A St. Paul developer is continuing to move ahead on an estimated $13 million senior housing complex in Falcon Heights.

Called "The Hendrickson," the project will feature 66 market-rate apartment rental units for people who are at least age 55, don't need assisted medical services but want a living setting with on-site social activities, said Peter Austin, vice-president of finance at Kelly Brothers Ltd., the project's developer. The project will also include one guest unit.

The four-story, L-shaped building at the former Hermes Garden Center site on Larpenteur Avenue will include five studio apartments with the rest a mix of one- and two-bedroom units, Austin said. Monthly rents will range from $1,200 to $2,500. The building will feature, among other things, a multi-purpose community room, private dining room, wellness room, library, beauty salon, underground parking, outdoor patio area, and an expansive back porch on the southern end of the building that will overlook the University of Minnesota farm fields.

"It's a great location," said Austin, also a resident of St. Anthony Park. "We designed the L-shaped building to take advantage of views south and west," as well as "to try to make it respectful of the history of the site." The Hendrickson is named after W. Hendrickson, one of the early settlers of the area. Hendrickson's 112-acre farm was in the southwest corner of Larpenteur and Snelling avenues in what was called Rose Town, Austin said.

In November, the Falcon Heights City Council gave final Planned Unit Development (PUD) approval for the Hendrickson, after last spring accepting zoning changes that allow for increased housing density on the site. The former cam e to fruition in October 2015 with the opening of the Good Acre, a hub that offers warehouse space to immigrant and low-income farmers, cooking classes and serves as Community-Supported Agriculture (CSA) that offers weekly shares of organic vegetables during the summer and fall. However, the housing component of the "healthy-living campus" took a slight turn. Common Bond Communities of St. Paul originally planned to develop and manage the housing project but had to drop out when it failed to get funding for it. That's when Kelly Brothers contracted to take on a market-rate housing project on the remaining piece of the Hermes site.

The former site of a "healthy-living campus" that would have an urban farm and organic food distribution center, as well as an affordable housing project, Austin said the Hendrickson is in a very senior-friendly location with the development near the Saint Anthony Park Area Seniors and the Como Falcon Heights Block Nurse programs, new Bell Museum and Planetarium and the metro bus stop for Route 61 that takes riders to both downtown St. Paul and Minneapolis. The Hendrickson isn't Kelly Brothers' first senior housing development. It has built similar ones, including the 92-unit Boulders distribution center, as well as an one- and two-bedroom units, Austin said.

Monthly rents will range from $1,200 to $2,500. The building will feature, among other things, a multi-purpose community room, private dining room, wellness room, library, beauty salon, underground parking, outdoor patio area, and an expansive back porch on the southern end of the building that will overlook the University of Minnesota farm fields.

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For many summers, a lush garden has graced the front yard at 1369 Wynne Ave. in St. Paul's Como Park neighborhood. But whether homeowner Thomas R. Swenson can rejuvenate the garden for next summer may be the least of his worries. Swenson's two-story house was recently destroyed in a morning fire.

As a St. Paul Fire Department crew worked to extinguish the blaze, the structure collapsed. Crew members remained on the scene as Xcel Energy workers dug up the street to shut off the gas, which was feeding the fire. Firefighters remained on the scene into the afternoon.

Swenson, who owns the two houses on either side of the razed property, was in his basement at the time of the blaze. However, by the time the fire department had arrived, Swenson had escaped his burning home. No injuries or fatalities were reported.
The fate of the former St. Andrew’s Church building on Como Avenue remains in limbo pending reviews by various public groups on whether the Twin Cities German Immersion School, which currently resides there, should be allowed to raze the structure and erect a new, larger facility in its place.

As the bugle went to press, the Como Community Council board was expected to vote Dec. 18 on whether to follow the recommendation of its Land Use Committee and urge the city of St. Paul to approve three variances on construction of a new German Immersion School. The variances would include allowing the school to increase its footprint on its property and put in fewer parking spaces than are required under the current city code.

The German Immersion School’s building plans are opposed by some neighbors and former parishioners who contend the existing church building is historic and should be spared from the wrecking ball. They have organized a group called “Save Historic St. Andrew’s.” In early November, St. Paul’s Historic Preservation Commission (HPC) sided with these citizens, conveying the old church building is eligible for historic designation.

The Immersion School’s building plans are highly contentious as the votes of the District 10’s Land Use Committee reveal. The committee’s Dec. 5 meeting drew more than 200 citizens and the public votes were highly divided on the proposed variances. For example, the audience voted 96 to 76 to support the School’s request for about a three-foot height variance on its proposed building.

The full District 10 board will forward its recommendations to the Saint Paul Planning Commission’s Zoning Committee, which is scheduled to consider the school’s site plan on Dec. 20. That committee’s recommendations then are expected to go to the full City Planning Commission on Dec. 28.

Take new District 10 survey

What do you think about the Como area? The good, the not-so-good, what you’d keep, what you’d change?

A new District 10 survey gives citizens the chance to voice their opinions and ideas about neighborhood trends, amenities, issues, characteristics, and possibilities. The goal: Give the Como Community Council a better understanding of how, where, and why to prioritize (or re-prioritize) goals and work for 2019 and beyond. Take the survey online at www.surveysmonkey.com/r/D10sury.

District 12 Community Council

The St. Anthony Park District 12 Community Council held its annual meeting on Nov. 30 and community meal on Dec. 1 at the Seal Hi-Rise Apartments, with St. Paul City Council member Mitra Jalali Nelson attending both events.

Nelson talked with residents about pedestrian safety, city council budget and police funding while residents raised concerns about public transit, inclusive communities, and the limited availability of fresh food close to their homes. Nelson is expected to attend a future resident council meeting to discuss ideas on how to address citizens’ concerns, said Roberto de Freitas, District 12 community organizer.

Transition Town - All St. Anthony Park

This neighborhood-based group working for a local response to climate change has two regular standing committee meetings open to the public:

The Planning Group meets Thurs. Dec. 27 (and every fourth Thursday), 7:00 - 8:30 p.m. at CoCreate, 2388 W. University Ave., to plan projects for a smaller carbon footprint and a stronger community: a positive local response to climate change. Come early at 6:30 p.m. for social time. TransitionASAP.org

The Transition Your Money Group meets Wed., Jan. 16 (and every third Wednesday), 6:30 - 8 p.m. at Lori’s Coffee House, 1441 N. Cleveland Ave. It explores ways citizens can align their money decisions with the values of community sustainability. TransitionASAP.org/TransYourMoney
Winter Walking: Mission Possible

By Pat Thompson

Walking down the street safely is one of the basic tenets of living in civilization, and a key part of decreasing motorized vehicle use as we cut CO2 from our way of life. Yet in St. Paul, we spend four or five months each year without this basic mobility because our sidewalks are not fully cleared.

