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# Park Bugle

St. Anthony Park / Como Park  
Falcon Heights / Lauderdale

parkbugle.org  
April 2024

## SAP District 12 Council welcomes new exec director

By Jack O'Connor

With private and non-profit work experience, St. Anthony Park Community Council's newest executive director hopes to improve community engagement and increase membership.

A long-time resident of the nearby Cedar-Riverside area, Zev Radziwill said he has been always interested in serving local neighborhoods. He joined District 12 effective March 1; he most recently worked as president of the Seven Corners District for the Cedar-Riverside Community Council.

Radziwill applied to be District 12's executive director as a way to serve another local community.

"I had just kind of been thinking 'How could I serve a neighborhood?' And I saw the opportunity on the Minnesota Council of

Nonprofits website. I just thought I would throw my hat in the ring," Radziwill said. "The interest is about serving the community and serving my neighbors and St. Anthony Park definitely fits that bill."

Pat Thompson, District 12 secretary and a member of the council's hiring committee, said, "Zev brings an interesting combination of similar and different experiences to SAPCC. He's accustomed to working with a wide range of people and has a strong background with key fundraising areas — both important areas for our community council's executive director.

"At the same time, because he's coming from Minneapolis, he'll bring a fresh perspective to our St. Paul organization." As District 12 executive director, Radziwill said communication and outreach will be his top priorities.

"Engaging neighbors and getting more folks to engage with the organization and understand what it is and how it serves the community



Zev Radziwill is the new executive director of the St. Anthony Park District 12 Community Council. He most recently held a similar position in Minneapolis. Submitted photo.

and its importance in the community [is my goal]," Radziwill said.

Prior to joining District 12, Radziwill promoted park access as a local representative for Minneapolis Parks and Recreation Board

committees. He was also involved with the Green Cities Accord, formerly known as Green Minneapolis, to protect and grow tree canopies in the Twin Cities.

Radziwill also worked as a project manager in the private sector as well as a campaign manager for A.J. Awed's campaign to defeat incumbent Minneapolis Mayor Jacob Frey in 2021.

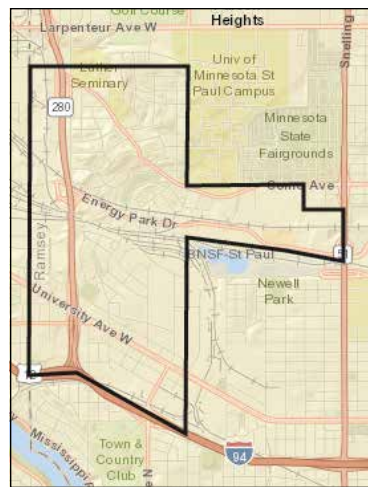
Radziwill said his experience will help him advocate for St. Anthony Park.

"I really want to be a representative of the community and advocate for what my neighbors at St. Anthony Park are looking for," Radziwill said. "I will be very excited to champion St. Anthony Park."

Radziwill added he encourages interested residents to contact him with any questions or concerns.

"I'm accessible. I have an open-door approach to these sorts of things," Radziwill said. "I look forward to serving you." ■

Jack O'Connor is a University of Minnesota journalism student who is an intern writer for the Bugle.



District 12 Community Council encompasses St. Anthony Park Map from District 12 website.

## Como resident tells story of WWII 'Black Rosies'

By Janet Wight

Ophelia Sewell, cafeteria worker. Vesta Mosley, machine operator. Lily Preston, matron. Margaret Lazenberry, nurse. Junauld Brown, newspaper reporter. Ethel Maxwell Williams, assistant director of Negro personnel.

These are just a few of the hundreds of African American women who worked as "Black Rosies" at the Twin Cities Ordnance Plant, or TCOP, around the time of World War II. This facility, located in Arden Hills, has been known as TCAAP (Twin Cities Army Ammunition Plant) since 1963.

St. Paul native, Como resident and Black heritage champion Jeremiah Ellis on Feb. 24 presented the highlights of his TCOP research as part of the Como Neighborhood History Project at the Como Streetcar Station.

This research would not have happened without the influence of his grandmother Roxie Smith, Ellis said. He was planning a trip to New Orleans when she told him about the National World War II Muse-

um, and then insisted that he visit this museum.

While visiting the museum, Ellis noticed a catchy poster advertising the documentary film "Invisible Warriors." After viewing the film's trailer, he learned about the African-American women who supported the war effort. This discovery piqued his interest.

In 2022, Ellis received a grant from the Ramsey County Historical Society that enabled him to delve into the compelling narratives of the African Americans who worked at TCOP during World War II.

Ellis extensively researched newspaper coverage of the Black Rosies. He was able to locate articles in the St. Paul Recorder, which covered the African American community, as well as in the TCOP



Author Jeremiah Ellis. Submitted photo.

plant newspaper. Additionally, the Pittsburgh Courier commended TCOP as a model munitions plant.

Perhaps surprisingly, there were about 1,000 African Americans working at the plant in 1943. That represented 20% of all Black workers in Minnesota then, he said.

Although it was rare for African Americans to be offered roles other than as custodians or housekeepers during the 1940s, the Ordnance plant workers held an impressive array of positions, including

Black Rosies to p. 6

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## CITY FILES

## St. Anthony Park and Como community councils news

## District 12 Community Council

### Kasota Ponds Volunteer Clean-Up

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

Located off Highway 280, Kasota Ponds makes up three of four water bodies in St. Anthony Park that are home to a variety of wildlife including fish, migratory waterfowl, turtles, mammals, songbirds and pollinator-friendly plants.

In 2023, volunteers removed about 2,200 pounds of trash and recyclables; this year they hope to collect even more!



Volunteers last year helped in the annual cleanup of Kasota Ponds. Photo submitted by District 12 Community Council.

Volunteers are encouraged to dress for the weather and wear shoes suitable 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.

(In case of inclement weather, the rain date will be 10 a.m. to 2 p.m., Sunday, April 28.)

Sign up at [bit.ly/KasotaPonds](https://bit.ly/KasotaPonds).

### Seeking Environment Committee co-chair

District 12 has an opening for a committee chair on the volunteer-led Environment Committee. The Environment Committee advocates for clean air and water, organizes local clean-ups and supports a healthy local environment through various initiatives.

As our current Environment chairperson finishes their term, District 12 is looking for community members interested in leading the committee. There is another committee chair currently on leave, who upon returning will also be the other co-chair of the committee.

Experience is not needed, just an interest in advocating for the community and 6 to 7 hours to volunteer each month.

If you are interested in becoming the next Environmental Committee chairperson or for further information, please email [info@sapcc.org](mailto:info@sapcc.org).

### New Speed Limits: Drive 25

Have you noticed the speed limit on Raymond Avenue between Como and University Avenues has changed?

It's now 25 mph, the same as the speed limit on Como Avenue between the Minneapolis border and Raymond Avenue and many other arterial streets in St. Paul.



Ramsey County is lowering speed limits on streets that have in-street bike lanes, usually by 5 mph. Other decreases have taken place on Larpenteur Avenue, Pierce Butler Route and Como Avenue on the south side of the State Fair.

According to Ramsey County Public Works, Cleveland Avenue between Como and Larpenteur Avenues will be assessed for a possible change from 30 to 25 mph this year. If approved, implementation would occur this summer or fall.

### Upcoming meetings

District 12 committee meetings are open to the public. If you are interested in attending an upcoming committee meeting or want more information, please email [sapcc.org/event](mailto:sapcc.org/event).

- **Land Use Committee:**  
7 p.m., Thursday, April 4
- **District 12 Board:**  
7 p.m., Thursday, April 11
- **Environment Committee:**  
6:30 p.m., Wednesday, April 24
- **Equity Committee:**  
7 p.m., Thursday, April 25
- **Transportation Committee:**  
7 p.m., Tuesday, April 30

Submitted by Hailey Dickinson, District 12 Outreach and Communications Coordinator.

## District 10 Community Council

### Join Community Council Board

Several seats are up for election this month to the District 10 Como Community Council board.

These positions serve two-year terms, through April 2025.

To get on the ballot, fill out an application at [District10ComoPark.org/Elections](https://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. If you have any questions or would like to know more about being a board member, contact District 10 at [district10@district10comopark.org](mailto:district10@district10comopark.org).

### Earth Day clean-up

District 10 will collaborate with the City of St. Paul in hosting a spring cleanup at Como Park. Meet at the park pavilion Saturday, April 20. Cleanup hours are from 9 to 11:30 a.m. and cleanup supplies are provided. For more info, go to [District10ComoPark.org/Cleanup](https://District10ComoPark.org/Cleanup).

### St. Paul Art Crawl includes Como artists

District 10 will showcase eight Como artists at the Como Streetcar Station during the St. Paul Art Collective's Spring Art Crawl on Saturday, April 27. The event is scheduled from noon to 6 p.m.

At 4 p.m. that same day, there will be a free dance class from Body Watani for the community. The Streetcar Station is at 1224 Lexington Parkway.

### Community event at Orchard Rec Center

The Como Community Council will host its annual Pick Up & Party at Orchard Recreation Center, 875 W Orchard Ave., from 4:30 to 6:30 p.m. Saturday, May 4.

The event features, among other things, a free picnic dinner, live music, community drain stenciling and the Sweet Frucci Ice Cream Truck!

Also, there will be pick up soccer, baseball and softball games and workshops put on by St. Paul Parks and Recreation, Blackhawk Soccer Club and the new Como ball teams. All are invited to this free event! For further information, go to [District10ComoPark.org/SD4Event](https://District10ComoPark.org/SD4Event).

### Coming: Como Garage Sale May 16-19

District 10 is coordinating a community garage sale from Thursday, May 16, to Sunday May 19. If you would like to be included in District 10's map, please sign up before May 10.

### District 10 meetings schedule

- **District Como Community meetings:** April 3 and May 1, 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](https://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.

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# Falcon Heights, St. Anthony begin police talks

By Anne Holzman,  
News analysis

The city of Falcon Heights is in talks with St. Anthony about possibly hiring its municipal neighbor for police services.

That was the arrangement in 2016 when Philando Castile was shot and killed in Falcon Heights by St. Anthony police officer Jeronimo Yanez. A Ramsey County jury acquitted Yanez of second-degree manslaughter; St. Anthony police fired him.

In the wake of the shooting, the St. Anthony City Council decided to stop providing police services to Falcon Heights. Since 2018, Falcon Heights has relied on annual contracts with the Ramsey County Sheriff's Office (RCSO) for services such as animal control, enforcement of city ordinances and crime

investigations, but that arrangement has been unsatisfactory to both sides.

Falcon Heights city leaders have worked with the Castile family to heal the painful memories. A task force submitted recommendations to make Falcon Heights more inclusive and safer for all. A Peace Garden memorial was established at the site of the killing on Larpenteur Avenue. Each year, the city and the Castile family remember the date of Philando's death with a unity and peace picnic.

Meanwhile, St. Anthony police have completed trainings and policy updates intended to improve their performance. At a Feb. 14 meeting of the Falcon Heights City Council, council member Melanie Leehy, who co-chaired the inclusion task force and has developed a friendship with the Castile fam-

ily, expressed appreciation for the work that St. Anthony police have done since the shooting.

At a Feb. 7 joint meeting of the two city councils, Falcon Heights council member Eric Meyer said that while knocking on doors as a candidate, he'd heard from constituents that they missed having personal relationships with St. Anthony's officers. Council members said the officers would knock on doors as part of the policing decision process.

