guide

Copy/ad deadline: Mar. 13
Publication: Mar. 26

May: Home & Garden Guide

Copy/ad deadline: April 10
Publication: April 23

June: SAP Arts Festival Guide

Copy/ad deadline: May 8
Publication: May 21

Coming in the April issue!

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

Theater is a “Wonderland” for Como Senior High student

By Ben Wagner

Como Park residents attending the Children’s Theatre Company’s upcoming production of *Alice In Wonderland* might see a familiar face in their programs.

Como Park Senior High School sophomore Harriet Spencer is a member of the Student Ensemble as well as the White Rabbit understudy and double. *Alice In Wonderland* is her second production with CTC.

Harriet’s first acting experience came in a first grade production of *Three Little Pigs*, but her first official production was with the Rosetown Playhouse in fourth grade. The stage offered her a place to tap into some of the more spontaneous aspects of her personality.



Harriet Spencer. Photo courtesy The Children’s Theater Co.

“I always sort of felt like I was an eccentric soul and I needed a place to let that energy out,” Spencer said.

Since then, she’s appeared in productions such as *Little Women* and Disney’s *Frozen Jr.* with the Youth Performance Company as well as *Corduroy*, her first production with CTC.

Spencer said performing in *Frozen Jr.* was her “it moment,” the time when she realized that acting was something she really wanted to pursue.

“I loved the idea of stepping into a world that wasn’t my own and sharing that with other people,” Spencer said. “It just really made me happy.”

Although the preparation for *Alice in Wonderland* is intense, Spencer says the opportunity to

work and learn in a professional environment is invaluable.

“Rehearsing at the Children’s Theatre is constantly just a bunch of ‘pinch me’ moments,” Spencer said. “Great cast, great people, I’m just having tons of fun.”

Outside of acting, Harriet enjoys all things performing arts. She plays piano and other instruments, writes songs and participates in choir at Como Park.

Harriet said she hopes to continue acting and performing in the future, wherever that may be.

“I would love to still be involved in theater and the arts for as long as humanly possible,” Spencer said. ■

Ben Wagner is a University of Minnesota journalism intern writing for the Bugle.

About Alice in Wonderland

Runs from Feb. 13 to March 31 in the UnitedHealth Group Stage at the Children’s Theatre Company.

Run time: two hours with one 20-minute intermission.

Ticket prices: Start at \$15. To purchase tickets, visit either childrenstheatre.org/alice or call the ticket office at 612-874-0400.

Facebook: Children’s Theatre Company
Twitter/X: @ChildrensTheatr
Instagram: @childrenstheatrecompany

Bugle poetry contest returns for another year

By Scott Carlson

Get ready dear readers. Spring is just around the corner.

And that means the Bugle is conducting its 14th annual poetry contest in conjunction with National Poetry Month in April.

In a world of constant flux and uncertainty, poetry offers the chance to quiet our souls, to pause and to reflect.

This year we are asking contestants to draft poems drawing inspiration from the words “civility” and “gratitude.” The deadline for all poems, which **must be submitted by email**, is 5 p.m. Friday, March 8.

Our contest is open to all people, high school age and older, with the first-place winner receiving \$50 and publication of their poem in our April issue of the Bugle. We will also publish the second- and third-place winning entries.

Here are our contest guidelines:

- We want to read poems that address civility and/or gratitude.
- Poems can take any form you choose.
- The words “civility” and “gratitude” do not have to appear in your poem. Use them to draw inspiration and take your poem in any direction.

- The contest is limited to one entry per person. Deadline to receive entries is **Friday, March 8**.
- The contest is open to all Bugle readers. Current Bugle employees, Park Press board members and their families are not eligible to enter.
- Send poems to editor@parkbugle.org.

- In the subject line of your email, please put in the words “Poetry contest entry.” And **please send all poems via email**.

Poems will be judged anonymously by a local poet. So, sharpen those pencils, fire up your laptops or whatever tools you use to compose and let the poetry flow. ■

Public Service Announcement~

Traditionally we’d be talking about the spring real estate market. However, in the wake of the February house fire tragedy on Buford Avenue, my thoughts are with the family, friends, and neighbors of the victims. Please take a few minutes to check and change out your smoke detector batteries. Home inspectors commonly recommend changing the batteries annually. Stay safe.



Chris Deming

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1 3/4 cups buttermilk



Mix dry ingredients. Add butter, currants and buttermilk and mix well. Stir in additional flour as needed to reduce stickiness. Knead vigorously on floured surface for 3 -4 minutes until firm. Shape into 2 round loaves, dust with flour, score with an X. Bake on greased cookie sheet for one hour at 375 degrees.

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PEOPLE IN YOUR NEIGHBORHOOD: **Holly Menninger**

By Janet Wight

In January, Holly Menninger took the helm as executive director of the University of Minnesota's Bell Museum after serving a brief stint as interim director of that natural history facility on Larpenteur Avenue.

In her new post, Menninger is charged with implementing the museum's strategic plan, which includes deepening its service across the state.

"We want to make sure the Bell is accessible, and that everyone in the Twin Cities and beyond feels welcome coming through our doors," she said.

To this end, the Bell will provide 15,000 science and nature kits to be used in social service organizations, libraries and schools throughout the state this year.

Menninger said she is especially proud of being producer for the planetarium production *Secrets From a Forest*.

"It is a beautiful story of a Stradivarius violin that has deep ties to nature," she said. This well-received program will return to the Bell in mid-November.

Another new Bell Museum program is a partnership with indigenous communities to learn more about their traditional ecological and astronomical knowledge, Menninger said.

Menninger's new role at the Bell Museum has been several years in the making.

Prior to moving to Minnesota



Holly Menninger, executive director of the Bell Museum. Photo by Sarah Karnas.

six years ago, she was the director of public science at North Carolina State University.

Menninger, who grew up in Cincinnati, landed a position at the Cincinnati Museum of Natural History in a program designed for teens interested in science called LABRATS (Learning About Biodiversity Research and Teaching Science). This was her first real job and provided a wealth of experiences including greeting visitors, leading hands-on activities, giving presentations and even supervising birthday parties.

These roles helped Menninger gain confidence in public speaking and engaging with people despite her shy nature at the time, she said.

Fascinated by science and research, Menninger pursued a degree in biology. Initially, she had no intention of working in a museum,

and instead envisioned a career as a professor at a small college.

However, Menninger's future plans dramatically changed in 2004 due to the emergence of cicada brood X. This was the beginning of social media and the 24-hour news cycle, and there was a media frenzy surrounding the emerging insects.

As a doctoral student at the University of Maryland, Menninger was tapped to do a live interview on CNN to discuss the omnipresent cicadas, followed by many additional television appearances. During this time, she realized she relished the opportunity to connect people to science.

"That was the pivot point: to focus on public audiences in various dimensions and thinking about how we can use science and nature to help make people's lives better," she said.

Menninger was evaluating new career opportunities when she decided to pursue a position at a university-based museum. This appealed to her since museums have a special role to play as bridges to the wider community. Working at the Bell gave her the ideal opportunity to help connect scientists and the public, which would emerge as her professional sweet spot, she said.

Building things also interests Menninger, and she has often been the first person in specific roles. She enjoys being part of something new, and her first position at the Bell was fittingly in a newly-created job in a brand new facility.

Outside of her job, Menninger is active in the community, volun-

teering at Falcon Heights Elementary School in several capacities. She is the co-leader for Family Service Night, an annual event which allows students and family members to complete service projects that promote equity, increase awareness and benefit local non-profit organizations.

In her personal time, Menninger enjoys canning. Menninger's specialties include tomato and strawberry jams along with dilly beans. She also enjoys knitting baby hats when she has some spare time. ■

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



Jim Bownik was recognized for 25 years of service to the City of Lauderdale with a proclamation and refreshments at the Feb. 13 City Council meeting. As an assistant administrator, he has performed many tasks over the years, including regular contact with the Park Bugle about city business and events. —Anne Holzman



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Sylvia Ruud from p. 1

Later, Sylvia was talented at creating miniatures and her finely detailed pen and ink drawings were seen in a several publications. Cards of her drawings of landmarks in St. Anthony Park and St. Paul were sold at the former Bibelot.

Mrs. Ruud was a generous and kind introvert. She loved liv-

ing across from Murray Middle School, as she enjoyed seeing Murray students coming and going.

She loved animals. She had a cat early on and then numerous dogs. Beagles Doug and Annie died by her side in the fire.

She is survived by her husband, poet and author Tom Ruud; sisters, Becky (Paul) Hirdman, St. Antho-

ny Park; Elizabeth Lee, Ellensburg, Washington; and Solveig Lee, Whitby Island, Washington. She is also survived by nephew Colin (Trae) Hirdman; and niece Kara Hirdman. ■

Mary Mergenthal is a former editor of the Bugle and is currently the newspaper's obituary editor.

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SCHOOL NEWS



School news around town

Compiled by Sarah Clark

Avalon School

Film features Avalon School

During the 2020-2021 academic year, Avalon School hosted a documentary film crew as they followed the journey of a graduating Avalon senior.

Showcasing three seniors from three schools across the U.S. and Canada (St. Paul, Atlanta and Toronto), the documentary explores the impacts of schools that focus on the needs of the student.

The film, titled "Cure for the Common Classroom," will be shown at 7:30 pm. Tuesday, March 12 at Avalon and the movie is open to public.

Avalon School's program coordinator, Tim Quealy, asks that those interested in attending let him know via email, tim@avalon.school.org.

St. Anthony Park Elementary School

by Sarah CR Clark

Gymnastics for everyone

Every winter, the gymnasium at SAP Elementary is transformed. Tumbling mats, balance beams, a foam floor and a beginner vault are taken out of storage and set up, to the great delight of the students.

"When I tell them gymnastics is starting most students give a big cheer!" said Karen Paulsen, SAP Elementary's physical education teacher. "It is one unit that most students look forward to every year."

SAP Elementary's equipment came from a gymnastics club that used to practice twice a week in the school building. Paulsen said that when the school was remodeled in 2017, the club had to relocate.

"After the construction was complete they (club members) came back to grab some things but left us most of the equipment we have now," Paulsen said.

Paulsen's gymnastics unit was scheduled to run the entire month of February,

"Gymnastics is like no other unit we do in PE class," Paulsen said. "Many students will not get coaching in gymnastics skills because of the cost, so I'm very happy to give them a little taste of this sport."

Paulsen's students learn tumbling skills (forward rolls, backward rolls), and also practice handstands, cartwheels and roundoffs. They experience both high and low balance beams and explore beginning vaulting skills.

