



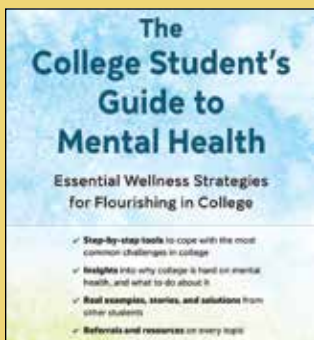
Delis in disguise

Page 6



Home & Garden section

Page 9



Nosnow book

Page 16



Park Bugle

St. Anthony Park / Como Park
Falcon Heights / Lauderdale

parkbugle.org
May 2024

Taproot Co-op closes on its first deal

By Ann Juergens

Taproot, the fledgling real estate investment cooperative in south St. Anthony Park, has closed on its first deal.

After a year of gathering community support and building organizational infrastructure, Taproot on April 8 loaned \$300,000 to Red Stone Corner LLC to support the purchase of Baker Court, the historic former school building.

Built in 1909 and extensively renovated in the 1980s, Baker Court is the striking red brick façade at the intersection of Raymond Avenue and Territorial Road. It is the oldest former public school building still standing in St. Anthony Park.

Taproot aims to allow community members to invest in commercial real estate that benefits the community while offering a modest return on their investment. The nonprofit group's primary goals are to:

- Prevent small businesses from being priced out when their rental spaces are sold,
- Support community-based shared ownership of buildings where local businesses can flourish,
- Encourage sustainable management practices and promote the economic vitality of the area's Creative Enterprise Zone.

Taproot leaders learned that the long-time owners of Baker Court were prepared to sell and jumped at the opportunity.

Red Stone Corner is a new com-



St. Anthony Park residents (left to right) Sherm Eagles, Ann Juergens and Pat Thompson, key leaders of the Taproot Investment Cooperative, stand in front of the nonprofit group's first investment deal, the Baker Court Building in south St. Anthony Park. Submitted photo Taproot Investment Cooperative.

munity-minded LLC whose principal intends to preserve the former school building for small owner-operated service businesses—including therapists, other healers and architects—as tenants.

Before Red Stone Corner and Taproot joined forces, the building and its surrounding land were being touted by its sellers as an "apartment development opportunity." Its location near the Raymond Avenue

Green Line station made the site attractive for a developer intent on constructing a high-rise structure that would likely have been unaffordable for most neighbors.

Taproot made its loan to Red Stone Corner secured by a second mortgage.

"The building needs to be preserved," said Taproot Board Vice Chair Nkuli Shongwe. "It is beautiful and reminds us of our history, yet is still very functional. Its tenants contribute to the community with their work.

"We want to build generational wealth with our neighbors using community ownership models. Our investment will safeguard this building in the community for decades to come."

To learn more about community real estate investing and how to become a Taproot member, visit taprootinvestments.com. ■

Ann Juergens is the chairperson of the Taproot Investment Cooperative.

Three named to Como community honor roll

By Scott Carlson

The District 10 Como Community Council recently named Eva Goetzman, Jessica Willman and Gordon Wrobel as its civic honor roll recipients for 2023.

The honor roll is an annual tribute that recognizes everyday residents and organizations who make a sustained and lasting impact in their neighborhood. The winners were honored at District 10's March 19 meeting.

Here is a brief synopsis on each honoree:

Eva Goetzman has been a Como neighborhood resident since 2015 and active in a variety of volunteer activities, including gardening and National Night Out.

"Each year since 2020, I've been grateful and humbled by the growing support from local businesses and gardeners for my plant sale fundraiser for the food shelf at Hallie Q. Brown," Goetzman told the Bugle. (That fundraiser raised more than \$1,800 this year, according to District 10 Vice Chairman Dan Edgerton.)

"This year, I'm excited not only for the fifth annual plant sale



District 10's honor roll recipients for 2023 are, from left to right, Jessica Willman, Gordon Wrobel and Eva Goetzman. Photo by Lou Michaels.

fundraiser but also continuing the native courtyard garden renovation at Crossroads Elementary."

Jessica Willman has lived in the Como neighborhood for the last five years and has been a community organizer at District 10 for the past three years. She describes her job as "life changing and life giving in so many ways.

"I'm most proud of the work done to build our Neighborhood Outreach with our annual community events that attract over 2,000 neighbors annually," Willman said. "Being able to see it go from an idea to a plan to something we look forward to each year has been such an affirmation that

we are listening to the needs of the community."

Willman also has been a key contributor in working with Saint Paullinators of south Como to plant more than 15 native gardens in the south Como community.

"I'm excited to see those gardens flourish as I walk through my neighborhood," Willman said.

District 10 board chairperson Jenne Nelson noted Willman "has transformed the community engagement programming of the Como Community Council. Because of her leadership, hundreds and hundreds of our neighbors have gathered together at the

Como community honor roll to p. 6

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CITY FILES

St. Anthony Park and Como community councils news

District 10 Community Council

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 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 more information, go to District10ComoPark.org/SD4Event.

Next Lake Como cleanup

The next Como Lake cleanup is scheduled for 5 to 8 p.m., Tuesday, May 14 at the lake. District 10 provides trash-grabbers, rakes, buckets, nets, trash bags and nitrile gloves for those who need them. Registration is not required, but it helps District 10 staff to plan and communicate.

For further information, visit the District 10 website at District10ComoPark.org/Cleanup.

This event, in partnership with the Capitol Region Watershed District, focuses on the shoreline and Lake Como itself.

Como Garage Sale May 16-19



District 10 is coordinating a community garage sale from Thursday, May 16, to Sunday, May 19. To be included in District 10's map please sign up before May 10. For more information or to sign up, go to the District 10 website: District10ComoPark.org/GarageSale.

District 10 meetings schedule

- **District 10 Community meetings:** 7 p.m., Wednesdays, May 1 and 21

District 10 meetings are hybrid on Zoom and at the Como Streetcar Station, 1224 Lexington Parkway. Meeting details are at District10ComoPark.org. All District 10 community meetings are open to the public and include time for community members.

Submitted by Shevek McKee, District 10 Community Council Executive Director.

District 12 Community Council

Seeking Transportation Committee members

The District 12 Transportation Committee has only two members from north St. Anthony Park.

Are you interested in making our streets safer, learning what goes into Public Works decisions and making a difference on climate change? Please consider joining our committee.

Interested persons are encouraged to email director@sapcc.org with questions or attend a committee meeting on the last Tuesday of the month. This month's meeting is scheduled at 7 p.m., Tuesday, May 28. RSVP at bit.ly/sapccvolunteer.

Adopt a Stop

Did you know Metro Transit has an Adopt a Stop program?

Adopting a stop means checking it at least



weekly to pick up trash and report graffiti (or any large or dangerous items that need removing) to Metro Transit.

There are a few stops in St. Anthony Park that have been claimed, but many others have not.

See a map at metrotransit.org/adopt-a-stop where individuals or groups can claim a bus or light rail stop for maintenance.

Metro Transit posts a sign recognizing the adopter for their role, or you can choose to be anonymous.


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 info@sapcc.org.

- **Land Use Committee:** 7 p.m., Thursday, May 2
- **District 12 Board:** 7 p.m., Thursday, May 9
- **Environment Committee:** 6:30 p.m., Wednesday, May 22
- **Transportation Committee:** 7 p.m., Tuesday, May 28
- **Equity Committee:** 7 p.m., Thursday, May 30

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

Check out the
Midpoint Report at
parkbugle.org



The St. Anthony Park Branch Library Association

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Couple launches Tax Cat Consulting

By Janet Wight

Milton Square in St. Anthony Park is home to another recently established business: Tax Cat Consulting.

Como Park residents Ana Pooley, a certified public accountant, and Lucas Robinson, office manager, launched the firm in January.

Tax Cat provides tax preparation services to small businesses and individuals. The firm also offers an array of bookkeeping, payroll and general accounting services, helping clients with IRS tax notices, Minnesota sales tax filings and general tax concerns.

The cost to have Tax Cat do individual tax returns runs between \$200 and \$500 depending on complexity, while business returns start around \$1,000. Monthly fees for assistance with QuickBooks or payroll are based on the level of support needed.

Pooley and Robinson grew up in Plymouth, originally meeting in German class at Wayzata High School. They married in 2019 and now have two children.

Pooley attended Macalester Col-



Ana Pooley and Lucas Robinson. Submitted photo.

lege, majoring in mathematics and political science. A work-study job in financial aid sparked her interest in taxation and finance. She went on to land an internship at a tax firm in Plymouth and also spent one year in corporate accounting at an insurance company in St. Paul.

After realizing that becoming a certified public accountant was her ultimate goal, Pooley returned to school to complete a master's degree in accountancy from Min-

nesota State University, Mankato, along with a Certificate in Taxation. She became officially licensed as a CPA earlier this year.

Robinson was an office manager at an accounting firm then moved on to a business analyst role. His experience in administration and processing returns dovetails nicely with Pooley's technical background.

Reilly Mulhern, a childhood friend, rounds out the office staff for Tax Cat Consulting.

Having recently experienced several major life events including marriage, purchasing a home and having children, Pooley and Robinson are interested in serving as a resource and a one-stop shop to other small business owners navigating these same milestones. The couple prides itself on being "reachable, approachable and relatable," Robinson explained.

Both Pooley and Robinson said they thoroughly enjoy patronizing the local shops and eateries in St. Anthony Park. They make a point to introduce themselves to fellow entrepreneurs, which has provided them with several client leads.

"It's a good feeling to be helping people in the community," Robinson said.

He added that he enjoys the creative freedom of owning a business. This includes setting up the firm based on their own vision, taking breaks when desired and having control over their work schedules, he said.

Pooley said she also relishes the flexibility in being a business owner. She said she likes to set the atmosphere in the office and enjoys wearing many hats every day. She explores the local library and coffee shops when she wants to step away from the office, Pooley added.

To achieve a healthy work-life balance, Pooley said she schedules weekly events including neighbor meet-ups and voice and guitar lessons. Although Robinson had never been a runner, he is currently training for a 10k race. He has also taken up fishing over the past couple of years.

One of the challenges they have faced as a referral-based business is the time it takes to build their client base.

"It can take a while to grow, so that is a challenge in the first year of operation," Pooley explained. ■

Janet Wight is a regular freelance writer for the Bugle.



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



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Next deadline: May 8, 2024

Publication date: May 21, 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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The Park Bugle is published by Park Press, Inc, a 501(c)3 nonprofit organization guided by an elected board of directors.

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EDITORIAL

From the desk of the editor

By Scott Carlson

'Buy Nothing Exchange' coming

In one of the more creative fundraisers to come down the road, five St. Anthony Park-area churches are banding together to help local people in need.