The earliest possible start date for a contract between the two cities would be January 2025.

Currently, St. Anthony provides police services in Lauderdale, but Falcon Heights is significantly larger, and St. Anthony would have to grow its force in order to add services there.

St. Anthony City Manager Char-

lie Yunker told the Bugle in early March, "Right now both councils are focused on community engagement to gather feedback and ultimately determine if this is the right move for both communities. Should the decision be a yes, then we will shift to determining what implementation would look like."

Yunker said he expected both cities to review feedback from their respective communities during April.

Asked why Falcon Heights now appears ready to consider re-entering the relationship, City Administrator Jack Linehan said, "The timing of reaching out to St. Anthony Village made sense. We are in a one-year interim contract with the RCSO. We were in conver-

sations last year with the City of St. Paul, but we couldn't get the levels of liability coverage they needed.

"We knew that both Falcon Heights and St. Anthony Village would need to have an extensive community engagement process due to past trauma—from residents, councils, officers and the greater community," Linehan explained. "It's by no means the easy option, but it is our best option to work with a department whose vision aligns with what our residents are seeking from a police department." ■

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

## Falcon Heights mulls tweaks to State Fair traffic rules

By Anne Holzman

In its continuing effort to make the most of the State Fair while minimizing its annoyances to surrounding neighborhoods, Falcon Heights is refreshing its Fair Task Force with an eye to proposing new rules.

Changes would likely affect parking, pedestrian safety and sanitation on streets near the fairgrounds, possibly during other large events as well as the two-week State Fair.

A State Fair Task Force convened last summer to study the history of the city's Fair experiences and gather information. The group met with the Fair's leadership team headed by new CEO Renee Alexander, conducted a survey of resi-

dents, met with District 10 Council neighbors in St. Paul and drew up a list of recommendations.

That group finished its work with a report to the City Council at its Feb. 7 work session. From that discussion came a proposal to extend the task force for two more years. The proposal was formally adopted a week later at the council's regular meeting.

Some proposed measures, such as changes to parking rules on city streets, would require council action. Others, such as getting the word out or managing noise and trash, might depend more on the city's relationships with the Fair and other entities.

The task force plans to meet monthly through 2025. Informa-



tion about the group's work can be found under "City Commissions" on the Falcon Heights website at falconheights.org. ■

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

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**Next deadline: April 10, 2024**

**Publication date: April 23, 2024**

**Distribution: 5 to 10 business days**

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.

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## EDITORIAL

### From the desk of the editor

By Scott Carlson

#### From poems to parties

As we officially roll into spring, this edition of the Bugle is a time to celebrate the collective talents of our neighborhood poets and our newspaper's legion of supportive advertisers.

First, our citizen poets.

Bugle social media specialist Laura Adrian served as the judge for the Park Bugle's 14th Annual Poetry Contest in conjunction with National Poetry Month in April.

Laura carefully reviewed all 19 poems and walked away impressed with the quality of all the entries. See her analysis on page 12 of this issue.

"What struck me about all the entries was their ability to provide a glimpse into the worldview of their creators and their unique take on this year's theme, 'gratitude and civility,'" Laura said. "Participants submitted poems on a variety of topics such as nature, travel, crises, family and everyday life.

"I want to express my own gratitude to everyone who took the time

to submit a poem," Laura added. "Selecting the winners was a challenging task, as I carefully read through each submission multiple times, with the authors' names removed during the judging process."

While we are publishing only the three winning poems in this Bugle, we hope to publish a few other entries in future issues of the Bugle, as space permits.

Now a word about the Bugle's advertisers.

As the Bugle celebrates its 50th anniversary this year, the support of our advertisers has been crucial to the Bugle's longevity. They provide not merely money to help fund our operations, they help lay the foundation for our newspaper whose mission is creating community by turning readers into neighbors.

So, the Bugle board and staff met at Sunrise Banks to host an "Advertiser Appreciation Gathering" from 5 to 7 p.m., March 14. It was the first such appreciation that we have held since this practice was disrupted by the Covid-19 pandemic.



The Bugle recently held an "Advertisers Appreciation" event at Sunrise Banks. Top photo (l to r) Bugle staffers Fariba Sanikhatam, Sonia Ellis, board chairperson Helen Warren, Scott Carlson, Mary Hegge and former copy editor Betsy Carlson. Photos by Lou Micheals.

We had people from retail and business services attend. It was a great opportunity to reflect and say "Thank you" to an important group of people who make the Bugle possible. ■

Scott Carlson is the managing editor of the Bugle.



## LETTER TO THE EDITOR

### Cut corporate control of subsidized healthcare

Dear readers:

Our state used to have corporate-free health care for Minnesotans who couldn't pay all their medical bills. They deserve to regain such care.

Earlier this year, the Minnesota Legislature commissioned a study to report on plans to move state government towards eliminating private insurance corporations from controlling the health care of low-income Minnesotans.

Of course, everyone prefers to be free of corporate restrictions on health care. But to get there, let's first start with policy makers reversing special privileges outsourced to corporations.

On Feb. 1, the legislative study was published, offering two recommended plans: One plan is clearly profit-centered, greatly favoring the corporations who now control the majority of patients in Medical Assistance and MnCare. The other plan is a more people-friendly version, funnel-

ing fewer dollars to corporations, and expands eligibility for more Minnesotans to enroll in MnCare.

To please the public's demand for better healthcare access, legislators ought to fully embrace the plan which moves the state away from corporate control. I've seen the news from the federal investigation into care received by low-income patients under the control of corporations. It came out in mid-July, declaring those patients get worse treatment than those whom state governments

grant the right to be free of corporate control.

I support the gradual movement by legislators to unfetter low-income patients from profiteers. And if legislators want to impress me most favorably, they'll accomplish it quickly.

The federal investigation now gives them the facts about what is the moral, righteous policy.

Diane J. Peterson,  
Como Park

## COMMENTARY

### That 'aging look'

By Jack Neely,  
Commentary

I took a seat in the spacious waiting room to await my labs. All but one patient was scrolling their "devices."

I draped my jacket over my chair and settled in with my magazine—never to be kidnapped by that ubiquitous device.

However, it was impossible to ignore the person who sat across from me.

She sat with shapely legs crossed, an iPad opened before her and a large spiral notebook on the arm of her chair. Maybe 35 years of age—she looked younger. Her rather eye-catching sharp features were

accented by blond hair cascading over her shoulders.

She looked to be all business but in an approachable velour form. In short, had she worn alligator boots or six-inch stilettos, jeweled or not, she could have set her business activities aside and stepped out of Vogue.

Now in my very late eighties, I recognize how age has changed one's perception of both the viewed and the viewer in such situations.

I am fully aware that if she looked up a couple of times and saw me looking at her, I may have made her feel uncomfortable. At the worst, she may have seen me to be that dirty old man.

On the other hand, I wonder if

others in the waiting room would have seen in my gaze the innocence of Burt Lancaster in Atlantic City (1980) who admired Sally (Susan Sarandon) from afar—while yearning for his lost youth.

There is a fine line between gawking and admiring. Old guys may not recognize the difference but the attended to certainly do.

So—reach back to your long-lost youth—and enjoy.

But do not get caught, for as innocent as you may be, especially with a little smile, your look-see might well be misinterpreted. ■

Jack Neely, is a St. Anthony Park resident and occasional freelance writer-sage for the Bugle.

### 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.

**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

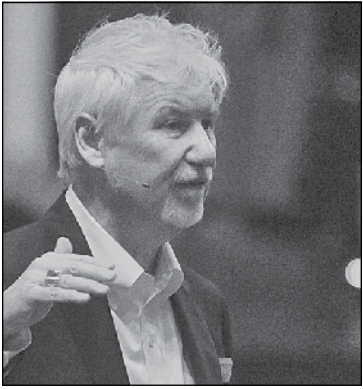
**July: Graduate Recognition**  
Copy/ad deadline: June 12  
Publication: June 25

# Merger yields Blaze Credit Union

By Scott Carlson

The merger of SPIRE and Hiway credit unions into Falcon Heights-based Blaze Credit Union was celebrated on Feb. 24, the day of the new financial entity's first annual meeting, with some 3,700 members attending.

The Blaze meeting drew such a large audience because it gave \$25 to every registered attendee. This special promotion began several years ago at SPIRE, the brainchild of its marketing department and chief executive officer Dan Stoltz.



CEO Dan Stoltz speaks at annual members' meeting. Photo courtesy Blaze Credit Union.

Stoltz, now Blaze's CEO, said the idea was to combine a fun customer appreciation event with a short business meeting.

"Because it was unique—no other credit union in the country was doing an annual meeting like this—we needed to get special approval from the regulators," Stoltz said of the \$25 per member cash giveaway. "Regulators approved it without concern because we paid people the \$25 to attend, not to vote a certain way."

Formally announced in mid-2023, the SPIRE-Hiway merger took effect Jan. 1. It has united two of Minnesota's largest credit unions, with combined assets of more than \$4 billion, serving 250,000 members and making it Minnesota's fourth-largest credit union. All 26 branches remain in operation, and all 650 plus associates remain employed.

Although Stoltz and Hiway's CEO Dave Boden had casually talked for years about merging the two credit unions, their talks got

more serious about 18 months ago when Boden announced he would be retiring.

In a Bugle email interview, Stoltz said merging SPIRE and Hiway is producing a bigger, stronger credit union.

"We can do more together—more community giveback, better member value and stronger branch footprint were key considerations when we started to dream about the possibilities," Stoltz said. "Blaze Credit Union has greater financial strength, so we are better positioned to offer top rates on both loans and savings, advanced technology and giving back to more to our communities."

For example, Blaze was able to cut \$2 million in fees almost immediately," Stoltz said. "We also took the 'best of the best' products between the two credit unions. One of the exciting benefits for our customers is that Blaze will now be able offer the very latest in advanced technology to our customers."

Meanwhile, Stoltz said Blaze is merging operations with no workforce cut expected from among its more than 600 employees. "Any reduction in the workforce will happen over several years through attrition," he said.

Stoltz said Blaze plans to expand its office footprint across Minnesota and wants to become Minnesota's best credit union.

As the CEO of Blaze, Stoltz has a long history in financial services and civic activities to go with strong roots in the Twin Cities community.

Stoltz grew up on St. Paul's East Side and was the first in his family to go to college. He graduated from University of Northwestern



The youth acrobatics group Circus Juventas performed at Blaze Credit Union's Customer Appreciation event. Photo by Bella Solle Photography.

in Roseville, got his MBA from St Thomas University and then became a certified public accountant.

After college, Stoltz worked for Northwestern to pay off student loans, then in 1999 was named chief financial officer of Twin City Co-ops Credit Union, which would become SPIRE in 2008.

SPIRE promoted Stoltz to senior vice president in 2007 and he became its CEO and president in 2010.

Stoltz said his philosophy is that "life is about giving and not getting." He credits his father Gene Stoltz, who owned a house painting business, for being his role model.

"He taught me, (among other things,) how to chase my dreams and take good chances, to show up when I say yes and simply go for it. Every day is a gift."

Going for it has included serving as the spokesman for the credit union in its TV commercials.

"Marketing approached me with the idea of doing TV commercials with me and an old work truck,"

Stoltz said. "My reaction was that it was CRAZY, but I agreed to try it for two years."

"I honestly didn't want to be in the commercials," Stoltz said. "But the truck and the members telling their story resonated with people." ■

Scott Carlson is the managing editor of the Bugle. In the interest of full disclosure, he is also a Blaze Credit Union member.