Katharine Tondra, program director at St. Anthony Park Senior, said, “It’s really hard for seniors, particularly, to stay active if the sidewalks are intimidating. This leads to isolation in winter, and isolation has been found to be bad for your health as smoking.” Falls are bad for anyone, but for seniors they can be life-changing. Clearing the snow at intersections is especially problematic, Tondra said.

Who’s responsible?

St. Paul, like most cities, leaves sidewalk-clearing to property owners:

• Businesses, homeowners, or landlords are supposed to clear the way within 24 hours.

• The city is responsible for clearing around parks, along city-owned properties, and on the medians and refuge islands built into the busiest intersections.

• Metro Transit clears rail stations and space around bus shelters, but it’s not their highest priority and they don’t do it at bus stops without shelters.

Currently, there are big gaps between those responsibilities, starting with the shelter-less bus stops but also including the corners and curb cuts. I’ve noted several busy corners where the adjacent business property owners don’t appear to think the street corner is their responsibility, especially after the plows come through. I’ve also seen snow piled so high pedestrians can’t push the Walk button.

Meanwhile, the city itself has a lot to clear, and it doesn’t appear to prioritize those refuge islands I mentioned, such as the ones at Energy Park and Raymond and Como. These concrete islands can become solid mountains of snow and ice, forcing pedestrians to walk around in the traffic lanes and unable to push the Walk button.

These door-hanger reminders were created at the suggestion of Linda Marquist, a St. Anthony Park resident who lives in Seal HiRise. You can see a video about her at https://tinyurl.com/snow-hanger. Get yours by emailing pat@marksimonsen.com.

What can you do?

If you see a property that’s not cleared on time, you have a couple of options:

• Leave them a door-hanger like the one pictured.

• Speak to the business owner or resident if you feel able to do that.

• Call the city to report the address, especially if you’ve already left a door-hanger or spoken to someone. That includes reporting city-owned properties.

If you are unable to do your own snow shoveling, contact St. Anthony Park Area Seniors to get a list of shovelers for hire. When we have a big snowfall, let’s all pitch in to help our neighbors who need it, plus to clear areas that aren’t being taken care of — especially those stranded bus stops, curb cuts, and odd bits of sidewalk that don’t seem to have anyone responsible for them. (Shoveling around hydrants and storm drains is a good idea, too.)

And then there’s ice

When it comes to ice, we all face challenges. Clearing the sidewalk completely of snow is the best way to prevent ice, but especially if a sidewalk is shaded, ice can form anyway. Salt works well down to 15°, but a single teaspoon can pollute five gallons of water, so it’s not a great option for nearby plants or our shared water supply. Sand or grit are good for traction and can be swept up later to use again. The Minnesota Pollution Control Agency has a list of tips (with videos, link below) on how to deal with ice.

The sidewalks belong to everyone and should be accessible every month of the year. When they are not, I feel badly. Especially when I see someone in a wheelchair or mobility scooter making their way in the roadway instead of using the sidewalk. This is an all-too-common occurrence. Let’s take some community pride in making sure everyone can walk or roll on our sidewalks this winter!

Pat Thompson is part of Transition Town - All St. Anthony Park and co-chair of the St. Anthony Park Community Council Transportation Committee.

Resources:

• Report a property that has not been shoveled within 24 hours: 651-266-8989

• Get some door-hangers to remind late shovelers: pat@marksimonsen.com

• Get a list of shovelers for hire from St. Anthony Park Seniors: 651-642-3952 or office@SAPSeniors.org

• Tips and videos on clearing sidewalks without using salt: https://tinyurl.com/mpca-advice

The Villa’s at Midland

1940 Fulham Street

Luxury living located at the entrance to Midland Hills Country Club. 2 bedroom, 2 baths, 1310 sq.ft., hardwood and tile floors, master bath heated floor, fireplace, huge closets in unit laundry room, heated deck under garage, 2 parking stalls, internet, cable and a Social Membership at Midland Hills Country Club included in your monthly HOA. Secure building allows for worry free travel.
Demands of December, holiday responses

As this issue of the Bugle goes to press, Christmas is less than a week away and New Year’s is just around the corner. The holiday season is supposed to be a time of joy, peace, family gatherings, reflection, preparation for new beginnings. Ideally, it should also give us an opportunity to slow down and just relax. But in the hustle and bustle of everyday life, many people find the holiday season only adds stress in their lives, not relieves it. No doubt, among many things, several natural disasters around the country in recent months has made life more discouraging for many millions of Americans. And there is never-ending political rancor in our nation.

The temptation is to feel defeated and bear down. That life seems hopeless. In that analysis, however, we get to choose how to respond to the bad and good in our lives. Failures and setbacks can give us an opportunity to reassess what is happening and whether we want or should take new directions. Life is what you decide to make of it. Best wishes to all our Bugle readers as you hopefully have time to take pause of the season,

—Scott Carlson

Deadlines, publishing dates and where to find a Bugle

Want to submit something to the Bugle?

Here are the deadlines and publishing dates for the next three months:

February issue: The deadline is Wednesday, January 9, and it will be published Tuesday, January 22.

March issue: The deadline is Wednesday, February 6, and it will be published Tuesday, February 19.

April issue: The deadline is Wednesday, March 6, and it will be published Tuesday, March 19.

Got a story idea?

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

Missing your Bugle?

If your house was missed during our delivery week, we apologize. It is a place of retreat. It connects us to the Blow’s of December, holiday season. And the developer. Few neighborhoods in the Twin Cities are fortunate to have a seven-acre natural treasure in the heart of our watershed. Watchers of the woods connect us to the famous Mississippi flyway. Migratory songbirds can tell you how wonderful it is to observe the streetcar that ran between the Twin Cities and the Twin Cities Zoo. It is a place of retreat. It connects us to healthy open spaces including the University Golf Course, Gibbs Farm, the Bell Museum, and Minnesota Agricultural Experiment Station. We need to maintain this intersection of forested, agricultural and urban landscapes. If you care about our attention now. They should not be sacrificed for property tax revenue but completely protected by zoning that brings the new development into harmony with the history of the land.