"I love watching students overcome their fears," Paulsen added.

Books bring libraries together

SAP Elementary students recently hosted librarians from the SAP branch of the St. Paul Public Library in their school library.

Tina Tsui, SAP Elementary's library and material management education assistant, said the librarians' visits were a part of the Minnesota's Youth Reading Awards (MYRA).

"It is exciting to see our kids talking about these MYRA books and having a chance to vote for their favorite ones," Tsui said. "The nominees are a really diverse set of books that kids might not have discovered by themselves."

Laura Christopherson, children's specialist at the SAP Branch Library, met with students in kindergarten through second grade in January and read MYRA-nominated picture books to each class.

"This was my first time going to SAP Elementary for Storytime and it was a joyous experience," Christopherson said. "It was such a pleasure to go to the school and reach out to young readers that aren't already regulars at St. Anthony Park Library!"

Terrie Meath, library associate at the SAP Branch Library, met with third through fifth grade students and summarized each of the 10 MYRA nominated chapter books.

"The kids seemed really interested and engaged as I told them about the books," Meath recalled. "They had good questions for me and were comfortable commenting on books they had read."

Meath and Christopherson weren't the only people to notice the students' enthusiasm. Tsui said, "After the book talks, I've had waiting lists of students hoping to check out each nominated book. Even the picture books!"

Students will vote for their favorite MYRA nominated books in March. Tsui expects to know results in time for a celebration in April.

Annual fourth grade puppet show

In January, 85 fourth-grade students participated in an eight-day artist-in-residency program. Students worked with artists from Hinter Hands to build larger-than-life puppets, elaborate paper mache masks and the set and props for a puppet show.

The title of the show, performed on Jan. 19 for all SAP Elementary students and families of fourth graders, was titled "Plantzilla" and was based on a book of the same name by Jerdine Nolen. Funding for the residency was provided by St. Anthony Park School Association and a grant from the St. Anthony Community Foundation.

Murray Middle School

Submitted by Jamin McKenzie and Stefanie Folkema.

Activity Day

On Jan. 25, 400 Murray students participated in Activity Day, a more-than-20-year school tradition.

"The goal behind Activity Day is to observe a mid-year celebration where students and staff can have fun together and enjoy being a part of a positive community," said Murray principal Jamin McKenzie,

For this year's Activity Day, all Murray students were invited to attend one of four field trips: Bad-



SAP Elementary and Murray Middle school students gathered recently for Lego League Competition Day. Submitted photo.

lands Snow Park (snow tubing), Grand Slam (arcade, batting cages, bumper cars, laser tag, mini-golf, ninja course), ice fishing, and Skateville (rollerskating).

Students who chose to remain at Murray watched movies, played board games, read books, and had time in the gym.

Two teams go undefeated

by Sarah CR Clark

Murray Middle School is celebrating perfect records posted by its volleyball A-team and girls' basketball teams this season.

Marshall Little, Murray's athletic director, coached the volleyball team, which was not only undefeated (14-0), but won every set of each game.

Asked what he was most proud of about his team, Little pointed to their coachability.

Meanwhile, girls basketball coach Gabe Gravert concluded his first season at Murray, overseeing an 8-0 record.

Gravert said his favorite moment of the season came in the team's closest game, against Hidden River Middle School.

"We were down by six with 30 seconds left," Gravert recounted in an email to the Bugle. "Our point guard, Autumn VanNett shot a 3 pointer, made it, got fouled and made her free throw for a total of 4 points to bring us within 2. Then we got a steal and tied it with a 2-pointer from Keegan Campos. Took it to overtime and sealed the game with a 3-pointer by sixth grader Pae'Science Anderson. This game was also the 'City Championship Game' because — at the time — both teams were undefeated."

Twin Cities German Immersion School

Submitted by Paige Yurczyk

Teacher makes good on bet

In January, sixth grade TCGIS history teacher, Herr (Mr.) Tabisz made a unique deal with his students: If they collectively achieved the highest average grade on their history test, he would shave his head.

The students embraced the challenge, forming study groups and collaborating to prepare for the test.

To everyone's surprise, the sixth graders not only exceeded their own expectations but also got the highest average score on the test in comparison to every previous cohort (83%).

True to his word, Tabisz arrived at school the next day with a bald head!

School spokeswoman Paige Yurczyk said, "Tabisz's commitment to his promise highlights the extraordinary efforts TCGIS educators are willing to make to inspire and motivate their students."

Sarah CR Clark lives in St. Anthony Park and covers school news for the Bugle.



Puppet show at SAP Elementary. Submitted photo.






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SCHOOL NEWS

Como Park High School news

By Eric Erickson

Academy of Finance

Sophomores studying Introduction to Business within the Academy of Finance (AOF) program at Como recently took a field trip to the Minnesota State Board of Investment (SBI).

The SBI visit was an opportunity for the Como students to present their creative business ventures in front of their mentors who represent a variety of businesses and institutions around the Twin Cities.

Collaboration was ongoing throughout the first semester as mentors worked with Sumaya Mohamed's students at Como once every three weeks, offering guidance, insight and support for their developing business plans.

The presentation format was patterned after "Shark Tank," the

popular reality TV series. Students made their mentors an offer for a stake in their company before pitching details of their new business ideas. In turn, the business experts gave the students feedback on their entrepreneurial plans.

After the presentations, students learned about investment banking from a few industry experts. The day concluded with students touring the Minnesota State Capitol.

Spring Musical

Performances of *The Jungle Book* are scheduled at 7 p.m., March 15 and 16 in the Como High School Auditorium. About 40 students in the cast and tech crew are working hard and having fun at their after-school rehearsals in preparation for the shows.

Ticket prices are \$5 for students and \$7 for adults.



Tenth grade Academy of Finance students with their mentors at the Minnesota State Board of Investment. Submitted photo from Eric Erickson.

Winter concerts

Katie Miller, a second-year Como teacher, directed the winter instrumental concert in January with three bands and one orchestra in performances.

The beginning band made its stage debut, which is a huge accomplishment for new musicians, while the jazz band and advanced band "dug into some challenging

music and the orchestra resurfaced after a multiple-year hiatus," Miller said.

"I'm proud of my students' performance and cherish the time I have to work with them."

The Como choirs held their winter concert in the Como Auditorium on Jan. 24. A variety of popular selections and diverse genres were featured under the direction of first-year Como teacher Huy Tran.

"Singing and adapting to a new teacher is not an easy thing to do," Tran said. "But these choirs did it with grace and had an amazing concert! I am beyond proud of the hard work the choirs put into preparing for it."

Eric Erickson teaches social studies at Como Park Senior High School and is a regular contributor to the Bugle.



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Human trafficking from p. 1

their trafficker, which is one of the reasons why it can be such an insidious crime," Schuneman said. "People don't necessarily realize they're being trafficked when it starts because it's someone they trust. That's another reason why it is underreported and underprosecuted."

Human trafficking is also underreported because, in some cases, survivors are unaware that their rights are being violated, Kittleson said. With foreign-born survivors, limited English language skills can also hinder their ability to advocate for themselves, she noted.

Physical isolation also plays a role in keeping trafficking hidden, Schuneman added. The institute has seen labor trafficking cases, for example, where survivors were living on the farms where they were working.

Discerning consumers can help thwart traffickers' efforts,

Schuneman said. She uses home projects as an example, noting that the people working on your roof could be trafficking victims.

"It's one thing that people can have on their radar when they're hiring contractors," she noted. "You're looking at a bid, and you wonder, 'Gosh, why is this one bid so much lower than other bids?'"

Several years ago, the institute encountered a case where a contractor failed to carry workers' compensation insurance and was thus underbidding all its competitors. Ultimately, the contractor was found to be trafficking its workers as well.

"The attorney general's office has made (investigating) wage theft and labor trafficking a priority," Schuneman said. "So if, as a consumer, you do have concerns, you can make a report to the attorney general's office."


Community members can also help combat trafficking by spread-


ing awareness about the issue, Kittleson added. "Think before you share," she cautioned about social media content, and confirm that the information is from reputable organizations.

Safe Harbor is one local example of a legitimate source of information, she said, in addition to the federal Office for Victims of Crime and the Office on Trafficking in Persons.

If you or someone you know may be a victim of human trafficking, the institute (651-377-8602) can connect you to appropriate resources. The National Trafficking Hotline can also direct victims to services or accept reports of suspected trafficking; call 1-888-373-7888, text 233733 or visit humantraffickinghotline.org. ■

Christie Vogt is a regular contributor to the Bugle and a former employee of the International Institute of Minnesota.

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Wellness

Wellness guide around the neighborhood

By Kathy Henderson

It's March, and according to media reports, this is the time when New Year's resolutions earnestly made to improve fitness and mental health start flagging.

The good news is the Bugle's circulation territory of St. Anthony Park, Como Park, Falcon Heights and Lauderdale teams with ways to improve one's health and well-being. They're enjoyable ways you may already be doing or could be easily incorporate into your life. What's more, they are all backed by science-and research.

One disclaimer: The Bugle's wellness guide is for general interest and does not provide medical advice. Individual reactions, be it to song, nature or art, may vary. What may generally prove positive to improving health and well-being is not necessarily universal.

Community Sing

Colorful Nordic sweaters and heavy L.L. Bean parkas were the fashion statement on a rare frigid January evening as around 75 people filled the seats in the community room at St. Matthew's Episcopal Church for the monthly community sing, led by popular singer/songwriter Ann Reed and well-known Twin Cities pianist Dan Chouinard.

Fueled by coffee and cookies, the singers were having fun. Smiles were exchanged, bodies bounced in their seats, shoulders rhythmically shifted, hands clapped and boots stomped to songs reflecting the season.

What most people probably didn't realize is that along with having fun, being part of a community sing was contributing to their physical health and emotional well-being.

"I don't know the physical and psychological stuff, but I do know how I feel," Reed said. "Even if I am having a bad day, once I start singing, it makes me feel better."

Chouinard also acknowledged his personal experience of community singing and well-being.

"I see the way people are when singing together and how I experience it," he said. "People pay attention to one another when they sing together. ... They are open-hearted and joyful. When I play around people, that's the happiest thing I get to do as a musician," he added.

To get the low-down on the health and well-being benefits from community singing, there's no better local source than Jenzie Silverman, an instructor at the University of Minnesota's Earl E. Bakken Center for Spirituality & Healing and a member of the Medical Musician Initiative Board.

Silverman enumerated several health benefits from singing:

"First, singing (or any kind of active music-making) stimulates the entire brain, and is associated with positive changes in brain activity and, as a result, in the body.