## Business lessons from his father

- How to chase my dreams and take good chances.
- That failure is OK—learn or be better—I chose to learn.
- Show up when I say yes!!
- Leadership is less about doing and more about being!
- Simply GO FOR IT—every day is a GIFT!
- Be thankful and grateful.

## Community service

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# It's retail magic for MacFarlane, Binkley

By Kathy Henderson

In just a few months, Abby MacFarlane has gone from being an independent vendor at the former Thistles outlet at Milton Square to becoming proprietor there of her own shop, "Practically Magical."

Now MacFarlane's latest move: She has found a business partner for Practically Magical in Bethany Binkley, a curated resale clothing vendor and fashion stylist.

"Bethany came in as a vendor last September," MacFarlane said. "She immediately seemed to get my vision [for the store]," MacFarlane said of their shop space at 2238 Carter Ave.

The partnership vision was almost a simultaneous and serendipitous moment, although Binkley laughingly claims she was the first one to say they should become business partners.

"And I answered, 'Yes, please,'" MacFarlane added.

However, their spontaneity also was tempered by practical business considerations of wanting to get things right. If they were going to form a partnership, they wanted it to be an amazing partnership.

That pragmatism, they explained, included background checks and financials, along with

a specifically created list for them of 100 questions encompassing business operation, organizational insights and personality traits that each filled out and exchanged with the other.

The result is they have established a solid base, said MacFarlane, with each knowing the other's strengths and weaknesses. "Our vendors also clearly know how the shop will operate," she said. "We want our group of vendors to grow their individual businesses, and at the same time, work together and support each other."

It's more than that, Binkley said, explaining how much fun they are having with their partnership, which in turn buoys the spirit of their vendors and spills over onto the people walking through the door.

As they rolled out a new look for the shop at the start of March, Binkley's future plans included an April shower theme highlighting trench coats. She describes her resale clothing stock as brand vintage, not necessarily vintage. Vintage, she explained, means over 20 years old. Brand vintage represents the early years of a brand.

For example, Binkley looks for circa early-1990s Anthropologie clothing that feature artists' signature prints.

"They are extremely hard to find," she said, "and hold up extraordinarily well as representative of a time and style."

In addition to her curated collection of resale clothing, Binkley's offers a fee-based fashion stylist client service that reflects her overall personal approach, knowledge and past fashion stylist employment experience.

In the shop next door, Yes! Yes! Vintage Market + Boutique, 2242 Carter Ave., owner Mary Norris couldn't be happier being Practically Magical's neighbor.

Although both shops carry what Norris calls "pre-loved" clothing, Binkley's tends toward the more classical lines, while there's more rock 'n roll, novelty and funky merchandise at Yes! Yes!

Norris said she expects this spring, shoppers will again find some authentic Hawaiian Aloha print-style shirts in stock, maybe even some with the sought-after woody station wagon motif.



Abby MacFarlane (left) and fashion vendor and stylist Bethany Binkley are now business partners at Practically Magical. Photo by Drew Henderson.

The ever-changing and often whimsical window displays of the two shops attract neighborhood walkers, as well as shoppers.

Norris waxes enthusiastically that having the two shops—plus Erin Flavin's Marigold, a non-alcoholic bottle shop along Carter Avenue—increases Milton Square's

viability as a destination location in the St. Anthony Park business district, noting shoppers show up there from Minneapolis, Burnsville and beyond the metro area. ■

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

## Black Rosies from p. 1

ordnance inspectors, engineers, operators, packers, timekeepers and ballisticians.

Working at TCOP afforded these women, many of whom were young, the opportunity to earn decent salaries. Some of them went on to financially support the growing local and national civil rights movement, he added.

Ellis was especially interested in learning more about the lives of these women outside of the

workplace. It was important to him to learn about their roles in the church and in community development.

"As I have been uncovering and sharing, I have been able to make connections," Ellis explained. For example, he had a conversation with the daughter of Junaud Brown who recounted her mother's involvement in her church community as well as with the NAACP (National Association

for the Advancement of Colored People).

"It is meaningful to me that I have been able to call out some of their names, and tell some of their stories, and this research might not have happened otherwise," he reflected. ■

Janet Wight is a regular freelance writer for the Bugle.

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## SCHOOL NEWS



# School news around town

Compiled by Sarah Clark

## Murray Middle School

Submitted by Principal Jamin McKenzie

### Murray Pilots advance to Regional History Day 2024

Forty-eight History Day projects created by 68 Murray students moved on to regional competition on March 16 at Johnson High School. Another 20 Murray students received honorable mention designation on their projects.

The submitted projects represent the work of both individuals and two- and three-person teams in the categories of original documentaries, museum exhibits, websites, historical papers and dramatic performance.

Murray students in grades six through eight participate in History Day.

At press deadline for this issue, it was unknown how many students and their projects would advance from regional competition to State History Day on April 20 at the Minneapolis Convention Center.



Eight Murray music students participated in a Middle School Honor Band Concert at the UM-Duluth on Feb 26. Photo courtesy of Jamin McKenzie.

### Music fundraiser-dinner

Murray's music program is hosting a community-wide spaghetti dinner fundraiser from 5 to 7 p.m. on Tuesday, April 2 in the school cafeteria. Spaghetti, salad, bread and a dessert will be served while students perform solos or ensemble pieces.

"Please come and support our great music program," said school music director Denae Olsen. "Funds will go toward buying supplies, bus money for getting out into the community, buying music and helping pay for registration fees when needed for honor bands and orchestras."

Olsen said the event will be pay-as-you-can, with suggested donations of \$10 per individual, \$30 per family or \$50 or more to help 'pay-it-forward.' Tickets for the dinner are available online at [shorturl.at/hDIY3](http://shorturl.at/hDIY3) or [murray.spps.org](http://murray.spps.org).

## St. Anthony Park Elementary School

Submitted by Principal Karen Duke

### Destination Imagination teams

On March 2, two SAP Elementary teams competed at the Minnesota Destination Imagination Tournament held at Coon Rapids Middle School.

Both teams, the Tie Dye D.I. Shirts coached by Tammy Albrecht and Saturn's Seven Silly Smarties coached by Anita Severt, presented their projects.

Destination Imagination is a nonprofit whose goal is to inspire young people through innovation

to become creative and collaborative leaders of the future.

### The Lion King Kids

With support from the St. Anthony Park School Association, students in SAP Elementary's extended day learning program will be staging a production of Disney's "The Lion King Kids."

This musical theater production is being directed and produced by SAP Elementary choir and music teacher Jane Blackwell. Students will present the play in late May.

### SAP Science Fair

St. Anthony Park Elementary's annual Science Fair was slated for Monday, March 25 (after this edition goes to publication).

School staff expected more than 200 students in grades three through five to complete original science experiments and display their results on poster boards.

Students in grades four and five were expected to participate in the science fair while third grade students had the option to participate. Traditionally, nearly 90% of third-grade students choose to participate.

The Science Fair is led by science teacher Jim Schrankler. SAP Elementary Principal Karen Duke said of Schrankler's work, "He puts in many hours during and after school to ensure that every child in grades four and five completes a project. It is a valuable experience for our young scientists and one of the cornerstones of SAP's strong science program."

## Twin Cities German Immersion School

Submitted by Paige Yurczyk

### Used book fair

The Twin Cities German Immersion School's library will hold a used book fair from 3:30 to 5:30 p.m., Thursday, April 25. The book fair will take place in the school atrium and is open to the public.

Yurczyk said, "Expect to find German books of all levels. There will also be books in the English language. All items are sold on a donation basis, and credit card or cash is accepted."

Funds raised will benefit the TCGIS library.

### Nordic ski team goes to Loppet World Cup

The TCGIS Nordic ski team attended the Loppet World Cup in February in the Twin Cities.

"Our students were excited to cheer on top German skier Victoria Carl during her race," reported Paige Yurczyk, TCGIS communications coordinator. "TCGIS would like to give a huge thank you to the Loppet and another huge thank you to coach Partenheimer for coordinating this great opportunity for our students."

The world's top cross-country skiing athletes competed in the first

World Cup race held in the U.S. in 20 years at Minneapolis' Theodore Wirth Park.



The TCGIS Nordic Ski team attended the Loppet World Cup in February. Submitted photo by Paige Yurczyk.

### TCGIS hosts second annual Festival of Cultures

In February, TCGIS celebrated its second annual Festival of Cultures.

Yurczyk called the event a success, noting "There were 20+ engaging displays hosted by TCGIS families, nine cultural performances, an incredibly skilled Hen-na artist and two food trucks."

"This event serves as a vibrant reflection of TCGIS' commitment to educating the 'whole child,' by fostering global awareness and appreciation for different cultures," Yurczyk said.

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

# Children's Dental Services program serving middle school students

By Alex Karwowski

Children's Dental Services (CDS) is providing oral health education to more than 600 Murray Middle School students on the dangers of vaping and using tobacco products.

The CDS program comes after winning a grant from the St. Anthony Park Community Foundation to conduct the project whose goal is to stop and deter student tobacco use, including vaping.

CDS was one of 16 local nonprofit organizations to receive a grant last year, said Julie Drechsler, executive director for the SAP Community Foundation. Its grant is \$2,000.

"The Children's Dental Service was a new applicant in 2023 and the SAP Community Foundation was impressed with their proposal," Drechsler said.

CDS Executive Director Sarah Wovcha said children as young as 9 years old are exposed to commercial tobacco products.

The community grant is creating an accessible space at Murray staffed with trusted individuals to talk about the dangers of tobacco use. Wovcha said without any formal education on the risks of commercial tobacco products, there may not be anyone talking to students about its impacts.

"(The students are) just beginning to be at the age where they're more likely to take risks; that's normal for the adolescent brain," she said.

Flavors like bubble gum, and packaging made to look like technological devices, only spark the curiosity of adolescents.

The foundation recognized the importance of providing preventative substance abuse education to the middle school students.

"We know there are strong links between oral health and general health and wellbeing," Drechsler said. "We know the students will directly benefit from the program delivered by the Children's Dental Services."

That seems to be happening.

Wovcha said after receiving the education, students reported they are electing to be more careful in deciding whether they want to use an addictive substance.

Wovcha said CDS was founded more than 100 years ago by a group of women who provided care to orphans who lost their caregivers to the Spanish Flu. The organization has become Minnesota's largest school-based provider of dental services to low-income families.

"We have a specialty of delivering dental services on site where kids naturally congregate, like in schools, Head Start centers, community centers and shelters," Wovcha said.

"There are scarce resources, especially in the realm of providing services for lower income, children and families," Wovcha added. "We wouldn't be able to do that without our local philanthropy." ■

Alex Karwowski is a University of Minnesota journalism student and intern reporter for the Bugle.



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## SCHOOL NEWS

## Como Park High School news

By Eric Erickson

## Robotics competition

While 2023 was a resurgent year for the Como Robotics team, 2024 has seen the doubling of a couple of key numbers: participants and competitions.

There are 24 active team members this year. The team built a robot more efficiently and skillfully this season while also increasing marketing and raising funds to support the program goals to compete in tournaments.

It's been a challenge since traditional sponsors dropped financial support. But the determination of the members of "Como BEAST-Bot 2855" resulted in traveling to the Northern Lights Regional competition in Duluth. Out of 55 teams there, BEASTBot won several matches and placed 16th overall—a successful new adventure.