We have but one opportunity to preserve and restore this urban forest. It is a place of retreat. It connects us to healthy open spaces including the University Golf Course, Gibbs Farm, the Bell Museum, and Minnesota Agricultural Experiment Station. We need to maintain this intersection of forested, agricultural and urban landscapes. If you care about our attention now. They should not be sacrificed for property tax revenue but completely protected by zoning that brings the new development into harmony with the history of the land.

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Bugle continues annual fund drive, your support is vital

Just a few weeks into the Park Bugle’s annual fund appeal, we are more than halfway toward our $52,000 goal for the 2018-19 fiscal year. As of Dec. 7, we have received a $37,500.

If you haven’t made a donation yet, please consider making a contribution. The Bugle relies on your support to help defray the newspaper’s operating annual costs.

Commentary from 4

transportation, I lobbed hand for the Ford Mustang, which was in its fourth year of production and had—literally—an excellent track record. It was reliable and practical (its name notwithstanding) and, with its stock 289-cubic-inch straight-six engine, it got good gas mileage. It was also, as far as the paterfamilias was concerned, out of the question. The old man and I had some history here: In his fourth year of production and had—completely doomed its chances. It was as nearsighted farmer inspecting a 1967 two-door fastback Plymouth Barracuda with a 273-cubic-inch V-8 engine tucked under its hood. My dad walked around it like a nearsighted farmer inspecting a heifer and said...wait for it...”Well, this might do.”

Now, friends, as I stood there in front of that gorgeous hunk of steel, the finger of Providence gave me a little poke, as if to whisper, “Don’t say Anything.” And I didn’t. I had to chew on my forearm until I drew blood, I kept quiet. And two little pokes, as if to whisper, “Don’t chew on my forearm until I drew blood, I kept quiet. And two little pokes, as if to whisper, “Don’t.” And I didn’t. I had to chew on my forearm until I drew blood, I kept quiet. And two little pokes, as if to whisper, “Don’t chew on my forearm until I drew blood, I kept quiet. And two...I don’t remember if I ever confessed to my dad that our Barracuda was twice as sporty as a little six-banger ‘Stang would have been, but it turned out to be a great car for us. The three of us drove it separately and several all over creation for 13 years, and then I took it over in 1980. I drive it until the mid-80s when, while on the road in Wisconsin with singhing instead of a $2,500 pony car.

“We’re not getting a sports car! We’re getting a family car,” he said, overlooking the fact that our at-home family consisted of exactly three people, soon to be two. “Let’s see what Chrysler has to offer.”

And off we trekked to the Schmidt-Tullias dealership, in Norman, Okla, and there, on the showroom floor, was a powder-blue, 1967 two-door fastback Plymouth Barracuda with a 273-cubic-inch V-8 engine tucked under its hood. My dad walked around it like a nearsighted farmer inspecting a heifer and said...wait for it...”Well, this might do.”

Now, friends, as I stood there in front of that gorgeous hunk of steel, the finger of Providence gave me a little poke, as if to whisper, “Don’t say Anything.” And I didn’t. I had to chew on my forearm until I drew blood, I kept quiet. And two little pokes, as if to whisper, “Don’t chew on my forearm until I drew blood, I kept quiet. And two little pokes, as if to whisper, “Don’t.” And I didn’t. I had to chew on my forearm until I drew blood, I kept quiet. And two...
Some 80 students from Murray Middle School participated in the annual Wolf Ridge Environmental Center retreat in mid-November, making a journey to Finland, Minnesota that had them stepping outside in more ways than one.

The event was an opportunity for the students to learn about the outdoors over the weekend of November 16th to the 20th. Ann Bulger, a Murray staff member who passed away over 15 years ago, created the trip over 40 years ago for Murray students step outdoors and outside their comfort zone.

Students Max Mills and Kim Sanchez were honored for exemplifying the spirit of former Murray teacher Anne Bulger, who created the trip. Photos submitted by Tim Chase, a Murray science teacher.
Como Senior High School

Honors for Farley

Como Park senior William Farley received the Legion of Valor Bronze Cross award at a special ceremony attended by family, instructors and peers from the Marine Corps JROTC. The Bronze Cross is an elite honor earned annually by just six exceptional individuals from over 5,000 Marine Corps JROTC cadets across the entire nation.

Farley’s accomplishments in JROTC began during his freshman year and increased over time to include not just higher rank and distinction within the program, but also excellence in challenging academic coursework, extracurricular activities and community service. He carries a non-weighted GPA of 3.96 (4.39 weighted), has twice led a Como Knowledge Bowl team to the national JROTC finals in Washington D.C., is an AP Scholar and a member of the National Honor Society. Other activities and distinctions include Minnesota State History Day, Minnesota Personal Finance Decathlon State Competition, track and field, and several service projects with the Boy Scouts.

Asked about his award, Farley’s selfless attitude revealed itself. To him, the achievements and honors are a by-product of the experiences that have come from being part of a team. “I think truly, the most wonderful experience I’ve had has been to be part of this second family,” Farley said.

Cadet Captain William Farley received the prestigious Legion of Valor Bronze Cross Award. Only six cadets out of over 5,000 across the nation are awarded the Bronze Cross each year. Photo by Eric Erickson.

Wells Fargo outreach

Coordination between Como Academy of Finance (AOF) instructor Kris Somerville, Wells Fargo, and Junior Achievement’s “JA Inspire” outreach program produced a top-flight event for 370 Como High students. More than 40 volunteers from Wells Fargo visited Como on Nov. 15 for an all-day event. Freshmen spent time with mentors and learned how to network. Sophomores developed and refined resumes with the volunteers. Juniors participated in mock interviews and mentoring sessions. Senior presented solutions to case studies developed by Wells Fargo.

For AOF students who previously participated in the Wells Fargo event, the day was equally rewarding again. “It was a wonderful experience because the volunteers were really down to earth and gave me such great advice about how to improve my presentation,” said senior Selena Vue. For Wells Fargo volunteers, the interaction with Como AOF students was insightful and inspiring. One Wells Fargo team member, Derek Fried, said “I have done several other volunteer activities with Wells Fargo and this was far and away the most fun and most rewarding.”

