



Editor's notebook

Page 4



Senior living

Page 14



Cougar sports

Page 20

Your award-winning, nonprofit community resource

Park Bugle

St. Anthony Park / Como Park
Falcon Heights / Lauderdale

parkbugle.org
April 2026

Marigold bids farewell to Milton Square

By Erin Bowman

Marigold, Minnesota's first non-alcoholic bottle shop, closed its Milton Square location in mid-March after two and a half years in business.

The shop opened in June 2023 as an expansion of the original Marigold store in south Minneapolis.

The business said it was downsizing in order to streamline operations, reduce overhead and focus on serving their community.

"We've truly loved getting to know our (SAP) neighbors and everyone who made our shop part of their routine," Marigold said in a statement. "The various support in many ways has meant a lot to us. We're going to miss being part of this neighborhood."

The shop sells local and international nonalcoholic beverages, ranging from NA beer, wine and mixers to cannabis and "adapto-genic" drinks (beverages infused with plant extracts said to have a relaxing or euphoric effect). Local options come from producers such as ABV Technology, a St. Paul — based beverage technology company, and Bauhaus Brew Labs, a Minneapolis craft brewery.

Marigold's hours at its Milton Square location shifted several times. Open seven days a week early on, the shop reduced its schedule to four days a week last September, expanded to five days in October and ultimately scaled back to three days — Thursday through Saturday — in January of this year.

Nearby business owner Sandra Weise of Finnish Bistro believes the closure does not reflect broader trends in the Milton Square area.



The Marigold bottle shop at Milton Square closed in mid-March. Photo by Erin Bowman.

She noted her business has seen increased foot traffic compared with last year.

Others described a more mixed picture. "Business of late has been admittedly slow, but we are optimistic that we will see positive growth," June Room, Mind's Eye and Present Company, said in a joint statement. "The diversity of shops should make Milton Square a destination shopping spot, which

makes being 'St. Paul's best kept secret' a long-standing frustration."

Moe Richardson, owner of Studio Hair Salon in Milton Square, said Marigold was a great addition to the area and was saddened to see it go.

Megan "Mick" Grotzke, of Present Company, said the Marigold closure will be a blow to the Courtyard Shoppes, particularly from a branding standpoint.

"The subtle neon turns heads and enhances the curb appeal of Milton Square as a whole," Grotzke said. "Marigold will be a tough act to follow."

Grotzke also reflected on the loss from a business-owner perspective. "Erin's welcoming and supportive approach to doing business made me feel instantly at ease," Grotzke said, referencing her experience as a new business owner.

Marigold's 380-square-foot space sits between All Seasons Garment Care and Tailoring and Acorn Bookshop. It previously housed The Little Wine Shoppe for 17 years, before that store moved to a larger location in 2022.

During its time in St. Anthony Park, Marigold also hosted a variety of community events, including a Mother's Day market, a Valentine's Day tasting and a Milton Square Holiday Market.

In addition to its Minneapolis store, Marigold manages an online shop that ships its products — including a subscription box — nationwide. ■

Erin Bowman is a journalism student at the University of Minnesota.

SAP's Noah Hamilton shines as champ on 'Jeopardy!'

By Bill Brady

When St. Anthony Park native Noah Hamilton was just a tyke, he was gifted a guidebook about the birds of Minnesota.

Soon thereafter, the family was driving along when someone spotted a bird. "I asked about the color pattern, and when they told me I said, 'Oh, it's a red-winged blackbird, that's on page 46.' My parents' jaws dropped. I'm really lucky to have instant recall memory."

Nearly two decades later, the Como High School grad's skill at learning and memorization helped him win almost \$13,000 on the TV game show "Jeopardy!"

Hamilton took first place on the episode that aired March 2 and finished a close second the following day.

It was a performance that once again had his parents amazed. Scott and Lori Hamilton, along with Noah's older brother, Isaac, were part of the live studio audience on taping day, which took place exactly one month earlier

at Sony Pictures Studios in Culver City, California.

As Noah kept firing away on the buzzer, finishing the Jeopardy round with nine correct responses and confidently demonstrating a mastery of everything from geography to classic literature to international currency, his folks looked on in awe.

"It's always a great joy to learn about new things from my kids," his mother, Lori, said.

Noah propelled himself to victory by correctly responding to the Final Jeopardy clue, in the category of "Ranks and Titles." "Still in use today, this title may come from the idea that Roman priests made bridges between men and the gods."

The correct response, of course, was "What is pontifex?" You knew that, didn't you?

A long journey

Growing up in St. Anthony Park, Noah attended Adams Spanish Immersion School through third grade, then St. Anthony Park Elementary School, Murray Junior



St. Anthony Park native, Noah Hamilton on "Jeopardy!" Screenshot from thejeopardyfan.com

High (now Murray Middle School) and Como Park High School, from which he graduated in 2017.

From there he attended Northeastern University in Boston. One day in early 2020, he was at a friend's place near campus when the TV happened to have "Jeopardy!" on.

"I started watching and was doing pretty well at answering the questions," Noah recalled. (Ed. note: In "Jeopardy!" you're technically questioning the answers.) "My friend's roommate said maybe you should

Noah Hamilton to p. 19

PRSR STD
US POSTAGE PAID
TWIN CITIES, MN
PERMIT NO. 30308

Park Press, Inc.
P.O. Box 8126
Saint Paul, MN 55108

CITY FILES

St. Anthony Park and Como community councils news

District 10 Community Council

Como Park cleanup coming

District 10 Como Community Council is partnering with the city of St. Paul and the Capitol Region Watershed District on a spring cleanup of Como Park.

There will be a check-in at Como's Lakeside Pavilion from 9 a.m. to noon on Saturday, April 18. Cleanup supplies will be available to get you going. For more information, check out District10ComoPark.org/Cleanup.

Spring St. Paul Art Crawl returns

The District 10 Community Council and the Dock & Paddle restaurant will host dozens of local artists

showcasing their work at the Como Lakeside Pavilion and the Como Streetcar Station, 1224 Lexington Pkwy., during the St. Paul Art Collective's Spring Art Crawl from noon to 4 p.m. on Saturday, April 25. More info and the latest updates are available at District10ComoPark.org/spring-art-crawl-como-art-pop-ups.

Community garage sale coming

District 10 is again coordinating a communitywide garage sale from Thursday, May 14, to Sunday, May 17.

Please sign up by May 11 if you wish to be included in District 10's map of its community-wide garage sale locations. For further information and to sign up, visit District10ComoPark.org/GarageSale.

Upcoming District 10 meetings

District 10 meetings are hybrid on Zoom and at the Como Streetcar Station, 1224 Lexington Parkway. You can find meeting details at District10ComoPark.org.

- District 10 Como community meetings: 7 p.m. on Wednesday, April 1 and 15
- Social, nonbusiness meeting at Half-Time Rec: 6 p.m. on Wednesday, April 8

All D10 community meetings are open to the public and include time for community members to bring topics up for discussion.

Submitted by District 10 executive director Shevek McKee.

District 12 Community Council

Update on Westgate Commons Park proposal

A proposal to add permanent shade and lighting at Westgate Commons Park has advanced to the next stage of St. Paul's 2026 Capital Improvement Budget process.

The project, submitted by the St. Anthony Park Community Council, was recently reviewed by city staff and determined eligible to move forward in the community proposal process.

Westgate Commons Park, 717 Berry St., opened in 2023 and became a gathering place for neighbors, families and trail users connecting to the Wabash Spur Trail. Park users

have noted, however, the space currently lacks permanent shade and pedestrian-scale lighting.

In a community survey conducted by District 12, nearly all of the 168 respondents identified shade as the park's most significant infrastructure gap. Neighbors described the park as "exposed" during hot summer days and less comfortable to use during evening hours.

The proposal would install permanent steel shade structures with integrated solar panels and pedestrian-scale LED lighting in key gathering areas. The improvements aim to reduce heat exposure, improve comfort and increase evening visibility and safety.

"These improvements respond directly to what neighbors told us they needed in the park," said Reid Jordan, co-chair of the District 12 Environment Committee. "Adding shade and lighting would make the space more comfortable throughout the day and help ensure the park continues to serve as a welcoming gathering place for the community."

Neighbors who want to learn more or follow the process can visit sapcc.org/cib2026.

For more information about the city's Capital Improvement Budget process, go to stpaul.gov/cib.

Reminder: Kasota Ponds cleanup April 11

The annual Kasota Ponds Cleanup runs from 10 a.m. to 1 p.m. Saturday, April 11. Volunteers will meet at NAPA Auto Parts, 2530 Kasota Ave., before heading into the wetland to remove litter and debris. The event is open to all ages.

District 12 provides gloves, safety vests, and trash bags. Neighbors are encouraged to dress for the weather and wear sturdy shoes.

Kasota Ponds are three of only four water bodies in St. Anthony Park and provide habitat for turtles, migratory birds, fish, pollinators and other wildlife. Through the years, volunteers have removed more than 2,200 pounds of trash and recyclables, making a visible

improvement in water quality and habitat health.

This year's event will also highlight new restoration work underway. District 12 recently received a buckthorn removal grant from the Mississippi Watershed Management Organization.

For more information and volunteer sign-up details, go to sapcc.org/kasota-ponds.

Update on Metro Transit's Proposed H Line

Metro Transit has begun planning the proposed METRO H Line Bus Rapid Transit (BRT), which would upgrade the existing Route 3 corridor along Como Avenue through St. Anthony Park.

The H Line would run from downtown Minneapolis along Como Avenue, continue on Maryland Avenue in St. Paul, and terminate at the Sun Ray Transit Center. Construction is currently anticipated in 2028-29.

Metro Transit representatives will join the District 12 Transportation Committee meeting at 7 p.m. on Tuesday, April 28, to share information about the project and discuss proposed stops along Como Avenue. Neighbors interested in learning more or sharing feedback are encouraged to attend.

For more project information, go to metrotransit.org/h-line-project.

Upcoming District 12 meetings

District 12 encourages neighbors to attend monthly committee meetings, available in-person and online. Learn more at sapcc.org.

- Land Use Committee: 7 p.m. on Thursday, April 2
- District 12 Board: 7 p.m. on Thursday, April 9
- Environment Committee: 6:30 p.m. on Wednesday, April 22
- Equity Committee: 6:30 p.m. on Monday, April 27
- Transportation Committee: 7 p.m. on Tuesday, April 28

Submitted by District 12 executive director Zev Radziwill.

DAN BANE CPA, LLC

Certified Public
Accountant

Providing Individual &
Business Tax Service.



Conveniently located in the Baker Ct Bldg
(1 Blk East of 280 at corner of Territorial & Raymond)
at 821 Raymond Ave – Ste 310, St Paul 55114.

Call for an appointment **651-999-0123**
or visit my website at: www.danbanecpa.com

boreal
GIFTS & GOODS

1-651-560-9900

fb ig heart boreal.life

Mon-Sat 10-6

Sunday 10-5



DISTRICT 12 | SAINT PAUL

Get Involved, Get Connected
— We're Your District Council.

Learn More:
www.sapcc.org



MEET
YOUR
NEIGHBORS!
Sign-up & Volunteer!



SCAN FOR MORE



Taproot Co-op seeks investors for Celtic Junction

By Angela Casselton

Taproot Investment Cooperative has launched its second major strategic investment initiative.

The Creative Enterprise Zone-based real estate co-op is seeking investors for a loan to The Celtic Junction, the locally owned commercial building at 836 Prior Ave. North.

The Celtic Junction is home to an impressive array of arts organizations and community resources. Among them are: O'Shea Irish Dance, the Center for Irish Music, the Irish Fair of Minnesota, and Celtic Junction Arts Center (CJAC), which includes the Celtic Junction Concert Series, Eoin McKiernan Library and year-round instruction in Irish language, literature, history, and the arts. Together, the organizations form the core of the Irish Outreach Coalition.

The Celtic Junction was bought in 2009 by Irish immigrant, danc-



Taproot Investment Cooperative is seeking investors for a loan to The Celtic Junction. Photo courtesy of Taproot Investment Cooperative.

er and musician Cormac O'Sé and his Minnesota-born wife, playwright and theater director Natalie O'Shea, to house local Celtic arts organizations.

The Celtic Junction Art Center is undergoing a multi-million-dollar

phased buildout, funded by a capital campaign through the CJAC nonprofit, that will add a three-floor elevator for full accessibility, security lighting, bike racks, green updates such as solar panels and space for a small shop featuring Irish goods.

Funds from Taproot will pay off debt from the buyout of an original investor. A mortgage will secure the Taproot loan.

"Celtic Junction is an important cultural and community hub, and Taproot is pleased to help with the transition to this next phase of ownership," said Taproot Board Chairman Jeff Miersch. "This investment will help keep creative spaces affordable, maintain local ownership and control, and provide stability while building equity and wealth for our members."

Miersch added that the Celtic Junction initiative "meets Taproot's investment criteria and goals, including its potential to return a modest profit."

Formed in 2023, Taproot seeks to retain affordable commercial and industrial spaces for small businesses in St. Paul's Creative Enterprise Zone.

This 275-acre, city-recognized district spans a wide swath of south St. Anthony Park and into the Midway neighborhoods.

The investment co-op allows community members to invest together in real estate that benefits the community while also making a modest return on their investment.

Taproot makes strategic investments in commercial properties that attract and retain creative people and businesses, prioritizing local ownership, financial and environmental stewardship.

Taproot closed on its first \$300,000 investment in 2024, supporting the purchase of Baker Court, the striking red-brick façade at Raymond Avenue and Territorial Road. It is the oldest former public school building still standing in St. Anthony Park.

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

Angela Casselton is the executive director of the Creative Enterprise Zone, a nonprofit business and arts initiative in the south St. Anthony Park area.

Highway 280 scheduled to close in April

By Anne Holzman

The Minnesota Department of Transportation will close the entire stretch of Trunk Highway 280 for repaving and bridge repairs starting in April, with the goal of reopening in time for the Minnesota State Fair in August.

The northbound lanes are scheduled to close as early as April 13 to begin repaving and bridge repairs. The southbound lanes will follow in late April, once a new truck

turnaround at Broadway Street is finished.

Cross streets will remain open, except at Broadway Street. Energy Park Drive will be reduced to one lane in both directions where it passes under Hwy. 280.

Traffic will be redirected via surrounding highways, but local streets will likely carry extra traffic.