Como's only tournament last year was the 10,000 Lakes Region-

al at the University of Minnesota. They will return to compete in it on April 3 to 5.

## Experiential learning in D.C.

Twenty-nine seniors studying AP Government and AP Economics recently spent a week in Washington, D.C., as part of the national Close Up program.

Como student highlights included study visits to national monuments and memorials including Jefferson, FDR, Martin Luther King, Jr., Lincoln, World War II, Vietnam and Korea. There were also study visits to museums of the Smithsonian, Arlington National Cemetery and different Washington, D.C., neighborhoods.

Como students visited Capitol Hill on March 6 for an unforgettable day, observing the Senate Environment and Public Works Committee discuss federal initiatives on sustainability and recycling. A swing by the office of

U.S. Sen. Bernie Sanders, I-Vermont, resulted in a photo op with the popular 2020 presidential candidate.

U.S. Sen. Tina Smith, D-Minn., hosted the Como students outside her office for an engaging 20-minute meeting discussing student-generated questions. Sen. Cory Booker, D-New Jersey, also greeted the group and agreed to taking a selfie with the Como contingent.

From those highlights all occurring in the Senate's Hart Office Building, the group was escorted into the U.S. Capitol by Amy Klobuchar's staff for a 20-minute meeting with Minnesota's senior senator.

Klobuchar offered insights into legislation she's currently sponsoring, discussed the political landscape that Congress is navigating and answered student questions.

After a lecture in the Supreme Court Chamber, U.S. Rep. Betty



Como AP Government students with Sen. Amy Klobuchar after their meeting in the U.S. Capitol. Photo courtesy of Sen. Klobuchar's office.

McCullum, D-Minn., provided students information about the budget and her views on Israel and Gaza. Afterwards, the students witnessed the House of Representatives vote on six bills to continue funding the federal government. ■

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

## PEOPLE IN YOUR NEIGHBORHOOD: Josie Skoogman

By Sarah CR Clark

Sixteen-year old Josie Skoogman is, as we say in Minnesota, "kind of a big deal."

And she's just getting started.

A junior at Hill-Murray High School, Skoogman helped lead the girls varsity hockey team to a second-place finish in the Minnesota Class AA State Tournament at the end of February.

Skoogman was named to the 2024 AA All-Tournament Team and the All-State Team, recognition for being one of the top four defenders in girls' hockey in Minnesota. She has committed to playing Division 1 hockey for Cornell University after she graduates from high school.

Skoogman, who lives in St. Anthony Park, began playing hockey for Langford Park when she was six years old.

"Josie represents all you can hope for from a player," said Dan Anderson, Skoogman's first coach and neighbor. "She loves the game, works hard, and always has an eye for how to set up and support her teammates."

"She really is a special player, easily one of the best skaters I've ever been around," Anderson added. "It's wonderful to see how all her effort and dedication are continuing to open doors for her."

Skoogman lives with her parents, Andy and Allanna, and three sisters. "(But) my support system goes past my immediate family," she said, noting her aunt, uncle, cousins and grandparents—all of whom live in her neighborhood—"attend almost every one of my hockey games."

When Skoogman isn't on the ice, she likes to spend time with her friends and family. In school her

favorite class is English. And she plays other sports too.

"I also play tennis and golf for Hill-Murray, so that keeps me busy in the fall and spring," Josie said.

During the hockey season, Skoogman spends about eight hours a week on the ice practicing and playing games. During the summer she spends half that time on the ice. She plays defense for the Hill-Murray Pioneers, a team of 18 girls.

One of Josie's Hill-Murray coaches, former NHL player John Pohl, reported it's "very, very easy to coach" her. "She wants to succeed. She's a coach's dream."

Skoogman recalled her favorite memory from the 2023-2024 season:

"We lost back-to-back section final games the last two seasons, when I was a freshman and a sophomore. The winner of the section final earns a trip to the State Tournament which is played at the Xcel Energy Center.

"So, as a team, our goal this season was to make it to the section final game and win it. And we did! We beat Stillwater, 5-2.

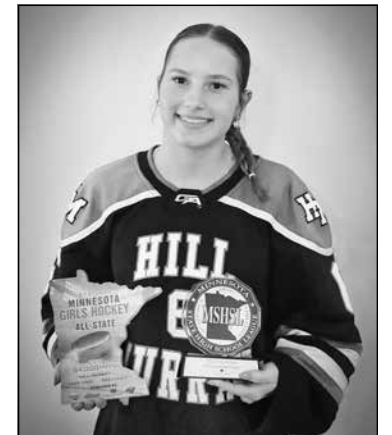
"The feeling of finally winning the section final game was surreal. I was overjoyed because of all our hard work throughout the season. All that work paid off!"

In a year and a half, Skoogman will head to Cornell University.

"I chose Cornell because of the excellent coaching staff, the character of the players I met, and the once-in-a-lifetime opportunity to earn an Ivy League education," Skoogman said. "It feels like a perfect fit for me as a player and a student."

Skoogman's aunt, Regan Golden, recalled the many neighbors who supported Hill-Murray's team at the 2024 State Tournament.

"Lots of neighbors came to the game," Golden said. "We joked that we should have gotten a bus to transport all the SAP folks!" Skoogman felt that support.



Josie Skoogman is an All-State girls hockey player from Hill-Murray High School. Photo by Regan Golden.

"I will be headed to college in New York next year but SAP will always be home to me," Josie said. "It's where my dream of playing Division 1 hockey began. I can't thank my family and friends from the neighborhood enough for all their support so far on my journey." ■

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

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# Fueling for spring and summer

By Jenni Wolf

Cue the longer days, more sun and warmer temps.

Everyone you know is out on your block chatting and hanging out. The looped path around the lake is bustling with bikes. Instead of that one lonely and bundled runner, there are now packs of runners hustling by your door. We've traded the cozy movie marathons and fireplace reads for more active hobbies that may find us more on-the-go.

That means we likely need more fuel to get us through our active days. But in actuality, we probably have less time and energy to think about, prepare and eat food.

Here's helping you solve that conundrum with a few simple tips:

**Start off strong.** There is a reason we call breakfast the "most important" meal of the day. It's the time when we literally "break-the-fast" and that is important for our metabolic health.

Having something to eat after we wake up helps to replenish our body's stores that were used while we were sleeping. This tells our bodies that they are getting fed and fueled for the day. This helps us feel energized.

If we skip eating until lunch, the lack of fuel communicates the opposite to our body, and our metabolism wants to slow down and conserve energy. That will leave us tired and sluggish.

Many people struggle with appetite in the morning, so it may help to begin with a snack first, followed by a later breakfast. Or, consider trying two or three snacks in the

morning rather than one large breakfast.

The important thing is to give your body fuel in the morning—aim to eat something within an hour, no more than two, after arising. Morning intake also helps regulate hunger and fullness cues, as well as appetite, which supports normal eating the rest of the day.

**Pay attention to timing.** When we are more active or are out for longer stretches of our days, it can become difficult to keep up with timely intake. As a general guideline, most people feel their best eating something about every three hours.

Keep an eye on the clock or think ahead prior to engaging in an activity or leaving the house. If you go too far past three or four hours without eating a meal or snack, your blood sugar and energy levels start to drop. Thinking through your plans for the day and being realistic about how long things take is my top tip to keep yourself fueled all day long.

If you eat lunch at noon, but are meeting friends for a bike ride at 2 p.m., will you be back home to grab food by 3 or 4 o'clock? If not, you best bring a snack.

**Stash your snacks.** Speaking of snacks, prepare yourself for busy, active days by keeping snacks in convenient places. Think car glovebox, soccer bag, bike pack, pool bag or even in a basket by the backdoor.

My favorite snacks to stash for warmer weather are ones that won't melt: dried fruit, trail mix packets with M&Ms, whole-grain crackers,

meat sticks or jerky, and fig bars. You've got enough to remember, so packing snacks once for the week will save you some brain space.

Foods with protein are harder to stash, but keeping a stock in your fridge makes it easy to throw some into a cooler or lunch bag. Cheese sticks, deli meat roll-ups, yogurt cups, small bottles of milk or protein shakes and hard-boiled eggs are all great options.

**Prioritize carbs and protein.** This may come as a shock to you, with what diet culture and the media tells us about carbohydrates. But carbs are a very important part of an active lifestyle. Carbs are our body's favorite and preferred sources of fuel. They give us quick energy and are easy to digest.

Carbs are important to choose before and after a more extensive physical activity because of this – they help to fuel our bike ride, but



Take time to rest between activity with a picnic table snack-break. Photo by Jenni Wolf.

then also to replenish the fuel we used so that we can go about the rest of our day.

We also want to prioritize protein and tend to focus on this after engaging in physical activity because they help restore and repair any muscles and tissues that were used. We want to, of course, be eating protein throughout the day at regular meals and snacks as well.

My favorite post-activity snack is chocolate milk. It's got the protein and carbs all in one!

Here's to welcoming the warmer months and a more active season—and keeping ourselves fueled to enjoy it all! ■

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

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# Senior Living

## Nursing homes adapt in aftermath of Covid pandemic

By Dave Healy

Covid-19 changed things for everyone, but perhaps no segment of society has been more greatly affected by the pandemic than nursing homes.

According to the Centers for Medicare & Medicaid Services, long-term care facilities have had nearly 2 million confirmed Covid-19 cases since the pandemic began, with nearly 172,000 deaths attributed to the illness.

How has the pandemic affected local long-term care facilities?

St. Anthony Park Home, an 84-bed facility at 2237 Commonwealth Ave., has services for transitional and long-term care residents.

Lisa Amsler, activities director, said that during the height of the pandemic, when she and her staff could no longer conduct group activities, “we rolled a piano up and down the hall so I could play for residents in their rooms.”

Another adjustment was using Zoom and FaceTime for some hitherto in-person activities, like bingo and reading by a volunteer, as well as enabling friends and loved ones to communicate with residents when the facility was locked down.

“Being forced to become better able to use available technology has

had lasting benefits,” Amsler said. “We continue to use those tools for people who live too far away to visit regularly.”

Amsler said that having to wear personal protective equipment made interactions with residents more difficult and impersonal: “Residents rely on seeing familiar faces, and it was hard when masks and gowns and shields made us difficult to recognize and understand.”

One effect of the pandemic was that even after in-person activities resumed, it was difficult to get some residents to participate. “Some of them got used to staying in their rooms, and we had to work harder to get them to come out,” Amsler said.

She noted that when it became possible to hold group activities again, some of the larger ones were moved outdoors to the patio to better accommodate social distancing. That practice has continued.

“Although we always had held some activities outdoors, it was increased because of the pandemic,” Amsler said.

For Mona Salazar, director of nursing at SAPH, the pandemic helped pull people together. Staff from occupational and physical therapy helped out with some



Residents at St. Anthony Park Home play parachute volleyball. Photo by St. Anthony Park Home.

nursing assistant duties, including feeding residents who needed help eating.

Staffing had been a challenge at SAPH before the pandemic, and Covid-19 intensified that. One thing they lost because of pandemic restrictions was their status as a clinical training site, which was a potential source of new hires.

Salazar said she experienced

some mixed emotions when lockdown restrictions were loosened.

“Of course, we felt for those residents who hadn’t been able to receive visits from friends and loved ones,” she said. “At the same time, when outsiders could resume coming in, I realized that our protective bubble would be different. Even during the height of the pandemic, I felt safer in our building than I did outside.”