"Secondly, when you have these positive changes occurring in a group of people making music together, their brain activity actually syncs up or entrains — so, with all music-makers' brains working in harmony like that, the positive effects of music are multiplied.

"Related to that, making music with others leads to an uptick in oxytocin production, also known as the "love and trust" hormone, since it is released anytime we feel a meaningful positive connection with others. That accounts for the feeling of bonding we have when we sing with others.

"Additionally, when a group sings songs that are important to everyone participating (e.g. folk songs, patriotic songs, religious hymns, Christmas carols, Beatles songs), the sense of collective identity that results adds to the sense of bonding and belonging.

"And of course, singing songs you enjoy in community with others is an excellent antidote to loneliness, since it promotes a sense of belonging and enjoyment.

"So overall, singing in community has profound positive effects on our bodies, minds, spirits and social relationships."

If you want to be part of the monthly Community Sing, but are unable to get to St. Matthew's at 7 p.m. on the third Monday of the month (March 18), you can still sing along with the crowd or catch up later via Reed's YouTube channel at youtube.com/@54areed/streams.

When their monthly songs are determined, Chouinard posts the lyrics on his website at danchouinard.com/calendar.

Recharge with nature

Whether looking to Western scientific knowledge, Indigenous environment and cultural knowledge or a collaborative blend (two-eyed seeing), few will dispute that being in nature, as well as viewing nature, benefits one's physical, emotional and even spiritual health and well-being.

The long list of attributes includes: physical activity, kinship land connection, a sense of awe, sensory experiences, healthy aging, socialization and engaging with community, increased life satisfaction, decreased stress, anger and fear, and reduced blood pressure, heart rate and muscle tension.

When it comes to connecting with nature, Bugle land is known for its tree-lined streets, garden enthusiasts and proximity to the landscaped grounds and gardens of the University of Minnesota's St. Paul campus. There are also various local parks, from Como Park with its zoo and conservatory to Lauderdale's Skyview Park.

Further, this area has some unique nature connections not found elsewhere in the city. They include the U's agricultural fields, the Bell Museum's dioramas and Gibbs Farm with its farmstead, heritage apple orchard, restored tall-grass prairie and Dakota medicine garden and crop area.

Another unique but often overlooked connection to nature can be found on the U's St. Paul campus in the College of Biological Sciences Conservatory and Botanical Collection.

Open to the public weekdays only since late last fall, this con-



Jared Rubinstein, curator of University of Minnesota Conservatory & Botanical Garden. Photo by Kathy Henderson.

servatory is tucked inside the Plant Growth Facilities West Building, 1534 Gortner Ave. Look for the large green wall sculpture, Synthesis by Jodi Reeb, and the welcome signboard by the entrance door.

It is a compact space with winding pathways through four rooms, each reflecting distinctive, unique and rare plants from specific geographic floristic regions with high plant biodiversity.

"Each room is called a biome with different temperature, light and water," curator Jared Rubinstein explained.

As one follows the path from one biome to another, it's an experience of Antarctic Forest (New Zealand, Tasmania, and Chile); New Caledonia (the warm, humid, tropical South Pacific island); Mediterranean Scrubland of the Western Cape region of South Africa and the southwestern corner of Australia (definitely not the Mediterranean of vacation cruise lines); and Diverse Desserts, which, Rubinstein said, contains the largest

collection of Somali plants collected under glass in the region. Look closely in this section to find plants that could be easily mistaken for rocks!

Although the Conservatory is a teaching resource, the signage in each biome is self-explanatory so you don't have to be in the company of a professor to learn which biome each room represents and the names of the plants located there.

As the Conservatory's biomes in January contained flowering plants, towering greenery, assorted cactus, natural light, fragrant scents, and benches for seating, Rubinstein was asked if he thought people could seek out the Conservatory as a recharge room. Following an enthusiastic yes reply, he immediately added with a laugh that he really didn't know the official definition of what architecturally makes up a recharge room. (Basically, a multi-sensory, nature-filled, immersive environment that reduces stress and anxiety and builds resilience.)

Do not expect this learning environment to replicate the Como Park Conservatory. Students may be watering the plants in the morning, so pathways and benches could be wet. There is very limited metered parking along Gortner Avenue and the Gortner Avenue Parking Ramp is three blocks away.

Abundant art benefits

Just as Bugle readers may benefit from living in an area with so many opportunities to connect with nature, they've also hit a potential home run when it comes to art, some of it even connecting art with nature.

For example, art and nature

Wellness in the neighborhood to p. 13



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Wellness

Reading fiction boosts health, well-being

By *Kathy Henderson*

When it comes to reading to support your health and well-being, typical recommendations might include classics such as the “Mayo Clinic Family Health Book” or perhaps one of those self-help books to motivate or maintain a healthy lifestyle.

But did you know that there’s a long list of health and well-being benefits that come from reading fiction, your personal choice of fiction, even if it is true crime fiction?

There are enough science-based, peer-reviewed journal research studies to support that statement that the University of Minnesota-

Twin Cities offers a reading fiction class, “Healing Words,” in its course catalogue.

The official course title is “Healing Words: Reading, Literature and Wellbeing” through the Earl E. Bakken Center for Spirituality and Healing.

Asa Olson developed the U’s “Healing Words” course from one he previously taught at Gustavus Adolphus College in 2019, focusing on the positive effects of reading on health.

In the U’s hybrid course, students “learn what happens cognitively while we read, how people around the world and throughout history have used literature for healing and how you can use lit-

erature for your own well-being,” according to the course flyer.

“Reading has many benefits,” Olson said. “There is plenty of research on how reading can help us reduce stress, anxiety and blood pressure, and how reading can aid us in sleep readiness and prevent cognitive decline.”

For example, in her book “The Art of Mindful Reading: Embracing the Wisdom of Words,” bibliotherapist Ella Berthoud wrote, “Research has shown that reading provides as much relaxation as meditation, and just six minutes reading can de-stress more than listening to music, drinking tea or going for a walk.”

“Reading can contribute to our

well-being in other ways, too,” Olson added. “It can be a way to learn and to understand or process our emotions. Reading stories can help us find or explore purpose, hope and vocation, as can telling our own stories.”

Reading fiction can build more empathy for a situation than reading about it in a published report or professional journal.

Academic researcher Rosemary Marshall succinctly noted, “Metaphorically walking a mile in the characters’ shoes can transform judgement into understanding.”

Reading is never truly a solo act either, Olson points out. “It can help us connect with individuals in our own communities as well as across time and space, by finding acknowledgment of our experiences in others’ stories. We can find a sense of belonging with our book clubs as well as with characters and authors who lived in other countries and centuries. All of these things contribute to our well-being.”

The St. Paul Public Library’s “Book Club in a Bag” makes it easy and convenient to start or support a book club. According to St. Anthony Park Library Associate Alisa Mee, SPPL owns 192 adult book club sets, 62 for children and 17 for teens. “Each bag contains 10 copies of a single title for book clubs to check out,” she said. “Families can start their own children’s book clubs, or teachers can use them with their students.”

The St. Anthony Park Library’s adult book club “has been going on for many years, with only a break for Covid,” Mee said. Members select the book they want to read according to their interest and availability. The February selection was the historical fiction work “West with Giraffes” by Lynda Rutledge.

Mee also provided the names of the top five fiction books checked out of the St. Anthony Park Library in 2023: “Demon Copperhead” by Barbara Kingsolver; “Lessons in Chemistry” by Bonnie Garmus; “I Have Some Questions for You” by Rebecca Makkai; “Hello Beautiful” by Anne Napolitano; and “Saturday Night at the Lakeside Supper Club” by J. Ryan Stradal.

Crime fiction, such as the popular “I Have Some Questions for You,” that might be discounted as frivolous or easily predictable entertainment, also has a solid role in a reader’s health and well-being. Studies show that among its value to readers are catharsis (safely feeling and processing emotions), distraction and sense of closure.

The positive benefits from reading fiction don’t differ if one selects print, eBook or audio book format. Stevie Shively, who taught the “Healing Words” course last fall, encourages her students to try all three. ■

Kathy Henderson lives in St. Paul and is regular freelancer for the Bugle.

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Wellness

Wondering: What does wellness mean to you?

By Jenni Wolf

Have you noticed the term ‘wellness’ being used more often lately?

On packaging, in advertisements, on social media, in the news? I can think of several companies and products that have swapped out an old name or tagline to include the new “wonder word.”

Wellness marketing, the advertising of products and services with the promise of good health, is on the rise — and for good reason. We want to be well, who wouldn’t?

But are those claims and promises actually true? Or are they just a way to get us to contribute more to the ever-growing wellness industry?

The global wellness industry brought in \$5.6 trillion in 2022, up more than 64% in just 10 years. And the market is expected to grow by another 57% by 2027.^{1,2}

Let’s pause to reflect on what wellness means to us as individuals, so we better discern what we are looking for in this vast market.

What do you want to prioritize when it comes to your wellness? Wellness is often defined by eight dimensions: physical, intellectual, emotional, social, spiritual, vocational, financial and environmental wellness.

When I think about my own wellness goals, I pick a few categories to focus on. And because I am a dietitian, I find it helpful to focus on physical wellness, which encompasses food and nutrition habits.

Being fed and nourished makes it a lot easier to concentrate on all the other wellness dimensions because your emotional regulation and cognitive functioning are better.

So, what does wellness mean when it comes to food and nutrition? As a dietitian I would tell you it means eating in a timely and frequent manner throughout the day. It means eating all of the food groups at most meals and respecting your hunger and fullness cues. It means drinking adequate fluids each day, taking vitamins and



minerals that might be difficult for you to get enough of, enjoying your food and being flexible with food choices.

But if you asked me as an individual, my definition of wellness might differ or be more specific. I might choose to purchase more frozen vegetables if I struggle to prepare fresh ones before they spoil.

And my sister might do the exact opposite because she has more time to cook fresh vegetables and does this regularly. So, it might be a helpful and “well” choice for her to purchase a produce subscription box.

But that wouldn’t be a choice that currently supports my wellness needs. Instead, I would forgo clicking on the ads that infiltrate my inbox or social media feed and, instead, go to my local store and score a couple bags of frozen peas.

Nutrition and health are personal and full of nuance, and the same goes for wellness choices. Don’t get caught up in the term, the appealing colors and fonts, or the promises. Instead, step back and check in with yourself to see what are your actual wellness needs.

I hope this encourages you to move forward with the things that are going to best support you.

Cheers to being well! ■

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

A variety of foods can contribute to wellness. Photos by Jenni Wolf.