The five faith communities are hosting a "Buy Nothing Exchange" from 10 a.m. to 2 p.m. Saturday, May 4, at Hampden Park on Raymond Avenue, across from Hampden Park Foods Co-op. The park is on a bus line.

The following items in good condition will be accepted: Clothing for babies and children; toys for kids of all ages; games of all kinds; fiction books for children, youth, teens and young adults; non-fiction books for kids of all ages or school books appropriate for pre-K-12th grade.

Drop off items at any of the five churches anytime they are open before May 3, or at Hampden Park during the May 4 event.

Church locations:

- SAP United Church of Christ: 2129 Commonwealth Ave.
- St. Matthew's Episcopal: 2136 Carter Ave.
- SAP Lutheran: 2323 Como Ave.

- Centennial United Methodist: 2200 W. Hillside Ave.
- St. Cecilia's Catholic: 2357 Bayless Place

Any freewill donations should be made to the St. Anthony Park Community Foundation or Interfaith Action of Greater Saint Paul.

This fundraiser is just one more example how various nonprofits, civic organizations and churches are coming together to serve the St. Anthony Park community.

Blow to community journalism

In another bit of bad news for Minnesota journalism, the Star Tribune reported that eight community newspapers were expected to cease publishing at the end of April. The adversely affected publications include the Hutchinson Leader, Litchfield Independent Review, Chaska Herald, Chanhassen Villager, Jordan Independent, the Shakopee Valley News, Prior Lake American and Savage Pacer.

The closure of these eight newspapers comes as the result of a decision from their parent company, Denver-based MediaNews Group, which is owned by investment firm Alden Square Capital.

This news continues an alarming trend that Park Bugle presiding officer Helen Warren told our

readers about last summer: "The Medill School of Journalism at Northwestern University reported in 2022 that 2,500 local newspapers in the U.S., one-quarter of the total, have ceased publication since 2005. They predict that by 2025, one-third of current U.S. newspapers will close."

During 2024, as the Bugle marks its 50th anniversary, our nonprofit publication offers a ray of hope that community newspapers can remain viable.

Blessed with a solid base of individual and business donors, the Bugle remains committed to sharing relevant and interesting news that turns readers into neighbors, and in doing so, building community.

It's an endeavor that requires us to remain vigilant to our goal.

Comeback from COVID-19

No, that wasn't recently an April Fool's joke at the Colossal Café, 2315 Como Ave. The popular SAP eatery now is open on Mondays!

Elizabeth Tinucci, owner of both Colossal Cafe locations (Como and Grand avenues), said that the decision was based on staffing.

"We needed the right, and the right amount of staff to sustain seven days and we have it now!" she told our freelancer Sarah CR Clark.



Photo by Sarah CR Clark.

Tinucci said she intends to have Colossal Café open on Mondays—at the Como Avenue location only—for the foreseeable future.

Handling overflow copy

This edition of the Bugle marks our eighth consecutive month of producing a 20-page newspaper. Even with more pages, it remains a challenge to fit all of the news.

Please know that we do our best to get everyone's announcements and news briefs in the paper. When that's not possible, please know that we will be posting overflow copy to our Bugle website. ■

Scott Carlson is the managing editor of the Bugle.

Simple, stunning pleasures found in Costa Rica

By Laura Adrian

It was a joy to embark on a journey to the breathtaking landscapes of Costa Rica in January 2024, a land where the motto "Pura Vida" isn't just a saying but a way of life.

Translated this phrase means "simple life" or "pure life." It imbued my vacation experiences.

During my stay, I had the opportunity to explore the Pacific Coast, where I was greeted by lush rainforests, stunning beaches and an abundance of wildlife. Each day, I embarked on excursions to various national parks, each a treasure trove of natural wonders.

One vacation highlight was a guided rainforest animal tour led by the knowledgeable Juan Carlos. As we ventured deep into the heart of the rainforest, I was mesmerized by sightings of three-toed sloths, a venomous snake, a majestic boa constrictor, tapirs and colorful tree frogs.

Juan Carlos's passion for wildlife conservation was evident as

he shared insights about the importance of protecting Costa Rica's rich biodiversity.

Costa Rica's commitment to conservation was palpable throughout my journey. Approximately 28% of the country's land is protected as national parks, reserves and wildlife refuges. This is a testament to the government's dedication to preserving its natural heritage.

It's no surprise that tourism, fueled by the country's stunning landscapes and diverse ecosystems, is Costa Rica's primary source of revenue.

From zip-lining through the canopy to swimming in cascading waterfalls, Costa Rica offers a plethora of exhilarating activities for adventure enthusiasts. Yet, amidst the adrenaline-fueled adventures, there's a sense of tranquility and harmony with nature that permeates every experience.

As I immersed myself in the local culture, I couldn't help but inquire about the impact of tourism on the community.

"We like it. Tourism means jobs," said my cab driver, David, echoing the sentiments of many Costa Ricans who rely on the industry for their livelihoods.

It wasn't just the breathtaking landscapes that left a lasting impression on me; it was the warmth and kindness of the Costa Rican people. Interactions with locals reminded me of the essence of "Pura Vida"—a celebration of the good-



The beauty of Costa Rica's Pacific Coast is captured by Laura Adrian, who earlier this year visited the country. In lower left-hand corner, a photo of a tree frog. Photos Laura Adrian.

ness of life and a reminder to embrace every moment with gratitude and joy.

Reflecting on my journey, I can't quite articulate how, but I know this trip to Costa Rica has left an indelible mark on my soul. It's a place where nature's beauty intertwines with the spirit of its people, leaving visitors like myself forever changed by the magic of the "Pura Vida" lifestyle.

It is my fervent hope to lead a retreat here one day, sharing the magic of "Pura Vida." ■

Laura Adrian, who lives in St. Anthony Park, is the social media specialist for the Park Bugle and runs a retreat business.

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 are usually completed two to three days after publication.

June: SAP Arts Festival Guide
Copy/ad deadline: May 8
Publication: May 21

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

August:
Copy/ad deadline: July 10
Publication: July 23



PEOPLE IN YOUR NEIGHBORHOOD: **Nanci Yermakoff**

By *Kathy Henderson*

*You could sit for hours and only hear the sound of
The trees keepin' the lake and sky apart*

When Canadian singer/songwriter William Prince wrote those lyrics for “Gospel First Nation,” he was inspired by the landscape of Lake Winnipeg and Fisher Bay, Manitoba.

Yet that expressive line comes easily to mind—*The trees keepin' the lake and sky apart*—when looking at the watercolor landscapes created by St. Anthony Park award-winning artist Nanci Yermakoff.

Unlike Fisher Bay, which can be located on a map, Yermakoff's landscapes are imaginary places.

Yermakoff's work has an element of abstraction. From a distance, one sees a tree-lined horizon between the water and sky. Look closer. There are not any individual trees, leaves or branches painted.

Yermakoff creates her art out of a home studio that presents an efficient, well-organized, colorful and compact space in what was originally intended to be a front bedroom. She usually stands while making her art, with the paper placed on a flat surface in front of her, and will use a hairdryer to start the drying process.

Occasionally, Yermakoff abandons that technique, commandeers the dining room table, spreads out a multitude of watercolor papers, and “adds a big old fan to make sure they are completely dried be-

fore the next wash is applied.” Her other favorite place to paint is in her studio in the family's Northwoods place.

Now, she has landed her own studio space in the historic Northrup King Building in northeast Minneapolis. Getting it was a multi-year journey for Yermakoff of selected event or festival displays, a partnership studio operation and, finally, her own solo studio in the art complex. Gallery #444 is open by appointment, and online viewing is available at nancyermakoff.com.

It isn't that Yermakoff came late to her art. It's that career and home life separated her college art education enthusiasm and her decision in later years to take up art professionally.

In between those times, Yermakoff retained her love of watercolor art in the form of a weekend hobby or taking her paints and paper and brushes along on vacations.

“Watercolors travel well,” Yermakoff explained.

Locally, Yermakoff's artwork may be familiar in the St. Anthony Park area, as she has been one of the monthly featured artists at the boréal Art Loft.

However, don't look for Nanci's art in the annual St. Anthony Park Arts Festival in early June. “Watercolor and weather don't work,” she said with a smile.

Yermakoff has also been entering her art in the Minnesota State Fair's Fine Art Center juried art exhibition competition since the days when artists had to bring their art work to the fairgrounds for initial consideration. These days, submissions arrive via digital images.

“We'd go to the Fair each year,” Yermakoff said, “and my husband would eagerly search the [Fine Arts building's] walls to find my work and hurry back to me to report the results – ribbon or award.”

During the 2023 State Fair, Nanci's husband stayed home, and ironically, “it was the year I received first prize” in the watercolor category.

“It was a real honor,” she reflected, “There were so many beautiful pieces of art.” Yermakoff numbers rather than titles her art, and “Series 15 #11” sold during the Fair.

Starting in February, Yermakoff returned to the classroom. This time, not as a student but as a teacher of the monthly Saturday afternoon watercolor art classes at the St. Anthony Park Library.

“We're excited to host Nanci Yermakoff,” said St. Anthony Park Library Manager Tati Terfa, and have her “introduce attendees to the magic of watercolor.” And Yermakoff affirms, “It can be fun to be the teacher.”

Terfa explained that bringing in Yermakoff to teach art comes on the heels of the St. Anthony Park Library Association's recent collaboration with the library to host a watercolor class for adults.

“It was wildly popular,” Terfa

said. “Participants appreciated the opportunity to work with a community artist and get hands-on experience in practicing or building their artistic skills. St. Paul is home to many talented artists and as the library, we enjoy being able to create connections and lift up local art.”

Thus, when the library decided to offer watercolor classes again, “the library staff wanted to continue its connection with a local artist to teach the class,” Terfa said.

About 15 years ago, Yermakoff taught watercolor for the Como Park Botanical and Zoological Arts program. For those sessions, students brought their own paper, paints and brushes to the class.

This time as teacher, Yermakoff appreciates that the library, through the St. Anthony Park Library Association, not only provides the materials but followed her advice to furnish each new student with an 8-by-8-inch sample of quality art paper and dabs of six colors of professional-grade paint, reinforcing what Yermakoff strongly advocates: “Materials make the difference.”

Nanci said that working with lower-grade materials is often why beginners become frustrated and abandon watercolor painting. She didn't want that to happen with her library students.

For example, during a blending class in February, Yermakoff demonstrated how watercolor paint blobs, puddles and edges on



Nanci Yermakoff in her home studio. *Photo by Jan Geisen.*

lower-grade paper (wood pulp-based) versus the more workable interaction of pigment and paper that occurs when using 100% cotton-based paper.