Salazar said that one positive effect of the pandemic is that it improved SAPH’s infectious disease control. “We became, and continue to be, more proactive,” she said.

### The view from Lyngblomsten

At Lyngblomsten Care Center, a 225 bed-facility in the Como Park neighborhood, long-term care residents live in one of ten “neighborhoods,” small groups of rooms. That arrangement made it easier to isolate infected residents during the height of the pandemic, according to Greg Wainman, director of nursing.

Wainman said that although some staff resigned early in the pandemic, Lyngblomsten was able to continue providing care without using agency or pool personnel. “We have one of the highest retention rates—over 90 percent—in the industry,” he said.

Wainman said that the current nursing staff of 260—which includes RNs, LPNs, and nursing assistants—is close to where he’d like it to be: 275. He added that the pandemic prompted Lyngblomsten to think about how to incentivize working there, leading to the establishment of bonuses for staff who agreed to work extra hours.

“One positive outcome of the pandemic was an increased sense of camaraderie among all our staff,” Wainman said. “We were forced to rely on each other through shared hardship, and that spirit continues to this day. As staff, we’re caregivers for our residents, but we also need to take care of each other.” ■

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

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# Senior Living

## Estate planning can ease end-of-life issues

By Amirah Razman

Christine Courtney, a St. Anthony Park estate planning attorney, spoke about wills and estate planning at Centennial United Methodist Church on March 2.

Her presentation covered administering estate plans, how to put an estate plan together, gathering documents for the estate plan and selecting a fiduciary to help with the plan.

Courtney's goal was to convince people to consider informing their families of their end-of-life plans, especially those involving possession of physical and monetary items.

"Most people do care a little bit about what it looks like when they're gone," Courtney said. "The reason that people often do an estate plan comes from their own set of goals."

Some goals include maintaining a positive relationship with their loved ones and having control over their affairs, according to Courtney.

"Many of my clients come to me because they've seen [relationships] unfold badly when there wasn't a plan," Courtney said.



Christine Courtney. Submitted photo.

"They want to have an (estate) plan in place to protect the emotional realities of their loved ones while they're grieving their death."

The process of creating estate plans and wills can be emotional, Courtney said.

As an estate planning attorney, Courtney said she helps people navigate the emotional process of creating an estate plan aligned with their goals.

She said many people have mixed feelings about creating an estate plan due to the heaviness of thinking about their death along with any life problems.

"The best way to overcome it is talking it out with someone, because the longer it sits in your head, the bigger the problem is and the harder it can be to resolve it," Courtney said.

Once people address their needs and concerns, they begin to feel good about creating an estate plan.

One facet of people's lives that Courtney helps to address is how to handle digital accounts once someone has passed, an important topic to navigate during the planning process.

"I spend a lot of time talking about how you lay a path for people when it comes to finding your stuff, going through your digital accounts, taking down social media," Courtney said.

Making wills and estate plans en-

sures that people are making the right decisions about how their affairs are handled, and by whom, according to Courtney.

"Planning can really reduce that burden and it can change how

people experience their own grief process," Courtney said. ■

Amirah Razman is a University of Minnesota journalism student and an intern writer for the Bugle

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# Bugle contestants probe gratitude, civility

By Laura Adrian

I had the honor and privilege of serving as the judge for the Park Bugle's 14th Annual Poetry Contest in conjunction with National Poetry Month in April.

Poetry is an art form I deeply appreciate, as it offers a unique avenue to unpack moments or experiences in a cathartic, inspiring and thought-provoking manner.

What struck me about all the entries was their ability to provide a glimpse into the worldview of their creators and their unique take on

this year's theme, "gratitude and civility." Participants submitted poems on a variety of topics such as nature, travel, crises, family and everyday life.

I want to express my own gratitude to everyone who took the time to submit a poem. Selecting the winners was a challenging task, as I carefully read through each submission multiple times, with the authors' names removed during the judging process.

From my perspective, the most effective poems focused on specific moments, scenes and central

themes which I found to be particularly impactful.

Additionally, I looked for poems that were emotionally moving or thought-provoking, and those that conveyed a specific event or experience in a way that pointed to universal experiences or deeper truths. I also considered technical aspects such as structure and word choice.

The winning poems effectively illustrated gratitude without necessarily using the word itself (see p. 13).

**First place:** The first-place poem, "What We Took," struck me for its use of specific examples, such as Malt-O-Meal and Cream of Wheat, which anchored me into the au-

thor's world with vivid images. The overall message of the poem felt relevant and relatable.

**Second place:** In second place was "As Has Become My Habit," which beautifully depicted a scene at a hospital with clarity and poignancy. It highlighted the power of kindness from strangers, a sentiment many of us have experienced firsthand.

**Third place:** The third-place poem, "The orchid, the tree, and the whittler: An ode to time," had a wonderful flow to it and evoked a strong sense of the poignancy of life and death, as well as everything in between.

**Honorable mention:** Another standout poem that received an honorable mention was "Lines from a Daughter." What stood out about this piece was its unfolding depth upon multiple readings. It had a well-crafted structure and word choice that effectively conveyed emotion and meaning in a concise manner.

Congratulations to all the winners and heartfelt thanks to all who participated in this year's contest. Your contributions made this a truly enriching experience for all involved. ■

Laura Adrian is the social media specialist for the Park Bugle.

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## SAP history series next up April 9

By Mary Mergenthal

Free monthly presentations focusing on St. Anthony Park's neighborhood architecture and history continues at 7 p.m. on Tuesday, April 9 at St. Anthony Park Lutheran Church, 2323 Como Ave.

The next monthly program will focus on housing constructed in the 1960s to the present.

Sponsored by the church and presented by Augsburg University professor Kristin Anderson, the 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



Pictured is the Richard Hammel house, which was built in 1963.  
Photo by Kristin Anderson.

recording available for one week after the session.

Use the SAPLC YouTube channel at bit.ly/Sap-history. You can also get to the church's YouTube channel by clicking through from

Saplc.org to the Worship link, and then to the livestream link. ■

Mary Mergenthal is a former Park Bugle editor and is currently the newspaper's obits editor.

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# Poetry winners for 2024

Editor's note: What follows are this year's winning poems, as selected by our anonymous judge (now revealed as Laura Adrian).

**First place – Dave Healy**

**“What we took.”**

We took what she dished up:  
bowls of Malt-O-Meal and Cream of Wheat  
peanut butter and honey in homemade buns  
glasses of mixed milk — half powdered, half whole.

We took the shirts that came off her Singer:  
Minnesota Fabrics married to Simplicity.

We took the words she read each night:  
Eeyore and Piglet and Owl  
Thidwick and Horton and Yertle.

We took the best years of our lives  
and then we took our leave.  
We took and took but never gave  
until all we had to give was thanks.

**Second place – Alice Duggan**

**“As has become my habit”**

I wander into the hallway in my pale nightgown, in my bare feet,  
and here comes a woman crossing the night, in her blue scrubs,  
pushing her cart — and she says Can I help you?  
This question I think on deeply. Could she help? My bed won't comply,  
and I've exhausted the video game of head up, head down,  
where should the center of me lie,  
and she is beautiful with her black hair. My bed, I try.  
A mess, she says.  
She untangles the snarl of my blankets. She covers me,  
and my verbs all change tense. I went, I was, out like a light.  
Breakfast came gently, the way it does after rest.  
Whoever you are, whoever you are —  
you covered me, and I slept.

**Third place – Bonnie Horgos**

**“The orchid, the tree, and the whittler: An ode to time”**

The oak tree succumbed to blight  
The same year my dad surrendered to cancer  
Two towering forces in my life  
Buckling under the weight of illness  
Mere months apart.

All that's left where the tree once grew  
Is a pile of woodchips ground down from the stump.  
An avid whittler, my dad always loved woodchips  
Collecting at his feet  
The sign of a prolific day.

The hour my dad died, my orchid plant,  
Which lay dormant through countless moves,  
Produced three small buds  
Reaching towards the sun,  
As if to say, “There is life here yet.”

I preserved the orchid blooms,  
And the wood chips protect the earth.  
Each minute that passes since my dad died  
and the oak tree fell,  
I know their love still blooms somewhere,  
Moment by moment.

**Honorable mention – Katharine Kline**

**“Lines from a daughter”**

You may find yourself, one day, on a bench  
in a park where you once pulled a sled  
calling your father who has been ill  
and assuring him that all will be well  
even though you both know  
it is only a prayer.

You may find yourself, one day, walking  
on sidewalks you know by heart  
stopping to touch a tree which has grown  
stronger and larger  
while you yourself have slowed —  
your light steps  
now heavy.

You may find yourself, one day, returning  
to a dream you had  
and finding it has drifted  
and dispersed and is now  
only a wisp of white in a smaller sky.

And if you find yourself here,  
remember this:  
you don't breathe in this world  
you breathe with this world  
and those sidewalks you know by heart:  
they will carry you home.

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## EVENTS AND MORE

Compiled by Kathy Henderson

**Bell Museum**

**Eclipse Celebration:** Celebrate the solar eclipse from 10 a.m. to 4 p.m. on Monday, April 8, at the Bell Museum, 2088 Larpenteur Ave. W. Weather permitting, the eclipse is expected to peak around 2 p.m.

Bell's telescope equipment uses safe sun-viewing methods that filter the sunlight and projects the sunlight. No matter the weather, there will still be sun-focused activities throughout the day and expert astronomy staff will be available to answer questions.

The Eclipse Celebration is included with regular admission. Planetarium shows about eclipses are ticketed events. Regular admission: \$12-\$15, free for Bell Museum members, University of Minnesota students and Indigenous peoples. [bellmuseum.umn.edu](http://bellmuseum.umn.edu).

**boréal Art Loft**

Minnesota watercolor artist Dr. James Turner is the boreal Art Loft's featured artist during April.

Turner is known for the various ways he approaches watercolor art, from classic realism to abstract emotion, and how he continually explores new techniques, new media and new compositions.

Turner earned his medical degree from University of Minnesota Medical School and practiced full time as a board-certified anesthesiologist until three years ago.

About 25 years ago, Turner began to take watercolor painting seriously. Since then, he has won many prizes in art competitions and taught watercolor art techniques to others.

The Art Loft is open 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](http://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, April 15 at St. Matthew's Episcopal Church, 2136 Carter Ave. All singing abilities are welcome. Free.

**Como Zoo and Conservatory**

**Party for the planet:** Como's annual Earth Day and conservation celebration will take place from 10 a.m. to 4 p.m. Saturday, April 20, and Sunday, April 21. The party promises to be full of family activities, crafts and interpretive opportunities. Details available at [comozooconservatory.org/category/como-special-events](http://comozooconservatory.org/category/como-special-events).

**Spring flower show:** Look for early spring floral favorites in the Marjorie McNeely Conservatory's sunken garden through Sunday, April 28, at 1225 Estabrook Drive. Regular hours: 10 a.m. to 4 p.m. A

voluntary donation of \$4 for adults and \$2 for children is appreciated, with the money earmarked to help care for plants and animals. [comozooconservatory.org](http://comozooconservatory.org).

**OLLI lectures**

OLLI, the University of Minnesota's Osher Lifelong Learning Institute, is hosting a free online series of six lectures that will give viewers a sample of the variety of courses available to OLLI members, the U's learning community for people age 50 and older.

For example, gain insights into the U's apple breeding program (Honeycrisp, Haralson, First Kiss, SweetTango) when James Luby, Horticultural Sciences, presents "Awesome Apples" on April 11.