Sources

¹ Rappaport, Sarah. “The Global Wellness Industry is Now Worth 5.6 Trillion.” Bloomberg. November 09 2023. bloomberg.com/news/articles/2023-11-09/the-global-wellness-industry-is-now-worth-5-6-trillion

² The Global Wellness Institute™. globalwellnessinstitute.org




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Wellness

Canine flu has abated, but vet says keep your dog's guard up

By Bill Brady

More than 100 cases of canine flu were reported in Minnesota in 2023, including five in Ramsey County.

Fortunately, the highly contagious influenza peaked during the summer, with no new cases reported to the state Board of Animal Health since August.

That's a relief if you're a dog owner, especially one who likes to take Daisy to the dog park or to the doggy daycare. It doesn't mean, however, that you can let your dog's guard down.

"We could certainly still see outbreaks in the future," cautioned Megan Schommer, veterinarian and co-owner of St. Francis Animal Hospital on Larpenteur Avenue in Roseville. "Social dogs especially should get vaccinated for it now that veterinarians have ready access to the vaccine."

Moreover, canine flu is only the most recent and most potent scare. Communicable illness always pose concern, from respiratory bugs that spike in the colder months to the mosquito-, flea- and tick-borne maladies of spring and summer.

"The most important way to keep pets healthy is good preventative care, Schommer said. "If your



St. Francis Animal Hospital co-owner Megan Schommer, with dog Winnie and bunny Daffodil. Submitted photo.

dog is a social butterfly, it is extra important to keep up on preventative medications."

These include vaccines, which protect against diseases your pet can be exposed to when interacting with other dogs or with wildlife; heartworm preventatives, which fight intestinal parasites; and flea/tick medications, which protect against infections spread by mosquitoes and other buggy annoyances.

Besides infectious ailments, dog owners must always be alert to troubles that their "best friends" can bring on themselves due to their curious natures. "Dogs are the ultimate opportunists!" Schom-

mer noted. Especially when the opportunity involves engulfing something orally, they seldom pass it up, and they can move at lightning speed.

"The most worrisome items for dogs to put in their mouths are indigestible items like rocks, anything that might carry bacteria such as dead animals, and stool from other animals," Schommer warned. "Twigs and small sticks are generally safe, but larger sticks can be sharp enough to cause damage to gum tissue or cause an intestinal obstruction."

And then there is, of course, the

biggest doggy no-no of them all: chocolate.

"Every year, we see a number of dogs with chocolate toxicity who managed to ingest an entire box of, say, Valentine's chocolates," Schommer said. "Keep them as far away from that as you can. Remember that dogs have an excellent sense of smell and can usually tell that there is something yummy inside a box, even if it is well wrapped."

Just like us, dogs need to return to outdoor activity gradually in the spring after being less active in the winter. Schommer recommends

a deliberate approach, allowing your dog to build back stamina and muscle over a couple of months.

Dogs also need time to acclimate to warmer temperatures, she concluded. "As we head back into warmer, sunnier days, give your dog extra breaks and extra water when they are outside and active until they adjust." ■

Bill Brady is the Bugle copy editor. He and his wife, Cheryl, are owners of Corky, a 14-year old beagle-border collie mix.

U of M Mini Medical School back

By Kathy Henderson

When the University of Minnesota launched its Mini Medical School program 25 years ago, it was a series of hands-on sessions at the Moos Tower on the East Bank campus.

The initiative attracted a sizeable audience of mostly faculty and staff and their family members plus some students and a scatter-

ing from the community, people who could get away from work or studies and wanted to know more about physical health without doctor appointments or the medical school jargon.

No one back then would have predicted the Covid pandemic and that the popular in-person sessions would morph so successfully to the virtual Zoom format.

Those who have been following

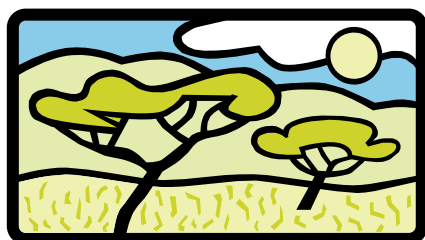
the twice-a-year (spring, fall) web series will be pleased to hear that it will resume soon.

Those who never heard of it can catch up on past topics including "Food, Nutrition and the Effects of Substance on Health" (October 2023), "Aging and Health" (April 2023) and much more at <https://clinicalaffairs.umn.edu/mini-medical-school>.

U of M Mini Medical School to p. 14

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Update: Donations to the Bugle keep climbing

By Scott Carlson

Two months into 2024, donor contributions to the Bugle keep climbing as the newspaper marks its 50th anniversary and celebrates winning five awards at the Minnesota Newspaper Association's Better Newspaper Contest.

As of Feb. 14, the Bugle had received \$53,121 in donations for fiscal 2023-24. The newspaper's healthy operations are greatly buoyed by the solid support of scores of individual and business donors.

Thanks to everyone for your financial support and confidence as the Bugle strives to produce great journalism that informs readers and supports the communities of St. Anthony Park, Como Park, Falcon Heights and Lauderdale.

Haven't made a donation yet? There is always time to help your community.

You can give online at parkbugle.org or with a check sent to The Park Bugle, PO Box 8126, St. Paul MN. 55108. Every gift matters. We appreciate donations made any time of the year.

Donors who contributed from Jan. 10 to Feb. 14, 2024:

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Wellness in the neighborhood from p. 9

come together at the Bell Museum beyond the dioramas, as the exhibit "Moments of Memory: Minnesota Landscapes Painted from Life" continues through May 26. Meanwhile the U's "Introduction to Drawing" students escaped their West Bank classrooms to sketch at the U's Conservatory in January and the Bell Museum in February.

The Art Loft at boreal Gifts and Goods, 2276 Como Ave., features different artists each month. Its March artists are Kathy Daniels and Mark Hakomaki.

In her artist statement Daniels says she draws "what I know and love, trees or more precisely, parts of the tree — leaves, the bark (especially the bark), the root system as well as the over story, and the ever expansive tree environment."

Hakomaki's cows and sheep that boldly look out at you from their canvas pastures are a delight, but don't let them deter you from exploring his works of flowers, landscapes and urban scenes.

The Lawson Art Gallery in the U's St. Paul Student Center hosts assorted artists in solo or team shows throughout the year. The gallery attendant said that each March the Student Unions & Activities' Art and Culture team puts out a call to artists to apply to have their work displayed at any of the U's three gallery spaces during the next school year. March 8 is the deadline for 2024-25.

Attending a community sing

at St. Matthew's? Don't overlook the artwork lining the walls in the community room there.

Head outdoors to view the Creative Enterprise Zone's dramatic murals that can be found on various building in south St. Anthony Park. A CEZ mural map and artist statements are available online at <https://www.creativeenterprisezone.org>.

And don't be surprised if readers already have June 1 marked as opening day for the popular St. Anthony Park Arts Festival. Artist application deadline is March 1.

Registration filled fast for adult watercolor art classes that were launched in February at the St. Anthony Park Library, with more classes scheduled for March.

Students in Luther Seminary's Mindful Sketching Club combine art and faith each week. "The club started in the fall of 2022, after I gave a presentation to our Luther Seminary community about the role of art in our spiritual life," said Steve Thomason, associate professor of Spiritual Formation and Discipleship.

"Our practice is simple," he explained. "We read a scripture (usually the Psalm from the daily lectionary) and then sit in silence for 15 to 20 minutes to draw. We spend the last few minutes sharing our drawings and experience of the process for any who want to share."

Thomason also has a YouTube video that provides easy-to-follow

instructions for anyone interested in trying the various sketching techniques that the students may be using <https://www.youtube.com/watch?v=G0PYp8w4Vjw>.

Healing impacts

The science studies related to engagement with art — creating and viewing — abound with evidence of its healing assets. A small sample includes pleasure-related responses and overall positivity, aesthetic appreciation, wonder, awe, happiness, optimism, contentment, relaxation, distraction, social bonding and preservation of culture and personal identity.

Studies also report that art can open one up to new viewpoints, challenge current thinking, confront fears, raise awareness, unite people and causes, and stimulate problem-solving and insight.

Physically, researchers say, art can positively affect breathing,

heart rate, brainwaves, posture and muscle tension. Another off-quoted 2016 study by researchers at Drexel University, Philadelphia, champions that spending 45 minutes creating art — no matter the skill level, no matter the art materials used — can reduce stress-related hormones.

However, positivity isn't guaranteed. Art, presented in any medium, can also be tricky because it's

so individualized and feelings are so complex.

Respecting personal preferences and interpretations, Lawson Art Gallery posts "Welcome Patrons. The exhibition can contain images that may cause strong reactions." ■