“How one manages the ratio of pigment to water has a major effect on the results” is another of Yermakoff's personal mantras.

Her students learn that while a tube of professional-grade paint which has more pigment, costs more than student-grade paint, they will use far less paint and get better results when using professional-quality. In the long run, it can be a more economical and aesthetically pleasing choice. ■

Kathy Henderson is a regular freelance writer for the Bugle.

Editor's note: Permission granted from the producers of William Prince's "Gospel First Nation" to quote his lyrics in this story.

Summer kicks off at Fairgrounds

By *Anne Holzman*

Minnesota State Fair fans don't have to wait until August to enjoy some of their favorite activities and foods: The fourth annual “Kickoff to Summer” runs May 23-26 at the Fairgrounds.

New this year are doughnuts from Peachey's Baking Company. Nearly 40 food vendors have signed on, including chocolate chip versions of both cookies and beer. Activities will include axe-

throwing, arcade games, Trivia Mafia and Stroll through History.

Three stages of free entertainment will offer a variety of dance and music styles. CanCan Wonderland will bring mini-golf to the event, and the Giant Slide will be open.

Merchandise vendors will also be on hand.

Advance tickets went on sale in April at \$13; tickets at the gate will be \$16, with children under 4 attending free.



Limited free parking will also be available. For more information, see mnstatefair.org/kickoff-to-summer. ■

Anne Holzman is a regular freelance writer for the Bugle.



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Delis in disguise

Convenience stores double as fronts for tasty Middle Eastern food

By Bill Brady

If you think anything at all as you drive past the Super USA on Larpenteur Avenue near Highway 280, it's probably something like, "Gee, this looks like a gas station without any gas pumps."

It's true. The fuel that drives foot traffic for most convenience stores is conspicuously missing from Super USA's forecourt.

So how do they entice people to stop in?

For a hint, check out the cartoonish drawing of a sandwich wrap on the front window. Behind that window you'll find Ed's Deli, home of the tastiest schwarmas this side of Lebanon.

The "Ed" is 32-year-old store owner Ed Siouffy. Or is it his father, 62-year old Edgard Siouffy, the guy who makes the sandwiches? They work so closely together, it could be either one.

Edgard, the elder, brought his recipes with him when he immigrated to America in 1992 with his four-month-old son in tow. Years later, in 2018, they began work in the Super USA property the Super USA property and gradually replaced its existing reheated pizza and warmed-over hot dog deli with genuine Lebanese fare.

Can't tell a deli by its storefront

Ed's is one of two convenience stores in Bugleland that ups its game by offering classic Mediterranean lunch food made to order. The other is the Winner Gas – Pump N' Munch at 2233 Energy Park Drive.

That, too, is owned by a Lebanese immigrant named Ed—Eddie Elias (he and Edgard Siouffy are friends). And that, too, enjoys a stellar reputation, thanks in large part to its deli manager, Hayat Germanous, a master chef who's been making Mediterranean cuisine for more than 30 years and even offers cooking workshops.

Pump N' Munch actually came first. Elias opened the strip mall property in 2011 and hired Germanous to manage the deli three years later. Her varied menu of Lebanese and American lunch favorites often takes gas patrons by surprise.

"I did not expect to find freshly made falafel, hummus, spinach cheese pie plus more inside a gas station!" reads one of many favorable online reviews. "It is worth the walk inside."

Jesse M. of San Diego discovered it when his truck broke down in inclement weather and he ventured inside for warmth. "The folks running the gas station made me comfortable during a stressful situation. There are still good people in the world! Also, their food is delicious."



Sign on the front door of Winner Gas – Pump 'N Munch. Source: Winner Gas Facebook page.

A deli-cious evolution

Ed's Deli evolved over several years. As the younger Ed recalls, one day shortly after they took over his dad said, "Let's try making something like I make at home, something with chicken and garlic."

Soon thereafter, "We started selling Shish Taouk sandwiches on Thursdays," Ed said. "Then we added a beef sandwich on Tuesdays, then falafel on Wednesdays."

The reason for the cautious roll-out was they had no idea what the demand would be, and they couldn't afford to be left with wasted food. "But everyone started coming in and saying, 'Why can't I get beef today?'" No one could keep straight which day was which.

When they resumed operations after a brief COVID shutdown in 2020, the Ed's Deli duo decided to offer all three sandwiches all day Monday through Friday.

Word spread fast, mostly by word of mouth. "I'm not very good at social media," Ed concedes, "and we haven't really advertised. But word got around."

Indeed it did. In May 2022 their shawarma landed in the Star Tribune's "Five Best Things We Ate Last Week" feature. Writer Joy Summers fairly gushed over the "gently spiced chicken, grilled onions, soft peppers and a hefty dollop of the most powerful and delectable toum sauce ... The sandwich was roughly the size of my forearm. I was happily radiating garlic."

Today the deli boasts a full menu of food made-to-order or pre-packaged to go, from hummus to shawarma pizza. The chicken



Edgard (left) and Ed Siouffy at their deli stand. The sign above was designed by an artist/customer who lives in the neighborhood. Photo by Bill Brady.



Ed Siouffy in front of a store sign designed by an artist/customer who lives in the neighborhood. Photo by Bill Brady.

and beef sandwiches are the best-sellers, but the unsung hero (unsung gyro?) of the menu may be the Sujuk, a dryer, spicier fermented beef wrap.

"It takes a little longer to make, so you need to have extra time or order ahead," said the younger Ed. "But it's worth it."

Here's a tip if you decide to go. Tell Edgard it's your first visit, and he'll give you a free sample. He's that kind of guy. In fact, Edgard's engaging rapport with customers is half the fun.

As Warren J. of Minnetonka said

in his Yelp review, "The old Middle Eastern guy who made (the sandwich) for me said, 'The meat ... it is fresh! Everything is fresh! Squeeze the lemon over it all. You will enjoy!'" ■

Bill Brady is the Bugle's copy editor. He hasn't missed many meals over the years.

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Como community honor roll from p. 1

joyful and meaningful events she's created."

Gordon Wrobel, a Como resident for more than 35 years, is active on District 10's Environment Committee, helping volunteer with various neighborhood cleanup projects including Como Lake. the annual Citywide Spring Cleanup and the City of St. Paul's annual drop-off events in the State Fairgrounds, hosted by District 10.

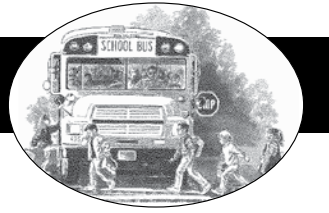
"Not sure why I gravitated first to collecting trash but it was probably in knowing that 'trash begets trash,'" Wrobel told the Bugle. "Also, I don't find just walking all that interesting. Picking up trash gives another purpose to a walk. When District 10 organized cleanup events, I was all in."

As for why he volunteers, Wrobel said it's "a great way to build community and make friends. Volunteering, whatever the task might be, always returns much more than what is given."

To see more about Goetzman, Willman and Wrobel, go to this District 10 link: district10comopark.org/2023honorroll. ■

Scott Carlson is the managing editor of the Bugle.

SCHOOL NEWS



School news around town

Compiled by Danielle Fraher

Twin Cities German Immersion School

Submitted by Paige Yurczyk

National History Day

Out of the 55 students who participated in the regional contest, 22 advanced to the National History Day state competition at the Minneapolis Convention Center on April 20.

National History Day is a national competition where sixth to 12th-grade students choose and research a historical topic. They then present their work through papers, exhibits, performances, documentaries or websites for professional historians and educators to evaluate.

In addition to the 22 TCGIS students who qualified for state, eight students gained honorable mentions at the Metro Junior Central Regional Contest on March 5.

Exchange visit to Germany

Eighth-grade TCGIS students will begin a two-week visit to Nord Rhein-Westphalia, Germany, on April 27 as a part of the TCGIS Capstone Exchange program.

Last fall, TCGIS hosted 38 ninth-graders from their partner schools in Gronau, Ochtrup and Schöppingen, Germany, on the German-Dutch border. Now, 37 eighth-graders from TCGIS are spending 17 days attending class

and visiting cultural sites with these partner schools.

The Capstone Exchange, which comes at the end of nine years spent learning German, is one of the largest back-to-back exchange programs in the United States. TCGIS expects 55 to 60 students to participate next year.

Weekly tours

TCGIS is hosting weekly tours now through the first week of June. Go to tcgis.org to sign up.

Murray Middle School

Submitted by Principal Jamin McKenzie

National History Day

Thirty-four Murray students advanced to the National History Day state competition at the Minneapolis Convention Center on April 20. Twelve additional students gained honorable mentions at the St. Paul Public Schools District History Day on March 16.

Debate tournament

Here are Murray's results from its middle school debate tournament held at Blegen Hall on the West Bank of the University of Minnesota on March 7:

- Junior varsity division: Alana Kennedy and Alice Van Keerbergen as a team were the tournament champions in their division, in addition to their individual speaker awards.

- Rookie division: Team awards: Mariya Adam and Elias Keeler, Karam Ailabouni and Travis Jones, Yury Kryvalap and Bronson Richardson

- Speaker awards: Mariya Adam, Karam Ailabouni, Travis Jones, Elias Keeler, Yury Kryvalap, Bronson Richardson

- Novice division: Team awards: Kiran Boyd and Peter Laska, Mary Grace Lindsley and Sofia Mortensen

- Speaker awards: Kiran Boyd, Peter Laska, Mary Grace Lindsley, Sofia Mortensen,

Student wins awards at State Science Fair

Eighth-grade student Agustin Orezzoli Robinson won several awards at the Minnesota State Science & Engineering Fair for his project on the best model airplane material on March 22.

Agustin received four awards and certificates for his project, including:

- The Minnesota Academy of Science Gold Award, which recognizes the top 5% of projects at the middle school and high school level.
- 3M's Young Inventor Recognition, which includes a prize of \$100.
- The third-place middle school Beckman Coulter Award for



Agustin Orezzoli Robinson. Photo submitted by Emily Shepard.

Excellence in Science, which includes a prize of \$75.

- The Thermo Fisher Scientific Junior Innovators Challenge, which recognizes the top 10%

of middle school projects and invites them to apply for the national challenge.

More than 350 students from 58 schools across the state competed at the 87th annual science fair. The fair was held at the St. Paul River Centre and organized by the Minnesota Academy of Science, a non-profit in St. Anthony Park.

Sunrise Banks benefits parent-teacher organization
Proceeds from Sunrise Banks' charitable coffee bar, Park Perks, will benefit Murray's parent-teacher organization this month.

Danielle Fraher is a University of Minnesota journalism student who is an intern writer for the Bugle.