Big Sisters program

Twenty Como Park High students are mentoring students from Como Elementary after school once a week. The “Bigs” and the “Littles” do a variety of activities depending on the week and the weather, but playground games, board games, art, reading or helping with schoolwork are all common ways of connecting. The program aims to help the elementary and high school students build strong, meaningful connections.

National Close Up Washington D.C.

Advanced Placement Government students who will be representing Como in the national Close Up Washington D.C. program in March are raising funds to support their trip. Students will be bagging groceries for customers at the Maplewood Cub Foods on Rice St. and County Road B from 10:00 a.m. to 8:00 p.m. on Saturday, Dec. 22. Cub customers generously support the effort of the students with donations that help defray the expense of the educational trip. Community members interested in financially supporting students in the Close Up Washington D.C. program can also contact the trip coordinator at eric.eckkes@spps.org.

-Wireless Eric

Winter is a great time to move, stretch and breathe

Donate based classes in Como Park and Falcon Heights

Como Park/Falcon Heights Living at Home Block Nurse Program

Contact Nicole at: 651-642-1127 / coordinator@comoobnp.org

Schubert Club • Music in the Park Series

Ensemble Caprice

Led by Matthias Maute

Sunday, February 10 • 4:00 PM

Pre-concert talk at 3:00 PM

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

Matthias Maute, recorder • Sophie Lariviere, recorder
Susie Napper, cello • David Jacques, baroque guitar
Zrye Tebsassian, percussion

Tickets still available! schubert.org • 651.292.3268
The Bugle Year in Review

Compiled by Scott Carlson

In just a few days, 2018 will be history. It’s been a year chock full of news, both on the local as well as national levels. So, as you look back on 2018, what will you remember? What’s been significant? In the following paragraphs, the Bugle reprises some of the highlights captured on our news pages.

January
+Fourteen years ago, Julie Himmelstrup, artistic director of Music in the Park Series, pulled off a coup: she announced that the world-famous Guarneri Quartet would play for the 25th anniversary concert season of the series she had started in 1978. In the world of chamber music, Himmelstrup had done the equivalent of persuading the Minnesota Twins to move their season opener to Longford Park. This month Himmelstrup has an equally momentous announcement, although this time the occasion is a much sadder one for those who love classical music in the intimate setting of the St. Anthony Park United Church of Christ (UCC). Himmelstrup, who will celebrate her 82nd birthday in 2018, is stepping down as artistic director at the end of the season in April.

+Naughty Greek opens on University Avenue
The Bugle reports Angelo Giovannis and his two daughters hold a ribbon-cutting ceremony for the grand opening of the Naughty Greek’s second location at 2410 University Ave.

The University Avenue restaurant has a similar menu to the Snelling Avenue location, including the store’s signature dish: goz guno made from scratch with layers of locally sourced meat, herbs, garlic, olive oil and citrus. The new restaurant can seat up to 74 people.

February
Como boy vied for ‘Top Chef Jr.’ title
Milo Fleming calls himself the “Picaso of Food” because he loves being creative in the kitchen. That love of cooking landed him on the Universal Kids network reality show “Top Chef Jr.,” where his friends and family watched him compete for the Top Chef title and a $50,000 prize since October. Fleming didn’t take the title. It went to Owen Pereira of Baltimore, Md., but Fleming says it was all worth it.

New home arena builds future for Blades hockey team
A junior from Como Park Senior High School, an eighth-grader from Capitol Hill Middle School and a third-grader from Groveland Park Elementary passed the puck and shared some laughs in a corner of the rink on a recent Friday evening. Similar mixed-age groups did the same. A love of hockey brought them together. A few dozen other young girls in St. Paul frequently spend time on the ice this season. The older girls in St. Paul Public Schools play for the Blades, and they are connecting with the future of the program as much as possible, back on the same ice they first learned the game. —Eric Erickson

Elsewhere in District 10, St. Paul Forestry will cut down nearly 60 more boulevard ash trees this winter. The trees are infested with emerald ash borer. The trees in Como are among 1,600 boulevard ash trees and 600 parkland ash that the city expects to remove in 2018.

March
Meet the new bosses in town
Coutras Tim Kessler and Max Filter opened the taproom at Dual Citizen Brewing Co. (DCBC). The Lawyers Who Love Beer (LWLB) will move their regular series of exhibits w ith guest artists and from time to tim e other regular series of exhibits w ith guest artists and from tim e to tim e other

New home arena builds future for Blades hockey team
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April
There’s a new art gallery in South St. Anthony
Larney Ross and Richard Dillon, first classmates at Cretnin High School in the 1950s, founded the West Hampden Artists (WHA) at 2281 W. Hampden Ave. in 2004. Now 14 years later, they will hold a three-day opening of the 2281 Art Gallery April 27-29; the first of what they promise will be a somewhat regular series of exhibits w ith guest artists and from tim e to tim e other “big hoopla,” Ross says.

May
Noise, dust and a whole lot of inconvenienc e will mark the summer of 2018 along Como Avenue between Commonwealth Avenue and Eustis Street in St. Anthony Park. Phase 2 of a multi-year paving project that began in 2017 will begin after the St. Anthony Park Arts Festival June 2 and take breaks for the neighborhood Fourth in the Park celebration and during the 12 days of the Minnesota State Fair, Aug. 23-Sept. 3.

June
Can the former St. Andrew’s Church in Como Park be saved from demolition? “Save Historic St. Andrew’s,” a group of 23 neighbors who live near the Twin Cities German Immersion School (TCGIS), is hoping a petition asking the school to delay any decisions on its proposed expansion project until 2020 will do just that.

—St. Paul Public Works’ new “All-In” citywide garbage service will begin Oct. 1, but there’s a bit of paperwork to be done first. The city mailed out informational brochures to residents May 9. A second mailing — a postcard — outlines the cart sizes and service levels. A postcard with instructions for how property owners can notify the city of their chosen service level was mailed to residents shortly after. The postcard includes a special Cart Selection ID for each residence.