After the fair, Highway 280 will be accessible again, with some ramp and lane closures. MnDOT will return to the project in 2028 to

improve surface street crossings and close off the northbound left turn at Broadway.

Project updates, maps and contact information are available at mndot.gov/metro/projects/hwy280stpaul-roseville. ■

Anne Holzman is a Twin Cities writer who covers local government for the Bugle

TERRA FIRMA
BUILDING AND REMODELING

Employee Owned

Committed to making our neighborhood and city a better place to live and work.

651-207-5575 terrafirmamn.com Lic:BC673777

Now in Roseville!

Happy Hour Everyday 3:00-6:00pm
\$2.00 Off Appetizers • \$3.00 Drinks

KARTA THAI

Order online at KartaThai.com

651-756-7173
1889 Perimeter Drive, Roseville
Drive-through and pickup available

Follow us on social media!

[@parkbugle](https://www.facebook.com/parkbugle)
 [@park_bugle](https://www.tiktok.com/@park_bugle)

Buy and Sell
with confidence.
Not concern.

Certified Old House Specialist
Rethos' Preservation Association

Offering knowledge of the unique characteristics of Old Homes that will benefit client and community.

Lynden Realty LTD
Barbara Swadburg / Agent
Mobile: 651-271-8919
barb@lyndenrealty.com
lyndenrealty.com/barb-swadburg

m DEPARTMENT OF TRANSPORTATION

HWY 280
CLOSES
IN
APRIL

Be prepared. Plan your route.

Park Bugle

P.O. Box 8126, St. Paul, MN 55108
www.parkbugle.org
651-646-5369

Managing Editor

Scott Carlson
651-646-5369
editor@parkbugle.org

Freelance writers

Jenni Burg, Sarah CR Clark,
Eric Erickson, Kathy Hendersson,
Anne Holzman and Janet Wight.

Freelance photographers

Eric Erickson, Janet Wight
and Jenni Burg.

Obituaries Editor

Mary Mergenthal
612-670-8510
mary.mergenthal@gmail.com

Subscriptions & billing

Fariba Sanikhatam
accounting@parkbugle.org
Subscriptions are \$30 for one year.
Send payment to P.O. Box 8126,
St. Paul, MN 55108

Event submissions

calendar@parkbugle.org

Copy editor

Bill Brady

Proofreader

Mary Hegge

Social Media Specialist

Laura Adrian

Webmaster

Jenny Plott

Graphics/Layout/Design

EH Design

Advertising Sales Representatives

Sonia Ellis
651-226-1274
sonia.ellis@parkbugle.org

Roald Sateren
651-468-4040
roald.sateren@parkbugle.org

Classified advertising

classifieds@parkbugle.org

Next deadline: April 8, 2026

Publication date: April 21, 2026

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.

Opinions expressed in the Bugle by the editor, writers and contributors do not necessarily represent the opinions of the board of directors, Park Press, Inc. Copyright 2025, Park Press, Inc. All rights reserved.

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

Currently serving on the board are:
Jennine N. Duda, Allison Eklund,
Mark Gudmastad,
Moses Hungiapuko, Steve Plagens,
Seth Richardson, Andy Sackreiter,
Ian Wreisner

Facebook Instagram X @parkbugle
TikTok park_bugle

EDITORIAL

From the desk of the editor

By Scott Carlson

Favorite books light the way

Call it an anecdote to the cold, dark days of winter.

Each year, in mid-February, the St. Anthony Park Branch Library Association stages a Luminary Walk, a winter tradition aimed at brightening people's spirits. The festival, often spread over two evenings, showcases brightly lit luminaries dotting the pathways in Langford Park.

This year, the festival organizers added a new wrinkle to the event. "We decided that our theme this year would be centered around community," said Chris Courtney, one of the festival organizers.

"We had a community choir lead the procession with lanterns from the library to the park, while singing resistance songs. Once there,

Como High School's choir greeted us by singing more resistance songs.

Courtney added, "This year, I also began what I hope will be an annual book-themed display, which we call the Book Garden. For the display, there were different book covers with luminaries near them that answer a question — such as "What is your favorite children's book" or "What book changed your life?"

"This year, the question that we posed was 'What is your favorite book about community?'"

Participants were asked to reflect on the garden of books, write on a piece of paper their favorite books about community, then share their book title for other people to see, discover and consider.

"Over the display, we hung twine with clothespins on it, and gave the



Book titles accompanied luminaries at the Luminary Festival at Langford Park in mid-February. Photo by Chris Courtney.

attendees the option to participate by writing their own recommendations of 'books about community' (particularly in times of adversity)," Courtney said. "I collected all of the suggestions that were hung on the line."

Altogether, the Luminary Festival amassed a list of almost 60 book

titles for the book garden. Those suggestions are below:

In the end, I imagine festival participants felt a kinship with their neighbors, or at least opened up new avenues to connect with them. ■

Scott Carlson is the managing editor of the Bugle.

Elementary

"A Chair for My Mother"
by Vera B. Williams

"A Different Pond" by Bao Phi
(illustrated by Thi Bui)

"Be Kind" by Pat Zietlow Miller

"Big Orange Splot" by Daniel
Pinkwater

"Can I Join Your Club?"
by John Kelly and Steph Laberis

"Charlotte's Web" by E.B. White

"Chicken Sunday"
by Patricia Polacco

"Girls Can Do Anything!"
by Caryl Hart and Ali Pye

"Goodnight, Gorilla"
by Peggy Rathmann

"Last Stop on Market Street"
by Matt de la Peña (illustrated
by Christian Robinson)

"Something Happened to
My Dad" by Ann Hazzard

"Stone Soup" by Marcia Brown

"Swimmy" by Leo Lionni

"The Bus Is for Us" by
Michael Rosen and Gillian Tyler

"The Journey" by Francesca Sanna

"We March" by Shane W. Evans

Middle School

"A Series of Unfortunate Events"
by Lemony Snicket (Daniel Handler)

"A Wrinkle in Time"
by Madeleine L'Engle

"Because of Winn-Dixie"
by Kate DiCamillo

"Counting by Sevens"
by Holly Goldberg Sloan

"El Deafo" by Cece Bell

"In English, of Course"
by Josephine Nobisso

"The 100 Dresses" by Eleanor Estes

"The Hobbit" by J.R.R. Tolkien

"The Labors of Hercules Beal"
by Gary D. Schmidt

"Twenty and Ten"
by Claire Huchet Bishop

"When Stars Are Scattered"
by Victoria Jamieson and
Omar Mohamed

Young Adult

"A Face in Every Window"
by Han Nolan

"Children of Blood and Bone"
by Tomi Adeyemi

"Displacement" by Kiku Hughes

"Native Tongue"
by Suzette Haden Elgin

"Parable of the Sower"
by Octavia E. Butler

"The Hate U Give"
by Angie Thomas

"The Incredibly True Diary
of a Part-Time Indian"
by Sherman Alexie

"The City of Brass"
by S.A. Chakraborty

"Entwined" by Alex Flinn

Adult

"A Man's Search for Meaning"
by Viktor E. Frankl

"Animal Farm" by George Orwell

"Bowling Alone: The Collapse and
Revival of American Community"
by Robert D. Putnam

"Braiding Sweetgrass"
by Robin Wall Kimmerer

"Feed Your People: Big-Batch,
Big-Hearted Cooking and
Recipes to Gather Around"
by Jenni Ferrari-Adler

"Finding the Mother Tree:
Discovering the Wisdom of the
Forest" by Suzanne Simard

"How to Read a Book" by
Mortimer J. Adler and Charles
Van Doren

"It's Not All Downhill from Here"
by Terry McMillan

"Liberated to the Bone"
by Susan Raffo

"Peace and Good: Through the
Year with Francis of Assisi"
by Murray Bodo

"Sand Talk: How Indigenous
Thinking Can Save the World"
by Tyson Yunkaporta

"St. John's Lutheran Church
Cookbook" by St. John's Lutheran
Church (Jamestown, ND)

"The Berry Pickers"
by Amanda Peters

"The Hiding Place" by Corrie
ten Boom (with John and
Elizabeth Sherrill)

LETTER TO THE EDITOR

Progressive Dinner: A tasty counterpoint

During the chilling, destructive and murderous ICE occupation, Minnesotans and St. Paulites revealed that knowing, embracing and supporting our neighbors is at the heart of our communities and at the core of who we are.

Fittingly, this year's St. Anthony Park Progressive Dinner on Saturday, March 8, saw more than 100 of us gather in homes to celebrate a cozy, delicious and harmonious counterpoint to the masked madness that had surrounded us on our streets.

On that quiet winter's night, we met new people, raised a glass with

old acquaintances, and got to know each other just a little bit better.

Thank you to the organizers, hosts and participants of the Progressive Dinner who demonstrated that being good neighbors is what St. Anthony Park — and Minnesota — is all about.

Jay Weiner
St. Anthony Park

Bugle deadlines

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

Please note that publication dates reflect when papers go out for delivery; mail delivery may take several business days.

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

May: Home & Garden guide

Copy/ad deadline: April 8
Publication: April 21

June: SAP Arts Festival

Copy/ad deadline: May 13
Publication: May 26

July: Graduation

Copy/ad deadline: June 10
Publication: June 23

Story guidelines

Want to send an article to the Bugle for print consideration?

Send your submission to editor@parkbugle.org. Your article, story or letter should be sent in Times New Roman, 16-point font. Articles are subject to space availability.

Please include your name and phone number in case we have any questions on your submission. Thank you.

Making pancakes, music on the menu for Jonny Fuller

By Sarah CR Clark

Jonny Fuller is familiar to diners at Colossal Cafe on Como Avenue in St. Anthony Park.

Working as front of the house manager for four years, Fuller's friendly and easy-going demeanor helps make the neighborhood cafe feel like home.

"The best part of working here is the people," Fuller told the Bugle. "I love my coworkers, the owners and our customers. We have tons of regulars and they're my faves."

When Fuller isn't taking orders or conducting quality control of the cafe's signature yeast-based pancakes (called 'flappers') at Colossal, he is making music.

Fuller is deeply involved in the Twin Cities local music scene both as a musician (Jonny Darko) and recently as a producer and co-organizer of a wildly successful mutual aid music project.

A collaborative music project

On Feb. 12, Fuller's collaborative project titled "Melt ICE: Minnesota Artists United Against ICE," an epic 110 track compilation album, was released on Bandcamp. The album exclusively features local artists; including Bad Bad Hats, WHY NOT, Ber and Kiss the Tiger.

At Bugle press deadline for our April issue, Fuller's album had raised more than \$16,000 for local mutual aid efforts in the aftermath of Operation Metro Surge. "Melt ICE" was organized by Fuller and his friends Anna Devine and Ryan Kemp, all local musicians.

"We believe in the collective power of songwriters, producers, and performers to use our voices as best we know how," according to the three record producers of Melt ICE on Bandcamp. "We are excited and honored to present 'Melt ICE,' a collection of music from our rich, diverse and talented music scene here in Minnesota."

Said Lindsay Kimball, program director at Minnesota Public Radio's The Current: "The Current plays many, if not most, of the artists on the compilation. It's impressive and a great example of the power of our music community to come together. Music brings us together and 110 local bands and musicians coming together in this way is the epitome of this sentiment."

A musician since his teenage years, Fuller plays guitar and piano, sings, and electronically produces his own work. He described his solo project, Jonny Darko, as having an electronic indie pop sound. "I would say that Jonny Darko



When Jonny Fuller isn't organizing massive local music mutual aid compilations or making music as Jonny Darko, he is a front of house manager at Colossal Cafe on Como Avenue. Photo by Sarah CR Clark.

sounds like a mix between Frank Ocean, Bon Iver and Post Malone," Fuller said. "It's a weird mix, but that's my goal."

Jonny Darko most recently performed at PILLAR Forum last October and at Zhora Darling in November. He has released five full-length albums, including his latest, the 14-track-long "NOT AGAIN!," which came out last July.

"I think it's the best thing I've made yet," he quietly offered. "It's

kind of dark but also kind of sweet at times."

Similarly, in the dark times Minnesota has recently faced, Fuller's "Melt ICE" compilation has provided real sweetness. The giant, 6+ hour-long album is available on Bandcamp for a \$10 (or more) donation. All profits are donated to MNTTogether, a mutual aid fund organized by the Lyndale Congregational United Church of Christ.

Fuller said the idea for "Melt ICE" started when he felt compelled to release a single on Bandcamp to raise funds for mutual aid.

But first, Fuller called some friends (Devine and Kemp) and his idea grew into a community compilation. That very same day,

the three musicians began texting their networks of local artists. Devine organized and managed the project's spreadsheet, Kemp coordinated the album's artwork and Fuller adjusted sound levels for each individual song to create a cohesive feel.

"I'm so impressed that we asked 130 people to be involved and we ended up with 110 songs!" Fuller admitted. "Artists are notoriously bad at having a deadline, especially when it comes to releasing their music. But everyone was so on board and responded immediately. And the songs people contributed were really good stuff."

Local musician anni xo contributed a recording of their song "Daydream" to the project.

"I participated in the 'Melt ICE' project because it felt like a great way to tangibly support our community through music," they said. "It has been hard to figure out, as a musician, what the best path to raise funds or do anything tangible is."

Anni xo said that when Devine reached out to them, "it was a no brainer for me to accept."

"Melt ICE" has received coverage in the San Francisco Chronicle, MSP Magazine, the Star Tribune, The Line of Best Fit (the UK's biggest independent online music magazine) and on Minnesota Public Radio's The Current. ■

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

Brasel Spirit award nominations

The St. Anthony Park Community Foundation is accepting nominations for its annual Michael Brasel Spirit of the Park award.

"Each year the community nominates someone who has demonstrated extraordinary dedication to the St. Anthony Park community," Foundation Executive Director Julie Drechsler said in a news statement.

The Spirit of the Park award was recently renamed in honor of

Brasel, a well-known SAP resident and youth hockey coach who was murdered in early May 2023 trying to thwart a car robbery in front of his home.

The foundation will collect nominations through May 15 and the Spirit of the Park award will be presented at the 4th in the Park celebration during the bandstand program.

The foundation is calling for community members to nominate an individual, group or community organization that helps make St. Anthony Park a better place to live, work and play.

"I think we will see more nominations than ever considering all of the community-led action to support those impacted by the ICE surge.

If you would like to nominate a neighbor, group or organization,

complete a short nomination form at forms.gle/iWnCu6JokNgCEgH87.