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SCHOOL NEWS

Como Park High School news

By Eric Erickson

State History Day qualifiers

Three eleventh grade U.S. History students, who represented Como at the St. Paul Regional History Day, advanced to Minnesota History Day.

Abas Kawo and Felmata Obsa qualified for state in the Group Documentary category for their film, "Harka Fi Harma Muraa Anolee," which is about the oppressive rule of the Ethiopian Emperor Menelik in the late 1800s-early 1900s.

Devin Fruen advanced to state in the Individual Exhibit category for "Exploring Counterculture History: Analysis of Punk and Hardcore and their Impact."

Minnesota State History Day took place on April 20 (after the Bugle went to press) at the Minneapolis Convention Center.

Music concerts

Eighteen Como students were selected to perform in the St. Paul Public Schools Ordway Honors Concert, featuring musicians from every high school in the district.

Band members included Greta Seppanen, Saana Price, Aidan Velic, Bella Hansen, Hazel Small, Helen Gerezgiher, Payton McNurlin, and Hattie Miller. Dae Reh played in the orchestra.

Choir members included Alex Buhr, Charlie Ernst, Mitch Pelzer,

Roman Rivers, Yasmina Banat, Sofia Gonzalez, Krisha Rana, Genevieve DeGaetano, and Lillian Mae.

Como's spring instrumental concert featuring the band, orchestra and jazz ensemble will take place at 7 p.m. Wednesday, May 8, in the school auditorium.

Spring play

Como school audiences were treated to three entertaining performances of "The Jungle Book" in March. English teachers Suzie Myhre and Michael Youle-Ellering were co-directors of the annual spring play.

Choir teacher Huy Tran served as the play's technical director and was inspired by the experience.



The cast of Como's spring play posing on the set of "The Jungle Book" in the school auditorium. Photo by Greta Seppanen.

"Many students took on new challenges that they never faced before, and others displayed leadership skills by mentoring newer performers and crew," Tran said.

Cast members included Charlie Ernst, Koda Karan, Liam Do-

negan, Lillian Mae, Jonathan Newman, Lucia Rosell, Roman Rivers, Genevieve DeGaetano, Mitch Pelzer, Mykah Brooks, Zachary Prince, Gaosue Vue, Nia Tenbrook and Klay (Kim) Paw.

Stage manager Freddy Gray led the crew consisting of Clara Dunne, Lila Kopp, Bean Bougie, Millie Huth, Alex Buhr, Levi Kallhoff, Allison Yang, Charlie McCabe, Charlie Dahl, Art Batica, Sofie Hobson and Gen Meyer.

Advanced Placement exams

It's AP Exam season, with subject-specific tests being administered across the nation from May 6 to 17.

Students will take these exams covering content from 15 different courses with a goal of showing what they know and potentially earning college credit. ■

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

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Home & Garden Guide

Becks launch City Prairie, planting native plants to help fight climate change

By Scott Carlson

In their quest to turn patchy grasses into pollinator paradises, Connor Beck and his father Bob Beck are working to stem climate change one yard at a time.

The Becks last winter launched St. Anthony Park-based City Prairie (cityprairie.net), whose business is turning rugged lawns and worn-out boulevards into prairie grasses. Their idea is to stimulate yards for bees, butterflies and other pollinators. In the process, they hope their small steps help stem adverse climate change activity which has been germinating for years.

City Prairie began as an idea back in 2014, following a formative year for Connor at St. John's University in Collegeville, Minnesota.

"During my spring semester, I took a class called 'Ecofeminist Philosophy: Men, Women and the Environment,' and it opened my eyes to the threat climate change poses to humanity and all life on earth," Connor said. "But more importantly, I learned that we have many ways to address climate change and heal the earth.

"One solution I researched was planting prairie. The long roots of native prairie can reach over 20 or 30 feet down, which means each plant can pull down an incredible amount of carbon and store it in



City Prairie specializes in planting prairie plants and grasses to help support environments for pollinators. Photo submitted by Connor Beck.

the soil. There, the carbon feeds microorganisms that build soil.

"So, really, City Prairie began out of this idea of planting native plants to fight climate change one yard at a time," Connor continued. "But prairie plants can do more than fight climate change. They can support endangered native

pollinators with food and shelter, they build healthy soil and they absorb and purify runoff."

Connor, his sister and their parents planted their first prairie from seed in 2014. "Within a few months, we already had monarch caterpillars coming back to munch on butterfly milkweed sprouts that were popping

up," he said. "If you give nature half a chance, it will find a way to return."

After that initial prairie, Connor and his dad planted several more prairies from seed in his parents' suburban yard in Prior Lake. It was an idea that received a lukewarm response. But their prairie grass ambitions were met enthusiastically when Connor moved to St. Anthony Park.

"You don't have to explain climate change, the importance of native plants or the plight of pollinators," he said. "Our neighborhood gets it, and people here care about the planet.

"Last winter, my dad and I finally decided to give our (business) idea a concerted effort," Connor said. "The stars had aligned. Right idea, right place, right time."

"After seeing how much people got active over tree removal on Cleveland Avenue, I knew my neighbors cared deeply about the environment and our community,"



Father/son team, Connor and Bob Beck. Submitted photo.

Connor said, referring to a tree removal project that raised the ire of many people in 2023 when Ramsey County was reconfiguring a section of Cleveland Avenue near the University of Minnesota's St. Paul campus. "They were willing to take meaningful action to protect both."

Aside from finding a receptive community for City Prairie, Connor credited his father for helping get the business off the ground.

"I could not have done this without the support of my dad," Connor said. "He pushed it forward, and then I pushed it forward. We both help each other stay motivated, and we both work together on each new project." ■

Scott Carlson is the managing editor of the Bugle.

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Home & Garden Guide

Changes in commission rules ahead for real estate agents

By *Caroline Weier*

Real estate agents will be required to follow a new commission structure starting in July 2024 after the National Association of Realtors (NAR) recently reached a settlement to resolve a string of lawsuits in federal court.

Real estate agents in St. Anthony are still assessing how the new commission rules will affect them.

NAR agreed to pay \$418 million in damages over the next four years to end litigation claims brought by home sellers claiming a lack of transparency in broker commissions. NAR president Kevin Sears and chief legal officer

Katie Johnson announced the settlement in late March.

If the courts approve the settlement, the NAR will bar offers of compensation for the commission to be listed and shared on the multiple listing service (MLS) and require participants to enter into written contracts with their buyers.

This doesn't mean that sellers must stop offering buyer broker compensation, which is the fee paid to the buyer's agent. Instead, it won't be listed on the MLS, according to Chris Deming, a Realtor with RE/MAX Results in St. Anthony Park.

"Currently, the seller and the

seller's broker list the amount of compensation they are offering to a buyer's broker whose client purchases the home," said Deming. "The NAR settlement would remove that field of view."

The bottom line: Sellers, agents and prospective buyers will need to clearly communicate how real estate commissions are going to be handled prior to houses being shown for sale.

Nate McCallister, a newly-licensed realtor at RE/MAX, said there is a lot of uncertainty surrounding this shift and he is concerned for first-time homebuyers having to find a way to come up with both a down payment and buyer agent commission.

Colleen Healy, a realtor from Keller Williams Integrity Realty in St. Anthony Park, said despite worry for homebuyers, there are

some positive aspects of the settlement. A large part of it will be ensuring clear communication and transparency between agents and clients, which is the way many Minnesota realtors already operate, she said.

"I think it's going to be a shift in really making sure we are dotting our I's and crossing our T's before we start showing houses," Healy said. "It's making sure we've had all these conversations and we really understand our buyers' financials before we show houses, which has been the way of work that has not necessarily been required, so I think that is a good thing."

Despite some negative media portrayal, the new commission structure won't greatly vary from the current laws that already govern the activities of Minnesota realtors. Minnesota has always been

a consumer protection state and has always had buyer contracts, said Barbara Swadburg, a St. Anthony Park realtor with Linden Realty.

As always, commissions will remain negotiable.

"It is a change in the paperwork, but it is certainly not a change in the way that Minnesota realtors are doing their jobs," Swadburg said. "I think that there will be widely acceptable ways of handling the commission that will be worked out between the buyer and the seller. I think there will be ways of working it out." ■

Caroline Weier is an intern writer for the Bugle and a third-year student at the University of Minnesota's Hubbard School of Journalism and Mass Communication.

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Home & Garden Guide

Why different birds come and go

By Clay Christensen

The other day, my neighbor Heather stopped me to ask some bird-related questions, wondering why we see different birds in the winter than in the summer.

I said many of the summer birds are insect eaters and that there aren't many insects around in the winter. And then there's also the COLD! That's a factor that persuades many species to fly south (think snowbirds!). But I also wondered what other elements are at work defining the different populations of species we see in different seasons.

For answers, I turned to my book, "The Birdwatcher's Companion: An Encyclopedic Handbook of North American Birdlife," by Christopher Leahy of the Massachusetts Audubon Society.

I looked up "Food Preferences" and found a list describing what different birds like to eat. Here are a few of them:

Carnivorous, flesh-eating birds like hawks, owls and shrikes. There are members of these families around all year. Some of them shift ranges in the winter, but most hunt in the same area year-around. We found evidence of a shrike's handiwork on the Christmas Bird Count one year: the body of a chickadee wedged into the fork of a tree branch.

Euryphagous birds are tolerant of eating many kinds of food. They include gulls, starlings and crows! I've seen a crow trying to subdue a shrew by whacking it against the ground...tenderizing?

Frugivorous birds are fruit eaters. An example is the tanager. There are some trees and bushes that retain their fruit into the winter, but I would imagine it's not very filling.

Graminivorous birds, eaters of grass. I think of grazing Canada geese. When I worked in an office building, I used to watch them nibbling on the lawn, gathered in the patches where the sun was reflected, melting the snow. Grass eaters would have difficulty getting much food after the snows accumulate.

Granivorous birds who feed on grains or other seeds. These include ducks, geese, doves, blackbirds and finches.

Herbivorous birds, which include grouse in Minnesota, prefer plant food.

Insectivorous birds eat insects. They include the flycatcher family, swifts, and to a degree, hummingbirds. I was amazed hummingbirds ate insects. I thought their bill was like a straw for sucking up nectar.

Then one day I saw a hummingbird open its bill. That answered the question!

Nectarivorous birds are nectar-eating and include hummingbirds, orioles and occasionally warblers and finches. These birds are affected by the cold because there aren't many flowers producing nectar in the winter.