July
Luther Seminary will put 15 acres of buildings, land on the market in July
Luther Seminary’s new “Campus of the Future” plan will bring big change to the school by offering free tuition to all incoming students starting this fall and to the St. Anthony Park neighborhood when it sheds 15 acres of land and buildings in the northwestern part of its campus. In May, the seminary’s board of directors approved the sale of a parcel that includes Northwestern Hall, the administrative building at 1501 Fulham St. and the seven acres of wooded land known as Breck Woods, which abuts the Lauderdale Nature Area.

August
If you were in St. Anthony Park watching the parade on Como Avenue July 4, you may have noticed tacos and margaritas being sampled on the patio where former students starting this fall and to the St. Anthony Park neighborhood when it sheds 15 acres of land and buildings in the northwestern part of its campus. In May, the seminary’s board of directors approved the sale of a parcel that includes Northwestern Hall, the administrative building at 1501 Fulham St. and the seven acres of wooded land known as Breck Woods, which abuts the Lauderdale Nature Area.

September
If you were in St. Anthony Park watching the parade on Como Avenue July 4, you may have noticed tacos and margaritas being sampled on the patio where former

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If you were in St. Anthony Park watching the parade on Como Avenue July 4, you may have noticed tacos and margaritas being sampled on the patio where former
neighborhood staple Muffuletta once served food. This was a preview of Nico’s Taco and Tequila Bar, which will move into the space this fall.

Roger Bergerson — longtime Bugle writer and local historian — will be greatly missed. Roger Bergerson, who wrote for the Bugle for 10 years, died of cancer on Aug. 15. Roger loved his hometown. A longtime resident of the Saintly City, he knew that our past includes a fair number of sinners as well as saints, and he wrote about them all. Roger’s column on local history, “History: One darn thing after another,” was the first thing many Bugle readers turned to—Dave Healy

November

A century of memories—Eleanor Gordon is turning 100! Lauderdale resident Eleanor Gordon—who turns 100 on Nov. 14 and who worked as nurse until her mid-70s—still remains very active, including quilting every Thursday at St. Anthony Park Lutheran Church. Her family is hosting a birthday party for Eleanor and...son Tom says they will send out “lots of invitations,” and, of course, all the quilters will be part of the festivities.

December

Lauderdale raises tobacco purchase age to 21

Spurred by one its members, the Lauderdale City Council unanimously has adopted an ordinance that prohibits the sale of tobacco to anyone under 21-years-old, including the sale and purchase of e-cigarette products and menthol-flavored tobacco.

Council member Roxanne Grove pushed for the ordinance change, explaining her action was prompted by a lifetime of smoking, quitting, and then worrying about tobacco harming her children and grandchildren. The measure takes effect Feb. 1, 2019.
Thinking outside (the box) for your workouts

By John Horchner

I have requested and received a lot of workout advice over the years. Outside a gym in Pittsburgh, one person I knew told me the best workout just buds down to one that you like to do. “Huh?” I looked at him, unsure whether he was joking.

Just do that.

I still wasn’t convinced.

A year ago, I listened to a podcast about working out in the natural environment and all the advantages that provides you for your blood pressure, stress levels and general health.

Sounds of birds chirping, brooks bubbling and wind blowing through the evoked images of the woods. But what I liked most was the sound of happy voices and the idea that there would be a group of people to guide me through the woods.

I looked up meetup.com and found that, yes, there were groups that meet outdoors to exercise, but my experience was inconsistent. I was willing to pay for a workout with structure.

My Internet search turned up more results than I bargained for.

No Quit Fit is run by Chris Mielke and Sarah Phewon, military and law enforcement trainers, respectively, which I found intimidating at first. I quickly learned that the group’s work-at-your-own-pace philosophy is an easy fit for all levels of fitness, however.

My group meets at Central Park in Roseville every Monday, Wednesday and Saturday at 5:30 a.m. sharp. This is a perfect fit for an early-riser like me who enjoys morning company and conversation.

When I lived in Burlington, VT, I was often first in line for Starbucks on Church Street that opened at 5 a.m. The homeless shelter let out about that time, as well, and the line would grow. I befriended many of those standing in line with me. Some would get a free cup of joe, some paid. We came to know each other. When I was shopping with the family or just walking down Church Street, it was not uncommon to hear, “Hey, John! Over here! Hello!” It’s that kind of place, but then so is Minneapolis.

Anyway, as most of us who live here know the parks in Minnesota are often over-the-top, and Roseville’s Central Park meets my needs for No Quit Fit. It is filled with the usual tennis courts and swing sets. But it also has many trees, a small waterfall that leads into a lake and plenty of space to run free.

When I arrive at 5:30 a.m., the parking lot is generally full, regardless of the season. In fact, many of my No Quit Fit counterparts prefer winter workouts because the fields provide the right mix of terrain, the snow provides extra cushion and running up and down the hills keeps everybody warm.

Our trainers recently presented the morning workout, titled “Flip the Script,” on a whiteboard. No breaks. Continuous movement, a little running in the middle. Nearly 60 minutes in all.

I often tell my workout partner Jerry that No Quit Fit training is more of an aspiration than an actual workout for me as I still struggle with pushups and other parts of the drill.

Jerry usually ignores my concerns. No one wants to be the one person who can’t. That’s another advantage of the community that comes with the workouts. The discipline is contagious. Most people are above my level, some way above it. Some come to the workouts carrying a GORUCK rucksack, which is essentially a backpack with a metal plate in it. Moving with weight on your back is one of the foundations of military training, but this has expanded to include hobbyist intent on maximizing their workout.

“You’ll get there,” Sarah told me when I first joined.

“You’re doing a great job!” Chris often says.

I did not believe any of this in the beginning. But it wasn’t long before I found myself thinking that the workouts seemed to be getting easier. I had to smile.

Chris recently wore a shirt with a quote by the ancient Greek poet Archilochus: “We don’t rise to the level of our expectations, we fall to the level of our training.”

This is true enough for me. I’ve been able to catch myself from falling down a flight of stairs and avoid other injuries because of my training. This idea seems to explain many things in my life, not just workouts.

I have been a publishing professional who lives in St. Anthony Park. A version of this article originally appeared on his blog, johnhorchner.com

Interested? No Quit Fit is billed as the only year-round outdoor fitness program in the Twin Cities. For more information, go to www.noquitfit.com
**DECEMBER**

**22 SATURDAY**

"Yarns" porridge show noon to 4 p.m. at the Rosedale Center, 2660 Civic Center Drive. Meet and greet and refreshments at 6:30 p.m. with the precaution scheduled from 7 to 8:30 p.m. Meeting features local area public officials.