All past recipients are listed in the form by order of year received, recipients can be recognized only once. For more information, please contact Julie Drechsler at sapcommunityfoundation@gmail.com. ■

Submitted by the St. Anthony Park Community Foundation.



2310 Como Avenue
St Paul, MN 55108
651-645-7360
Open Daily 8am-7pm
timandtomsspeedy
Tim & Tom's Speedy Market



Easter Sunday Is April 5th!

Our Meat Department Is Here To Help Plan Your Easter Feast!

Give Us A Call! 651-645-7360



Serving Clients
in Estate Planning,
Probate and
Trust Administration

2239 Carter Avenue, St. Paul, MN 55108

Courtney
LAW OFFICE P.L.L.C.

Christine B. Courtney
612-356-2635
chris@courtneylawoffice.com

MADE FROM SCRATCH

COLOSSAL

CAFE

Dine In or Take Out | Open Every Day 7am-2pm

2315 Como Ave. St. Paul 651-797-4027
www.colossalcafe.com

Chat, text or stop by.
It's called service.

Bundle home & auto today

 **State Farm**

Jim Roehrenbach
Agent

2190 Como Ave Ste 3
Saint Paul, MN 55108-1851

Bus: 651-644-3740
www.jrfsf.com
jim.roehrenbach.b5dr@statefarm.com



Availability and amount of discounts and savings vary by state.

State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL

State Farm County Mutual Insurance Company of Texas, State Farm Lloyds, Richardson, TX

State Farm Florida Insurance Company, Winter Haven, FL



TRANSITION TOWN

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

Fresh Air Wheels to launch new St. Anthony Park eBike library

By Bonnie Horgos

This spring, Transition Town — All St. Anthony Park will celebrate the launch of Fresh Air Wheels, a free neighborhood eBike lending program, with a community event in Milton Square.

The launch party is scheduled from 2 to 5 p.m. on Saturday, April 25, bringing together several local businesses and community organizations for an afternoon focused on sustainable transportation, local shopping and community connection.

Visitors will be able to “meet” the eBikes, learn how the lending program works and explore Milton Square while connecting with neighbors.

Participating businesses include June Room Vintage, which curates vintage home goods, furniture, clothing, jewelry and art; Present Company, a new St. Paul business that hosts phone-free social experiences; and Acorn Bookshop, an independent bookstore centered on women’s voices, community and social change.

The event comes just days after Earth Day (April 22) and coincides with Independent Bookstore Day, a national celebration of local bookstores. The event aims to highlight both environmental sustainability and the importance of supporting neighborhood businesses.



Fresh Air Wheels will serve St. Anthony Park and nearby neighborhoods. The Fresh Air Wheels “headquarters,” at Como and Carter avenues, is located near local bikeways and bus routes. *Customized map by Tracy Kugler.*

A neighborhood eBike lending library

The launch event marks the beginning of Fresh Air Wheels: St. Anthony Park eBike Library, a free program allowing residents to borrow an electric bicycle for several days and see how it fits into daily life.

Participants will be able to use an eBike for everyday activities such as commuting to work, running errands, visiting local parks, or sim-

ply exploring the neighborhood. Each loan will include an eBike (standard or cargo style) plus a bike lock and helmet if needed. Participants must complete a brief orientation and safety training prior to borrowing a bike.

The program is modeled after the successful Minneapolis Cargo Bike Library, which allows residents to test cargo bikes before deciding whether to purchase one.

It is supported by the St. Anthony Park Community Council.

By giving people hands-on experience with an eBike, Transition Town — All St. Anthony Park hopes to lower the barrier to trying a form of transportation many are curious about but have not yet used. Borrowers are invited afterward to share feedback and reflect on how eBiking could fit into their daily routines.

Program service area

Fresh Air Wheels will serve St. Anthony Park residents and nearby neighborhoods, including Falcon Heights, Lauderdale, and parts of Como Park.

To the east, the boundary reaches parts of Lexington Avenue in Como Park and Snelling Avenue in Midway. To the north, it extends toward the southern edge of Roseville. On the west, the service area reaches the University of Minnesota’s Minneapolis campus and nearby neighborhoods. The southern edge is bounded by I-94, connecting to bike routes linking the neighborhood with the Mississippi River trail system.

The map highlights bike routes and Metro Transit lines, including Routes 3 and 87, which intersect near the center of St. Anthony Park. These connections make it easier for residents to combine eBiking with transit or bike infrastructure.



Fresh Air Wheels launch celebration

What

Join Transition Town — All St. Anthony Park for the launch of Fresh Air Wheels, St. Paul’s first eBike library. Visitors can stop by to see the bikes, learn about sustainable transportation, shop local businesses and enjoy family-friendly activities.

When

2–5 p.m. Saturday, April 25.

Where

Milton Square, southwest corner of Como and Carter Avenues, St. Anthony Park.

More Details

To learn more or RSVP visit facebook.com/share/1BBrmVKJNh. Organizations interested in partnering can contact communications@transitionasap.org.

Community support still needed

Transition Town has a goal to raise \$5,000 to launch the program. The funds will cover the purchase of two e-bikes along with accessories, insurance and maintenance.

So far, the organization has raised \$4,000, including \$2,800 from a Give to the Max fundraiser and \$1,200 grant from the international Transition Movement.

We are now seeking the final \$1,000 needed to begin lending bikes this spring. Community members can support the project by donating at: www.givemn.org/story/tgmneg. ■

Bonnie Horgos is a postdoctoral researcher in the University of Minnesota’s Department of Forest Resources, an adjunct professor at the University of St. Thomas, and a member of Transition Town — All St. Anthony Park.

Elmhurst Cemetery

Serving the community since
1858



**Has your family chosen cremation?
Place their ashes to rest at Elmhurst.**

We have many beautiful and affordable permanent memorial options for your family.
Call for a no-obligation appointment.

1510 Dale Street North, Saint Paul, MN 55117

651-489-1707 | elmhurstcemetery.org



Wine • Beer • Spirits

‘Your one-stop neighborhood wine shoppe’

2305 Como Ave., St. Paul 55108
651.645.5178

M-Th 10 a.m.-8 p.m.,
F-Sat. 10 a.m.-9 p.m., Sun. 12-5 p.m.
www.thelittlewineshoppe.com

SCHOOL NEWS

School news around the town

Compiled by Janet Wight

St. Anthony Park Elementary

Submitted by Principal Phillip Hutcheson

This year, students in all grades will have the opportunity to collaborate with an artist-in-residence to unlock their creative potential. Fourth graders created and performed the school's annual puppet show while fifth graders explored self-expression through spoken word poetry.

In February, students observed Black History Month, learning about the ongoing contributions of Black Americans. The celebration culminated with an assembly highlighting the strong connection between the school and its African American families.

Lunar New Year was also celebrated in February with second graders leading a vibrant parade around the school in observance of this festive holiday.

February also marked the dis-

trict's I Love to Read month, which coincided with the school's read-a-thon fundraiser.

Students read an incredible 300,000 minutes in a two-week period, far surpassing the goal of 200,000 minutes. To celebrate this achievement, Principal Hutcheson and the school mascot, Frost, treated the students to a rollerblading performance.

Murray Middle School

Submitted by Principal Jamin McKenzie and Parent Involvement Coordinator Stefanie Folkema

Eleven Murray musicians traveled to the University of Minnesota-Duluth campus in February to participate in the 59th annual Junior High Honor Band Festival. Students received their music at 9:00 a.m., rehearsed, then performed in a concert at 4:00 p.m. The student musicians had the opportunity to meet their peers from around the state during this challenging experience.

Nick Altringer, one of Murray's science teachers, was nominated for the prestigious 2026 Minnesota Teacher of the Year award. Altringer was among 128 educators statewide recognized for teaching excellence and dedication to student learning.



Nick Altringer, a science teacher at Murray, was nominated for the 2026 Minnesota Teacher of the Year award. Submitted photo.

Murray Market is a new initiative which provides a dedicated space in the building to organize food resources, household goods, supplies and games. PTO members Nia Anderson, Kerrin Flanagan, Lynnae Erwin and Mandi Rupp,

along with staff members, collaborated to establish the market, which has been generously supported by members of the school community.

Chelsea Heights Elementary School

Submitted by Principal Guillermo Maldonado Pérez

Chelsea Heights is celebrating the second year of its artist residency program through ArtStart.

Fourth grade students spent a week learning about Mexican culture alongside local artist Gustavo Boada. They designed and created alebrijes, brightly colored and imaginative sculptures rooted in Mexican folk art.

Meanwhile, kindergarten students created butterfly puppets with artist Julie Boada, whose residency blended creative expression with scientific principles.

The school community is grateful for the generous support of its Parent Teacher Organization (PTO) and members of Como



Park Lutheran Church, whose continued contributions make these meaningful residencies possible.

In March, students and their families attended the *HeArt of The Cities* art exhibit at 825 Arts in St. Paul. This exhibit featured a lifetime of work by Broderick Poole, a native of St. Paul's historic Rondo neighborhood, who recently completed a month-long residency at Chelsea Heights. Selected student artwork was also on display, celebrating the creative achievements of the student artists in a professional gallery setting. ■

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

Close Up program gives Como student group insight into politics

By Eric Erickson

Twenty high school seniors taking the University of Minnesota's College in the Schools (CIS) government course at Como High School spent the first week of March in Washington, D.C., as participants in the national Close Up program.

This year's journey brought the Como group together with students from schools representing Massachusetts, Rhode Island, New York, Michigan and Iowa. They met in workshop groups, discussing policy issues and participating in seminars and simulations.

Close Up uses the monuments, memorials and museums of the nation's capital as a living classroom, engaging students from diverse communities in productive civil discourse.

Beyond visits to famous landmarks such as the memorials to Jefferson, Lincoln, Vietnam, Ko-



Como CIS Government students with Senator Amy Klobuchar in the Russell Senate Building in Washington D.C. Photo courtesy of Senator Klobuchar's staff.

rea, World War II, Martin Luther King Jr. and Franklin D. Roosevelt, Como students had an unforgettable day on Capitol Hill where they met with their senators and their congressional representative.

The enthusiastic students walked more than six miles to make their appointments in both the Senate and House of Representatives office buildings, in addition to vis-

iting the Supreme Court, touring the U.S. Capitol, witnessing House members discuss Iran in their chamber and observing a meeting of the Senate Commerce, Science and Transportation Committee.

The Senate committee meeting provided insight to the legislative process that doesn't make the news, as a unanimous vote moved funding for NASA and the National

Weather Service to the full Senate. Democrats and Republicans were civil, speaking cordially with each other after the conclusion of their business.

One Como senior was surprised to see Minnesota Democratic Sen. Amy Klobuchar have a friendly chat with Texas Republican Sen. Ted Cruz.

"We were just 10 feet away from them," Charlie Beckman said. "You only ever hear about their conflict because that's what sells newspapers. But they're just co-workers, and so they have to get stuff done."

Klobuchar debriefed the Como students in the committee room after the meeting, sharing insights on the legislation moving forward. Afterward, the student group engaged in a policy meeting with Minnesota's other senator, Democrat Tina

Smith, who graciously responded to their questions and concerns.

Next, the students hustled over to the Rayburn House Office Building for a policy discussion with U.S. Rep. Betty McCollum, D-Minnesota, in her office. In response to a student-generated question about U.S. foreign policy, McCollum explained why she was voting for a war powers resolution.

McCollum also emphasized how inflammatory language is not helpful in a democracy. That sentiment of respectful disagreement is an essential element of the Close Up experience and a skill that our future leaders bring back to their communities. ■

Eric Erickson is a social studies teacher at Como Park Senior High School and writes for the Bugle.

Member FDIC

SUNRISE BANKS

A good credit score is the first step toward financial empowerment.

Our **CREDIT BUILDER PROGRAM** can help you build your credit while establishing a **strong payment history** and **earning interest**.



sunrisebanks.com/credit-builder

You can support a good cause by visiting the coffee bar in our lobby!
This month, donations support the **St. Anthony Park School Association**.

Visit us at 2300 Como Avenue



SAPSA

St. Anthony Park School Association



PLANT SALE



Shop a wide variety of annuals, perennials, herbs, and veggies!

Wednesday, May 13 – Thursday, May 14

8:00 A.M. – 7:00 P.M.

Langford Park



All proceeds to benefit
St. Anthony Park Elementary School

Bugle's 2026 poet contestants examine hope, perseverance

By Kathy Henderson

The theme words of “hope” and “perseverance” inspired 18 talented poets from the Park Bugle readership to contribute poems ranging from an ancient Egyptian philosophizing deity to today’s older adults coping with health concerns.

It came as no surprise that our area — rich with garden tours, farm fields and parklands — brought poems about spring anticipation and nature’s emergence and renewal. Leivity, too, appeared in an ongoing battle of squirrels versus bird feeders.

Happy National Poetry Month, a celebrated since April 1996. Here are this year’s Bugle poet winners:

First place winner

Ahoy, matey! Avast, be ye a landlubber or a seafarer, Park Bugle readers will find “Oscar at the Park,” by Shirley Campbell, to be a delightful poetic read full of vivid images. Its

final surprising sentence is almost guaranteed to produce a smile.

Although set in relatable playground whimsy, it embraces the Park Bugle’s poetry inspiration theme of hope and perseverance — and, for Oscar, hurray, triumph.

It earned the Bugle’s first-place award and \$50 prize.

Second place winner

While “Annette Practices the Violin” by Lynn Slifer is also set in a familiar and common place — a kitchen — the violinist perseveres with her routine practicing, plodding through scales during a turbulent time.

It is a reminder that in this time of complex feelings, ordinary things of life, like practicing music — perhaps all of the arts — provide balance when outside — a word repeated throughout the poem — is overrun / with cruelty and separation / and loss.

Leading one to ask, what things in our own lives hold terror at bay?

There is a rhythm to this poem presented in three stanzas, then two and finally a one-line stanza that slows the “allegro con spirito” (fast and with spirit; I had to look that up). If you have the time, I recommend that you enrich your reading of the poem by listening to Dvorak’s “Symphony No. 6 in D Minor.”

It earned second place and \$30 prize.

Third place winner

While “Annette Practices the Violin” uses the poetic technique of enjambment (starting a sentence in one stanza and finishing it in another), “Hope is a Quiet Knock” by Susan McClellan provides beautiful poetic images that contain complete in-depth thoughts in each stanza. Numerous stanzas could stand alone in inspiring individual contemplation for hope — *Do not*

ask hope for proof. It speaks in seeds, not harvest — or perseverance — It asks you to trust the dark soil, to believe the troubled know how to rise.