So, cold and snow affect many food choices birds prefer. But there may be other reasons, too. Some birds migrate north in the spring to build a nest in an area with lots of insects, like northern Minnesota



Northern Shrike.
Photo by Ellen Lowery.

for example. Other birds migrate south in the fall, heading to Central and South America to congregate for the winter. Clearly, food availability is a big factor in where birds spend their time. ■

Clay Christensen lives and writes in Lauderdale, Minnesota.

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Home & Garden Guide

Neighbors sow seeds for the future

By Chris Kelly

The northern edge of south St. Anthony Park was once a wasteland of discarded concrete, rocks and junk.

BNSF Railway owned the property stretching along Robbins Street from Raymond Avenue to Cromwell, at the south edge of the rail yards and had used it for years as a dumping ground.

In 1980, some SAP neighbors decided the situation needed to change.

Establishing a garden

Those neighbors worked with District 12 (which would later become the SAP Community Council) to start a leaf composting site near the west end of the land on a small plot owned by the city of St. Paul. Residents had been taking leaves to the landfill, a waste of valuable resources.

"We bought a great big old hammer mill leaf-shredder and kept it in a neighbor's garage. It was on wheels, and we would drag it down there and fire it up," said Sherman Eagles, a St. Anthony Park resident



In the summer of 1982, members of Air Force Reserve Engineering Squadron 934 worked on reserve weekends to remove concrete and asphalt from the garden area. They graded and spread the plots with dirt and compost stored on the site. Air Force officials gave permission for the project as a training exercise that also helped a nonprofit community group. *Photo from Sept. 1982 Park Bugle.*

who has been with the garden since the beginning. "It would run about 20 seconds, then clump up because the leaves were damp. We were trying to do it a shovel-full at a time."

The following year, in a guerilla gardening move, the neighbors

cleared rubble to create 18 garden plots, making 1981 the first growing season on the former wasteland.

"Our first garden was just awful, embarrassing," laughed Susan Conner, another long-term garden leader.

By the end of the year, District 12 gained the legal right to use the land by signing a \$100-a-year lease with BNSF. Then committees formed, held workshops and in March 1982 the first formal ap-

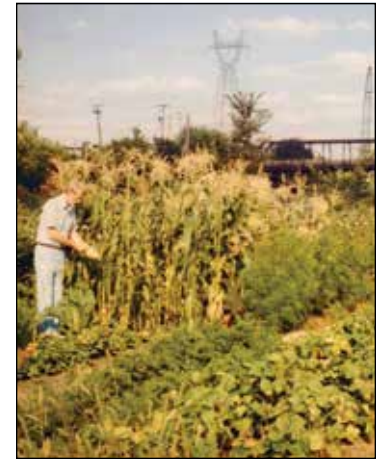
plication for garden plots appeared in the Park Bugle. Plots were 15 x 20 feet and rented for \$10 a season (the equivalent of \$32 today).

Getting to work

Preparing to plant on a larger scale was going to be a big job.

The ground needed testing for toxins.

One of the garden founders managed to convince a neighbor who was high up in the Air Force



The garden in the late 1980s, looking east toward the original Raymond Avenue bridge over the railroad yard. *Photo by Verena Larson.*

Reserve that clearing the land would be a good training exercise.

Another had connections at Town & Country golf course, scoring a peat donation. Topsoil left over from a road project came from the City of St. Paul. The Fisher Nut Company funded a fence. And, of course, there was now compost from the leaf pile.

From the beginning to the current day, the gardeners themselves funded both the annual operating costs of the garden and reserves for future projects. Each gardener was also expected to volunteer time and physical labor to build and maintain the garden space. Their



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Home & Garden Guide

Neighbors sow seeds for the future from p. 12

talent and determination to keep the garden going would be needed to meet the many challenges and existential threats to come.

“This is all the same theme,” Eagles said. “Having relationships with people so they will come and help when you ask. That has been the underlying story of the garden.”

Green and growing

Instead of a dumpsite, south SAP now had a beautiful green buffer zone between the residential neighborhood and industrialized rail corridor, with a native prairie garden at the west end and flower plots along the front.

Conner said, “The flower plots were added as a gift to the neighborhood. We were worried that the fence looked like ‘stay out’ and we wanted a pleasant amenity for people walking around.”

The Garden Committee got several neighbors, many not even gardeners, to agree to water the prairie plants. “We had several hundreds of feet of hose,” Eagles said.

The garden expanded through the 1980s and 1990s from the initial 18 plots to more than 80 plots, tended by more than 200 local gardeners. Garden awards and prizes came in from city, state and regional groups, which funded that first water faucet. All seemed well at the northern edge of south SAP.

Appealing to the railroad

Until the spring of 1998, that is, when BNSF notified the Council that it had a potential buyer for the land. The garden’s lease could be revoked with 30 days’ notice, so it could happen before the end of the growing season.

The buyer would be building an industrial off-loading facility right across the street from the residential neighborhood — destroying the environmental gains and sense of community around the garden.

Against what seemed like long odds, the gardeners and Council organized to save the garden. A plan came together for an ambitious Railroad Park & Garden to expand beyond the existing garden area to create a community park with a bike path, elevated viewing area, and plantings along the entire stretch from Raymond to Highway 280.

But would the railroad even consider a sale to the community? Conner said she and garden neighbor Kristen Smith Olson “jumped right in. We needed to contact the railroad. Would they even talk to us? Where are they even?”

Conner and Olsen tracked down every railroad contact they could find and sent them packets with photographs, their vision for a park around the garden and letters from neighborhood children saying, “Please don’t take our garden.”



With the planned land purchase, the community gardeners hoped to create an expanded park space around the garden, with signage, bike and pedestrian paths, and a viewing area along the north edge. Later, BNSF decided to retain some of the land along the north edge, which made the full plan unattainable. *Drawing by Stephanie Alstead, 1998.*

City and state officials, including St. Paul Council member Jay Benanav and U.S. Representative Bruce Vento, intervened with the railroad.

“The railroad is always a little tricky to deal with. Railroads are their own entity, not governed by anything other than federal law. They tend to be a little opaque,” says Benanav.

What would happen next? The story will continue in the June issue. ■

Chris Kelly is a south St. Anthony Park resident and Community Garden volunteer.

This two-part history is based on decades of coverage by the Park Bugle as well as interviews with garden leaders.

Transition Town—ASAP thanks the Park Bugle for 50 years of neighborhood-based journalism. The story of the community garden will continue in the June issue.

Transition Town—All St. Anthony Park is a 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.

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EVENTS AND MORE

Compiled by Kathy Henderson

boreal Art Loft

St. Anthony Park artist Diana Joanne Eicher will be the featured artist for May. "Time Travels: An Exhibition of Artwork from Across the Years" features a diverse selection of work from Eicher's 40-year art career, in which she explored different processes in printmaking, painting, handmade paper, paper-cutting, fiber and mixed media. Eicher is the director of printmaking and papermaking at the Minneapolis College of Art and Design.

The Art Loft is open during regular store hours: 10 a.m. to 5 p.m. Monday-Wednesday; 10 a.m. to 6 p.m. Thursday-Saturday, and 10 a.m. to 4 p.m. Sunday, at 2276 Como Ave. shop.boreal.life.

Plant sales

St. Anthony Park School Association: 8 a.m. to 7 p.m., Wednesday, May 15, and Thursday, May 16, at Langford Park, 30 Langford Park. All proceeds benefit St. Anthony Park Elementary School.

St. Anthony Park Garden Club: 9 a.m. to 1 p.m. Saturday, June 1, at the corner of Como Avenue and Luther Place (across the street from Speedy Market). Proceeds support maintenance of the gardens at the St. Anthony Park Library and scholarships for University of Minnesota horticulture students.

Bell Museum

Quick Paint with Minnesota Plein Air Collective: 10 a.m. to 2 p.m. Saturday, May 11. A 90-minute session of plein air painting. Art materials provided. Coloring and other art activities will also be available.

Paintings completed in the morning will be displayed in the museum's Horizon Hall in the afternoon. All artists are welcome to participate in a panel discussion and meet the artists.

Spotlight science and open birding: 10 a.m. to 2 p.m. Saturday, May 18. "Open Birding," a short, guided birding experience is available on a drop-in basis during "Spot-

light Science: Something About Birds," where all ages can find out from scientists, artists and local birdwatchers what makes birds so fascinating. Free with regular museum admission.

The Bell Museum, 2088 Larpenteur Ave. W., is open from 10 a.m. to 4 p.m. Wednesday to Sunday. Regular admission is \$12-\$15; free for Bell Museum members, University of Minnesota students and Indigenous peoples. bellmuseum.umn.edu.

Sundays at Landmark

Mother's Day Concert: St. Paul Civic Symphony: 1 p.m., Sunday, May 12, Landmark Center, 75 Fifth St. W. Free.

Como Zoo and Conservatory

Como Quest: 9 to 11:30 a.m. Saturday, May 4. Treasure hunt team activity. \$20 per person; children ages 3 and under free. Register at como.friends.org/events/como-quest.

Glass in Flight: May 23-Aug. 31. Traveling art and science exhibit by nationally known sculptor Alex Heveri features massive steel and glass butterflies, moths, dragonflies, beetles, birds, ants, and praying mantises.

Senior strolls: 9 to 10 a.m. Sunday, May 5, and Tuesday, May 21. Time

is set aside exclusively for ages 55 and older to enjoy a self-guided walk-through Como Zoo and the Marjorie McNeely Conservatory. Registration required: comozooconservatory.org/como/senior-strolls.

Mother's Day Bonsai Show: 10 a.m. to 6 p.m. on Saturday, May 11, and Sunday, May 12. Displays of bonsai from the personal collections of Minnesota Bonsai Society members and the collection of the Marjorie McNeely Conservatory.

Women's Drum Center

Drum Basics: 5 to 6 p.m. Monday, May 13, at 2242 University Ave. W. This class for beginners will explore hand and stick drumming. Instructor: Jo Klein. Fee: \$15. Drums are provided. Register at womendrumcenter.org.

Minnesota History Center

Free admission and free parking every Thursday night in May: 4 to 8 p.m. May 9, 16, 23 and 30 at 345 Kellogg Blvd. W.

Minnesota State Band Spring Concert: "History, Pageantry, Variety": 1 to 2:30 p.m. Saturday, May 11. The Minnesota State Band is the Official Band of the State of Minnesota and the only remaining state band in the United States. Free with regular MNHS admission: \$8-\$12;

free for children age 4 and under. Admission on a first-come first-served basis. Details at mnhs.org/events/1474.

Senior activities

St. Anthony Park Area Seniors' calendar for May. Unless specified, registration is not necessary.