**24 MONDAY**

Northeast Minneapolis Church Worship at Roseville City Hall, 7:30 a.m., 8:30 a.m., 10 a.m. or 11:30 a.m. Free. Register online or call (651) 647-9000. Visit www.theresashair.com to make an appointment.

**25 TUESDAY**

Northeast Minneapolis Church Worship at the Bugle's Community Worship Center.

**26 WEDNESDAY**

1-3:45 p.m. St. Anthony Park Library, 2245 Como Ave.

Architects! Kids, ages 7-11 will learn about the concepts of housing and design, hear a story and design and build a structure. Inspired by the children’s book, Lego, Arch, created by Andrea Beaty and David Roberts.

**JANUARY**

**2 WEDNESDAY**

SAP Community Blood Drive 2:00 – 7 p.m. at St. Anthony Park Lutheran Church, 2233 Como Ave., St. Paul.

**3 THURSDAY**

St. Anthony Park Area Seniors – Caregiver and Bereavement Support group at St. Anthony Park United Church of Christ (2129 Commonwealth Ave.), 10-11:30 a.m. All are welcome.

**8 TUESDAY**

Blood pressure clinic, Soil Hi-Rise, 823 Soil St., 3-3:30 p.m.

**10 THURSDAY**

"Going in Style (2017)" movie at 2:30 p.m. in the Centennial United Methodist Church auditorium, 2200 Hillside Ave. St. Paul.

**11 FRIDAY**

Cook Day, Centennial United Methodist Church, 2200 Hillside Ave., St. Paul. 10 a.m. - noon. No charge on registration required.

**15 TUESDAY**

Leage of Women Voters Roseville Area will hold "Conservatism with Creativeness" at Roseville City Hall, 10-11:30 a.m.

**2660 Civic Center Drive.** Meet and greet and refreshments at 6:30 p.m. with the precaution scheduled from 7 to 8:30 p.m. Meeting features local area public officials.

**30 WEDNESDAY**

Welcome Card-Making, Wednesday, noon to 11:30 a.m. at the Fellowship Hall of Centennial United Methodist Church, 2200 Hillside Ave. No charge.

**ST. ANTHONY PARK AREA SENIORS**

**WEEKLY OFFERINGS:**

Exercise class on Wednesdays from 10:30-11:30 a.m. at Centennial United Methodist Church, 2200 Hillside Ave.

Blood pressure clinic on Wednesdays from 10:30 a.m. at Centennial United Methodist Church.

Exercise class on Mondays and Thursdays from 2-3 p.m. at University of Minnesota Health Care, 10-11:30 a.m. All are welcome.

**THURSDAY**

"Going In Style" movie at 2:30 p.m. in the Centennial United Methodist Church auditorium, 2200 Hillside Ave. St. Paul.

**10 MONDAY**

Community Song, Olver Learning Center, Luther Seminary, 1:45 p.m., 2600 E. 68th St., St. Paul, 4-5 p.m. Aquatics, 7-8:30 a.m. Exercise class is free, but a hat will be passed to help support the music leaders and to make the swap possible.

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Joan Shirley (O'erson) Mason, 93, of Falcon 2018. was born Jan. 12, 1941, to Robert and brother Michael Wells. She is preceded in death by her husband James and her parents. Joan's love of travel continued throughout her life, expanding to include many transoceanic crossings. She and her husband were known for their gatherings, welcoming friends, colleagues, and students into their home. When they moved into University Grove in 1971, they developed a close-knit group of friends with whom they shared a rich social life through nearly five decades.

Joan was passionate about music and reading. She sang in the St. Olaf Choir, the Bach Society, and the St. Matthew's choir. She loved to play classical and jazz piano. On long drives, Joan helped pass the time by singing with her children, who learned many folk, spiritual and popular songs from her.

Joan earned a master's degree in library science from the University of Minnesota, as well as a master's degree in library science from the University of Minnesota. She also was a certified neutral mediator for the State of Minnesota, as well as a mediator for the Minnesota Human Rights Commission.

Ettas research years led her in different directions. One thesis was a study of persons with disabilities that became an initiator of the nationwide Disability Student Cultural Center movement on campus campuses. Meanwhile, her PhD dissertation on the museum education of Norwegian and Norwegian-American artists prompted family travel to see the Department of Minnesota in Norway and Sweden.

Funeral services for Dr. Mary Etta Litsheim, 74, were held on Dec. 11 at St. Anthony Park Lutheran following the Roseville woman's death in November due to a car accident while in California with the Federal Emergency Management Agency (FEMA) to help survivors of the recent wild fires.

The daughter of Ruby (Alre) and James Litsheim, Esq. Mary was a highly-educated woman who was an academic and later served as a trainer and counselor helping employees and survivors in more than 50 natural disasters.

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**Teri Mascotti**

Mascotti wins top industry award

The Shop Association, a professional retail trade organization, recently honored Teri Mascotti as its 2019 Women of Distinction.

The association, which recognizes the achievement of women in the retail industry, made the award to Mascotti, president of St Paul-based Mascotti Strategies, at its Night of Honors celebration in New Orleans.

“This is a well-deserved honor for Teri, who has had an active and visible role in our association for over 20 years, providing a strong voice for women in our industry,” said Todd Dittrick, Shop executive director.

Founded in 2008, Mascotti Strategies provides strategic sales, marketing solutions and consulting to retail, CPG, manufacturing and tech industries.

Besides her retail trade activities, Mascotti is active in her college alma mater, the University of St. Thomas Alumni Association. A breast cancer survivor, Mascotti is also a speaker and author of Chemically: Getting to Your Best Self.

**Ramsey County Commissioner Toni Carter Receives Counties' President's Award**

The Association of Minnesota Counties (AMC) has given its 2018 annual president's award to Ramsey County District 4 Commissioner Toni Carter. 2018 AMC President Susan Morris (Isanti County) selected Carter to receive this honor.

The Association said Carter’s award recognizes her many years of service and leadership to the county and the community. First elected to the Ramsey County Board in 2005, Carter has led its Juvenile Detention Alternative Stakeholder Committee and the Children’s Mental Health Collaborative and served on the leadership teams of Ramsey County’s Workforce Innovation Board and Saint Paul’s Children’s Collaborative and Promise Neighborhood.