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

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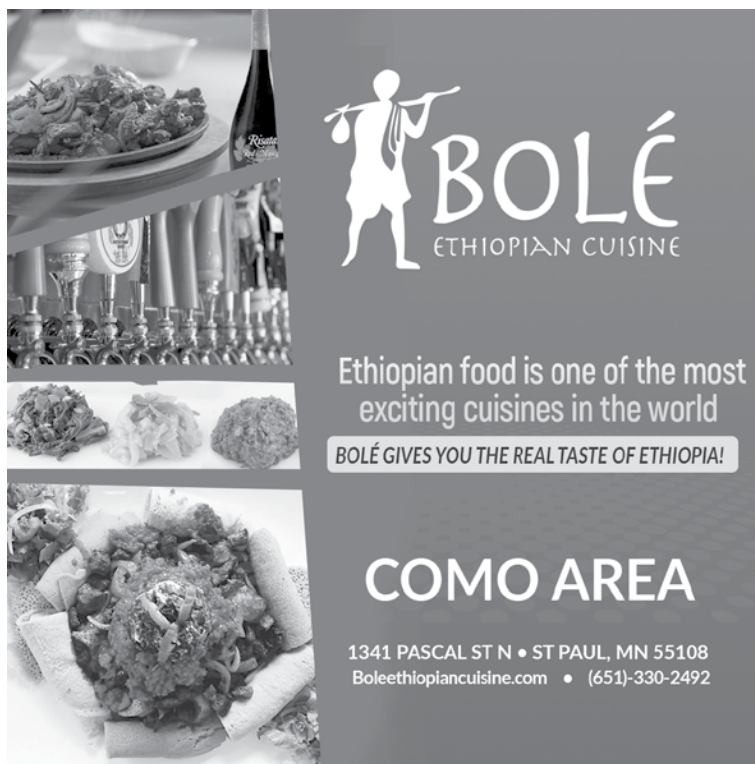
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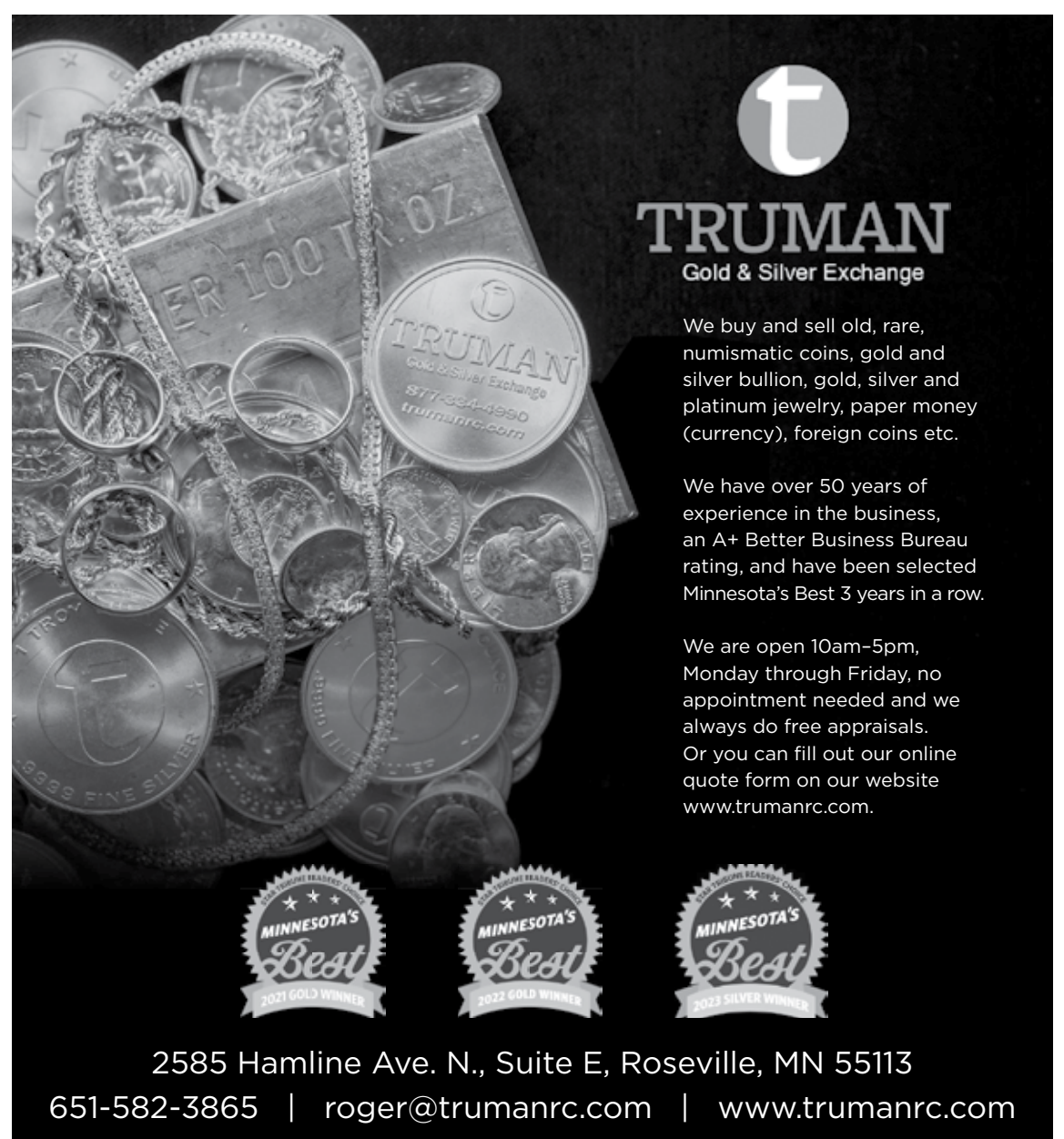


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EVENTS AND MORE

Compiled by Kathy Henderson

Senior activities

The St. Anthony Park Area Seniors' calendar for March features a mixture of in-person, virtual and hybrid activities. Unless specified, registration is not necessary.

In-person activities include:

- **Exercise:** 1 to 2 p.m. Fridays, March 1, 8, 15, 22 and 29, at Lauderdale City Hall, 1891 Walnut St.
- **Movie: "The Snows of Kilimanjaro":** 2 to 4 p.m. Monday, March 11, at Centennial United Methodist Church, St. Anthony Park Campus, 2200 Hillside Ave.
- **Handiwork group:** 9:30 to 11:30 a.m. Thursday, March 14, at the Finnish Bistro, 2264 Como Ave.
- **Grief and loss group:** 11:15 a.m. to 12:30 p.m. Thursdays, March 14 and 28, at Centennial United Methodist Church, St. Anthony Park Campus, 2200 Hillside Ave. Registration required. Call the office at 651-642-9052.
- **Blood pressure clinic:** 3 to 3:45 p.m. Tuesday, March 19, at Seal Hi-Rise, 825 Seal St.
- **Game day:** 10 to 11:45 a.m. Tuesday, March 26, at Centennial United Methodist Church, St. Anthony Park Campus, 2200 Hillside Ave.

Hybrid activities:

- **Wills and estate planning:** 10 to 11 a.m. Saturday, March 2. In-person presentation at Centennial United Methodist Church, St. Anthony Park Campus, 2200 Hillside Ave. Streaming live at facebook.com/sapaseniors.
 - **Caregiver support group:** 10 to 11 a.m. Thursday, March 7. In-person meeting at St. Anthony Park Lutheran Church, 2323 Como Ave. or via Zoom. Call the office at 651-642-9052 for Zoom link.
- Virtual: Call the office at 651-642-9052 for connection instructions.

- **Chair Yoga:** 9:30 to 10:30 a.m. Mondays, March 4, 11, 18 and 25.
- **Lunch Bunch:** Noon to 1 p.m. Wednesdays, March 13 and 27.

boreal Art Loft

Local artists Kathy Daniels (trees) and Mark Hakomaki (nature and urban scenes) are the boreal Art Loft's featured artists during March. The show runs through March 29 during regular store hours: 10 a.m. to 5 p.m., Monday through Saturday, and 10 a.m. to 4 p.m., Sunday, at 2276 Como Ave. shop.boreal.life.

Community Sing

Musician Dan Chouinard and singer-songwriter Ann Reed will

lead a community sing-along at 7 p.m. on Monday, March 18, at St. Matthew's Episcopal Church, 2136 Carter Ave. All singing abilities welcome. Free.

Women's Drum Center

Djembe Improvisation and Soling: Unlock your rhythmic expression at the Women's Drum Center's new two-part workshop with Dan Engebretson from 10 a.m. to noon on Saturdays, April 6 and 13, at 2242 University Ave. W. Registration required: womensdrumcenter.org. Limited space, some drumming experience suggested.

Lawson Art Gallery

Artistic Tapestry: Connecting Voices, Forms and Human Nature: Works by emerging artists Analeise Marie Jorvi-Beamer (textiles), Layl McDill (polymer clay), Alice Blessing (vibrant portraits) and Wynn Davis (mixed media and graphite pencil). Exhibit runs March 7 to April 12 during regular gallery hours: 11 a.m. to 4 p.m., Monday-Wednesday and Friday, 11 a.m. to 6 p.m., Thursday, at the University of Minnesota St. Paul Student Center, 2017 Buford Ave.

St. Anthony Park Garden Club:

Jennifer Olson, president of the Friends of the Wild Flower Garden, will present "Eloise Butler and Her Garden" at the St. Anthony Park Garden Club's March meeting.

The historic garden is located in Theodore Wirth Park, Minneapolis. Established in 1907, it is the oldest public wildflower garden in the United States. The evening begins with a 6:30 p.m. club business meeting, followed by a 7 p.m. social and 7:30 p.m. program on Tuesday, March 5.

In-person at St. Anthony Park Lutheran Church, 2323 Como Ave. (enter from Luther Place) or via Zoom. Email sapgardenclub@gmail for the link.

SAP history series next up March 12

By Mary Mergenthal

Free monthly presentations focusing on St. Anthony Park's neighborhood architecture and history continue at 7 p.m. Tuesday, March 12, at St. Anthony Park Lutheran Church, 2323 Como Ave.

U of M Mini Medical School from p. 12

"We are currently in planning mode for the spring 2024 series," Gao Vang, communications project manager of the Office of Academic Clinical Affairs, said in a recent email. "We have not yet finalized programming, but we are aiming for three weeks in April-May."

The title was also tentative at that time, but Vang expected it to be "Mind Matters: The Brain and Mental Health."

"We will explore basic brain function and development, mental



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The latest monthly program will focus on buildings constructed in the 1940s and '50s.

Sponsored by the church and presented by Augsburg University professor Kristin Anderson, the monthly talks are scheduled on the second Tuesday of each month. Afterward, there will be treats and time to visit.

In addition to the in-person session at the church, readers can also access the talk live online, with a recording available for one week after the session.

In addition to the in-person session at the church, the talk can also be accessed live online, with a recording available for one week after the session.

Use the SAPLC youtube channel at Bit.ly/Sap-history.

Mary Mergenthal is a former editor of the Bugle.

World Day of Prayer

St. Anthony Park Lutheran Church will observe the World Day of Prayer with a prayer service in the church sanctuary at 10 a.m. on Friday, March 1, at 2323 Como Ave. Fellowship and light refreshments will follow. All are welcome.

Como youth baseball league forming

The sound of "Play ball" will be heard once again in the Como Park and St. Anthony Park area this summer.

Registrations are now being accepted for Como Ball, a new non-profit youth baseball and softball association. Its goal is to return quality and affordable youth baseball and softball to the Como Park, Hamline-Midway, North End, St. Anthony Park and Frogtown neighborhoods.

Games will be scheduled from mid-May through July at various ballfields in or near Como Park. The in-house program is for ages 7 to 12 and costs \$100; the traveling program is for ages 13 to 15 and costs \$300.

For more information, visit www.comobaseball.com or email comoball23@gmail.com.

Roseville Community Band

Did you play an instrument in high school or college and want to start playing again? Join the Roseville Community Band. You do not

need to live in Roseville to play in the band.

The band rehearsals are from 7:30 to 9 p.m. on Monday nights at the Roseville Middle School, 15 E. County Road B2. Band membership details at <https://www.rosevillecommunityband.org/>.

No fooling! SAP Library book sale donations begin April 1

This is NOT an April Fool's Joke:

Starting Monday, April 1, the St. Anthony Park Branch Library Association will accept donations of new and gently used material for its annual book sale.