It earned third place and a \$25 prize. ■

Kathy Henderson is regular freelancer writer for the Bugle. She is also a veteran poetry enthusiast and belongs to a local poetry group.

Thank you Bugle donors!!

By Scott Carlson

The Bugle’s annual fall fundraising campaign is over, but much-appreciated donations continue to pour in to support the newspaper’s ongoing operations.

As of Mar. 11, 2026, individual and business donors contributed \$58,760.

This strong community support goes a long way to

keep your community newspaper, website and social media channels strong, healthy and growing.

Thank you for your financial support of the Bugle and its journalism.

You can still give online at parkbugle.org or send us a check to The Park Bugle, PO Box 8126, St. Paul, MN 55108. Every gift matters. Now, here is a list of our latest donors:

Donors who have contributed to the Bugle from Jan. 15 till March 11th, 2026:

Individuals

Erik Haugo
Marilyn Hoegemeyer
Mitchell Hunter
Aaron Kerr
George & Nancy Laskaris
Jennings Mergenthal
Christopher Miller
& Andrea Bell

Nathan Joseph
Niccoli Caprice
Thomas Ososki
Ryan Power-Theisen
Mary Pat Roberts
Daryl & Dolores Rufenacht
Andy & Lisa Sackreiter
Max Sanders & Sarah Reuter
Dennis Skovsted & Jill Griffin

Jeanne Steele
Bill & Karen Van Schyndel
Deborah Warren
Daniel Wassim
Jay Weiner & Ann Juergens
Sandy & Carol Weisberg
Barbara Woshinsky
Mary Zorn

Businesses

AT&T
Medtronic



Schubert Club

Viano Quartet

MUSIC IN THE PARK SERIES
2026-2027 SEASON



Shin Kim Piano Trio
with Misha Amory, *viola*
Sun, Oct 11, 2026 • 4:00 PM



Juilliard String Quartet
with Simone Dinnerstein, *piano*
Sun, Nov 15, 2026 • 4:00 PM



Junction Trio
Sun, Jan 17, 2027 • 4:00 PM



Gabriela Lara, *violin*
Sun, Mar 14, 2027 • 4:00 PM



Viano Quartet
Sun, Apr 11, 2027 • 4:00 PM

All Concerts Sunday at 4 PM
At Saint Anthony Park United Church of Christ
2129 Commonwealth Ave, Saint Paul

schubert.org • 651.292.3268

Community Sustainability Fair April 18

By Anne Holzman

Falcon Heights is partnering with Lauderdale for its Sustainability Fair on Saturday, April 18. Residents of both cities are invited to take care of household recycling

and explore other environmental measures for home use.

The fair will run from 11 a.m. to 2 p.m. at Falcon Heights City Hall, 2077 W. Larpenteur Ave.

Recycling opportunities will include electronics, textiles and

paper shredding. There will be booths from local groups and activities for children.

The Home Energy Squad will offer a free electrification workshop at noon, explaining ways that residents can transition to cleaner, more sustainable power.

Falcon Heights and Lauderdale residents can also receive free countertop food scrap bins while supplies last.

For more information, visit the City of Falcon Heights website at falconheights.org. ■

Anne Holzman covers Falcon Heights and Lauderdale news for the Bugle.


RE/MAX RESULTS

For a no-pressure, always confidential home listing or buying consultation, contact me.

Nate McCallister
651.233.6475
nate@mccallisterhomes.com

350+ FIVE STAR TEAM REVIEWS 120 CLIENTS SERVED BY TEAM IN 2024





BOLÉ
ETHIOPIAN CUISINE

Ethiopian food is one of the most exciting cuisines in the world

BOLÉ GIVES YOU THE REAL TASTE OF ETHIOPIA!

COMO AREA

1341 PASCAL ST N • ST PAUL, MN 55108
Boleethiopiancuisine.com • (651)-330-2492

Support the Bugle today!

Scan the QR code to give today.



Go online to:
parkbugle.org

Or mail a check to:
Park Bugle
P.O. Box 8126
St. Paul, MN 55108

Poetry winners for 2026 announced

Contestants were asked to write poems inspired by the words “hope” and “perseverance.”

Here are the winning entries, selected by our anonymous judge, now revealed as Kathy Henderson Thanks to all who competed. The three winning poems appear below.

FIRST PLACE

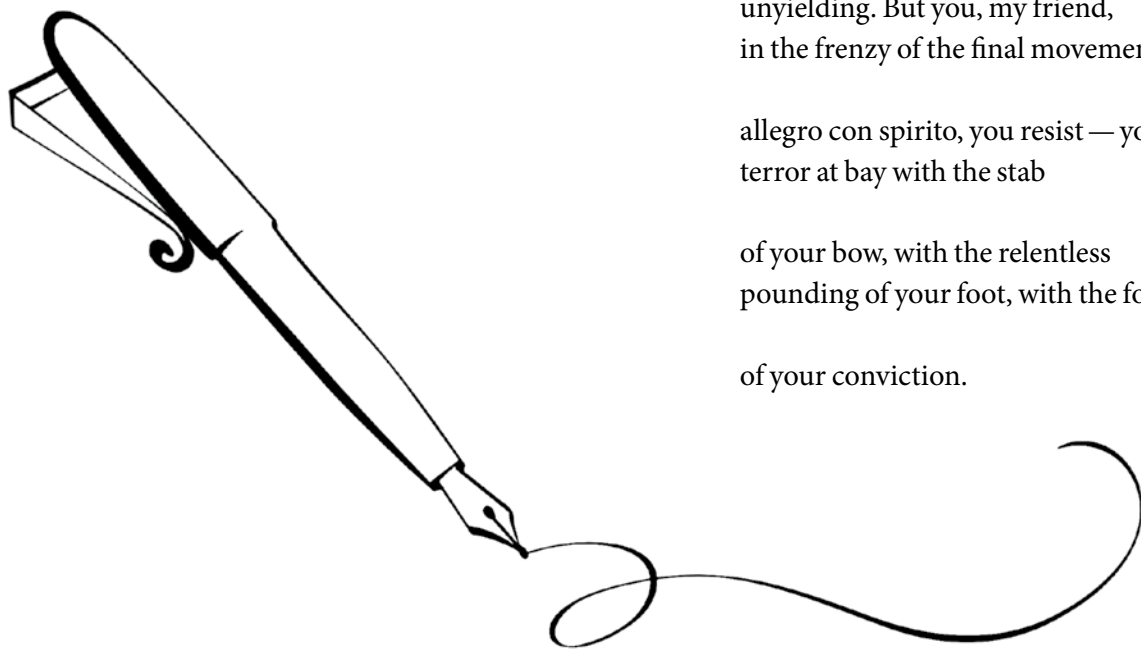
Shirley Campbell

Oscar at the Park

Stumbling through lumpy sand
straight to the net,
iron chain hanging in loose squares,
ship’s rigging to a pre-school pirate.
Nearly too big for his arms stretched wide,

Heaving himself up from the lowest rung,
puffing quietly, straining for the second, then the third,
his foot at a fish-hook slant against the chain,
knee jack-knifing toward his chin,
new muscles reshaping his calves.
A sneaker half twisted off, planning to drop.

The last step, the deck the net hangs from,
almost too far a reach for taut legs.
Foot hooked round an iron post,
gripped tight by clenched hands
he levers his whole body up,
hauls himself over the platform’s edge,
stands up triumphant. And laughs out loud.



SECOND PLACE

Lynn Slifer

Annette Practices the Violin

Minneapolis, winter 2026
You sit in the glare of the kitchen light, plodding
through scales, marking your bowing; only
then do you play through the second violin part

of Dvorak’s Sixth Symphony. An oddly
naked burst of cascading notes without
the other parts. The world outside is overrun

with cruelty and separation
and loss, while you plot the notes
you can skip, which notes

are critical, when you can readjust
the chinrest. Five-year olds are taken
from schools in the world outside

and protesters are shot, while in your kitchen
your foot keeps pace with the furious
scherzo movement. Outside, sidewalks

slippery with icy lies; the sky oppressive,
unyielding. But you, my friend,
in the frenzy of the final movement,

allegro con spirito, you resist — you hold
terror at bay with the stab

of your bow, with the relentless
pounding of your foot, with the force

of your conviction.

THIRD PLACE

Susan McClellan

Hope is a Quiet Knock

Hope is a quiet knock
on the door you forgot was there.

It does not shout.
It arrives like silence at dawn
in the depth of the night,
soft enough to be missed,
strong enough to stay.

When the heart is a broken cup,
hope is good —
something that can be poured through you.

Do not ask hope for proof.
It speaks in seeds,
not in harvests.

It asks you to trust the dark soil,
to believe the troubled know
how to rise.
Despair is a teacher,
it clears the room
so hope has space to dance.

Listen:
every breath you take
is a vow to continue.
Every wound is a door
where light practices entering with a beam.

Turn your face to the smallest warmth.
The way forward is not a road —
it is a memory of knowing
that you were never separate
from the light.

CONTACT ONE OF OUR AD REPS TO ADVERTISE IN THE PARK BUGLE

Coming in the May issue!

Spring
HOME & GARDEN GUIDE

Nearly two-thirds of Bugle readers own their homes. Reach local homeowners who are ready to invest in their homes, gardens and outdoor spaces.

If your business is on the northside of Como Avenue, contact

Roald Sateren

roald.sateren@parkbugle.org

651-468-4040 (voice/text)

If your business is on the southside of Como Avenue, contact

Sonia Ellis

sonia.ellis@parkbugle.org

651-226-1274 (voice/text)

CARTER AVE
FRAME SHOP

Twin Cities’
Trusted Picture Framing
Since 1975

(651) 645 7862

www.carteravenueframeshop.com

HOURS

Weekdays 10:00 a.m. - 5:30 p.m.

Saturday 10:00 a.m. - 4:00 p.m.

RATE INCREASE NOTICE

NOTICE OF PUBLIC HEARINGS FOR XCEL ENERGY MINNESOTA CUSTOMERS

Xcel Energy asked the Minnesota Public Utilities Commission (MPUC) to approve an increase in natural gas rates beginning Jan. 1, 2026. The requested increase is approximately 8.2% or \$63.4 million. On average, the proposed final rate change would increase the monthly bill for a typical residential natural gas customer by 8.7% or \$7.11.

The MPUC may either approve, deny, or modify the requested changes, including approving a lesser or greater increase than was requested for any customer class or classes of service.

The MPUC will likely make its decision on our rate request in the fourth quarter of 2026. If final rates are lower than interim (temporary) rates, we will refund customers the difference with interest. If final rates are higher than interim rates, we will not charge customers the difference.

If you move before a refund is issued and we cannot find you, your refund may be treated as abandoned property and sent to the Minnesota Department of Commerce, Unclaimed Property Unit. You can check for unclaimed property at www.missingmoney.com. To make sure we can send you any refund owed, please provide a forwarding address when you stop service.

Public Hearings

Administrative Law Judge Kimberly Middendorf will hold six in-person public hearings and two virtual public hearings so that customers have an opportunity to comment on our request. Any Xcel Energy customer or other person may attend or provide comments at the hearings. You are invited to comment on the adequacy and quality of Xcel Energy's service, the level of rates, or other related matters. You do not need to be represented by an attorney. The hearings will begin at their scheduled time and adjourn after everyone present has had an opportunity to comment or ask questions.

PUBLIC HEARING SCHEDULE

Date	Time	Location
Monday, April 27, 2026	1:30 p.m.	Washington County Heritage Center 1862 Greeley St. S. Stillwater, MN 55082
Tuesday, April 28, 2026	1:30 p.m.	Virtual WebEx (see access details below)
Tuesday, April 28, 2026	6:30 p.m.	Wyoming Area Library 26855 Forest Blvd. Wyoming, MN 55092
Wednesday, April 29, 2026	1:30 p.m.	Great River Regional Library Bremer Room 104 404 W St. Germain St. St. Cloud, MN 56301
Monday, May 4, 2026	6:30 p.m.	Winona State University Kryzsko Commons Purple Rooms 247 - 249 500 Huff St. Winona, MN 55987
Tuesday, May 5, 2026	1:30 p.m.	Ramsey County Library Community Program Room 2180 Hamline Ave. N. Roseville, MN 55113
Tuesday, May 5, 2026	6:30 p.m.	Virtual WebEx (see access details below)
Wednesday, May 6, 2026	6:00 p.m.	Robert Trail Library Robert Trail Large Meeting Room 14395 S. Robert Trail Rosemount, MN 55068

Bad weather? Find out if a hearing is canceled—
call (toll free) **855-731-6208** or **651-201-2213**
or visit mn.gov/puc.

Virtual Public Hearings

Public hearings have been scheduled as follows to be held via video conference.

April 28, 2026, at 1:30 p.m. and May 5, 2026, at 6:30 p.m.

Attend by Internet Connection (Audio and Video)

To join the virtual hearing using a computer, tablet, or smartphone go to: <https://minnesota.webex.com>. In the gray box where you enter the Event Number below for the public hearing date you are attending.

**April 28, 2026
1:30 p.m.**

Event Number:
2490 656 2535
Event Password,
if needed: **XCEL28**

Directions for Appearing via WebEx.

- Log on 5 to 15 minutes before the hearing begins. You will need to download the WebEx application or through a plug-in for your web browser.
- Enter the Event Number shown in the box above.
- Next, you will be asked to enter your name, your email address, and your phone number. After entering this information, click "Join Now" and you will be granted access to the hearing.
- When you enter the hearing, your microphone will be muted. To speak, click the "Mute" button. To comment during the meeting, use the chat function to send a comment. You will be notified when you are in the queue to comment. When it is your turn to comment, click the "Unmute" button. You will then be able to ask questions or make comments.

To Attend by Telephone (Audio Only)

If you do not have access to a computer, tablet, or smartphone, you may join using any type of telephone. You do not need to have a landline. You will only be able to hear (not see) the speakers. You will still be able to ask questions or make comments.

Use the information in the box below to dial into the hearing. You will be notified when it is your turn to comment. You will then be able to ask questions or make comments.

**April 28, 2026
1:30 p.m.**

Phone:
1-855-282-6330
Access Code:
2490 656 2535
Event password:
923528 from phones

If you would like to ask a question or make a comment during the hearing, you will be placed into the queue to comment. When it is your turn to comment, your name and phone number will be announced by the moderator and your comment will be recorded.