In-person activities include:

- **Walk with ease:** 9:30 to 10:30 a.m. Wednesdays and Fridays, May 1, 2, 8, 10, 15, 17, 22, 24, 29 and 31. Meet at Como Lakeside Pavilion, 1360 Lexington Parkway N. Call the office at 651-642-9052 to register.
- **Tai Ji Quan:** Moving for Better Balance II. 2 to 3 p.m., Tuesdays and Thursdays, May 2, 7, 9, 14, 16, 21, 23, 28 and 30, at The Legends at Berry, 777 Berry St.
- **Krav Maga:** Self-defense for Seniors: 10 to 11 a.m., Mondays, May 6, 13 and 20, at Centennial United Methodist Church, St. Anthony Park Campus, 2200 Hillside Ave. Call the office at 651-642-9052 to register.
- **Luncheon:** U Garden Chinese Restaurant. 11:30 a.m. to 1 p.m., Wednesday, May 8, at 2725 University Ave. SE, Minneapolis.
- **Blood pressure clinic:** 3 to 3:45 p.m., Tuesday, May 21, at Seal Hi-Rise, 825 Seal St.
- **Game day:** 10 to 11:45 a.m., Tuesday, May 28, at Centennial United Methodist Church, St. Anthony Park Campus, 2200 Hillside Ave.

Hybrid:

- **Caregiver Support Group:** 10 to 11 a.m., Thursday, May 2. In-person meeting at Centennial United Methodist Church, St. Anthony Park Campus, 2200 Hillside Ave. or via Zoom. Call the office at 651-642-9052 for the Zoom link.

Virtual (Call the office at 651-642-9052 for connection instructions.)

- **Lunch Bunch:** Noon to 1 p.m., Wednesdays, May 22.

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




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U's FETCH program pairs students, trainer dogs

By Kathy Henderson

At the University of Minnesota, FETCH isn't a command for a dog to retrieve a thrown object.

On the U's Twin Cities campuses, FETCH stands for Fostering Education Through Campus Hosting. It's a unique program where students volunteer for 14 weeks to serve as 24/7 hosts in helping train dogs slated to become guide companions for the New Hope-based Can Do Canines organization. The training period for the student volunteers takes place during their spring and fall semesters.

It's more than having the dogs live with students in dorms or apartments. The training program also means the dogs accompany the students to classes, ride on the U's bus system and on community outings to such places as the airport, Mall of America and Target.

The students and their dogs also attend twice-a-month training sessions at Bailey Hall on the U's St. Paul campus that are led by Emily Hedenland, lead program trainer at Can Do Canines.

Besides attending training sessions at Bailey Hall, six students and their dogs live there in what is called a Learning Living Community, a dedicated area for the FETCH program residents within the five-story red brick building at 1450 Cleveland Ave. N.

The FETCH dogs range in age from 15 months to 2 years. When their time spent with the U students has concluded, the training for the dogs continues for about another year with other volunteers and at the New Hope kennel.

Ultimately, Can Do Canines'

goal is to provide a free, fully-trained assistance dog to a disabled person. Since it opened in 1989 under the original name of the Hearing Dog Program of Minnesota, the nonprofit organization has placed more than 900 assistance dogs with clients.

As spring semester was underway, three students talked about their experiences with the FETCH program: Emily Lynes, a Minnesota resident majoring in animal science; Audrey Miller, Ohio, chemical engineering; and Elle Stern, Wisconsin, animal science and pre-veterinary.

Q. Why did you volunteer for the FETCH program?

Emily Lynes: I volunteered for the FETCH program to explore the opportunities of training service dogs and for overall experience working with animals for upcoming pre-vet internships and jobs.

Audrey Miller: I had some friends who have participated in it, and they enjoyed it. I wanted to be able to experience what it was like to train an assistance dog, and it has been very rewarding to see the progress our dog Oaklee has made.

Elle Stern: I've always loved dogs and I didn't know much about service animals or dog training, so I thought it would be an excellent place to learn about these things. It also feels really good to know I'm helping somebody else, who will one day have their life improved by the FETCH dogs I'm training.

Q. Can Do Canines' assistance dogs must learn 30 cues. Which cue was the easiest to teach and is there one that you found more challenging than any others?

Emily: 'Nudge' was the easiest—and most fun—to do; the dogs have always enjoyed it! The most challenging is 'step' and 'park.' The dogs will sometimes confuse those cue words for other ones such as 'n.'

Audrey: Oaklee is very good at the 'side' and 'heel' commands. One of her toughest cues to learn is the



University of Minnesota students in the FETCH program, where participants provide 24/7 hosting and ongoing training for dogs slated to assist clients of Can Do Canines. Photo by Drew Henderson.

automatic 'leave it,' where she is supposed to ignore distractions or food that is on the ground. She loves her food, so we work with her a lot on improving her focus when there is food distracting her.

Elle: I found the 'get dressed' command—which commands them to put on their cape and gentle leader/collar before we go out in public—to be the most challenging because most dogs don't understand where the hole in their cape is that they need to put their head through, so they get confused and struggle to understand what they need to do.

The easiest cue to reinforce in my experience was 'off,' which commands them to get off a person or thing, like when they stand on their hind legs and push a person when greeting them, because whatever is making them excited—like a new guest in the dorm—often distracts them so much that they do not listen or register the command.

Q. Which community outing with your dog was your favorite?

Emily: Mall of America was my favorite trip so far, because of how much there is to explore—rides, bookstores, clothing stores.

Audrey: I enjoyed going to Mall of America with Oaklee because it was cool to see how she behaved in an extremely busy environment and to put her skills to the test in real time. She did really well!

Elle: Mall of America, because the U universe was so incredibly different from campus or a store. The

dogs were challenged with paying attention and seeing things they may not see regularly, such as new loud noises or small children.

Q. When you are at home with your pet, are you adapting any of the Can Do Canines training methods with your own pet?

Emily: I think there are definitely some cues and tricks that are beneficial for all dogs. I learned if you want your pet to get off furniture, the cue word is 'off' instead of 'down.' I had always used the word 'down' for my pet, and it wasn't successful because in her mind she was cued to lay down. Ever since I used the cue 'off,' she is much better at getting off furniture.

Q. What habit do you have with your family pet that was hardest to change with the FETCH program dog you are training?

Emily: Taking the dogs for walks was probably one of the most challenging changes I had to make. Go-

ing from walking the dog a few times to going on walks every day.

Elle: We let our dog on furniture, so the hardest to change with the dog I'm training was training them not to go on furniture.

Q. Are you going to volunteer for the FETCH program again?

Audrey: I have really enjoyed participating in the FETCH program this year, and I hope I will be able to do it at least next spring!

Emily: Yes, I plan on doing it again.

Elle: Yes, I love the program and I'm extremely excited to be involved again having received the position as Community Advisor for the U's FETCH Living Learning Community during the 2024-2025 school year.

I plan to be as involved as possible with FETCH through the position. ■

Kathy Henderson is a regular freelance writer for the Bugle.

Final SAP history talk

By Mary Mergenthal

The final session in the St. Anthony Park architecture and history series will be an introduction to the basics of researching the history of your house.

Series presenter and Augsburg University professor Kristin Anderson will talk about how property records, building permit information and other sources can be used to learn about previous residents of your home.

Anderson's talk will be held at 7 p.m., Tuesday, May 14, at event sponsor St. Anthony Park Lutheran Church, 2323 Como Ave. Afterwards, treats are served and there is time to visit.

Besides being held live at the church, the talk can also be accessed live online, with a recording available for one week after the session.

Use the SAPLC YouTube channel at bit.ly/Sap-history. You can also get to the church's YouTube channel by clicking through from saplc.org to the Worship link, and then to the live stream link. ■

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

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Nosanow pens 'The College Student's Guide to Mental Health'

By John Horchner

St. Anthony Park resident Mia Nosanow draws on 20 years of experience as a mental health counselor at Macalester College in her new book "The College Student's Guide to Mental Health."

As a therapist to thousands of students for individual and group counseling, Nosanow noticed that roughly half of the issues students were bringing to her fell into the category of mental health and wellness, developmentally appropriate struggles that shouldn't be labeled mental illness.

In an introductory email, she wrote, "There were common themes, and I looked around and didn't find a resource that covered this."

I caught up with Mia over Google Meet. Questions and answers have been edited for clarity.

How are things going with the book so far?

N: I'm a psychologist. I've never done a lot of promotion things. I'm trying to rise to the moment because it's a forum to promote mental health, and that's so important. So many people are hurting, so I'm just going to do my best.

How much do you believe in self-help from a book?

N: I've personally gotten help from self-help books. It's a piece of the pie, though it's not the whole pie. Because there's no substitute for human interaction. But at the same time, reading and learning

something by reading is extremely powerful.

The book is so comprehensive...

N: I started writing the book in 2007. And every year, I thought I was too late. But [the problem] has been growing since 2010. It's not just social media. I don't know if you saw it, but a recent happiness study ... people under 30 in the U.S. are feeling a lot less connected and hopeful.

What type of therapy is practiced in this book? I noticed you broke it down to Awareness, Being and Choosing (ABC).

N: As I was counseling students over the years, and this is true in most college settings, you don't have endless sessions. You have like 10 sessions, so I had to do things the shortest way I could.

I just developed this shorthand for a standard cognitive-behavioral model (CBT), which is also based on mindfulness. You know where you are [Awareness]. Try to just be with it and accept it and not judge [Being] and then, choose what to do [Choose]. I tried a lot of acronyms, and that was the easiest one to give to a client right in the session and break it down and have it be something that might stay with them.

Yeah, it's even simpler than CBT. So it's really nice to know the part about mindfulness... you know, third eye or whatever.

N: It's such a foreign concept to most people... Where's my head at? What am I thinking right now?... to try to capture even a couple of times per day what you're thinking.

I'll never forget the first time someone came back and said, "I'm surprised at how negative my thoughts are." That was feedback from many other students. Students often don't know what they're saying to themselves. And it can be very harmful. When you're saying "I'm so stupid, I'm so stupid" all the time.

We've got a whole cosmos in our heads, and people get stuck in thought habits. I tried to help students get that when it was appropriate, depending on what they were bringing in.

I was thinking of that today. I had this pain going on in my leg, and then finally, you know, I noticed that and then I decided, well maybe this is how it's going to be. But it's only one aspect of me, and I've got all these other things that I can think about. Am I going to define the rest of my life by this? I was like, wow, you really can apply it to anything.

N: It's true, but that's a hard one.

What about situations where there's something beneath the surface there, you know, like trauma, family or other? Why wait till you're 55 to deal with memories? I mean, it's just silly.

N: That was hard to capture in the book. But there's a section on iden-

tity, and it's really a lot of reflection. But I try to stay pretty clear on how it's good to start now. A lot of these topics can be dealt with in outside counseling.