The book sale will take place at the library, 2245 Como Ave., on Friday, May 31 and Saturday, June 1.

Donations process

- Please don't bring any donated items to the library before April 1.
- During regular library hours, items may be delivered to the cart in the lower level of the library.
- Please do not leave donations outside the library building or place them in the book drop.
- If you have more than two boxes of books, please e-mail annualbooksalesapbla@gmail.com to ensure that your donation can be acknowledged.
- Larger donations may also be brought to one of the drop-off events listed below.

Donation drop-off events

There will be three donation drop-off events, where you may drive (or walk) up and drop off your materials outside the library.

These events will be from 1 to 4 p.m. on the following Saturdays: April 20, May 4 and May 18.

Some items not accepted

The Library Association will not accept some items including DVDs, CDs, VH tapes and textbooks. St. Paul Public Library discards and magazines or material in soiled or damaged condition.

For further information contact the Library Association Book Sale Committee at annualbooksalesapbla@gmail.com.

Contributed by Susan Dean, co-chair, St. Anthony Park Branch Library Association Book Sale Committee.



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TRANSITION TOWN

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

U of M author offers tips for climate action

By Marilyn Benson

Over a small latté at Mim's Cafe a few weeks ago, I perused a new book, Heidi Roop's *Climate Action Handbook*.

Having followed the climate change issue for many years as a member of Transition Town — All St. Anthony Park, I have moved from sorrow, to hope, to frustration, to despair and around again to hope.

Roop's book is a hopeful book. It begins with an overview, reminding us that the impact of global warming is everywhere, and that we humans are part of the cause — and can be part of the solution. But she does not berate — instead, she invites us to act and to act now.

Roop is director of the University of Minnesota's Climate Adaptation Partnership and an assistant professor of Climate Science and Extension specialist.

Her book's subtitle, "*A Visual Guide to 100 Climate Solutions for Everyone*," lets us know what format to expect. Each topic is presented by a single page of text,



Author Heidi Roop. Photo by Mark D. Stone.

across from a graphic that illustrates the issue and presents further information, often statistics.

I noted many solutions that I have adopted.

Action 30: Composting. My husband Tim and I have composted our food scraps and yard waste for years in two big wire cages that tuck neatly into our back yard.

Coming soon: Meet the author, discuss the book

Sunday, March 3: Author Heidi Roop will present at the 10:15 a.m. adult forum at St. Anthony Park United Church of Christ, corner Chelmsford and Commonwealth. Open to all.

Saturday, April 27: Join Transition Town's Reading Buddies group to discuss *The Climate Action Handbook*, 3-4:30 p.m. at the St. Anthony Park Branch Library, 2245 Como Ave. Read all or part of the book and bring your thoughts and questions. All welcome! TransitionASAP.org/Reading-Buddies.

Actions 10 to 14 focus on transportation, specifically cars. Having had access to a car since adolescence, it took me a while to let go of our second car, my beloved Volvo station wagon.

We now drive an electric car and are fortunate to have extended family who recently lent us a Prius to drive to the North Shore this past December. However, not yet are there enough reliable charging stations in greater Minnesota.

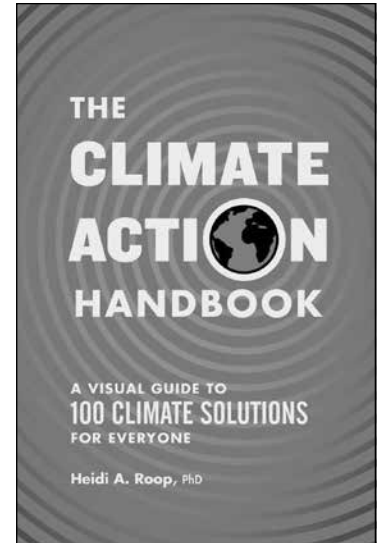
Action 15: Fly less, fly economy is a difficult one. Knowing that just 1% of the global population is responsible for 50% of CO2 emissions from commercial aviation, I

struggle in deciding whether to fly to see a college friend in Los Angeles and my grandson in Boston.

Other categories, "Actions around the home," "Shopping and consumer choices" and "Food and farming" invite us to make choices for the climate that are often personal.

"Civic and community engagement" reminds us of ways we can take action in our community by engaging with elected officials and policymakers.

The 100 solutions provide more than we can absorb in one sitting. The book is a reference resource and perhaps also can be a daily reminder, especially if I leave it



accessible on my kitchen counter. Or good to read with others and discuss. ■

Marilyn Benson, a resident of St. Anthony Park and a member of TransitionASAP.org, has worked as a pastoral psychotherapist and continues a small practice of spiritual direction.

Welsh hymn sing planned

By Mary Morris Mergenthal

St. Anthony Park Lutheran Church will sponsor a free Welsh hymn sing/Cymanfa Ganu at 2 p.m. Sunday, March 10, in the church, 2323 Como Ave. Sing Welsh hymns and enjoy Welsh food.

Karen Jones Wojahn, a retired music and choir director from Windom, will lead the event. She is a trustee for the Welsh North American Association, a member of the St. David's Society of Minnesota and a newsletter editor for the Minnesota Welsh Association.

Wojahn has played organ for the annual Minnesota Welsh Hymn Festival for many years and plays the harp in her spare time. During the annual North American Festival of Wales, Karen performs many vital duties.

SAP Lutheran Church organist Joshua Lindgren will accompany the program. Those who attend and sing will sit in voice part sections. Photocopies of the Welsh

hymns will be available. Most singing will be in English, though expect Wojahn to teach a bit of Welsh as well.

Catherine Salovich Victorsen of Lauderdale will perform on the harp. (The harp is the Welsh national instrument.) She was the solo principal harpist from 1984 to 1991 for the Regensburg Philharmonic Orchestra in Regensburg, Germany.

Catherine won the 1999 North American Welsh Eisteddfod Instrumental Competition and has attended the Tanglewood and Aspen Music festivals. Currently, she teaches harp at Bethel University, Hamline University and the University of Northwestern in St. Paul. Catherine maintains an active teaching studio and is a professional freelance musician in the Twin Cities.

The hymn sing is free, but donations are appreciated. Credit card donations, cash or checks payable to the church will be welcomed.

Immediately after the singing,

Welsh tea and homemade Welsh cakes will be served.

Welsh leek soup, both with meat and vegetarian, plus soda bread, will be served about 5 p.m. Cost: \$5/bowl, credit cards accepted.

While soup reservations are not required, if you hope to stay for that, please notify Mary Morris Mergenthal to help with planning. Contact her at mary.mergenthal@gmail.com or 612-670-8510 (calls/texts).

Any further questions, please contact Mary. ■

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

Welsh Hymn Sing/Cymanfa Ganu

Sunday, March 10, 2:00 p.m.

Karen Jones Wojahn, director.
Cathy Victorsen, harpist.
Joshua Lindgren, organist.

Free — Donations welcome.

Welsh cakes & Welsh tea follow. (About 5 p.m.)

Welsh leek soup (with meat or vegetarian).

\$5/bowl, if able to pay. Credit cards accepted.

Soup reservations not required, but will help planning.

Contact Mary Morris Mergenthal,
mary.mergenthal@gmail.com, 612-670-8510 (call/texts),
for reservations or any event questions.

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THE BIRDMAN OF LAUDERDALE



Our birdman nearly flew the coop!

By Clay Christensen

Since the beginning of winter, I've been questioning whether I've pretty much finished with birds, bird watching, writing about birds and so forth.

I belong to a small group of friends who go out birding every Monday morning. But this year, I've decided to go on hiatus, skipping the Monday morning birding. For me, it involved getting up a couple hours earlier than usual to get ready, get the dog out, feed

him, eat breakfast . . . it just got to be a hassle that I dreaded every week. Besides, it's cold and dark, the weather is crummy and there are usually fewer birds.

Yes, I've gotten cranky in my old age, and I ask myself, "What's the point?"

Mind you, I've not totally given up on birding; I've been focusing on birds in the neighborhood. Still, though, some things get me upset. For example, house sparrows! They're not native birds. They were brought here from England

and multiplied, mostly in urban settings.

I don't like it when I see house sparrows on my feeders. I feed a 50-50 mix of sunflower hearts and safflower seeds, with the understanding that supposedly house sparrows don't like safflower seed. Well, they apparently don't, because they spit the seeds out and they pile up on my sidewalk. My dog and I track the shells into the house constantly. What a mess!

Speaking of sparrows, I got a mailer from my local hardware store: Help Feed Winter Birds. It advertises deals on bird seed mixes and suet. There's a photo of three sparrows on the cover. Not house sparrows, but a species that lives around St. Louis! Eurasian tree sparrows! They have a brown cap, a black bib below the bill and a dark black spot on the cheek. Ironically, they apparently haven't done well because of competition from house sparrows.

But then my crankiness subsides when I spot a robin on my bird bath on a really cold January afternoon. A robin! Sweet! So, I sit down at the table to watch it sip the water.

And suddenly there are dozens



American robin. Photo by Linda Krueger.

of robins gliding into the yard, flipping over the leaves in the garden beds, hopping around, looking quite serious. I estimate there were two dozen robins moving through my yard and those of the neighbors across the street.

There have been a number of bird-centric events and episodes just since the New Year that have tugged me back into loving all things avian.

I've had a Cooper's hawk perch in a nearby tree, look around for a bit, and then zoom right at a sparrow at the bird bath. It didn't catch the sparrow, but I'm sure it put a scare into it!

There have been a couple reports of a pair of barred owls at the Lauderdale Park. I think they're nesting there. They can be heard calling to each other in the evening.

As a contributor to the Cornell Lab of Ornithology, I receive their quarterly magazine "Living Bird." The last issue had some great articles in it: Hunting by Hearing, Birds in the Big City, and a great photo spread of bird pictures from their Macaulay Library archive.

The issue came with a large fold-out about owls, illustrating things such as the shape of their eyeballs and feather design for quiet flight. I always thought that quiet flight was important for them as hunters, but it may be so the owl doesn't get distracted by its own wing sounds while it's listening for its prey. The prey itself is usually under a foot or more of snow, so they're not going to hear an owl gliding in.

My buddy, Tim Canfield, stopped by with a chickadee nest box he built from some of the lumber he's accumulated over the years. It's a very interesting design, well built and rather large, about two feet tall. He's wondering if some organization would be interested in using it as a door prize or a fund raiser.

Then, I've been seeing my male cardinal right at dusk. I call our cardinals Carl and Carla. So, this would be Crepuscular Carl, meaning he shows up at dawn and dusk. It's thought that these times of low light may mean fewer predators nearby (like Cooper's hawks) because visibility is reduced.