Public Hearing and Process Information

Administrative Law Judge Kimberly Middendorf will preside over the public hearing. The Minnesota Public Utilities Commission will make findings of fact, conclusions of law, and recommendations. The purpose of the public hearings is to receive public input. Interested persons have the opportunity to: (1) ask questions; (2) provide verbal and written comments on the merits of the proposed rate increase; and (3) provide testimony without needing to intervene as a party. Representation by an attorney is not required.

Please note that the public hearings will end when all attendees have had an opportunity to speak. Business has been concluded. You are encouraged to join the queue to comment. Commenters will be called in the order they entered the queue to ensure you will have time to comment.

Written comments may be submitted during the comment period. Please follow the instructions below to provide written comment.

Please contact **Christine Pham** at **651-201-2249** or christine.pham@mn.gov if you cannot participate or have trouble accessing the public hearing website.

WRITTEN COMMENTS TO THE MINNESOTA PUBLIC UTILITIES COMMISSION
You can still submit comments even if you do not attend a public hearing.

Comment Period

Comments will be accepted through **May 19, 2026**.

- Comments must be received by 4:30 p.m. on the close date.
- Comments received after the comment period closes may not be included in the record.

How to Submit a Written Comment

Written comments can be submitted via: (1) the Commission's website; (2) by mail; or (3) in person. To learn how to submit a comment in any of these ways, please click on the "Public Comment" dropdown menu on the top of the page, then select "Public Comment." This will take you to the Public Comment page where you will find a list of ways to submit a comment. The subject line of your comment should be 356 in the subject line of your comment.



If you do not have access to the internet, you may send or deliver your comment to:

Minnesota Public Utilities Commission
121 7th Place East, Ste. 350
St. Paul, MN 55101

Important: Comments can be reviewed by the public on the MPUC’s website, except in limited circumstances consistent with the Minnesota Government Data Practices Act. The MPUC does not edit or delete personally identifying information from comments received.

EVIDENTIARY HEARINGS

Formal evidentiary hearings on Xcel Energy’s proposal will be held on **May 11 – 12, 2026**, starting at **9:30 a.m.** each day. The evidentiary hearings will be held at the Public Utilities Commission, 350 Metro Square Building, 121 Seventh Place East, St. Paul, Minnesota. Individuals who cannot attend in person may attend via via WebEx, a video conferencing platform. Members of the public who wish to attend the hearing through **WebEx** may request an electronic invitation by contacting MPUC staff **Christine Pham** at **651-201-2249** or **christine.pham@state.mn.us**.

The purpose of the evidentiary hearing is to allow Xcel Energy, the Minnesota Department of Commerce — Division of Energy Resources, the Minnesota Office of Attorney General — Residential Utilities Division, and parties who have formally joined the contested case, to present testimony and to cross-examine each other’s witnesses on the proposed rate increase.

TO LEARN MORE

Xcel Energy’s current and proposed rate schedules are available at:

Xcel Energy
414 Nicollet Mall
Minneapolis MN 55401
Phone 612-330-5500
Web: xcelenergy.com/company/rates_and_regulations/filings

Minnesota Department of Commerce
85 7th Place East, Suite 500
St. Paul, MN 55101
Phone: 651-539-1534
Web: <https://efiling.web.commerce.state.mn.us>. Under “eDockets” select “Search Documents” insert “25-356” in the Docket #s field, select Search, and the list of documents will appear on the next page.

If you have questions about the MPUC’s review process or need assistance in submitting comments, contact the Commission’s Consumer Affairs Office at:

Minnesota Public Utilities Commission
121 7th Place East, Suite 350
St. Paul, MN 55101
Phone: 651-296-0406 or 800-657-3782
Email: consumer.puc@state.mn.us

Anyone with hearing or speech disabilities may call through their preferred Telecommunications Relay.

Please contact the MPUC staff **Christine Pham** at **651-201-2249** or **christine.pham@state.mn.us** as soon as possible if you need an interpreter or accommodation to attend a public hearing.

PROPOSED RATES				
Customer Class	Average Monthly Usage in Ccf (or therms)	Average Monthly Bill - Current Rates	Average Monthly Bill - Interim Rates	Average Monthly Bill - Proposed Rates
Residential	71	\$82	\$88	\$89
Small Commercial	189	\$199	\$211	\$221
Large Commercial	1,303	\$1,235	\$1,300	\$1,315
Small Demand	7,924	\$6,918	\$7,293	\$7,405
Large Demand	17,776	\$15,015	\$15,809	\$16,108
Small Interruptible	6,745	\$4,633	\$4,898	\$5,001
Med. Interruptible	46,220	\$27,353	\$28,555	\$30,196
Large Interruptible	617,483	\$350,615	\$364,315	\$379,449
Large Firm Transport**	75,708	\$19,432	\$22,455	\$24,088
Small Interruptible Transport**	6,745	\$1,729	\$1,998	\$2,097
Med. Interruptible Transport**	118,174	\$19,722	\$22,724	\$26,990
Large Interruptible Transport**	2,119,680	\$88,455	\$99,345	\$88,455

** Transportation classes bill estimates do not include the cost of gas

LIBRARY CORNER

Library Corner
sponsored by
St. Anthony Park Branch
Library Association



SAP Library leaves its mark on retired NYT scribe

By Scott Carlson

When retired journalist Mark McDonald recently visited the St. Anthony Park Library, his sojourn marked another foray into the world of Andrew Carnegie Libraries.

In the last four years, the former New York Times reporter and foreign correspondent has visited and chronicled the history of some 150 Carnegie libraries, including three in St. Paul.

"It's been an obsession," McDonald admitted recently of his quest visiting and writing Internet tomes about Carnegie libraries.

In his first Carnegie travels, McDonald visited scores of the libraries on road trips traveling between a teaching gig at the University of Michigan and his home in New Mexico.

"To break up the monotony of the road trips, I started stopping at towns with the libraries," McDonald said about his new hobby, noting communities with Carnegie libraries were those displaying economic success.

In the past four years, McDonald's writings about Carnegie libraries have made him a national expert on the subject.

According to Carnegie officials, McDonald has submitted his Carnegie photos and essays to the Carnegie Libraries mapping project, which allows people to search for the nearly 1,700 libraries that Andrew Carnegie and his foundation funded across the United States.

In early February, McDonald visited the Twin Cities and saw St. Anthony Park's Carnegie library, whose origins date back to 1916.

In a Facebook post, McDonald

called the SAP library, "a smallish Carnegie Library. Though she be but little, she is fierce, and her façade looks something like a restored Rembrandt, dark and glinting and wonderful."

McDonald noted, "St. Paul received a grant from Andrew Carnegie in 1914 to build three new libraries, and they were among the last of the 2,500 public libraries that the steel tycoon — an immigrant himself — financially supported (globally) in his lifetime."

In an interview with the Bugle, McDonald pointed out some distinctive features of the SAP Library, including its outdoor ascending steps, two lampposts and dramatic arched glass windows. "They (the glass windows) are really striking," he said.

McDonald added the library building emits a certain electrici-



Retired journalist Mark McDonald has become an expert on Andrew Carnegie libraries, to date, writing excerpts on some 150 of the libraries, including the one in St. Anthony Park. Photo from Park Bugle archives.

ty and energy, one that is embraced by the community.

"It's nice to see the energy inside the library," he said.

To follow more about McDonald's writings on Carnegie librar-

ies, go to facebook.com/share/p/1Ar8b31CjD. ■

Scott Carlson is managing editor of the Bugle.

St. Anthony Park Library events

Compiled by Kathy Henderson

You'll find familiar favorites and special programs on the April calendar at the St. Anthony Park Library, 2245 Como Ave.

2026 Book Sale Fundraiser

Sale days: 1 to 4 p.m. on Friday, June 5, and 10 a.m. to 5 p.m. on Saturday, June 6.

Book donations accepted: April 15–May 22 during regular library hours. Bring donations to the cart on the lower level. Do not place donations in the book drop or leave materials outside the library.

Drive-up drop-off days: Volunteers will be outside to help: Monday, April 20, 5:30–7:30 p.m.;

Saturday, April 25, 1–3 p.m.; Monday, May 11, 5:30–7:30 p.m.; Saturday, May 16, 3–5 p.m.

More details at sapbla.org/calendar/booksale2026.

Special programs

Animals on the Road: Skunks
2 to 3 p.m. on Tuesday, April 7. Join Eagle Bluff Environmental Learning Center for a hands-on learning session to explore the role of skunks in the ecosystem.

Sponsored by the St. Anthony Park Branch Library Association.

Learn to Play DND (Dungeons & Dragons)

2:30 to 4:30 p.m. on Wednesday, April 8. Wyldwolf Games will

guide third- through eighth-graders through the basics of tabletop gaming, showing them how to create characters and embark on a friendly, beginner-level adventure in Dungeons & Dragons 5th edition. No supplies are needed.

DND Adventure

1 to 3 p.m. on Saturday, April 11. Wyldwolf Games hosts a one-shot Dungeons & Dragons session for sixth- through 12th-graders. Each program accommodates up to 14 players and is designed for both experienced and new players.

St. Anthony Park Branch Library Association Forum

6:30 to 7:30 p.m. on Thursday, April 16. Join us to learn about your rights, how to exercise them, and what to do when your rights are violated. This training will be led by a representative of the American Civil Liberties Union of Minnesota.

Little Learners: Say It! Sing It! Play It! In Cherokee

10:30 to 11:30 a.m. on Saturday, April 18. Preschoolers explore Cherokee language and culture through songs and storytelling with award-winning Z Puppets Rosenschnoz artists Chris Griffith and Shari Aronson of the Cherokee Nation.

Little Learners: Create-a-costume

10:30 to 11:30 a.m. on Saturday, April 25. Preschoolers will enjoy a reading of Asian American and Pacific Islander stories, then get hands-on creating their own costumes with Theater Mu, the largest Asian American theater in the Midwest. Recommended for children age four and older.

One Book | One Minnesota: Virtual author discussion

10:00 a.m. on Tuesday, April 29. Join a statewide virtual conversation with Cristina Oxta, author

of "What Lolo Wants." The story follows a grandchild navigating her grandfather's health and memory challenges. Free, but registration required: sppl.bibliocommons.com/events/69aed45eec71a31f5b426a23.

One Book | One Minnesota is a statewide book club. During the reading period, through May 3, Minnesotans are invited to read the featured book and explore author videos, reading guides and virtual book club discussions. You can access the book for free as an eBook at thefriends.org/onebook.

Ongoing programs

A list of ongoing programs at the St. Anthony Park Library — including storytimes, teen activities, crafts and community events — is available on the St. Paul Public Library events page. ■

Compiled by Kathy Henderson.



The St. Anthony Park Branch Library Association Forum
and the ACLU present

ACLU KNOW YOUR RIGHTS TRAINING

Everyone has basic rights under the U.S. Constitution and civil rights laws. Join us to learn about your rights, how to exercise them, and what to do when your rights are violated.

This training will be led by a representative of the American Civil Liberties Union of Minnesota. The training is free and no registration is required.

Thursday, April 16, 6:30–7:30 pm

Library Auditorium | 2245 Como Ave.

More information at sapbla.org.

In partnership with the Saint Paul Public Library.



St Paul's largest independent bookstore

Come in and ask us
for recommendations.

www.nextchapterbooksellers.com

38 S Snelling Ave, St Paul MN • 651-225-8989

Open Mondays–Saturdays 10:00 am–5:00 pm and Sundays 12:00 pm–5:00 pm



TAX CAT CONSULTING, LLC

- Bookkeeping
- Payroll
- Business Taxes
- Individual Taxes

We specialize in personal taxes, individuals with side gigs, local businesses, and rental properties. Small business taxes done by a small business.

www.taxcatconsulting.com | 651.797.4603



MB's Residential Cleaning

Woman owned, local, 30 years in business, employment opportunities!

Partners with Cleaning for a Reason



Keeping a clean home ensures good health. Schedule a cleaning today!

Contact us for a free quote!

info@mbscleaning.com

651-225-1960

[MBSCleaning.com](https://mbscleaning.com)



WELLINGTON
MANAGEMENT

Commercial Real Estate | wellingtonmgt.com | 651-292-9844

*Family-owned, locally focused
business partner and neighbor
since 1984*

EVENTS AND MORE

St. Anthony Park Garden Club
Guest speaker Kait Ryan presents “Pest Control for the Garden.” Ryan is a horticulture supervisor with the Minneapolis Park Board.

Business meeting 6:30 p.m.; refreshments 7 p.m.; and program 7:30 p.m. on Tuesday, April 7, at St. Anthony Park Lutheran Church, 2323 Como Ave. Enter from the Como Avenue front door.

The meeting is also broadcast over Zoom. Nonmembers may request the link by emailing saggardenclub@gmail.com at least eight hours before the meeting begins.

boréal Art Loft

A unique first-time shared exhibit experience featuring the vivid and whimsical artwork of Pam Harris and her daughter Emily Harris runs April 1-29 in the Art Loft at boréal Gifts and Goods, 2276 Como Ave, during regular business hours.

Undercroft Gallery

Open during regular office hours from 10:30 a.m. to 3 p.m. on Wednesdays and Fridays and from 9 a.m. to 12:30 p.m. on Sundays at St. Matthew’s Episcopal Church, 2136 Carter Ave.

Community art show

The annual juried art show wraps up with viewings on Wednesday, April 1, and Friday, April 3, with awards.

- Best in show: Terry Bolling, “Steampunk Lamp.”
- Best in watercolor: Tara Sweeney, “Big Wave, Little Brother.”
- Best in oil/acrylic: Wayne Sisel, “Mabel’s Sink” (acrylic).
- Best in photography: Jimmy Schoster, “Spring Arrival.”
- Best in other mediums: Ronette George, “At Any Given Moment” (collage).

University of Minnesota Women’s Club-Art Section

The 33rd annual art exhibit runs April 8 to May 24. UMWC opening reception at 3 p.m. on Wednesday, April 8. St. Matthew’s congregation coffee reception at 11:45 a.m. on Sunday, April 12.

Goldstein Museum of Design

“Illusive Objects” opening reception: 5–7 p.m. Thursday, April 2, at the University of Minnesota St. Paul Campus, 364 McNeal Hall, 1985 Buford Ave.

The exhibition features more than 50 garments from the Goldstein’s permanent collection, many rarely on view.