The six lectures are scheduled from 12:30 to 2 p.m. on Thursdays, March 28 to May 3. Register for one lecture or the entire series at [z.umn.edu/attheU2024](http://z.umn.edu/attheU2024).

**St. Anthony Park Garden Club**

The St. Anthony Park Garden Club welcomes Russ Henry as its April guest speaker. Henry will present "An Overview of Strategies for Healthier Landscaping." He is president of Minnehaha Falls Landscape, owner of Giving Tree Gardens, founder of Bee Safe Minneapolis, a certified soil life consultant and the author of the book "Healthy Home Landscapes."

The April meeting begins with a club business meeting at 6:30 p.m., followed by a 7 p.m. social and 7:30 p.m. program on Tuesday, April 2. In person at St. Anthony Park Lutheran Church, 1212 Como Ave. (enter from Luther Place) or via Zoom. Email [sapgaradenclub@gmail.com](mailto:sapgaradenclub@gmail.com) for the link.

**U's Mini-Medical School**

Registration is open for the University of Minnesota's free online Mini-Medical School series from 5 to 6:30 p.m. on Wednesdays, April 17 and 24 and May 1.

The spring theme is "Mind Matters: The Brain and Mental Health." Although there is medical school in the series title, information is presented in a format for the general public. Weekly topics:

- Decoding the Brain: Basics and development (April 17)
- Multi-faceted: Depression and mental health (April 24)
- The Aging Mind: Navigating mental wellness in later years (May 1)

Register at [clinicalaffairs.umn.edu/mini-medical-school](http://clinicalaffairs.umn.edu/mini-medical-school).

**Women's Drum Center**

Spring brings a new workshop and a new drum series to the Women's Drum Center, 2242 University Ave. W. [womendrumcenter.org](http://womendrumcenter.org).

**Djembe improvisation and soloing**

A rare opportunity to elevate one's djembe skills in a two-part workshop under the guidance of seasoned drummer Dan Engebretson. 10 a.m. to noon on Saturdays, April 6 and 13. Limited space; some drumming experience suggested. Registration required. \$50.

**Drum line camp II:** A new four-part drum series for age 16 and older who have some stick drum experience and want to up their game. 6:30 to 7:30 p.m., Mondays, April 22 and 29 and May 6 and 13. Class size limited; preregistration required. \$60.

**Senior activities**

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

In-person activities include:

- **Exercise:** 1 to 2 p.m., Fridays, April 5, 12, 19 and 26 at Lauderdale City Hall, 1891 Walnut St.
- **Movie:** 2 to 4 p.m., Monday, April 8, at Centennial United Methodist Church, St. Anthony Park Campus, 2200 Hillside Ave. Open to all.
- **Handiwork group:** 9:30 to 10:30 a.m., Thursday, April 11, at the Finnish Bistro, 2264 Como Ave.
- **Healthcare directive workshop:** 10:30 a.m. to 1:30 p.m., Tuesday, April 16, at the St. Anthony Park Library, 2245 Como Ave. Drop in to fill out a healthcare directive. Free.
- **Blood pressure clinic:** 3 to 3:45 p.m., Tuesday, April 16, at Seal Hi-Rise, 825 Seal St.
- **Card-making class:** 9:30 to 11:30 a.m., Wednesday, April 17, at Centennial United Methodist Church, St. Anthony Park Campus, 2200 Hillside Ave.
- **Dinner theater:** "Til Beth Do Us Part," a romantic comedy, 10:30 a.m. to 4:30 p.m., Thursday, April 18, Plymouth Playhouse. Free admission only with preregistration. Limited tickets available. Call 651-642-9052 to register and reserve a place on the bus.
- **Game Day:** 10 a.m. to noon, Tuesday, April 23, at Centennial United Methodist Church, St. Anthony Park Campus, 2200 Hillside Ave.
- **Tai Ji Quan:** Moving for Better Balance: 2 to 3 p.m., Tuesdays, April 23 and 30, and Thursday, April 25, at The Legends at Berry, 777 Berry St. Call 651-642-9052 to register.

Hybrid:

- **Caregiver Support Group:** Noon to 1 p.m., Thursday, April 4. 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, April 1, 8, 15, 22 and 29.
- **Lunch Bunch:** Noon to 1 p.m., Wednesdays, April 10 and 24.

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



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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](http://TransitionASAP.org).

## Is your home “haunted”?

By Alex Bajcz

Some call this lurking presence a phantom or ghost because it's invisible. Others call it a vampire because it's an energy-sucker.

Whatever you call it, it's a problem most of us share, whether we know it or not.

Phantom load is electricity drawn by plugged-in but “off” devices. If the device has a standby light (TV), remote (stereo), display screen (baby monitor), rechargeable battery (cordless phone), sensor (dehumidifier), settings maintainer (coffee pot) or clock (microwave), then it's drawing at least some power whenever it's plugged in, whether it's off or on.

Even devices with no obvious standby function, like toothbrush chargers, can be energy vampires. Any device that feels warm when off is probably guilty too.

In fact, many irregularly used devices, such as TVs, consume more cumulative power daily when not in use than they do while we're using them!

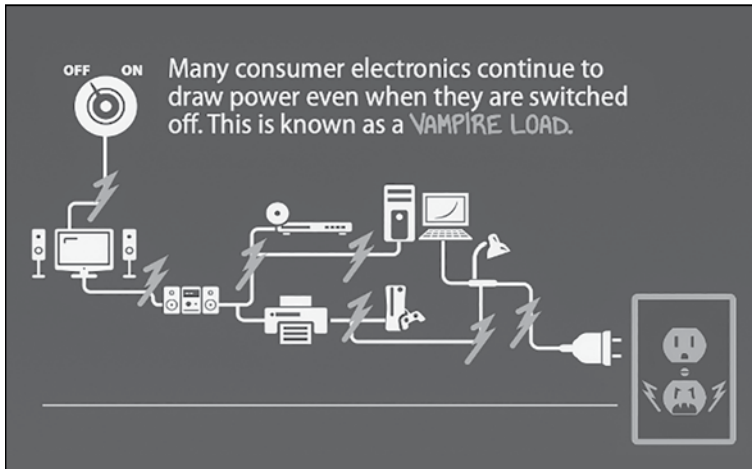
If phantom load is new to you, you're not alone: about 70% of Americans don't know about it, even though the average American owns more than two dozen notable energy vampires.

How much phantom load do we generate? Estimates range between 5 and 25% for the average U.S. household. Even the lowest estimates translate to at least \$100 a year on our energy bills, a significant waste of cash, energy and carbon emissions.

It adds up: One government estimate suggests yearly U.S. phantom load could have powered 11 million homes and, according to Cornell University, that translates to about 6% of the country's total energy usage.

### Tracking your load

One easy option for measuring your house's “hauntedness” is



Graphic source: National Renewable Energy Laboratory, [nrel.gov](http://nrel.gov)

a watt meter, costing about \$30. Plug a device into the meter and it'll report the power drawn by the device even when it's off.

If your house has a smart electricity meter reporting live energy usage, you can do something similar by comparing usage rates when key devices or circuits are “off” versus completely unplugged. Home energy auditors such as Home Energy Squad can also help, as can web apps like Dr. Power: [drpower.he.com](http://drpower.he.com).

### Recognizing culprits

Energy vampires are everywhere. Beyond those devices and signs listed earlier, think also of print-

ers, desktop computers, phone chargers, heated towel bars and radiant heaters, entertainment equipment (DVD players and game consoles), refrigerator-like devices (wine coolers, ice makers and mini fridges) and kitchen appliances like toasters and mixers.

In particular, look for devices with transformers (blocky plugs); many waste up to 80% of the power they draw.

### Taking action

Stopping phantom load is easy: unplug your devices when not using them (82% of Americans don't do this even occasionally).

That's admittedly inconvenient, so you can plug devices into power strips with on/off buttons and switch these off instead. More advanced power strips ([nrel.gov/docs/fy14osti/60461.pdf](http://nrel.gov/docs/fy14osti/60461.pdf)) can enhance your efforts by leveraging sensors, timers, apps or motion detection.

Other options: avoid purchasing “always-on” devices, unplug devices before vacations, put devices on timers and replace old appliances that are less efficient, especially those made before 2013, when new standards went into place.

Additionally, while not yet mainstream, new smart outlets and circuit breakers hold the prom-

ise of eliminating phantom load altogether.

Remember, though, that not all standby power is wasted—your refrigerator, smoke detectors and clocks, for example, should be allowed to draw power constantly. For these, focus on efficiency rather than “exorcism.” ■

Alex Bajcz is the quantitative ecologist for University of Minnesota's Minnesota Aquatic Invasive Species Research Center. He holds a doctorate in environmental science from the University of Maine. He serves on the St. Anthony Park Community Council's Environment Committee.



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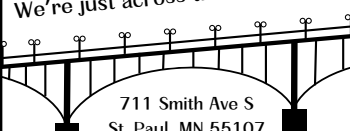
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## COMMENTARY

## Energy use and the Hamline Midway Library controversy

By John Horchner,  
Commentary

After recently writing an article about my friends Mark and Rhona, who reduced their energy use in their old home by 90%, I discovered a free course in its pilot stage that could teach all of us about whole home energy performance, ending with a Total Building Performance Certificate from the Building Performance Institute.

I signed up.

As expected, the course revealed that deep changes are necessary for most older homes to approach net-zero energy use. Yet, despite the challenges, with some ingenuity and upfront investment, the goal is achievable, even for homes that are more than a 100 years old.

In 2009, I launched Efficiency PA, engaging with the Department of Energy pilot program and its Home Energy Score program. The goal was akin to the MPG ratings for cars: label homes, create a database and potentially influence the market.

Today—in places like Portland, Oregon—taking Home Energy Score measurements has become mandatory for sellers listing a home, and the market is growing there for energy-efficient homes.

Recently, I reassessed my home with the Home Energy Score. While the basic tool looks the

same, the programing has improved. It impressively estimated my 115-year-old home's annual energy use within 5%, based only on the home's characteristics.

However, I found the recommended energy-saving measures lacking ambition. I have the same concern with my utility-backed program. Yes, they will come to our house for an energy audit if you're a customer, but their suggestions are usually limited to "cost-effective" changes suggested in an incremental manner. They are not going to show you how to do big things.

Yet, modern strategies often require profound changes: heat pumps, renewable energy additions, insulation upgrades and comprehensive retrofitting to seal the home may require adding new pipes or electrical systems and removing walls and ceilings.

Big things are needed to save the planet. Saving the planet is what most people want to do.

This lesson was brought home to me after a visit to the Hamline-Midway Library in St Paul.

After bounding the steps, I read a sign that said that the library was closed and to use other branches. Since my car was being fixed, and I had just gone over there to kill time, this didn't seem like a plausible solution. So, I visited a nearby coffee shop and asked if they knew what was going on with the library.



The Hamline Midway Library faces possible demolition to be replaced with a new one. Photo courtesy of St. Paul Public Library.

They didn't know, which only, of course, piqued my curiosity.

When I got home, I went to the library's website and saw an announcement: "New building coming in 2025." New building?

I clicked the link for more information under the title: "An update on Hamline Midway Library... January 30, 2024." It read:

"The lawsuit challenging the building's preservation continues to delay construction of the new Hamline Midway Library. At this time, we anticipate the trial for this lawsuit to begin in April, after which the judge will have 90 days to consider the matter. Once the trial court's decision is delivered, we will have a clearer picture of next steps."