The other reason for the book is that every staff member on campus is doing mental health now, not just the counseling center. Anybody who has contact with students is seeing multiple students in distress. They need to know more about what to say and how to approach things.

I'm gonna just rattle off a few things that I learned from the book. Here's one, and I quote: "In some families, children have a hard time feeling worthy of love and belonging. This can trigger a reaction to try to use external achievements... like being perfect to earn the deep, interior state of feeling loved with no expectation." I have searched for years for that quote.

N: You can see it in the chapter on imposter syndrome. It cuts across all socio-economic groups, and it hits first-generation students pretty hard. That perfectionism is weird how it can find its way in.

It's because our culture is selling that image of something, trying to define us this one way when we're not really meant to be like that. We're meant to be more soulful and earthbound and not just care about what we look like to people.

Why do people not let go of that? You know, externals?

N: I can't solve all that in my book!



Mia will be speaking at two upcoming events

6:30 May 9 at the St. Anthony Park Library and 1 p.m. May 19. at the Roseville Barnes & Noble.

Find Nosanow's book locally at boréal, Next Chapter Books, and Barnes & Noble in Roseville. It's also available at many places online or check out your local library.

We at the counseling center at Macalester used to want to say, "aim to be average"... because you are already at this elite place... you don't have to have a passion. You can still do good work. Find something where you can say, "this is pretty good" and that's ok... Be average."

I feel like my book is trying to say stuff that maybe feels counter-cultural and rebellious. To say take downtime, right? Definitely. And just hanging out or having quiet time without turning it into something productive.

What are a couple of the most interesting or surprising things you want people to learn?

N: One of the most consistently helpful things, but also hard to convince folks of, is that baby steps matter, attitude matters. Young people think they are already supposed to know what to do or be experts at their lives. No — it's a huge, lifelong learning process. ■

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



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LIBRARY CORNER

St. Anthony Park Library events

St. Anthony Park Library's May calendar contains special events and familiar favorites, along with the annual used book sale donation details and sale days. Unless specified, registration is not required.

Please note that the library will be closed on Monday, May 27, in recognition of the Memorial Day holiday.

Used Book Sale/Donation

Used Book Donations

The St. Anthony Park Branch Library Association is accepting book donations through Wednesday, May 29, for its annual book sale, which will take place on Friday, May 31, and Saturday, June 1, at 2245 Como Ave. The library is only accepting books this year (no videos, CDs, etc.) and welcomes fiction and nonfiction books for children, teens and adults.

There are two ways to donate new or gently used books:

- During regular library hours, donated books can be left in the cart in the lower level of the library.
- If you have a large number of books to donate, there are also two drive-up-and-drop-off dates available. They are 1 to 4 p.m. on Saturdays, May 4 and 18, on the Carter Avenue side of the library. Volunteers will be available to assist.

Detailed donation guidelines are available at sapbla.org/book-sale.

If you have questions or are interested in helping email us at annualbooksalesapbla@sapbla.org.

Used Book Sale

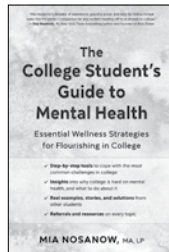
The much-anticipated SAP Library Association's annual used book sale takes place from 10 a.m. to 4 p.m. on Friday, May 31, and Saturday, June 1 in the library's auditorium, 2245 Como Ave.

Proceeds from the book sale support library programs such as

Storytime, Fun Lab and the Thursday Forum, as well as help fund facility improvements and landscaping projects.

May special event

Second Thursday Forum: The College Student's Guide to Mental Health



6:30 to 7:30 p.m.
Thursday, May 9.
Learn about the most common challenges for college students, gain insights into why college may be hard on mental health and find out how students can thrive. Guest speaker will be licensed psychologist and mental health therapist Mia Nosanow, author of the 2024 book, "The College Student's Guide to Mental Health: Essential Wellness Strategies for Flourishing in College."

Now retired, Nosanow previously worked as mental health counselor at Macalester College's student health and wellness center. The Thursday Forum is sponsored by the St. Anthony Park Library Association. For more informa-

tion, or to request a Zoom link to the program, visit: sapbla.org.

Ongoing programs

Storytime in the Park

10:30 to 11 a.m., Tuesdays, May 7, 14, 21 and 28. Outdoor storytime returns! Grab a blanket and head to College Park, 2223 Carter Ave., for stories, songs, rhymes and puppets. Storytime is designed for children ages birth to five, their caregivers and siblings. In case of inclement weather, storytime will be held in the library auditorium. The decision to relocate to the library will be made by 9:30 a.m. on storytime days and posted to sapl.org/calendar.

Fun Lab!

2:30 to 3:30 p.m. Wednesdays, May 1, 15, 22 and 29. (Note: There is no FunLab on May 8) This is the time to hang out and make cool stuff—art, crafts, science experiments, engineering projects and more. This STEAM drop-in program is designed for ages 7 to 11 and takes place in the library's auditorium. The first Wednesday of every month is always LEGO!

Paw Pals: Read

10:15 a.m. to 12:30 p.m. Saturday, May 11. Young readers ages 5 to 12 have the opportunity to read to Enzo or Sadie, two friendly dogs who love to sit and listen to children reading them stories. To give all children time to read to the dogs, each reading session will be limited to 15 minutes with each dog. Call the library at 651-642-0411 or stop by the circulation desk to register your young reader.

English Conversation Circle for Adults

4 to 5:30 p.m., Thursdays, May 2, 9, 16, 23 and 30. Join the University of Minnesota Retirees Volunteer Center and the Partners in English program for free English language practice at the library. All levels of English language skills are welcome.

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



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St. Anthony Park Branch Library Association
presents the
2nd Thursday Forum

The College Student's
Guide to Mental Health

Every year millions of young adults enroll in college. But mental health issues for these students have grown exponentially. To address this need, SAP neighbor, psychologist and therapist Mia Nosanow has created *The College Student's Guide to Mental Health*, a complete resource for college and college-bound students—as well as the parents, families and professionals who support them.



Featuring Mia Nosanow, MA, LP

Drawing from 20 years experience as a
mental health counselor at Macalester College.

Moderated by Melissa Lundquist, PhD,
Assoc. Professor of Social Work at St. Thomas University

Presentation: Thursday, May 9 | 6:30-7:30 pm

Library Auditorium | 2245 Como Ave.

More information can be found at sapbla.org.

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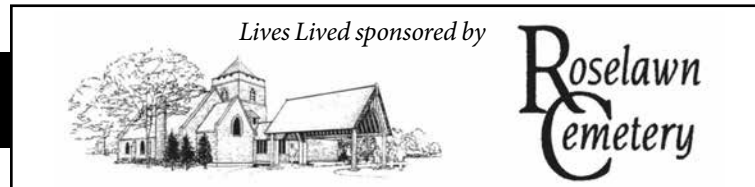
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**Richard Cownie**

Richard Cownie, 85, died March 22, 2024. He was born Sept. 20, 1938, in Detroit. He was a graduate of Murray High School and served in the U.S. Army.

Richard was a long-time resident of Como Park. He enjoyed golfing at Como Golf Course, daily walks and spending winters in Destin, Florida.

He was preceded in death by his parents, James and Leona Cownie. He is survived by his wife of nearly 63 years, Elaine (née LaCasse); children, David (Annmarie) and James (Maggie); four grandchildren; a great-grandson; and sisters, Shirley Barr and Phyllis Robinson.

**Lawrence Crosby**

Lawrence (Larry) H. Crosby, 76, of St. Anthony Park, died unexpectedly Feb. 29, 2024. The eldest of five children, Larry was born to Gladys Rose Crosby (Kunde) and Charles Crosby.

Larry grew up in Kankakee, Illinois. He studied at Concordia Colleges in Ann Arbor, Michigan, and Fort Wayne, Indiana. He received his master of divinity from Concordia Seminary in St. Louis, Missouri, and was ordained on Aug. 11, 1974. He went on to earn his juris doctor in 1988 from Hamline University School of Law.

Larry married Janet Ann Austin on June 24, 1972. They loved canoeing, camping and riding bikes.

Lawrence's calling as a pastor led him to Montana; Shishmaref, Alaska; East Rochester, New York; and Dakar, Senegal, in West Africa, where he served as a missionary. Upon returning to the U.S., he found a new passion in agricultural law, appellate law and immigration law. He practiced law in St. Paul until his death. He loved helping

people, giving everyone a fair shake and providing justice and safety. His clients became his family.

Lawrence is survived by his wife of 51 years, Janet Ann; his children: Matthew (Consuelo), Seth (Megan), Zachary, Anna (Evan), Leah (Mike); and seven grandchildren.

A funeral service was held on March 23 at Mount Olive Lutheran Church. The service was live streamed: youtube.com/live/uO75MWGvjBw.

**Bernice Davenport**

Bernice Lorraine Davenport, 84, St. Anthony Park, died peacefully on March 16, 2024. Bern, as she was known to many, grew up in Monmouth, Illinois.

Active in 4-H, she won awards at county fairs and the Illinois State Fair for her beautifully designed and sewn clothing. In the fall of 1953, she wore one of her "formals" to the high school homecoming dance with her date, classmate Garvin, and that was the beginning of their 70-year relationship.

After high school, Bern completed a three-year degree at what was then Moline Lutheran School of Nursing in Moline, Illinois, which included an internship at Chicago's Cook County Hospital. She graduated as a registered nurse in 1960.

That December, she and Garvin were married in Monmouth and lived for the rest of that year in Grinnell, Iowa, while he finished college.

Next, they moved to Minneapolis, where Bern served as a post-surgical RN at University of Minnesota Hospital, while her husband pursued his doctorate in American Studies.

Their first two children, Garvin III and Paul, were born while they lived in Minneapolis. In 1969, they moved to St. Anthony Park, where their third son, Gregory, was born.

With three children and a large house to manage, Bern shifted from full-time employment to being a part-time staff nurse at St. Anthony Park Nursing home and, later, as infection control nurse at Sholom Home. Still later, she served as a nurse in what was then the SAP Block-Nurse program, specializing in foot care.

Bern was a long-time active member in the SAP Antique Club and Chapter K of P.E.O. and enjoyed Wednesday morning coffee get-togethers with her close neighbors. She was a much-admired chef and gracious hostess for many family dinners and celebrations, as well as for gatherings in their St. Anthony Park home for Hamline University faculty and staff.

Bern always looked forward to spending time with her three grandchildren, Miles, Landon and Gabrielle. Her "Grandma activities" included making cookies, telling family stories and playing board games.