Viewing April 1 to July 2 when the U is in session: 10 a.m. to 4:30 p.m. on Tuesdays, Wednesdays, and Fridays; 10 a.m. to 7 p.m. on Thursdays. design.umn.edu/goldstein.

Community sing

Join pianist, storyteller and vocalist Dan Chouinard and singer-songwriter Ann Reed for a free community sing-along at 7 p.m. on Monday, April 20, at St. Matthew’s Episcopal Church, 2136 Carter Ave.

Schubert Club: Music in the Park
Musical Mystics program featuring the Miró Quartet with Steven Banks, saxophone, at 4 p.m. on Sunday, April 12, at St. Anthony Park United Church of Christ, 2129 Commonwealth Ave. Tickets \$36-\$25. schubert.org/event/le-consort.

Twin Town Old Time Music Festival

Celtic Junction Art Center, 836 Prior Ave. N., hosts workshops and performances Friday and Saturday, April 17 to 18. Friday, 6 to 11 p.m.; Saturday, 10 a.m. to 6 p.m. and 7 p.m. to midnight. Tickets \$30 to \$50. Full schedule and tickets: twintownoldtime.org.

Next Chapter Bookseller

Author readings from 6 to 7 p.m. at 38 Snelling Ave. S.

- Thursday, April 2
Author Laurie Hertz, “Ghosts of Fourth Street: My Family, a Death, and the Hills of Duluth,” in conversation with Michael Kleber-Diggs.
- Thursday, April 23
Local chef and author Sarah Peterson, “Dish & Tell: Recipes from the Heart,”

Como Park Zoo & Conservatory

1225 Estabrook Dr. | Open daily 10 a.m. to 4 p.m. Free; a voluntary donation of \$4 per adult and \$2 per child. comozooconservatory.org.

Spring flower show: The current show continues through Sunday, April 26, and then re-opens from May 1 to June 7.

Senior strolls: 9 to 10 a.m. on Tuesday, April 7, and from 4:30 to 6 p.m. on Tuesday, April 21. Special time reserved for adults ages 55 and older.

North Star Voices: History in Motion

Tracy Tolzmann, president of Our Fair Carousel, Inc, reviews the historic Minnesota State Fair Carousel (1914 to 1989), now Cafesjian’s Carousel at Como Park.

Highlights include its 68 carved wooden horses, the mechanism that makes it all work, and the traditional “Voice of the Carousel,” the wonderful Wurlitzer 153 band organ. 2 to 3:30 p.m. on Saturday, April 18, at the Minnesota History Center, 345 Kellogg Blvd. W. Free, but registration is recommended: mnhs.org/events/38039428683. The presentation is also accessible virtually via Zoom: zoom.us/webinar/85889418286.

Rewind Book Fair

Nationally known authors, local writers and artists, independent bookstores and publishers, and other vendors will be at the Minnesota State Fairground Grandstand, 1265 Snelling Ave., from 11 a.m. to 5 p.m. on Saturday, April 18, and Sunday, April 19. Featured authors and vendors: rewindbookfair.

com/exhibitor-list. Tickets \$11.95 to \$49.95. Parking is free.

UofM Magrath Library update

1984 Buford Ave.
Starting Friday, April 17 the Magrath Library’s collections and upper floors will close for the collections move to the Natural Resources Library in preparation for the anticipated construction of a new St. Paul Campus Center and Library.

Spring Art Crawl

5 to 9 p.m. on Friday, April 17; 10 a.m. to 7 p.m. on Saturday, April 18; and from noon to 6 p.m. on Sunday, April 19. Various locations: stpaulartcollective.org/spac-spring-art-crawl-2026.

International Festival of Minnesota

10 a.m. to 9 p.m. on Friday, April 10, and from 9 a.m. to 9 p.m. on Saturday, April 11, at the St. Paul RiverCentre, 175 Kellogg Blvd. W. Adults, \$21; children (8-14), \$10. Formerly known as the Festival of Nations, IFest-MN gathers over 70 nations and ethnic communities to share food, music, art, dance, traditions and cultural demonstrations. ifestmn.org.

Senior activities

A complete list of senior activities can be found on page 17. ■

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

ST. ANTHONY PARK GARDEN CLUB

**Tues.
April 7**

Pest Control for the Garden



**Tues.
May 5**

Minnesota Irises

6:30 Business Mtg • 7:30 Program • **EVERYONE WELCOME**
IN PERSON or ZOOM. Email saggardenclub@gmail.com for link
SAP Lutheran Church • Fireside Room, 2323 Como Ave.

HEALTHCARE PROFESSIONALS

St. Anthony Park Dental Care

2278 Como Avenue
Nate Cogswell, DDS
Allison Forbes, DDS
Brad Nozzarella, DDS
Nadine Yacoub, DDS
Phone/Text: 651-644-9216
frontdesk@sapdentalcare.com

Skon Chiropractic
651-644-3900 • www.skonchiro.com

*To add your business to this listing, contact Sonia Ellis:
sonia.ellis@parkbugle.org or (651) 226 1274 (voice message/text)*

Now is the time to plan your next trip!

Make an appointment to stop in. Ask us about tailoring an itinerary for you. Call on our experience creating travel memories.




2190 Como Avenue • St. Paul • 651-646-8855

Schubert Club • Music in the Park Series

Miró Quartet with Steven Banks, saxophone

Sunday, April 12 • 4:00 PM

Saint Anthony Park United Church of Christ
2129 Commonwealth Ave • St. Paul, MN 55108



Limited Availability!
schubert.org • 651.292.3268




Deeply Rooted Real Estate

We are a Twin Cities-based real estate company that's in it for the long run.

Office & Medical | Retail | Non-Profit | Industrial

wellingtonmgt.com
651-292-9844

Industrial space available adjacent to Fairgrounds!



Senior Living

The Gathering, Lyngblomsten's hidden gem

By Janet Wight

The Gathering is a group enrichment program offered at Lyngblomsten Care Center for individuals with early- to mid-stage memory loss.

Now in its 26th year, The Gathering provides social engagement for participants in addition to serving as a respite for their caregivers.

The weekly sessions are held from 10 a.m. to 2 p.m. on Mondays, Tuesdays and Thursdays at the Lyngblomsten Como Park campus, 1415 Almond Ave.

The Lino Lakes campus, 6070 Blanchard Blvd., also offers three weekly sessions of The Gathering on Tuesdays, Wednesdays and Thursdays.

Participants may attend up to three sessions per week.

The Gathering is funded by participants, who pay a sliding fee based on income, subsidized by gifts made to the Lyngblomsten Foundation.

The daily curriculum is carefully designed to stimulate each part of

the brain, explained Rachel Boucher, program coordinator at The Gathering. Each session is built around a theme and may include brain games, exercise, education, trivia, music, cooking, art or other engaging pursuits.

Boucher, a native of Norwood Young America, majored in music therapy while attending Augsburg College. In her previous positions she worked with long-term care populations, but she always felt most comfortable helping dementia patients.

Due to the stigma surrounding dementia, many people think about what these individuals can no longer accomplish, "but it is so powerful when you can tap into what they can do, and help them have purpose, meaning and community," Boucher said.

"The participants are living in the moment, and laughing, and it is lovely," she said. "Participants tell me all the time that this is the best part of their day, they feel so joyful and they feel so safe."

Caregivers are often surprised



Rachel Boucher looks over an art project. Photo submitted by Lyngblomsten Care Center,

that their loved ones are willing and able to participate in so many of the activities offered at The Gathering. They have also mentioned that their loved ones sleep better at night due to the extra stimulation they received during the day, Boucher added.

Another benefit of the program is that participants and volunteers form friendships as they bond over shared experiences, especially since participants and volunteers usually attend the same session each week.

Como Park resident Matt said his wife Sarah (not their real names) has regained her sense of community since she started at-

tending The Gathering last year. Sarah has lost many friends due to early onset Alzheimer's. The Gathering has given Sarah the opportunity to tell stories, dance and sing, allowing her to recapture some elements of her personality, even though Matt says she was very worried about attending on the first day.

"She likes to be seen and heard, especially by people who will not judge her," he explained. "She fits in much better with the participants, staff, and volunteers than either she or I expected."

Additionally, "she has gained a renewed sense of acceptance,

and feels at ease among the other participants. She looks forward to going every week. She loves to prepare her lunch, pack it up, put a few things in her backpack. It gives her purpose," he said.

Although Matt still works full time, he makes time to attend the Caregiver Connect Group offered at Lyngblomsten.

"That has been a life changer for me," Matt said. "We have a unique and special space to listen to each other's stories and learn about different levels of care from each other."

Matt and Sarah have remained mostly private about her situation,

The Gathering to p. 15

Keystone
COMMUNITY SERVICES

Keeping older adults active through fitness classes, wellness events and social activities.

Learn more about Active Seniors:
keystoneservices.org/activities

Records | CDs | DVDs | VHS | Stereos | Books | Stickers
Milton Square Courtyard Shoppes, Suite 6
presentcompanyanalog.com | 651-760-3376



LOW TECH LIVING
FOR ALL AGES



The Gathering

Serving the community for 25+ years

The Gathering is a group respite program for people living at home with memory loss—offering enriching activities and social engagement to participants while providing their family caregivers with a four-hour break.

- Six sessions offered weekly in Como Park and Lino Lakes
- Participants may attend multiple sessions each week (based on availability)
- Led by professional staff with support from trained volunteers

Learn More About The Gathering & Volunteer Opportunities
(651) 632-5320
caregiving@lyngblomsten.org
www.Lyngblomsten.org/TheGathering

THE CATHOLIC CEMETERIES

Peace of Mind Begins with Planning

Faith-centered planning for seniors and their families

- Calvary Cemetery - St. Paul
- Gethsemane Cemetery - New Hope
- Resurrection Cemetery - Mendota Heights
- St. Anthony's Cemetery - Minneapolis
- St. Mary's Cemetery - Minneapolis

651-228-9991 | Catholic-Cemeteries.org

GREENHOUSE VILLAGE SENIOR CO-OP

Stay healthy, active, and connected every day

- 1 unit for sale
- 55+ community
- Independent living
- Maintenance-free living
- Tours on Wednesday at 11 AM
- Or call Jeff for a tour 651-488-9997

1021 W Larpentour Ave. Roseville www.greenhousevillage.com

Senior Living

The Gathering from p. 14

but Matt stressed the importance of informing a few trusted family members, friends or neighbors so that help would be readily available if needed.

Tom has been a volunteer at The Gathering for three years, both at the Como Park and Lino Lakes campuses. His favorite part of volunteering is experiencing the camaraderie between the participants and volunteers. It brings him joy to think that he might be bringing something to the lives of the participants.

"I know I receive more than I give," he reflected.

There are a variety of activities each session, but everyone's favorite is music, he said. When the group plays Name That Tune, most of the participants know the words to the golden oldies that are featured in the game.

"We even have a participant who plays harmonica. Our participants love it when he plays and they sing along," he added.

Jane, a retired University of Minnesota biology professor and Como Park neighbor, has been presenting Science with Jane at The Gathering each month. This stimulating program has been a highlight for both participants and volunteers and helps the participants connect with the local community, Boucher said.



Chair-based exercise.

Reluctant participants are encouraged to try each of the activities. Volunteers show them how to engage and then it is up to the participants to finish the activity if they feel comfortable.

Currently, The Gathering needs additional volunteers, Boucher said, emphasizing that no special skills are needed.

"We're looking for people that have a heart to show up and be there for their fellow humans," Boucher said. "We'll take anyone and educate them and train them on dementia," she added.

Prospective volunteers are encouraged to connect with volunteer coordinator Kevin Cipperly

at kcipperly@lyngblomsten.org or 651-632-5499.

Additionally, free caregiver resources are available to any community member through Lyngblomsten Community Services. Resources and guidance, provided by a licensed social worker, cover topics such as respite care, managing family dynamics, dementia communication strategies and self-care. Contact caregiving@lyngblomsten.org or Lisa Brown at 651-632-5320 to schedule an appointment. ■

Janet Wight is a regular freelance writer for the Bugle.



Participants enjoy a stamp collection. Photos submitted by Lyngblomsten Care Center.

LYNGBLOMSTEN
Healthcare,
Housing, & Services
for Older Adults
since 1906

St. Paul

www.Lyngblomsten.org • (651) 646-2941

Senior Housing with Assisted Living Services
Rehab & Transitional Care • Alzheimer's & Parkinson's Care
Long-Term Nursing Care • Caregiver Support
The Gathering (memory loss respite program)

They say,
"youth is wasted on the young."

We say,
"it doesn't have to be."

Laurel offers ensembles, classes,
and lessons for kids from 1 to 92!

Laurel hosts 3 FREE monthly
concert series around Saint Paul,
including our senior-friendly noon
Coffee Concert Series!

LEARN MORE AT LAURELSCHOOLOFMUSIC.ORG

MB'S
CLEANING SERVICES
Residential Cleaning
Woman owned and local
Celebrating 32 years in business!

SENIOR SPECIAL!
\$50 off "top to bottom" deep clean for those 60+!

Proud partner with Cleaning for a Reason

Clean Homes for Cancer Patients
— AN NMA CHARITY — cleaningforareason.org

Contact us for a free quote!
MBsCleaning.com
651-225-1960 office/text

The Spring Market is HERE!

Seniors thinking about down-sizing?

If you're a senior looking to downsize and move to a more manageable home, I'm here to help! This spring, I'll create a personalized plan for your move, provide a strong marketing strategy to sell your home, and provide you a detailed net proceeds spreadsheet. Plus, I'll offer resources to make the transition as smooth and stress-free as possible.

Let's start planning your next chapter today!

Ask me for my tip sheet to win in multiple offers. Let's get you to where you want to be.

kw KELLERWILLIAMS.
INTEGRITY REALTY

Colleen Healy, Licensed Real Estate Agent
ColleenHealy@kw.com
612-232-5900

Each office is independently owned and operated.

Senior Living

A dietitian's take on new U.S. dietary guidelines

By Jenni Burg

Earlier this year the new edition of the Dietary Guidelines for Americans (DGAs) was released by the federal government.

Those guidelines — created jointly by the United States Department of Agriculture (USDA) and the U.S. Department of Health and Human Services (HHS) — are revised every five years and are largely used to give nutritional guidance to Americans and inform food and nutrition policy.

As a dietitian, I have always had grievances with the DGAs because nutrition is never a one-size-fits-all thing.