As the AMC’s Commissioner, Carter has been chair and chair of the Health and Human Services Policy Committee and as president in 2014. At the state level, Carter has co-chaired the Minnesota Human Services Performance Council and the Governor’s Transportation and Child Protection task force. She was recently appointed to the Governor’s Law Enforcement and Community Relations Council and the Young Winooski’s Initiative.

“Commissioner Carter is committed to eliminating disparities across public services and systems,” said AMC president Morris. “She is a passionate voice for equity and advocates for wise investments in infrastructure to create vibrant communities and vital connections to resources.”

Will Kidd goes Division III Soccer All-American

University of St. Thomas men’s soccer senior standout Will Kidd has received Division III All-American honors from the United States Soccer Coaches.

Kidd is among 49 players honored on one of three All-America teams, recognized on the third team. In two seasons with the Tommies, the senior from St. Thomas Como Park High School played in all 46 games and scored 14 goals with eight assists. He helped St. Thomas teams build a 38-6-2 record. The Tommies went 15-0-3

**Langford and Northwest Como Recreation centers in St. Paul see the following information:**

**Langford Park Recreation Center:** https://www.stpaul.gov/facilities/langford-park-recreation-center or call 651-298-5765

Ice Skating Lessons ages 3-9 on Sat, Jan 5-Feb 2, times vary, $35

Baseball and softball clinics ages 8-12 on Tue, Jan 29-March 5 from 7-8pm, $30

Sing Along Arts ages 1.5-3 on Sat, Jan 12-Feb 9 from 10-11am, $50

Chess ages 6-12 on Wed, Jan 30-April 24 from 6-7:30pm, $70

Puppy Paws Essential Oils, Adults on Wed, Jan 16 from 6-8pm, $5 + supply cost

Red Cross Babysitting ages 11-17 on Fri, Jan 25 from 9:30am-4pm, $60

Intermediate Pilates, Adults on Mon, Jan 15-March 7 from 11am-noon, $73

Zumba, Adults on Mon, Jan 7- March 6 from 7:45-8:45pm, $60 Pickleball on Sat, Jan 5-Feb 9 from 1-3pm, $2/session

Open Gym on Sat, Jan 5-Feb 9 from 1-3pm, Free

Tots Time ages birth-5 on Fri, Jan 4-March 29 from 9:30-11am, Free

Gym Walking for Adults on Courtyard Motorway at Langford Park

**Northwest Como Recreation Center:**

www.stpaul.gov/northwestcomo Rec or call 651-298-5813

Ice skating lessons ages 3-9 and 6-9 on Sat, Jan 5-26, $35

Family Open Gym on Sat, Jan 5-March 30 from 1-5pm, Free

Game Night ages 8-Adult on Mon, Jan 7-March 25 from 6:30-8pm, Free

Winter Craft with Hot Cocoa ages 12-on Thur, Jan 10 from 6:30-7:30pm, Free

Art Workshop ages 5-7 on Wed, Jan 16-Feb 20 from 3:15-5:15pm, $60

Art Workshop ages 7-13 on Tue, Jan 15-Feb 19 from 3:15-5:15pm, $60

Cooking With The Staff ages 7-14 on Tue, Jan 15-29 from 6:15-7:30pm, $10

Dance Classes ages 3-16 on Wed, Jan 16-May 1, times and prices vary

Archery ages 9-17 on Mon, Jan 28-April 15 from 3:45-5:30pm, $50/month

Family Skating Party & Bonfire on Thursday, January 24 from 6:30-8:30pm, Free

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***Join the Northwest Como Booster Club by contacting Thao Vie at Northwest Como***

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Birds on a Winter’s Night

When I was in high school, I was in a VFW-sponsored marching band. We played parades and festivals all over the state and were loaded into a school bus to get to them. We sang nonsense songs to pass the time going to and returning from our performances. One of our favorite tunes had to do with the fate of a poor robin in each approaching season. The last verse (winter) went:

“It’s gonna be a lo-o-o-o-n-g winter. And what will the robin do then, the poor thing? He’ll fly to the south. With a worm in his mouth. And take his head under his wing, the poor thing.”

One of the nonsense parts of it was to see who could maintain the note for lo-o-o-o-o-n-g the longest. Boy, we sure knew how to have fun back then, eh?

Anyway, not every bird species migrates south for the winter. Black-capped chickadees, for example, spend the winter here. They are not great long-distance fliers, so they have to work out ways to combat the effects of winter.

Most birds fluff their feathers to provide air pockets of insulation. Chickadees can get to roughly twice their size by fluffing. They are also shiverer to generate warmth. They activate opposing muscle groups, giving them contractions without the jiggling we humans experience. But shivering eats up fat resources.

Some birds, including chickadees, can enter what is called regulated hyperthermia. They can lower their body temperature by up to 15 degrees, which means they don’t have to burn as much body fat to keep warm. It’s very important, though, for them to build up fat reserves during the day so they can make it through the night.

Years ago, I bought a wren house that was advertised as convertible to a winter roost box for chickadees. You could reverse the door so the entrance hole was toward the bottom. It came with a set of six pegs that mounted on the inside of the box. Chickadees could supposedly gather in there on a cold winter’s night, have a perch to themselves, and weather the storm.

All good, except I learned later that chickadees usually roost alone on winter nights. A friend told me that you could tell if a chickadee had nested in a tight cavity because its tail was bent slightly to one side when it emerged first thing in the morning. Sounds worse than a bad hair day!

Despite the habits of chickadees, several bird species do gather in cavities to keep warm. One well-studied group is golden-crowned kinglets, one of the very smallest birds known to humans. They can use the regulated hypothermia technique mentioned earlier. Well-known author, researcher and scientist Bernd Heinrich has written about these little birds in “Winter World: The Ingenuity of Animal Survival,” a great book that covers birds and animals in winter.

Heinrich reports that pairs of kinglet-sized birds can reduce their heat loss by over 20 percent by huddling together. When three of these birds huddle, they reduce heat loss by over 35 percent.

Also, golden-crowned kinglets have a special call they use as they approach their sleeping place, attracting members of the troop that has spent the day bring together, Heinrich notes. A second assembly call signals it is time to draw into a cluster.