Bern loved growing flowers and vegetables in the backyard garden. The high point of each growing season was the day when the rhubarb crop was ready to harvest. She loved rhubarb, and her rhubarb cakes, sauces and pies were family favorites.

Swedish on both sides of her Olson/Oberg family, Bern was very proud of her Scandinavian heritage. Each Christmas season started at dawn on Dec. 13 with Santa Lucia candles, rolls and coffee.

To celebrate their 50th wedding anniversary, she and Garvin toured Sweden and were able to find the birthplaces of her ancestors.

She is survived by her husband Garvin, sons Garvin III (Hiromi), Paul (Tracy) and Greg (Julie), and three grandchildren.

A memorial service was held. Contributions in Bern's memory can be given to the Davenport

Endowed Scholarship at Hamline University; Alzheimer's Association; Crohn's and Colitis Foundation; Planned Parenthood; or Protect Minnesota.

Marian Fischer

Marian Fischer, 90, a longtime resident of Lauderdale, died on March 8, 2024.

She was preceded in death by her husband Emil and two sons, Kenneth and Kevin. She is survived by daughters Jean (Tom) Lauzon and Joan Fischer; one grandson; sister Patty and brother Ronnie.

Funeral services were held with interment at Oakland Cemetery.

Memorials preferred to St. Jude's Children's Research Hospital.

Ralph Gullickson

Ralph Marvin Gullickson, 94, of Falcon Heights, died on March 20, 2024.

Ralph graduated from Wheaton High School in 1947 and earned a bachelor's degree at the University of Minnesota. Ralph worked nearly 28 years for the Ramsey County Social Service and Welfare Department, leaving a lasting impact on his community.

In retirement, Ralph found joy in tending to the Wheaton homestead by meticulously caring for the land and gardens.

Known for his generosity and hospitality, Ralph delighted in gathering loved ones at Perkins in Roseville. He was a beloved fixture there and the staff at Perkins became an extended family to Ralph.

Ralph's legacy of love, integrity and selflessness will endure in the hearts of those who were fortunate enough to know him.

He was preceded in death by parents Adolph and Olga Gullickson, sister Doris Simpson, brother-in-law Ervin Simpson and sister-in-law Linda Gullickson.

Ralph is survived by brother

Raymond Gullickson, sister-in-law Pat Gullickson and brother Clifford Gullickson.

Memorial contributions can be made to Gloria Dei Lutheran Church, where he was a member for over 60 years.

**Anneke Jessup**

Johanna "Anneke" F. Jessup, 81, of St. Anthony Park and Roseville, died

March 19, 2024 from cancer. Her final days were spent peacefully in her home, surrounded by family, including her sister Marianne from the Netherlands.

Anneke was born and raised in Voorburg, the Netherlands, where she was the eldest of six children. She obtained an advanced degree in Montessori education and began her teaching career in the Netherlands.

In 1965, she went to work for a family in Pittsburgh, Pennsylvania, with whom she became lifelong friends. She bravely set off on an adventure to the United States, as one of only a handful of passengers on a commercial Norwegian freight ship.

Later, an opportunity arose to teach at a Montessori school in Roseville. True to her adventurous nature, Anneke took it. While at a dinner party in the Twin Cities, she met Paul Jessup, then a professor at the University of Minnesota, and the two married on June 27, 1970.

Paul and Anneke settled in St. Anthony Park, where they raised their children, later moving to Roseville, where Anneke could truly indulge in her passion for gardening.

She had a keen eye for style and design (both interior and landscape) and a talent for gourmet cooking. Anneke was an active member of St. Mark's Episcopal Cathedral in Minneapolis, a supporter

Lives Lived to p. 19

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Lives Lived from p. 18

of the St. Paul Chamber Orchestra and a long-time volunteer with several organizations, including hospice services and Meals on Wheels.

She stayed connected to her Dutch roots, and the family regularly traveled to the Netherlands to spend time with family and friends. Following her husband's diagnosis with Parkinson's disease, Anneke spent more than 20 years ensuring that he received the best possible care and that he was able to continue traveling to see family in Maryland, Europe and Singapore until his passing in 2021.

In 2023, as Anneke's own health deteriorated, she enjoyed an extended visit to Switzerland and insisted on visiting Mount Pilatus, where she had been years before as a young woman.

Anneke was a kind, generous person with a strong will and a devotion to caring for others. She loved classical music, travel, her garden and family, especially her four grandchildren who adored their "Oma."

The family thanks the doctors and nurses at Regions Cancer Center; the caring staff of Health Partners Hospice, Lifespark; The Heritage at Lyngblomsten; the Grace Angels Team; and the many friends and neighbors who supported Anneke in recent years.

Anneke was preceded in death by her parents and her husband, Paul F. Jessup. She is survived by her children Christine Jessup (Joanna DeLucia) of Silver Spring, Maryland and Paul C.F. Jessup (Lian Tan) of Zurich, Switzerland; plus four grandchildren.

Donations in Anneke's memory may be made to St. Mark's Episcopal Church at app.aplos.com/aws/give/StMarksEpiscopalCathedral/2024Pledge; the Health

Partners Hospice Hope Fund at healthpartners.com/foundations/regions/give-now (please designate "Hospice Hope Fund"); or the Minnesota Landscape Arboretum at arb.umn.edu/donate/memorials-and-honor-gifts.

Panod Klongtruatroke

Panod Klongtruatroke, 50, died March 26, 2024. He was born Jan. 7, 1974, in Bangkok, Thailand. He was raised in Miami and came to Minnesota to attend the University of Minnesota at the age of 16.

From 1995 to 2017, Panod held leadership roles in multiple IT companies and Dakota County. At the time of his death, Panod held the title of vice president of engineering at Close Simple, where he was responsible for providing advanced communications and productivity services to the real estate market.

Panod and Lori Barnes were married on March 26, 2000, in Minneapolis. They raised their children in Como Park.

Panod served as vice-chair on the Como Community Council from 2010 to 2012. This earned him a place on the City of St. Paul's Neighborhood Honor Roll for his thoughtful and calm presence while giving the neighborhood the direction needed for a few controversial topics, where his drive for transparency was key for the forward movement of the community.

It was not uncommon for him to juggle learning new technology while watching his favorite Twitch or YouTube talking about new bike touring or Disney adventures, while simultaneously helping to steer a family member or friend with their daily life questions, to which he was always willing to listen.

Though raised in Florida, Panod

never tired of Minnesota snow and cold. His last day was spent biking in the snow after work, while undertaking his new love for livestreaming.

Panod was a registered organ donor, and saved several lives by donating his organs to people in need. While he will be missed by those he touched while he was alive, it helps to know that a part of him is still here helping people who need it.

Panod is survived by his mother Vena; his wife Lori; and children Taylor and Ian. He is also survived by his mother-in-law Sarah (Mark) and brother-in-law Robert (Jen). He was preceded in death by his father, Prakeb.

Memorial donations in Panod's name can be made to the Minneapolis Heart Institute Foundation, at mplsheart.org; Life Source at life-source.org; or Free Bikes 4 Kidz MN at fb4kmmn.org.

Ruth Ladwig

Ruth (Immer) Ladwig, 87, of Bloomington, died Feb. 27. Ruth graduated from Murray High School and from the U of M. She mothered her children John, Forrest, Patrick and Jean until all were in school and then became a dedicated volunteer for over 40 years at The Science Museum of Minnesota.

Ruth was a grandmother of eight and great-grandmother of five. She fully supported her husband Jim's work and aviation activities. A memorial service is planned for May.

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Tennison earns Athena Award

By Eric Erickson,
Sports analysis

Como Park High School senior Ellery Tennison has enjoyed playing sports as long as she can remember.

From Langford Park and St. Anthony Park Elementary to Murray Middle School, club teams and her 10 varsity letters in three different sports at Como, she has excelled.

However, achieving excellence isn't the main reason she loves competing. It's the relationships created through athletic activity that brings her joy.

"Sports are my main way of connecting and interacting with other people," Tennison said. "It's my way of having fun and it's taught me a lot of valuable life skills, like how to work hard."

Having fun while working hard has been a successful formula for Tennison in her athletics and academics, leading to honors that now include the Athena Award.

The St. Paul Area Athena Awards recognize one female high school senior from each East Metro high school. Tennison and the other recipients were honored at the Athena Awards Banquet held downtown at the RiverCentre on April 17.

Tennison's athletic resume as a Como Cougar reveals remarkable accomplishments and leadership in volleyball, basketball and track and field.

In volleyball, Tennison was named a team captain as a sophomore. She served as captain for three seasons, leading the Cougars to section finals in both her junior and senior years, and notching a conference championship in 2022. She was voted the team's most valuable player and a two-time all-conference selection.

Beyond the fall volleyball seasons, Tennison had fun partnering with teammates to provide a summer camp volleyball experience for Murray players and youth in the neighborhood. She was a constant for the Cougars, keeping things together through a coaching change.

The 2021-2022 basketball season was historic for the Como girls, who took third place in the state tournament. Tennison was grateful to be a contributor on that team as a sophomore, celebrating the thrill of victory in the section championship and playing in state alongside the immensely talented seniors who realized their dream.

"Getting to play with that group of girls, I learned a ton from them," Tennison said. "Especially being

an underclassman and looking up to them."

After that special experience, Tennison stepped away from basketball to devote more time toward strength training and preparation for her other sports, including track and field.

While not an easy decision, it was productive. Qualifying for state in the 100M hurdles as a junior was an impressive trade-off. Tennison's track credentials are extensive, winning conference championships in the triple jump as well as the hurdles, while being Como's MVP ever since her freshman season and being a three-year captain.

Working hard to reach one's goals is a part of Tennison's lifestyle DNA. It's applicable to her academics too, resulting in stellar achievements. As evidence: Her status as an Advanced Placement Scholar (passing more than three AP exams), earning Academic All-State and graduating in the top 10 of her class.

Teachers admire and appreciate Tennison's positive presence in class and her intelligent insight. Coaches love having talented players who are also models of commitment and effort.

One Como staff member who has witnessed Tennison thrive in



Ellery Tennison is Como Park's Athena Award winner for 2024.
Photo by Lisa Greta Seppanen.

multiple environments is Olonda England, who has coached her in basketball and track. "Ellery has been an outstanding student-athlete who has always been a hard worker and dedicated to her academics and any sport she puts her mind to," England said. "Ellery has been amazing in her four years of track and field. She is destined to achieve the goals she sets for herself."

Tennison plans to attend the University of Oregon next fall where she intends to major in business administration with a

concentration in sports business. She sees a career in that field as a healthy way to continue making connections with people through activities that bring her joy.

"I've loved my teammates and sports at Como," Tennison said. "We've learned about each other and our different lives while doing something we all enjoy together." ■

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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