However, I think having basic,

overarching guidelines to support healthy eating and wellness is important and see many benefits to them. With this new release, there are several controversial recommendations. Here's my hot take as well as advice for applying these to your own life:

The first major change increased the recommended protein level from 0.8 grams per kilogram of body weight to between 1.2 and 1.6 g/kg — nearly double in some cases. The evidence to support this increase came from a study that examined the impact of high-protein diets on weight loss.

In my opinion, results from studies that focused on weight loss shouldn't be what sets dietary

guidelines for the general population. While eating more protein can be helpful for some people, it could be harmful or unrealistic for others. Eating more protein can crowd out other nutrients and can be expensive, especially animal proteins, which the DGAs prioritize.

My advice: Shoot for a protein source at every meal and most snacks. If you do this, you will likely exceed the basic 0.8 g/kg level for adequacy.

Most Americans are not deficient in protein. An overfocus on consuming more detracts from other areas that may need to be addressed, like fiber.

Another recommended dietary change was to place more empha-



A balanced breakfast plate. Carbs, protein, fat and fiber — the gang's all here when we build a varied plate! Photo by Jenni Burg.



Your neighborhood Veterinarian

Caring for Every Stage of Life
Show your senior pets some extra love—they deserve it!

TO MAKE AN APPOINTMENT

612.314.3969

OR

www.minnepau.com



Dizziness is the number one complaint reported to medical providers in adults 70 years of age or older.

We can help. Call before you fall.

Call to schedule your

FREE BALANCE SCREENING

Take your first step towards better balance
- Find out if a vestibular and equilibrium evaluation should be considered.

AHC | ASSOCIATED HEARING CARE
Providing technology by Beltone

(651) 222-9336 • www.associated-hearing.com

2550 University Avenue West • Suite 135N • Saint Paul

sis on animal proteins and fats. This totally reversed earlier guidelines that recommended a variety of both plant and animal sources. The controversy here comes from a concern for saturated fat and fiber intake.

The DGAs also recommend reducing saturated-fat intake and increasing fiber intake. If we are consuming more animal proteins and fats, along with whole-milk dairy products, as also recommended, it's going to be very difficult to remain within recommendations for these key nutrients, because animal foods are high in saturated fat and low in fiber. It's like fitting a square peg into a round hole — incompatible.

My advice: Variety is always better. Pay attention to the protein and dairy foods you enjoy and strike a balance. If you love whole-milk yogurt, then drink low-fat milk. If you want steak for dinner, also include lentils in your soup. Variety is your key to having it all.

Carbohydrate, or grain, recommendations were also updated. In the past, the recommendation was to make half of your grains whole.

However, the new edition only gives specific guidance for whole-grain intake while encouraging a

drastic reduction in simple carbohydrates. This can be confusing as the guidelines are limited, stating daily grain recommendations of two to four servings of whole grains only, when most bodies need six to eight servings of all grains for adequacy.

If we read the nitty gritty, we also see that most studies in support of reduced carbohydrate intake yielded positive health outcomes only in the short term. After six months, many findings were null.

My advice: We need both whole-grain carbohydrates and simple carbohydrates. Whole grains provide more fiber and a wider variety of micronutrients, but simple carbohydrates provide easy-to-access energy, are usually fortified with B vitamins and are often more affordable and easier to prepare.

At the end of the day, the DGAs will always be ripe with pros and cons, hot takes and controversy, because nutrition is so nuanced.

However, the DGAs can be the starting point for what food changes might suit you best. ■

Jenni Burg is a dietitian and freelance writer who writes about food and nutrition for the Bugle.

Parkview Ice cream SEASON OPENING

Opening Weekend April 25-26

SAT 25TH FROM 2-5PM: BALLOON ARTIST TASTE TESTING BUILD YOUR OWN BOUQUET POPCORN & MORE

DISCOUNTS FOR OPENING WEEKEND: SENIORS, VETERANS, TEACHERS AND TRAIN ENGINEERS!

THURS 4-8pm, FRI 4-9pm, SAT 1-9pm, SUN 1-8pm

898 Raymond Avenue, South St. Anthony Park



Senior Living

St. Anthony Park Area Seniors: April activities

Compiled by Kathy Henderson

Spring brings new opportunities to connect, learn, and stay active, and St. Anthony Park Area Seniors has a full calendar of in-person and virtual programs this April. From fitness classes to creative workshops, there's something for everyone — no registration required unless noted. For more information, call 651-642-9052 or email sc@sapaseniors.org.

In-person activities include:

SAIL: Stay Active and Independent for Life: A fitness class focused on balance, strength, balance and fall prevention. Exercises can be done seated or standing. 10 to 11 a.m. on Wednesdays, April 1, 15 and 22 and Mondays, April 13 and 20. Call or email to register.



Pound Fit class. Submitted photo.

Game Day: Games and coffee. 10 to 11:45 a.m. on Friday, April 3.

Pound Fit: Full-body movements with drumsticks set to music. 10 to 11 a.m. on Tuesdays, April 7, 14, 21 and 28. Limited class size. Call the office or email to register.

Handiwork Group: 10 a.m. to noon on Thursday, April 9, at St. Anthony Park Library, 2245 Como Ave. Bring your supplies and drop in to knit, crochet, embroider and socialize.

Healthcare directive workshop: Drop in to complete your healthcare directive. 9:30 to 11 a.m. on Thursday, April 16, at Lauderdale City Hall, 1891 Walnut St. Contact the office for more information.

Equal Portions: Noon to 1:30 p.m. on Thursday, April 16, at St. Matthew's Episcopal Church, 2136 Carter Ave. Catered luncheon and presentation, \$15; free if you bring your own lunch. Register by Wednesday, April 8.

Poetry Group: 9:30 to 10:30 a.m. on Friday, April 17. A supportive group for new and experienced poets to write and share their work.

Viewers Like Us: 2 to 4 p.m. on Thursday, April 23. Watch a selected film and stay for a discussion. Contact the office for more information.

Legacy journaling: 9:15 to 11:15 a.m. on Tuesday, April 28. Explore art techniques to express ideas, memories and dreams. Space is limited; register with the office.



Virtual: Call for Zoom link.

Chairyoga: 9:30 to 10:30 a.m. on Fridays, April 3 and 24. Limited space.

Formal poetry class: 3 to 4 p.m. on Tuesdays, April 7, 14, 21 and 28.

Lunch Bunch: Noon to 1 p.m. on Wednesday, May 21. Socializing and BINGO. ■

5% off orders of \$30+ for Seniors!

MEXICAN RESTAURANT
LA MORELENSE



1552 Como Ave., St. Paul | Open every day: 11AM-8PM
lamorelenserestaurant@gmail.com | 651-219-4746



APPLEWOOD POINTE
ROSEVILLE

A MEMBER OWNED COOPERATIVE COMMUNITY FOR ADULTS 55+



1480 Applewood Court W, Roseville MN 55113

651-636-2161 | rosevilleapplewood@comcast.net
applewoodpointe-roseville.com

Open House

Saturday, April 25th,
1:00-4:00pm

Join for light refreshments, tours, and door prizes. Everyone welcome, no RSVP required.





APPLEWOOD POINTE
ROSEVILLE AT LANGTON LAKE

Spring Open House

Come join us
for light refreshments, tours, and door prizes.
Everyone welcome, no RSVP required.

Thursday, April 30th, 1:00-3:00pm





Turn-key lifestyle gives you the time to pursue what's most meaningful to you.

We are close to shopping, dining, medical care, easy access to the freeway system, and adjacent to Langton Lake Park with paved walking and bike paths.

LIVES LIVED

The Park Bugle prints obituaries free of charge, on a space available basis, as a service to our communities. Send information about area deaths to Mary Mergenthal at mary.mergenthal@gmail.com or call 612-670-8510.

Nancy Lee Blader

Nancy Lee Blader, 87, of Minneapolis, died Feb. 23, 2026. She was born March 19, 1938.

Nancy grew up in St. Anthony Park, attended Guttersen Elementary School and graduated from Murray High School in 1956. There was always a special place in her heart for the Park, even though her adult years were spent on the Minneapolis side of town.

She was preceded in death by her parents Clair and Garnet Rice of St. Anthony Park; spouses Robert Jenson and George Blader; brother Gregory (Martha) Rice; and brother-in-law Richard (Jacquelyn) Morrison.

Nancy is survived by three children: Linda (Jeff) Logan of St. Paul; Michael (Patty) Jenson of Vancouver, Wash.; and Kevin Jenson of Edina. Six grandchildren and nine great-grandchildren also survive her, as well as two sisters, Jacquelyn (Rice) Morrison of Chino, Calif., Barbara (Rice) Chapman of Cedar,

Minn.; and a sister-in-law, Martha Rice of Lincoln, Mich.

A private family service will be held in the spring. Memorial donations may be made to Our Lady of Peace Hospice, 2076 St. Anthony Ave, St. Paul, MN55104.

Sheila Boos

Sheila M. Boos, née Quigley, 91, died Feb. 6, 2026.

Sheila graduated from Derham Hall in 1952 and St. Catherine University in 1956. She and George raised their family in Great Falls, Mont., and Roseville. Sheila was a volunteer with many social service groups, including The Guild of Catholic Women and Catholic Charities.

She was preceded in death by her parents, James and Grace Quigley; her brothers, the Rev. James Quigley, S.J., and John Quigley; and by her husband, George, and son James Boos. She is survived by her children Mary Harrah (Neal), Jean Boos, Catherine Higgins

(Doug); sister Rita Quigley; and five grandchildren.

Mass of Christian Burial was celebrated at St. Cecilia Catholic Church. Memorials preferred to St. Paul's Monastery in St. Paul or The Advocates for Human Rights in Minneapolis.

Dale Jones

Dale William Jones, 87, of Walker, Minn., died Feb. 2, 2026. He was born in Minneapolis on Sept. 18,

1938, the son of William and Gladys Jones.

Dale attended Murray High School and joined the U.S. Air Force, where he served his country proudly from 1954 to 1959. Following his service, Dale met and married Harriet Chouinard in 1960. They recently celebrated their 66th wedding anniversary.

They lived in and were active in the Leech Lake area since 1982.

Dale was predeceased by his par-

ents and one sister, Sharon Jones. He is survived his wife; daughter Lori (Skip) Duchesneau; son Larry (Chad Furman) Jones; sister Merrilee Goodwin; five grandchildren; and 10 great-grandchildren.

Memorials to Friends of the Walker Public Library, P.O. Box 550, Walker, MN 56484, or the Walker American Legion Post #134, P. O. Box 186, Walker, MN 56484. ■

Lives Lived sponsored by



Roselawn Cemetery

SAP history series explores alleys

By Mary Mergenthal

April is alley month — at least in St. Anthony Park! The latest in Kristin Anderson's free monthly series on St. Anthony Park architecture and neighborhood history continues at 7 p.m. on Tuesday, April 14, at St. Anthony Park Lutheran Church with a look at the role that alleys have played in the community.

When SAP was platted in the 1880s, alleys were used for delivering ice and groceries, and for collecting all kinds of waste, from

ashes to horse manure. Horses and vehicles in their barns and stables were soon replaced by cars in their garages, and throughout the neighborhood's history, some residents have also lived along our alleys.

All are welcome. Presentations remain free, but donations help offset program costs (live and online tip jars available). The church is at 2323 Como Ave. (There is an alleyway, but feel free to enter through the front door.)

Anyone unable to attend in person can watch the presentation live



One of the unique buildings on the alleys in St. Anthony Park. Photo by Kristin Anderson.

online, with a recording available for one week after April 14 on the SAPLC YouTube channel at bit.ly/Sap-history. The channel can also be accessed from saplc.org via the Worship tab and livestream link.

Presentations are free, but donations are appreciated to help offset program expenses. ■

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

St. Anthony Park Area Seniors

A Neighborhood Program Providing Services for Seniors Living Independently

We Offer Free of Charge:

- Rides to medical appointments
- Exercise Classes • Art Classes
- Tech Support • Chore Help
- Foot Care, Handman, Luncheons (for a fee)
- Respite... and more!

Always Welcoming Volunteers!



www.sapaseniors.org 651.642.9052

ROSELAWN CEMETERY

a peaceful resting place for all



CALL TODAY TO SEE HOW YOU CAN SAVE

\$500*

ROSELAWN CEMETERY
803 W. Larpenteur Ave., Roseville, MN 55113
(Between Lexington and Dale)
651-489-1720 • www.roselawncemetery.com


Excludes Fountain (Row B), Ossuary, Maple Glen & Non-Select
*Cannot be combined with any other offer or savings | Expires April 30, 2026



Connecting seniors to services that help them stay engaged, healthy and independent.

Keystone Community Services
651-645-0349 | keystoneservices.org
2000 St. Anthony Avenue, St. Paul, MN 55104





Community Worship Directory

❖ **CENTENNIAL UNITED METHODIST CHURCH—ST. ANTHONY PARK CAMPUS**
2200 Hillside Avenue, 651-633-7644
www.centennialumc.org
Worship online and in-person
Sundays at 10:30 AM
Find us on Facebook: *Centennial SAP* for worship schedule.
Authentic. Thinking. Active.