This news was news to me and certainly outside my home energy bubble, but it did intersect.

I looked up and read the city and architects' initial report for the existing building online. They presented two options. Upgrade the existing building or build a new one. They also detailed the public input process. There was a chart with the results to a survey, where

the architectural firm collected nearly 600 responses.

What did the respondents want? The top four responses—each gaining around 50% or more—were accessibility, programing space, energy-efficient design and preserving the old structure.

The city and library system and consultants set to work based on that but developed reservations regarding the space of the current building: foundation problems, past repair costs, moisture and, perhaps most of all, accessibility. They felt the issues could be best remedied only with a new structure, one that would offer 90% energy savings over the old building.

This did not sit well with a group of concerned citizens who've banded together and created a website to guide their efforts at Renovate 1558, renovate1558.org.

Not having time to read everything related to the cause and just looking for inspiration from the course I was taking, I think a retrofit or building upgrade could accomplish the city's and community's goals or go one even better:

#### Module 2: Incentives plus Job Creation

Financial incentives for both energy efficiency and historic preservation may be available.

Address the library's financial health and contribute to local job creation at the same time.

#### Module 3: Long-term Savings

An upfront investment in comprehensive retrofitting will lead to long-term savings.

Reduce the need for frequent repairs and optimize the library's energy efficiency.

#### Module 5: Community Heritage and Engagement

Preserve community heritage and stimulate the local economy.

Encourage community pride and active participation in the library's transformation.

#### Module 6: Embodied Carbon Conservation

Retrofitting conserves embodied carbons.

Aligns with global efforts to minimize carbon footprints through strategic building upgrades.

#### Module 8: Enhanced Accessibility and Functional Upgrades

Improve accessibility with technology and design.

Use advanced HVAC systems, especially heat pumps. Add modern security and other sensors for a safer, healthier environment.

However, caution is advised: While retrofitting can sometimes save significant expenses, costs too can sometimes escalate quickly, as illustrated by a Wall Street Journal article detailing an \$800,000 attempt to turn a Frank Lloyd Wright home into a net-zero energy property. After spending the funds, the project still fell short.

This debate—balancing preservation, energy efficiency, financial investment and carbon emissions—is one every community should be actively engaging in. The future of our planet depends on it. ■

John Horchner is a professional writer who lives in St. Anthony Park.

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## LIBRARY CORNER

# Dahm leads sessions on creating organic lawns

By Scott Carlson

For Bob Dahm, a self-professed conservationist, creating organic lawns has been a personal passion for nearly 40 years.

This month, Dahm will share his story at the St. Anthony Park Library Association's Second Thursday forum. Dahm, of Organic Lawns by Lunseth, will discuss how conventional lawns can be replaced with something that requires less water and maintenance and is more climate resilient and aesthetically diverse.

His presentation "Creating Biodiverse Lawns" begins at 6:30 p.m., Thursday, April 11 at the St. Anthony Park Library, 2245 Como Ave. The library association and the SAP Garden Club are event sponsors.

No registration required. For more information or to request a

Zoom link to the program, visit: [sapbla.org](http://sapbla.org).

Dahm will also follow up this first presentation with a workshop from 2 to 4 p.m., Saturday, April 27. Meet at the library and join Dahm where he'll lead a field trip to neighborhood lawns near the library and offer practical lawn alternative advice.

Born on a farm in northwest Iowa, Dahm told the Bugle he witnessed what he believed was the adverse role toxic chemical pesticides had on farmers.

"I watched my dad, grandfather and many of their farmer friends die of cancer," Dahm said. "The prostate cancer rate for my home county was many times greater than the national rate. My brother Pat died of cancer 5 years ago. He was the only one of us seven."

Years later, Dahm said he was in

charge of grounds at a children's psychiatric hospital and, initially, the playground looked awful "because I refused to apply the toxic chemicals on the children's play area."

However, "I started to do organic methods and products on the playground," Dahm recalled. "After three years, the playground was looking better than the rest of the grounds that we were treating with conventional chemicals and pesticides and it was easier to maintain."

Although he had no formal training, Dahm began developing a side interest in organic lawn care, attending organic and sustainable farming workshops and taking what he learned and extrapolating it to lawns and gardens in urban and suburban environments. "As a result, I developed methods and products that were un-

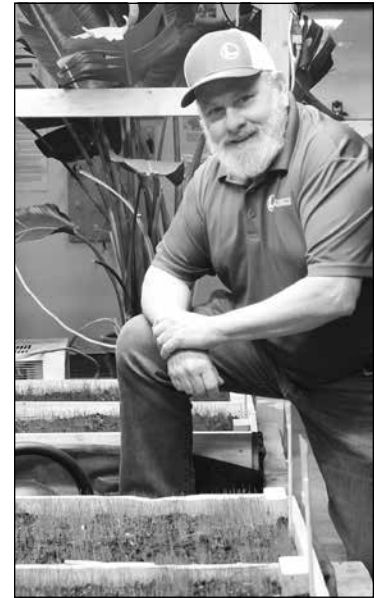
conventional but very effective," Dahm said of his organics lawn care business.

Dahm said he also launched a line of pre-designed pollinator gardens that take areas of problem lawns like a boulevard or deep shade and turn them into an oasis that will regenerate pollinators. That work accounted for about 25 percent of Dahm's sales last season.

Last December, Dahm sold his organics firm and now works for the new owners, Organic Lawns by LUNSETH.

"I get to focus on my research and help customers achieve a healthy safe yard that keeps kids, pollinators and the environment safe," he said. ■

Scott Carlson is the managing editor of the Bugle.



Bob Dahm checks out some grasses at research trials. Photo courtesy of Organic Lawns by LUNSETH.

## St. Anthony Park Library events

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

### Special events

#### Meet Raptors of Minnesota

2 to 3 p.m. Friday, April 12. The Raptor Center of Minnesota presents three Minnesota raptors. All ages are welcome to join this fun and educational program made possible by a grant from the St. Anthony Park Library Association.

#### Beginning Watercolor

**Painting with Nanci Yermakoff**  
2 to 4 p.m. Saturday, April 6. This introductory class explores painting materials, brush handling and basic watercolor techniques. All materials provided. This program is funded by the St. Anthony Park Branch Library Association. For

ages 18+. Registration required. Learn more at [sapla.org/events](http://sapla.org/events).

#### Beyond Beginning Watercolor with Nanci Yermakoff

Reserving white areas in painting: 2 to 4 p.m., Saturday, April 13. Prerequisite: Beginning watercolor class or basic watercolor skills. Learn various techniques for reserving white areas in watercolor paintings. For adults, ages 18+. This program is funded by the St. Anthony Park Branch Library Association. Registration required. To learn more, visit [sapla.org/events](http://sapla.org/events).

#### Drive-Up Book Sale Donation Event

1 to 4 p.m. Saturday, April 20. Drive up and drop off fiction and nonfiction books for children, teens and adults on the Carter Avenue side of the library. Volunteers will be available to assist. Please note that only books are accepted this year.

### Spring break

#### Fun Lab! Spring Break Edition

2:30 to 3:30 p.m. Wednesday, April 10. Use Sculpey air-dry clay to make monsters, creatures or any other kind of sculpture. Once the clay dries, the sculptures can be painted. This STEAM drop-in program is designed for ages 7-11.

### Ongoing programs

#### Family Storytime

10:15 to 10:45 a.m. or 11:15 to 11:45 a.m. Tuesdays, April 2, 9, 16, and 30. The same storytime is offered twice each Tuesday in the 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, April 3, 10, 17 and 14. 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 7-11.

#### Paw Pals: Read

10:15 to 11:15 a.m. Saturday, April 13. Read to Enzo or Sadie, two friendly dogs who love to sit and listen to stories.

A single reading session will be a maximum of 15 minutes long with each dog (to give opportunities for other kids.) Geared for ages 5 to 12. Register by phone at 651-642-0411 or stop by the circulation desk.

#### English Conversation Circle for Adults

4 to 5:30 p.m. Thursdays, April 4, 11, 18 and 25. 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 Club

6:30 to 7:30 p.m. Monday, April 22. 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**  
and the  
**Saint Anthony Park Garden Club**  
present the  
**2nd Thursday Forum and Workshop**

*Would you like to replace your turf lawn with something more eco-friendly?*

### Good-bye Lawn, Hello Garden



"Organic Bob" Dahm of Organic Lawns by Lunseth will discuss options for new plantings and easy methods to remove turf and create healthy soils, gardens, and landscapes. Later in April he will lead a workshop to demonstrate practical lawn alternative methods.

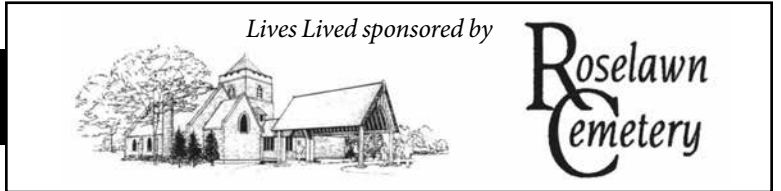
**Presentation: Thursday, April 1 | 6:30-7:30 pm**  
**Workshop: Sunday, April 27 | 2:00-4:00 pm**

Library Auditorium | 2245 Como Ave.

More information can be found at [sapbla.org](http://sapbla.org).

# 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](mailto:mary.mergenthal@gmail.com) or call 612-670-8510.



**Those we remember this month in "Lives Lived" include a long-time teacher, an innovative choir director and a gifted soprano.**

**Patricia Brissette**

Patricia J. Brissette (Patty McGovern) was born in St Paul on Feb. 24, 1928. She died Feb. 6, 2024.

The St. Cecilia's community may remember her as their innovative choir director and voice at weddings and funerals. Patty was a prolific musician; voice and piano were her instruments. She was a musical composer and lyricist of children's songs, jazz compositions, hymns and scores for children's musicals.

Her guest TV spots included appearances with Mel Tormé and the Eddie Fisher and Perry Como Shows.

Patty settled in Wisconsin with her husband Duane Brissette where she taught children piano.

Widowed in 2018, she moved home to Minnesota to be near family.

She is survived by her daughters, Katherine Vye and Teresa Herzog, a granddaughter, and two great-grandchildren.

**Ned Mohan**



Ned (Narendra) Mohan, 77, died Feb. 11, 2024, at his Falcon Heights home.

He was preceded in death by father Madan Mohan Lal; mother Champa Vati Devi and brother Shyam Agrawal. Ned is survived by his wife of 50 years, Mary; their children, Michael and Tara; his sister Krishna (Krishan) Gupta and sister-in-law Sushma Agrawal.

Narendra was born in India in 1946 and raised in the central province of Madhya Pradesh.

As an undergraduate, Ned studied at the Indian Institute of Technology—Kharagpur. He then attended the University of New Brunswick in Canada, and upon completing his master's, pursued his doctoral degree in electrical engineering at the University of Wisconsin—Madison, graduating in 1973.

After completing a post-doc in 1975, Ned joined the faculty at the University of Minnesota, where he remained until his passing, with his work focused on Power Electronics and Systems and Sustainability.

Among his many achievements, Ned became an IEEE Fellow in 1996, was elected to the National Academy of Engineering (NAE) in 2014 and was named a Regents professor at the University of Minnesota in 2019.

Passionate about education, Ned wrote six textbooks that were translated into nine major languages. He established CUSP (Consortium of Universities for Sustainable Power, [cusp.umn.edu](http://cusp.umn.edu)) to create a global community of scholars whose mission is to provide a first-rate education in electric energy systems, with an emphasis on sustainability.