So, these and other events have rekindled my interest in birds, bird watching, reading and writing. I must confess I'm hooked. I always turn to see a bird in the sky when I'm walking my dog, trying to identify it, wondering where it's headed, what it's up to. I long for the return of spring, morning bird song, and rare migrants passing through my little slice of habitat. It's coming! ■

Clay Christensen lives and writes in Lauderdale, Minnesota.

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Library Corner
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LIBRARY CORNER

Last chapter for an old friend

By Rita La Doux

The St. Anthony Park Library lost a dear friend recently — the graceful white oak that had stood on the front lawn more than 150 years.

We all remember the towering tree framing the library building. It stood in that spot since even before the library was built in 1917.

In recent years pileated woodpeckers were chipping away at the tree. Then, over successive years, the tree's foliage began dying out on its upper branches, although it didn't show any signs of oak wilt.

By last summer, June 2023, the audience at the St. Anthony Park Arts Festival music stage had to move across the lawn chasing shade that had once been provided by that majestic tree.

As sad as it was to admit it, it was time to take down the tree.

The St. Paul Public Library arranged for the tree removal. It is a difficult expense to cover when

libraries are stretched to pay for books and staff, but buildings and grounds are where those books and staff find their home. In this case, it was fortunate that funds were available to remove the dying tree.

A highly-skilled and careful crew from Hugo Tree Care removed the white oak on Jan. 30, just as children and families were gathering for Tuesday Storytime with Alisa Mee.

Watching the teamwork of the cutter — high in the tree with bucket and ropes and chain saws — and the log loader on the ground with the giant claw, was the perfect activity to observe for young children taken with all things construction.

Max, the working arborist, piloted the bucket and did all the cutting. He has been cutting trees for five years. He coordinated the effort between the cutter in the bucket and the ground crew clearing space and using ropes to carefully and gently lower the huge

branches to the ground. It seemed like an aerial ballet — Cirque de Chêne.

We are fortunate to live in an urban forest — especially in the northern section of St. Anthony Park. Some parts of the neighborhood have old stands of oak and other hardwoods, but while other areas were planted — starting when developers began plotting out the streets and housing in the late 1800s. We must not take these stately climate-friendly shade-providers for granted.

Ben Halverson, a certified master arborist at Hugo Tree Care, emphasized we need to be more observant of our trees. That's especially true in the last few years when the trees are under stress with mild winters followed by high heat and drought conditions.

This coming summer, trees will be particularly vulnerable. Be sure to water regularly and call in the experts for routine assessment and



A work crew recently removed a dying giant white oak from the grounds of the St. Anthony Park Library. Photo by Rita La Doux.

maintenance — trimming and upkeep — to assist in tree longevity.

When planting or replacing trees, Halverson recommends planting true quality hardwoods. They take time to grow, unlike their softwood quick-growing kin. But the long-term value of the tree will be much greater with healthy hardwoods.

The next generation will thank us. And so will the trees — with shade and beauty. ■

Rita La Doux is on the board of the St. Anthony Park Library Association.

St. Anthony Park Library events

St. Anthony Park Library's calendar for March contains special events as well as familiar and favorite programs. Unless specified, registration is not required.

Special events

Beginning watercolor with Nanci Yermakoff: 2 to 4 p.m. Saturday, March 2. Experience the magic of watercolor painting in this introductory class. Find out about painting materials, brush handling and basic watercolor techniques. All materials will be provided.

This program is funded by the St. Anthony Park Branch Library Association. For adults, ages 18+. Registration required; waitlist in progress. To learn more, visit sppl.org/events.

Beyond Basic Watercolor: Texture in watercolor: 2 to 4 p.m. Saturday, March 9. Prerequisite: Beginning watercolor class or basic watercolor skills. A variety of techniques for portraying texture in watercolor paintings will be demonstrated by the instructor and practiced by the students. For adults, ages 18+. Registration required. To learn more, visit sppl.org/events.

Ramsey County Fix-it clinic: 10:30 a.m. to 1:30 p.m. Saturday, March 23. Bring in small household appliances, clothing, electronics and more to receive free guided assistance from volunteer fixers to help disassemble, troubleshoot and repair items. Last items are accepted at 1 p.m.

Ongoing programs

Shake your sillies out! playtime: 10:30 to 11:30 a.m. Fridays, March 1, 8 and 15. Story, stretching, movement and lots of fun in the library's auditorium for children ages 2 to 5. Little ones can jump, crawl, balance and twirl with activities specifically designed for them. Adults must remain with their children for the duration of the playtime.

Family storytime: 10:15 to 10:45 a.m. or 11:15 to 11:45 a.m. Tuesdays, March 5, 12, 19 and 26. The same storytime is offered twice each Tuesday in the library's auditorium and features stories, songs, rhymes and puppets. Storytime is designed for children ages birth to 5, their caregivers and siblings.

Fun lab: 2:30 to 3:30 p.m., Wednesdays, March 6, 13, 20 and 27: Make cool stuff in the library auditorium: crafts, science experiments, engineering projects, video games and more. This STEAM drop-in program is designed for ages 7 to 11.

English conversation circle for adults: 4 to 5:30 p.m. Thursdays, March 7, 14, 21 and 28. Free English practice at the library with members of the University of Minnesota Retirees Volunteer Center and the Partners in English program. All levels of English language skill are welcome.

Adult book: 6:30 to 7:30 p.m. Monday, March 25: Join library staff and fellow book lovers in the library's auditorium for lively conversation and refreshments. Stop

in or call the library (651-642-0411) for more information or to pick up a copy of the book.

Submitted by the St. Anthony Park Library; compiled by Kathy Henderson, Bugle freelance writer.

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St. Anthony Park Branch Library Association



SAPBLA PRESENTS
2ND THURSDAY FORUM
PI DAY POTLUCK
MARCH 14
6:00 - 7:30 PM

Join us for an evening of socializing, food, and fun as we celebrate the mathematical phenomenon known as Pi. (3.1415926535897932384...!)
We think Pi Day is a great excuse to come together, make some crafts, play some trivia games, eat pie, and spend time with you! Children welcome. Our host for the evening will be neighbor Adam Granger.
This potluck style event will be held at the SAP Lutheran Church. Please bring a sweet or savory pie to share if you are able. And for added fun, we will be hosting a pie-contest for the bakers in the crowd! Jared Kaufman, food reporter from the St Paul Pioneer Press, will be our official pie judge. Fair warning: pies will be gobbled up after judging.

To learn more and sign-up for the contest, visit sapbla.org/2nd-thursday-forums.



LIVES LIVED

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 612-670-8510.

Those we remember this month include a St. Anthony Park man who was an internationally known Montessori educator and a Lauderdale woman who helped set the groundwork for the Ordway Center for the Performing Arts.

Michael Dorer

Michael James Dorer, 76, St. Anthony Park, died Feb. 6, 2024.

Michael was born on May 1, 1947, in Minneapolis. He graduated from St. Theresa in Winona with a degree in education, and received Montessori certification at FCISM in Bergamo, Italy. He received his Master's from St. Mary's in Winona, and his doctorate from Argosy University, Twin Cities.

Michael taught both children and adults as a Montessori educator. He trained countless Montessori teachers and consulted at schools and Montessori programs throughout the world. He served as president of the American Montessori Society, was a senior consultant with the Montessori Foundation and published several Montessori textbooks.

Michael and his family lived in the St. Anthony Park neighborhood for more than 30 years.

Michael is survived by his wife of 50 years, Rose (Seiler); his half-sister Frances; his children Jacob, Benjamin, and Margaret; and four grandchildren.

In his memory, please consider planting a tree or supporting/volunteering at a local Montessori school in his honor.

Joseph Hamel

Joseph I. Hamel, Jr., 71, died Jan. 30, 2024. Joe was a life-long learner abounding with skills, hobbies and passions.

He was preceded in death by his parents, Joe and Katie Hamel.

He is survived by his wife Margie (Schottler); children Alyssa, Joe, Ellen (Laura), and Peter; two grandchildren; and siblings Anne (Kenny) Katz, Peggy (John) Magnuson, Nick (Mona), Patty, and Michelle (Kurt) Noltmier.

Mass of Christian Burial was celebrated at The Church of St. Cecilia. A memorial fund has been established in Joe's name. Contact Mueller-Bies for the link: (651) 487-2550, muellerbies.com

Alvin Lewis

Alvin Gerhard Lewis Jr., 89, died Jan. 24, 2024.

He was born in Tacoma, Washington, the only child of Alvin Lewis Sr. and Beatrice (Rasmussen) Lewis. The family subsequently moved to St. Paul, where his father became pastor at St. Anthony Park Lutheran Church.

Al graduated from Murray High School and attended Augsburg

College in South Dakota. He graduated from St. Olaf College, where he majored in history. He then entered Luther Theological Seminary and was ordained by his father at St. Anthony Park Lutheran in 1960.

Pastor Al was called to serve Evangelical Lutheran Church at Big Grove, and Crow River Grace Parish in Belgrade, Minnesota. He

served there from 1960 to 1970. He next served in Renville at First Lutheran Church, where he stayed until 1986.

His last call was to Trinity Lutheran Church in Montevideo. He remained there until 1999.

Pastor Al married Judy (Bergner Beals) Lewis on June 7, 1981. She had three daughters; Sydney Kelley, Stacey Danculovich and Shelley Budke. They and their husbands survive Al, along with eight grandchildren and 10 great-grandchildren.

Al retired to Marine on St. Croix, where he lived with Judy until her death in 2008. From there he moved to Stillwater, where he lived until moving to Oak Park Heights.

Memorials will be given to the churches Pastor Al served during his career.

Kevin Matthews

Kevin "KC" Collins Matthews, died Jan. 19, 2024, at his home in Falcon Heights. Born on July 24, 1946, he was the oldest of Al and Maudie's 10 children.

A Phi Beta Kappa graduate of the University of Minnesota and a veteran of the U.S. Air Force, Kevin was instrumental in founding the U of M Supercomputer Center. His career and experience in high performance computing and software engineering benefited several companies in the Twin Cities area.

Kevin was known as an exceptional role model of integrity, generosity and compassion to many.

He was preceded in death by his parents, Richard Allen (Al)

and Joan Collins (Maudie) Matthews; brother Steve; and sister Mary Ellen.

He is survived by his wife, Mary Shafer; daughter Maggie; brothers Bill (Hannelore), Rick (Cindy Quehl), Sean (Sue), Greg (Deb Varner), Mark, Dan, and Tony.

Memorials are preferred to the American Heart Association or Loaves and Fishes.