❖ **ST. ANTHONY PARK UNITED CHURCH OF CHRIST**
2129 Commonwealth (at Chelmsford), 651-646-7173
www.sapucc.org
Sunday worship: 10:30 AM in person and via Zoom
Maundy Thursday: 4/2, 7:00 PM
Good Friday: 4/3, 7:00 PM
Easter Sunday: 4/5, 10:30 AM

❖ **ST. MATTHEW'S EPISCOPAL CHURCH**
2136 Carter Ave. (at Chelmsford), 651-645-3058
www.stmatthewsmn.org, Facebook: *stmatthewsmn*
Sunday Eucharist 10:30 AM | Faith formation 9:15 AM
Contemplative worship 5:00 PM, 1st and 3rd Sundays
Wednesday Eucharist 12:00 NOON followed by lunch
Holy Week Worship Services
Maundy Thursday: 4/2, 7:00 PM
Good Friday: 4/3, 7:00 PM
Children's Easter Vigil: 4/4, 4:00 PM

❖ **ST. ANTHONY PARK LUTHERAN CHURCH**
2323 Como Avenue, 651-645-0371
Pastors Jill Rode and Daniel Tallon Ruen
Web, Facebook and Instagram: *SAPLC*
Live stream on YouTube Channel: *bit.ly/3nWjIDD*
Sunday worship in-person: 9:30 AM
Easter Week Worship Services
Palm Sunday: 3/29, 9:30 AM
Maundy Thursday: 4/2, 7:00 PM
Good Friday: 4/3, 7:00 PM
Easter Sunday: 4/5, 9:00 AM and 11:00 AM
Wednesday Community Dinners return: 4/15,
Music School, all-ages, Wed. evenings: saplc.org/Music

❖ **ST. CECILIA'S CATHOLIC CHURCH**
2357 Bayless Place, 651-644-4502
info@stceciliasp.org, www.stceciliasp.org
Handicap-accessible.
Pastor John M. Hofstede
Worship: Saturday 4:30 PM, Sunday 9:30 AM
Weekend Mass online (on our website)
Holy Week Worship Services
Holy Thursday: 4/2, 7:00 PM, *Mass of the Lord's Supper*
Good Friday: 4/3, 3:00 PM, *Passion & Death of Christ Service*
Holy Saturday: 4/4, 8:00 PM, *Easter Vigil (No confessions on Holy Saturday)*
Easter Sunday: 4/5, Mass 9:30 AM
Reconciliation: Saturdays, 3/14 and 3/21, 3:15–4:15 PM and 4/1, 10:30–NOON

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

Classifieds

Send your ad to classifieds@parkbugle.org or P.O. Box 8126, St. Paul, MN 55108. Ads are \$1.15 per word. Phone numbers, email addresses and websites are considered two words. Add a box or art for \$11 each. Next deadline: April 8, 2026.



For Rent

OFFICE W/MEZZANINE and lower-level worker/creative space available for lease at the corner of Como and Carter. For details call Wellington Management at 651-292-9844

SPACIOUS 1 BEDROOM AND EFFICIENCY
Affordable apartments located in Dinkytown, SE Minneapolis. Brown tile floor with white walls and ceiling. Call Dave for appointment at 651-644-5907.

UPPER-LEVEL DUPLEX FOR RENT
1045 Everett Court. 2 BR, 1 Bath, new carpet. \$1,200.00 plus utilities. Contact Dave at 651-644-5907



Home Services


BRUSHSTROKES PAINTING
Interior/exterior painting & staining. Ceiling/wall repair. High-quality craftsmanship and affordable. 27 yrs exp. Many local references. Tom Marron, 651-230-1272, tom.marron@yahoo.com

BURTON'S RAIN GUTTER SERVICE
Gutters cleaned, repaired, installed. Insured, bonded. 651-699-8900, burtonsraingutter.com

FLANNEL BUILDING & DESIGN (BC807751)
Bathrooms | Kitchens | Decks | Remodels
Contact John at (763)-888-3526 or john@flannelbuilders.com.
Instagram @flannelbuilders

FURNITURE REPAIR AND RESTORATION
Tim Anderson. Roseville. 715-215-1400, timdanderson@hotmail.com


GOPHER PAINTING
Affordable quality. Interior specialist 25 years of experience. Call Russ at 651-216-8113.

 **GUTTER CLEANING**
Let us do the ladder work. Call Larry, 651-635-9228.

PAINTING HELP
Paint & patch interior & exterior. Small jobs wanted. Jim, 612-202-5514

PRO TEAM PAINTING PLUS
Interior & exterior painting. Complete carpentry services. 651-917-2881

SHEETROCK, TAPE, CEILING FINISH.
Call John for estimate: 763-237-4682

 **WINDOW WASHING**
Inside and out... You'll see the difference! Call Larry, 651-635-9228



House Cleaning

20/20 HOUSE CLEANING
Dependable house cleaning. Family-owned and operated. We have been serving the area for over 25 years. 651-635-9228, 2020cleaningspecialist.com

QUALITY CLEANING AT REASONABLE RATES
Serving the area over 20 years. Rita & Molly, 612-414-9241



Yard Care

LAWN MOWING
Yard Clean up, Gardening. Call 651-635-9228

STONEWALKER GARDENING SERVICES
Garden design, installation and maintenance, spring/fall clean-up. 651-592-0906, sherrywalker@gmail.com

Roger's Tree Service
CERTIFIED ARBORIST

ASH TREATMENTS "Infuse it or LOSE it!"
Your Neighborhood Tree Service Since 1974
• Trimming • Removals • Stumps •
Licensed / Insured / Free Estimates
651 699-7022 (c) 612 414-9241 rogetree.com

Noah Hamilton from p. 1

try to get on the show. So I took the Anytime Test online that night." Noah took the online test two more times before being invited to a live test with a proctor on Zoom in 2024. He waited another year before earning an audition against other prospective contestants last summer. Finally, a week before Christmas, he was invited to appear on the Alex Trebek Stage. By that time, Noah was living in Manchester, England, where his girlfriend attends graduate school and he works remotely for a startup. Contestants are given wardrobe guidelines, but most of his clothes got wrinkled on the trans-Atlantic crossing. So what Noah wore on the second day of taping came from the "Jeopardy!" wardrobe shop.

"The most Minnesota 'Jeopardy!' story ever!"
Regular watchers of the show know there is a pause after the first TV commercial break to give contestants a chance to talk about themselves. "This is maybe the most Minnesota 'Jeopardy!' story I've ever

heard," said host Ken Jennings as he introduced the segment. "Noah, tell me about your childhood backyard." "Well," Noah said, "Minnesota gets pretty cold, so my dad would flood the entire backyard and turn it into a hockey rink for the winter. He even built a makeshift resurfacers, which we called the Hamboni." "Ah, a Hamilton Zamboni... I love it!" said Ken. Dad Scott must have been beaming in the audience. A longtime coach and onetime president of Langford Park Hockey, the elder Hamilton converted their yard into the "Hamilton North Rink" for no less than 10 years — first for his own

kids, then "the little neighbor lads once Noah and Isaac moved on." Watching Noah compete on TV was, in Scott's words, "more nerve-racking than a good ol' Langford Park Hockey tournament." Mother Lori said. "It was exciting to be in the studio audience," she said. "Above all, I wanted Noah to have a great time, which he did." As for Noah, he's taking it all in stride. Taking home \$13,000 for two days' work is, he says, "not the worst thing in the world." But he hasn't quit. ■ *Bill Brady is copy editor for the Park Bugle and a self-proclaimed "Jeopardy!" who never misses a show.*



Rotten Wood?

Moisture damaged window sills, casings & trim replaced

Hyde & Harmsen Construction
Andy 651-698-3156
Since 1975



Mulch Garden Soil Rock & Gravel Compost

WE DELIVER ALL PRODUCTS!
915 Albert St. N, St. Paul
KernLandscaping.com - (651) 646-1553



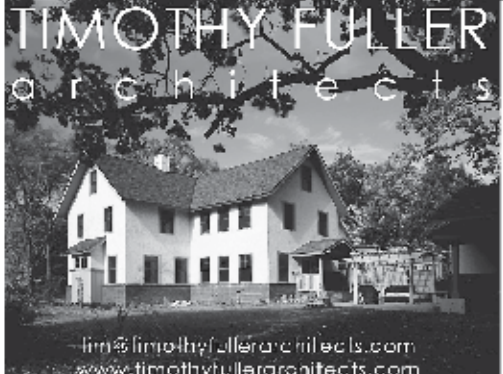
St Paul PIPEWORKS
Your Local Plumbing Experts

BETTER. CLEANER. FASTER.

We Install and Repair:

- Toilets
- Faucets & Sinks
- Plumbing & Drains
- Bathtubs & Showers
- Water Heaters
- Garbage Disposals

651-644-9400
www.stpaulpipeworks.com



TIMOTHY FULLER architects

Design, at home in the neighborhood

New Homes
Additions
Alterations
Transformations

651.485.9277



Window Washing and Gutter Cleaning

Family owned and operated
Serving the area for over 25 years

Call Larry 651-635-9228
www.2020cleaningspecialist.com



❖ Repair ❖ Renovation ❖ Restoration ❖

651-276-8233

All jobs, big and small!

❖ ADDITIONS ❖ PORCHES ❖ DECKS ❖
❖ GARAGES ❖ BATHROOMS ❖

Contact us TODAY for your FREE ESTIMATE



Treating your house like a home.

- Interior & Exterior Painting
- Wallpaper Stripping/ Skim Coating
- Wood Stripping & Refinishing
- Plaster/Sheetrock Repair

FREE ESTIMATES!

651-699-6140 or 612-827-6140
www.PaintingByJerryWind.com



SMITH COLE
STUCCO & STONE

"BUILDING THE FUTURE—RESTORING THE PAST"™

OUR SERVICES

- MOISTURE INTRUSION -
- FOUNDATION REPAIRS -
- NEW STUCCO - STONE -
- STONE REPAIR - PATCHING -
- SANDBLASTING -
- STUCCO REPAIRS -
- STUCCO REFINISHING -
- AND RESTORATION

FREE ESTIMATES 612.709.4980
WWW.SMITHCOLE.COM



Putting a wrap on Cougar winter sports

State meets for swimming, Nordic ski, wrestling

By Eric Erickson,
Sports analysis

As the school calendar moves into spring and a new season of sports is upon us, here is a review of some Como Park Senior High School winter athletic results:

Boys swimming: It was a historic season for the Como boys in the pool as they won their first section championship in the 47th year of the program. Claiming the team trophy for Section 4A was a true team effort, as Cougar swimmers qualified for state in every event.

Como was also the top team in the St. Paul City Conference, winning it for the seventh time in program history. Leading the charge were Cougar co-captains senior **Joey Schumacher** and junior **Noah Williamson**.

They both earned individual state medals, with Schumacher placing fifth in the 100-yard freestyle and Williamson placing fourth in the 100-yard backstroke. They were also both conference champions in those events.

Additionally, Schumacher was first in the conference and 13th in the state for the 50-yard freestyle. Williamson was first in the conference and 15th in the state for the 100-yard butterfly.

The 200-yard medley relay team of sophomores **Chester Realbanas** and **Emilio Kennedy**, along with Williamson and Schumacher, set a school record at the state meet while earning the consolation championship, placing ninth overall.

Additional Como swimmers who qualified for state in various events included senior **Ben Clark**; juniors **Arthur Anderson**, **James**



Swimmers **Joey Schumacher** (left) and **Noah Williamson** led the Cougars to the first section championship in program history and earned medals in the state finals at the University of Minnesota. Photo by Eric Erickson.

Thompson and **Charlie Loth**; and sophomore diver **Ethan Imbertson**.

Coach **Victor Hanson** saw consistent improvement throughout the season.

"Everyone improved their times and many of the swimmers exceeded what they thought they were capable of," Hanson said. "It resulted in two amazing feats: winning the St Paul Conference meet and becoming section champions."

Nordic skiing: Seniors **Colin Johnson** and **Henry Simmons** won the boys' sprint relay at the Twin Cities Nordic Conference Meet. They followed that by finishing second in the Section 4 Meet and qualifying for state, which was held at Giant's Ridge, where the duo placed 11th out of 24 competitors.

Simmons finished his high school career as a four-time

all-conference skier and qualified for three state meets.

"Skiing helped me learn how to work hard, deal with obstacles outside of my control and push on," Simmons said. "It's been an honor to represent Como as an athlete."

Several other boys earned all-conference honorable mention, including senior **Hazel Small**, sophomore **Logan Small**, and eighth grader **Peter Laska**. For the girls, sophomore **Nora Simmons** earned all-conference honorable mention.

Girls basketball: The Cougars won their 12th consecutive St. Paul City title and stretched their conference winning streak to 97 games. Como achieved the No. 3 seed for the Section 3AAA Tournament and advanced to the semifinals after a home playoff victory over Minneapolis South, before losing a close game against Tartan, the No. 2 seed.

Junior captain **Ahmani Crump** was the St. Paul City Player of the Year. Joining her as all-conference selections were **Samya Denman**, **Nyema Montgomery** and **Alayla Salas**. **Kenia Arnold** and **Ingrid Bollman** received honorable mention.

Boys basketball: The Cougars adjusted to a coaching change and an extremely challenging non-conference schedule. They emerged ready for competitive conference play, compiling a 6-6 record and tied for third place in the city.

This year's team had a strong senior class led by all-conference players **Contrell Jenkins**, **Hezekiah Bradshaw**, **Kavaughn Lisimore**, and honorable mention player **Jonas Tetevi**. **Jenkins** finished his career with over 1,000 points, fourth on the all-time scoring list at Como.

The future of the program is bright, evidenced by the B-squad, composed of Como's youngest players, finishing at the top of the conference with a record of 9-1 in the city.

Wrestling: Como senior **Makiya May** was the Twin Cities champ and qualified for her second straight state meet, advancing to the state semifinals. **Sarah Dar**, **Noreah Chatman**, **Joyce Kamalanda**, and **Kmwe Soe** also won the Twin Cities championship for their weight divisions. Overall, the girls team finished first in the St. Paul City Conference.

On the boys' side, seven Cougars earned all-conference honors including **Boe Reh**, **Ler Moo**, **Johnny Hudson**, **La Soe**, **Jere'Miah Saw**, **Achilles Yang** and **Montez Adams**. **Ler Moo** received Section 4AA all-academic. ■

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

AUTHENTIC THAI FOOD

Now Serving Beer and Wine
Dine-In / Take-Out / Delivery
Open Monday-Sunday / Lunch Specials 11am-2pm

LannaThaiMN.com

2295 Como Ave | 612-470-7172

Your Old House Experts
Since 1988

- Additions
- Attics
- Kitchens
- Basements
- Bathrooms

BenQuieandSons.com
651-645-5429 License BC443135

RE/MAX RESULTS

THINKING OF A MOVE?
Planning and preparation is key.

You can rely on me for professional, friendly service with years of experience in The Park. Let's talk about your future real estate needs and be ready for when the time is right.

Chris Deming
612.414.2785
DemingRealEstate@gmail.com
CHRISTOPHERDEMING.COM
2190 Como Ave., St. Paul, MN 55108

Clinical Excellence for over 40 years!

Dr. Nate Cogswell, DDS
Dr. Allison Forbes, DDS
Dr. Brad Nozzarella, DDS
Dr. Nadine Yacoub, DDS

Phone/Text: 651-644-9216
Email: frontdesk@sapdentalcare.com

We provide most dental treatments in office, including wisdom teeth, IV-sedation, implants, orthodontics & CPAP alternative oral appliances.

sapdentalcare.com
Your neighbors in St. Anthony Park

ST. ANTHONY PARK DENTAL CARE
2278 Como Avenue / St. Paul