Narendra worked tirelessly to make a difference in his field and in the world. Perhaps his proudest professional accomplishment, he graduated 53 PhD students who carry on his legacy.

In 1970, while a graduate student in Madison, Narendra met Mary through a computer date as part

of a research study by the sociology department. They married in 1973 and moved to the Twin Cities, where they raised two children. He became a naturalized U.S. citizen in 1982.

His favorite activities included going out to breakfast with his family, walking with his grad students to have lunch at Seward Co-op, Indian cooking, watching his kids play tennis, repeating the same bad jokes and discussing politics and religion.

As a Hindu, he enjoyed giving tours of the Hindu Mandir in Maple Grove and speaking about Hinduism at interfaith events. He created a free online resource for teaching about the principles of Hinduism: [hinduismresource.com](http://hinduismresource.com).

Donations in Narendra's honor may be made to the Hindu Society of Minnesota: Education Center Garden ([hindu-society-of-minnesota.kiosk.myshopify.com/products/education-center-garden](http://hindu-society-of-minnesota.kiosk.myshopify.com/products/education-center-garden)).

A memorial gathering has been held at the Hindu Society of Minnesota temple.

**Robert Munson**

Robert Dean Munson, 96, died Feb. 28, 2024.

Bob was born in Stockport, Iowa, on March 14, 1927, to Glenn and Frances (Webber) Munson. His family moved to Baudette in 1930. He attended the U of M and lived in St. Anthony Park, near the University's Ag Campus, most of his life.

He loved learning and applying his knowledge in soil fertility and crop science. He was a valued mentor and Fellow of The American

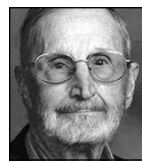
Association for the Advancement of Science.

Bob loved the cultural life of the city, attending music, theater and arts events with Mary Jane, and then Linda.

Bob was preceded in death by his wife of 62 years, Mary Jane, and is survived by his dear friend, Linda Causey. He is also survived by his children Anthony, Susan Zdon (Gary), and John (Penney); eight grandchildren; and six great-grandchildren.

A celebration of Bob's life will be held at St. Anthony Park United Church of Christ on April 3, with a gathering at 10 a.m. and service at 11:00, followed by lunch at the church.

**Gerald Nolte**



Dr. Gerald "Jerry" Nolte, 88, of St. Anthony Park, died in his home on Feb. 9, 2024.

Dr. Nolte was a specialist in agricultural marketing and taught undergraduate and graduate courses in farm management and livestock, dairy, and grain marketing. He was named Distinguished Teacher of the Year at University of Wisconsin-River Falls in 1980, where he taught agricultural economics.

He was a member of the American Agricultural Economics Association, the American Association of University Professors and The Association of University of Wisconsin Faculty.

In retirement, he made many trips to work with the farmers of Ocotal, Nicaragua through the Wisconsin Nicaragua Partners Farmer-to-Farmer program, as an emeritus professor.

In keeping with his love of helping people and learning about other cultures, Jerry also served

as president of the board for the International Institute of Minnesota for many years. He traveled all over the world as a volunteer for numerous organizations including ACIDI/VOCA, The Partners for the Americas, the Wisconsin Nicaragua partnership and USAID.

He received the President's Volunteer Service Award under Barack Obama in 2007.

Jerry was a member of the Mayor's Community Advisory Committee of the St. Paul Job Corps Center in Como Park.

He also played long and influential roles in the Music in the Park series. He joined that board of directors in 1992 and served as Treasurer for most of that time until Music in the Park merged with the Schubert Club in 2010. Jerry then served on the Schubert Club board for two three-year terms.



**Millicent "Dadee" Reilly**

Millicent "Dadee" Reilly, 92, a longtime resident of St.

Anthony Park and, later, Roseville, died on Feb. 10, 2024, in Tucson, Arizona. She was married 67 years to her husband George, who survives her. She leaves two daughters, Laura Roller (Martin) and Theresa Reilly, and two beloved grandchildren.

Dadee was born in Minnesota, but spent her first 12 years in McLaughlin, South Dakota on the Standing Rock Indian Reservation, where her grandfather managed a lumber yard for Northern Pacific Railway. She moved with her parents to Brookings, where she went to high school, and then college at South Dakota State University, also

*Lives Lived to p. 19*

## Community Worship Directory

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❖ **ST. CECILIA'S CATHOLIC CHURCH**

2357 Bayless Place, 651-644-4502  
[info@stceciliasp.org](mailto:info@stceciliasp.org), [www.stceciliasp.org](http://www.stceciliasp.org)  
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 Weekend Mass online (on our website)  
**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

❖ **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](https://bit.ly/3nWjIDD)  
**Palm Sunday:** March 24, 9:30 AM  
**Maundy Thursday:** March 28, 7:00 PM  
**Good Friday—Stations of the Cross:** March 29, Noon  
 —**Tenebrae:** March 29, 7:00 PM  
**Easter:** March 31, 9:00 AM & 11:00 AM (*note time*)  
 Wednesday Community Dinner returns April 3, 5:00 PM

❖ **ST. ANTHONY PARK UNITED CHURCH OF CHRIST**

2129 Commonwealth (at Chelmsford), 651-646-7173  
[www.sapucc.org](http://www.sapucc.org)  
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❖ **ST. MATTHEW'S EPISCOPAL CHURCH**

2136 Carter Ave. (at Chelmsford), 651-645-3058  
[www.stmatthewsmn.org](http://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**

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

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**Lives Lived from p. 18**

in Brookings. She earned a master's degree in drama from the University of Iowa.

Dadee loved music and had a superb soprano voice. She starred in musicals in college and graduate school; sang in church choirs for decades; and composed religious choral anthems which were published in the U.S. and abroad.

A talented teacher, Dadee was one of few who taught at the grade school, high school and college levels at various times in her career.

Dadee had many friends in St. Anthony Park, Roseville and Duluth in Minnesota as well as Green Valley, Arizona., where she and George spent winters for the last two decades.

Dadee was interred at Roselawn Cemetery in early March and a celebration of her life is scheduled for 10 a.m. May 18 at St. Anthony Park Lutheran Church. Memorial gifts to Duluth Regional Care Center (DRCC), 5629 Grand Ave., Duluth MN, 55807 or St. Anthony Park Lutheran Church, 2323 Como Ave.

**Theodore Wilson**

Theodore A. (Ted) Wilson, 88, died at home on Feb. 21, 2024. He was born in Elgin, Illinois.

He earned his Bachelors in Engineering Physics and his Ph.D. in Aeronautical Engineering at Cornell University.

In 1964, Ted joined the Department of Aerospace Engineering and Mechanics at the University of Minnesota and remained a valuable professor and researcher for 38 years.

He was an early worker in biomedical engineering, and for most of his career his research focused on respiratory physiology. He collaborated with physiologists, many at the Mayo Clinic, in developing mathematical models for the mechanics of respiration.

Ted wrote more than 100 research papers and became an authority in his field, which resulted in his book, Respiratory Mechanics, in 2016.

Ted is survived by his children Rosalind Elstrom, Alexander

Wilson (Jeanne), Margaret Wilson (Joseph), and Emily Hall (Tucker); ten grandchildren; and two great-grandchildren.

He is buried at Oak Hill Cemetery in Minneapolis. A memorial gathering is scheduled from 2 to 4 p.m. or June 22 at 1666 Coffman Street, Falcon Heights.

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# Reviewing the Como winter sports season

By *Eric Erickson*,  
*Sports analysis*

Here's a roundup of Como highlights from the 2023-2024 high school winter sports season.

**Boys swimming:** For the fourth consecutive year, the Cougars concluded the season at state. Before qualifying for state events at the Section 4A Meet, a Como relay team broke a conference record that stood since the 1990s.

The 200 Medley Relay team of seniors **Oskar Helegn**, **Kai Sackreiter** and **Kyle Kosiak**, plus sophomore **Joey Schumacher** set the St. Paul City Conference record in early February, combining to swim the four different required strokes in 1:40.64.

Kosiak was the individual conference champion in both the 100 Butterfly and 100 Backstroke. At sections, Kosiak broke two school records in the same events while finishing first in the 100 Fly and second in the 100 Back.

Sackreiter was the individual conference champion in the 100 Breaststroke. At sections, Sackreiter qualified for state in that event as well as the 50 Freestyle.

Schumacher earned the section championship in the 100 Freestyle.

Helgen qualified for state in the 200 Individual Medley.

The depth of Como's roster revealed itself with two relay teams also qualifying for state: the 400 Free with **Garrett Seppanen**, **Adi Toe**, **Noah Williamson** and **Ian McKea**, plus the combo of Seppanen, Schumacher, Sackreiter and Kosiak in the 200 Free.

The state meet on March 2 concluded with Como's 200 Free Relay team placing tenth, Sackreiter placing 11th in the 50 Free and Kosiak earning a sixth-place state medal for the 100 Fly.

**Coach Jon Tufte** was selected the Section 4A Coach of the Year. Kosiak was the Section 4A Swimmer of the Year.

**Nordic skiing:** Despite a lack of snow this winter, the Cougar Nordic ski team was able to compete on courses where snow-making machines are utilized. The Twin Cities Nordic Conference Meet took place at Theodore Wirth Park in Minneapolis on Jan. 26.

Coaches reported that team performance and camaraderie were excellent. Sophomore **Henry Simmons** placed third overall, earning all-conference. Sophomore **Ben Clark** and junior **Niko Turnure** received honorable mention.



The Como boys swim team celebrated its success at the Section 4A Meet where for a fourth consecutive year, the Cougars qualified for the Minnesota State Meet. *Photo by Lisa Sackreiter.*

**Girls basketball:** Como won its tenth straight St. Paul City Conference title and hosted the Twin Cities Championship Games against Roosevelt, the Minneapolis champ. While the Cougars lost the varsity game, the fact that both the junior varsity and c-team also qualified for the Twin Cities games (and the JV won) is an indicator of more conference success to come.

In the Section 3AAA Tournament, Como was the No. 3 seed. After a comfortable home win over Highland Park in the quarterfinals, the Cougars conquered

No. 2 seed Cretin-Derham Hall in the semifinals.

That set up a re-match with Roosevelt, the No. 1 seed, for the section championship and a shot at state. In a packed gym at Roosevelt, the Cougars fought hard but fell just shy in a 50-49 loss.

While dreams of state were dashed for 2024, a young, skilled, hard-working nucleus is excited for the future.

**Boys basketball:** The Cougars finished the regular season with a record of 8-17 and the No. 8 seed

for the section tourney. That set up a play-in game versus No. 9 Simley to see who would advance to the quarterfinals. With a 65-56 victory, the Cougar seniors created a memory by winning the final home game of their careers and avenging an earlier loss to Simley.

Senior captain **Mason Aarness** and sophomore **Contrell Jenkins** were all-conference. Junior **Jahari Hill** and senior **Zalaen MacCallum** earned honorable mention.

**Wrestling:** Senior captain **Will Stiles** won the St. Paul City Conference title in the 160 lb. weight class and bested the Minneapolis champ to become the Twin Cities Champion.

The number of girls competing in wrestling continues to climb. Como's female contingent traveled with other St. Paul City Conference competitors to wrestle in the Southern Section Meet at Redwood Falls. The overnight trip and wrestling on a larger stage were bonding experiences, increasing excitement and interest in a growing sport. ■

*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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