A funeral Mass was celebrated at St. Frances Cabrini Catholic Church, with interment at Resurrection Cemetery.

Elizabeth Olson

Elizabeth "Liz" Ann (Peterson) Olson, St. Anthony Park, died Jan. 25, 2024, the day after her 81st birthday.

Liz was born in Stillwater and attended North Branch High School. Unfortunately, her studies at the U of M were interrupted by a major car accident. She later received her degree in Home Economics at the U.

She married Truman Olson, who hailed from Lauderdale.

She enjoyed working for many years with specially-abled adults at the nonprofit Kaposia.

Liz was predeceased by her parents Carleton and Evelyn Peterson; and husband, Truman. She is survived by her children Lisa (George) Sigstad, West St. Paul, and Jeffrey (Catherine), St. Anthony Park, plus grandchildren Alexander and Sean Sigstad.

She is also survived by siblings, Mary (Del) Johnson, Norman (Linda), Curt, Mark (Candy), Steven (Laurie) and sister-in-law Rachel Pfaffendorf.

Liz was an active at St. Anthony Park Lutheran Church as long as her health allowed her to participate. Her memorial service was held there Feb. 6.

Kristen Robertson-Smith

Kristen Robertson-Smith, 68, of Falcon Heights, died unexpectedly and peacefully on Jan. 1, 2024.

Kris worked for Hennepin County at a small vocational service program for the mentally ill. She retired as program supervisor. She was married in 1968.

Kris loved the outdoors and was an avid gardener, a voracious reader and a devoted library volunteer.

She is survived by her husband John; son Tyler (Rose); daughter Alice; three grandchildren; and her siblings, Lynn, Jane, Bill and Ann.

Kris donated her body to the University of Minnesota's Anatomy Bequest Program.

Please consider contributing to Ramsey County Library Friends (formerly Friends of the Ramsey County Libraries) at 4560 Victoria St. N., Shoreview, MN 55426, in her memory.

Marilyn Salovich

Marilyn Joanne (née Sandberg) Salovich, 94, died Jan. 12, 2024.

Born to Clara and Emanuel Sandberg, Marilyn was raised in Minneapolis. She graduated from Central High School there in 1947. She attended Gustavus Adolphus College, and then the University of Minnesota in 1951.

She was an occupational therapist at the Michael Dowling School and then moved to Dallas where her husband, Edward, completed his residency in orthopedic surgery.

Marilyn was an avid golfer, loved music and art, was a Schubert Club President and busy mom! She was a member of Wesley Methodist Church and First Covenant Church in Minneapolis. Marilyn helped to set the groundwork for the Ordway Center for the Performing Arts.

Lives Lived to p. 19

Community  Worship Directory

❖ CENTENNIAL UNITED METHODIST CHURCH—ST. ANTHONY PARK CAMPUS

2200 Hillside Avenue, 651-633-7644

www.centennialumc.org

Worship online and in-person

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

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❖ ST. ANTHONY PARK UNITED CHURCH OF CHRIST

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

www.sapucc.org

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

Easter: March 31, pancake breakfast: 9:00 AM

Easter worship service: 10:30 AM

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❖ ST. MATTHEW'S EPISCOPAL CHURCH

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

www.stmatthewsmn.org, Facebook: *stmatthewsmn*

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

Wednesday Eucharist 12:00 noon followed by lunch

Maundy Thursday 7:00 PM | Good Friday 7:00 PM

❖ ST. ANTHONY PARK LUTHERAN CHURCH

2323 Como Avenue West, 651-645-0371

Pastor Jill Rode and Pastor Daniel Ruen

Web, Facebook or Instagram: *SAPLC*

Sunday Worship in-person: 9:30 AM

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

Soup Supper every Wednesday in Lent: 5:00 PM

Lenten Worship services Wednesdays in Lent: 7:00 PM

Ryan Berg Special Event: March 14, 7:00 PM

Palm Sunday: March 24, 9:30 AM

Maundy Thursday: March 28, 7:00 PM

Good Friday: March 29, Stations of the Cross, 7:00 PM

Easter: March 31, 9:00 & 11:00 AM (*note time*)

Stations of the Cross Art Exhibit in sanctuary through Lent

❖ ST. CECILIA'S CATHOLIC CHURCH

2357 Bayless Place, 651-644-4502

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Weekend Mass online (on our website)

Reconciliations

Saturdays: 3/9, 3/16, and 3/23, 3:15–4:15 PM

Easter Week Worship Services

Holy Thursday: 3/28, 7:00 PM, *Mass of the Lord's Supper*

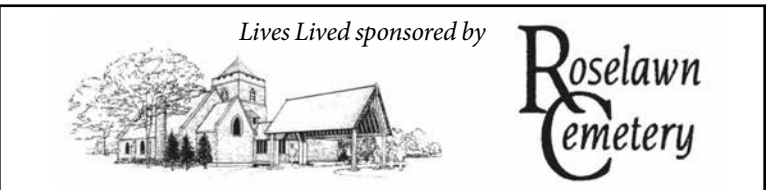
Good Friday: 3/29, 7:00 PM, *Passion & Death of Christ Service*

Holy Saturday: 3/30, 8:00 PM, *Easter Vigil*

(*No Confessions on Holy Saturday*)


Easter Sunday: 3/31, Mass 9:30 AM

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



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Lives Lives from p. 18

Marilyn was preceded in death by her husband, Edward, and five siblings: Lillian, Geraldine, Mildred, Emanuel (Buzz), and Richard.

She is survived by her six children: Barbara Salovich (Carl Pucci); Catherine Victorsen (Reid); Michael Salovich; Mark Salovich; Sue McCann (Brian); and Julie Salovich. She is also survived by 12 grandchildren and two great-grandchildren.

Celebration of Life was held at Rose Hill Alliance Church, with interment at Sunset Memorial Cemetery. Memorial gifts preferred to the MacPhail School of Music in memory of Marilyn Salovich or to the Dementia Society of America.

Milton Sherburne

Milton R. Sherburne, 85, of St. Anthony Park, formerly of Mabel, Minnesota, died Jan. 5, 2024, at the St. Anthony Park Home.

Milton was born Feb. 4, 1938, on the family farm near Mabel to Merten and Fannie (Watkins) Sherburne. He graduated from Mabel High School, received his bachelor's degree from Hamline University and his master's degree from Lawrence College in Appleton, Wisconsin.

Milton taught in high schools in

North Dakota and Montana before moving to the Twin Cities and opening a landscape business. He later worked as a groundskeeper at Hennepin County Medical Center for many years until he retired in 2003. Milt was proud to serve as a union steward for Local 977 and was active in union affairs.

Milt ran more than seven marathons in his 40s, took up horseback riding lessons in his 50s and learned to drive a motorhome in his 60s.

Milton suffered a stroke with multiple complications in October 2016, after which he lived at St. Anthony Park Home until his death.

Milt was preceded in death by his parents, and siblings Francis Gorham, Myrtle Odegarden, Alma Sherburne, Nola Newman, Helen Eide, Darol Sherburne, Priscilla Thompson, Neva Opsahl, Marvin Sherburne and Zeldia Sagdalen.

Milton is survived by Kevin Lovejoy, his domestic partner of over 36 years, and dear friend Nancy Gallo.

Graveside services are scheduled for 1 p.m. April 26, in the Mabel Public Cemetery. The Mengis Funeral Home in Mabel is assisting with arrangements.

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Aarness reaches 1,000-point milestone

By Eric Erickson,
Sports analysis

Como Park senior captain Mason Aarness drove the lane, maneuvered around two defenders and released his basketball shot with a soft touch.

When the ball fell through the net, the fans in the stands erupted, the officials stopped the game and Mason's parents were called onto the floor to celebrate a rare achievement — 1,000 points in a high school career.

To reach that special milestone, a basketball player must be a prolific scorer for a couple varsity seasons or average double digits per game for several years. Aarness was the latter — and in his case, there were five years of Como varsity basketball beginning with his debut as a 5'-foot-2-inch" Murray eighth grader.

He wasn't scoring too much as a middle-schooler playing with the big boys. But Aarness was a fearless and pesky hustler.

That's what then first-year coach Donnell Gibson loved about Mason and why he saw so much potential in him.

"He had the skills but didn't have the size," Gibson said. "But I knew he was ready for varsity because of

his love for the game and commitment," Gibson said.

Four years later, Aarness is still fearless, but he stands at 6 foot 4 inches and uses his larger frame effectively to score, run the floor, defend and rebound. He's a talented all-around player who led the St. Paul City Conference in scoring as a junior, averaging 17.9 points per game.

Aarness' physical growth was accompanied by the evolution of his game and that put him in the position to reach 1,000 career points as a senior. Not that it was on his radar.

"The number's not something I thought of until during this season when coach told me I was close," Aarness said. "I kind of pushed it off because I was just enjoying playing in the flow of the game."

That flow involves scoring when the team needs him to, while also being a point guard who distributes the ball and gets his teammates involved in the offense. Aarness is frequently double teamed by opponents. The scouting report on the Cougars is to stop number four.

Nonetheless, Aarness is averaging 17 points per game again this season. He's also providing leadership to a young team whose core rotation of eight players includes



Mason Aarness with his parents Anne and Phil after recording 1,000 career points during a Como home game on Feb. 1. Photo by Koua Yang.

three sophomores, two juniors and fellow seniors Jr Mzee and Zae MacCallum.

The entire team enjoyed the anticipation of Mason hitting the thousand-point mark, along with a loyal fan base of parents and students. The attention wasn't anything Aarness needed or wanted, but he was flattered by the support and felt the love.

"It's been nice to get a lot of congratulations from people. It's been a new experience. It's pretty funny. And really cool to see people supporting me. Especially my teammates They've been really supportive throughout the whole season."

Aarness is a three-sport athlete, but basketball is his favorite. He attributes that to the team's cama-

raderie and the energy of a crowd in a gym. With his credentials, he's been an obvious all-conference selection for a couple years.

However, cross country running is his most decorated sport. Aarness was an All-State runner in both his junior and senior year and has competed in three state meets with the Cougars. In the spring, he's a track star who has earned All-Conference in the 1,600- and 3,200-meter races.

In the classroom, Mason takes several college-level classes and is a straight-A student. The confidence to succeed, and the ethic to work have been bolstered by his basketball experience.

"Sports has this amazing thing of finding a personality and letting it blossom," Gibson said.

"From eighth grade to now, Mason's continued to make strides from sport to sport on and off the court. You can put him in any room and any setting, and he'll fit right in. I'm truly proud of what he's accomplished." ■

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

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