Another bird species, brown creepers, can also pack into a cavity. On one of our winter bird walks, our Monday-morning bird group saw a cavity in a tree along Minnehaha Creek where three creepers had wedged themselves in overnight. It was right quaint!

Meanwhile, woodpeckers sometimes spend the full chiseling roost holes for use on winter nights. One risk of flying to a roost hole for the night is that it may already be occupied. Then a bird could be facing the beak of the resident “rooster” instead of its own snug, warm cavity for the night.

Crows present a special case of winter night roosting. You can usually see them flying to their roost site late in the afternoon. Here in the metro area, they have used Loring Park and Peavey Field Park, near the Phillips Eye Institute in Minneapolis.

Crows may prefer to roost near hospitals, shopping centers and municipal buildings because we humans light up the night for them. It helps if they can see a clear escape route and be able to find their way back into the night after the danger has passed. Crows roost in a particular pattern, with older birds toward the center of the roost, younger ones at the edges. Ah, the wisdom that comes with age!

Birds that stay here in the north over the winter have had to come up with ways to make it through this season’s many cold nights. I really can’t complain about facing the cold with all the advantages inherent in being a human.
Send your ad to classifieds@parkbugle.org or PO Box 8126, St. Paul, MN 55108, or call Fariba Sanikhataam, 651-440-8160. Ads are $1 per word. Phone numbers, email addresses and websites are considered two words. Add a box or art for $10 each. Next deadline: Jan. 9.

OVERTIME CHARGE FOR NIGHTS AND WEEKENDS

MORE INFORMATION: 651-402-8437.

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612-859-1583.

Sanikhatam, 651-440-8160. Ads are $1 per word. Phone numbers, email addresses and websites are not allowed. Send your ad to classifieds@parkbugle.org or P. O. Box 8126, St. Paul, MN 55108, or call Fariba Sanikhataam, 651-440-8160. Ads are $1 per word. Phone numbers, email addresses and websites are considered two words. Add a box or art for $10 each. Next deadline: Jan. 9.

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Como girls’ basketball building character… and learning to win

By Eric Erickson
Sports news and analysis

The Como Park Senior High School varsity girls’ basketball team has won four consecutive St. Paul City Conference championships.

In fact, as of our press publication, the Cougars have not lost a conference game since 2015.

In addition to their 40-game conference winning streak, the Cougars have won the Twin Cities Title Game against the Minneapolis champs four consecutive times, appeared in the 2016 State Tournament, and sent several players on to study and play ball in college including four who graduated from last year’s team.

This year’s Cougars are noticeably younger. Perhaps shockingly younger! The starting lineup includes a sophomore, three freshmen, and an eighth-grader from Murray. Will there be a drop-off this season? Early results indicate no. Not at all.

As of our press publication, the team was undefeated with a record of 5-0 and victories over highly-ranked, older opponents including Bloomington Kennedy, Mounds View, Minnehaha Academy, and defending Class AAA State Champions from Robbinsdale Cooper.

To say these results would be misleading would be an understatement. While Cougars coach Alexis Gray-Lawson knew she would have talented players this year, she also knew most of them were only 14-15 years-old.

For Como to stay on top of the city conference, and compete for a section title, coach knows her young kids must learn to win. So far, so good.

“Obviously we’re young, and we’re not big. But honestly, I’ve probably been surprised more than anything else,” Gray-Lawson said. “We’ve poised even though we’re a lot younger. I think we play with a passion for the game. They have a will to not want to lose, which is a lot like us.”

“This group loves studying the game. They watch film and ask, ‘How do I get better?’ and ‘Why did I do this?’ They want to know how and why we do things. They want to learn to win.”

Gray-Lawson, or “Coach Lex,” to her players, noted it’s hard to keep her players out of the gym once practice is over because they want to keep working on their game. And coach makes sure her players keep their priorities straight: Before practice every day, the players work on their academics in study hall and check in with academic advisor Kirey Pierce, who examines the daily monitor sheets each player must have signed by every teacher.

Schoolwork is a priority and the team grade-point average of 3.6 after the first quarter of school beat that out. Four team members have GPAs of 4.0 or higher (with weighted grades for advanced classes).

One of those student athletes is Dnieza Riley, a junior who has had all A’s in high school. “Academics are really important to me and to our team,” she said. “I want to be one of the first in my family to go to college.”

Freshman Kaylinn Asberry said the coaching staff holds them accountable. “They preach good grades and staying on task. We’re trying to exceed and do even better than we did last year,” Asberry said.

The team also performs community service. Last summer, the Cougars spent a few evenings serving meals at homeless shelters and centers, such as the Salvation Army. They are continuing to do a monthly service event through the year.

For her part, Gray-Lawson is modeling the importance of academics besides athletics in as coach at Como. This year, she took a full-time position in education as the bi-cultural liaison for the African-American community and families in the North St. Paul-Maplewood school district. Her responsibilities are to bring students, families and administration together to meet shared goals.

Gray-Lawson double-majored in legal studies and social welfare at the University of California at Berkeley. She also played basketball at Cal, graduating in 2010, before a four-year pro career that included the WNBA and leagues in Turkey and Israel.

Given her background, Coach Lex is an impressive, inspiring role model for her student athletes. She knows what it takes to play at the highest levels and how to prepare for the best competition. Details matter. She’s a demanding mentor, at times. Veteran players and alumni will testify to that. Now the current team is learning too what it takes to win, and how to maximize their talents.

Beside a will to win and hard work, the 2018-19 Cougars on the court are blessed with speed and athleticism. Como attempts to take advantage of these gifts by playing fast. They’re aggressive and push the ball up court before their opponents’ bigger bodies can set up their defense. “We’re little,” said Kaylinn Asberry. “A lot of teams are way bigger than us. We work on boxing out a lot. We have to work hard to

get rebounds and we like to use our athleticism and get steals and fast break points.”

The Cougars are also well balanced. There is no obvious superstar and a variety of players have been top scorers from game to game. While the team has a deep rotation, it also uses a consistent starting five.

That unit is esophmore Demery Riley, freshmen Kaylinn Asberry, Jada James, and Cleo Demyrul, and eighth-grader Shawna Nichols (who attends Murray).

Freshmen Shakesia Walker and Ronnie Pierson are often two of the first players off the bench. The team’s senior is Jahnaya Baker, Diennea Riley, Linda Mitchell, and Kiri Po Hart.

Two freshmen who play on the JV, Tenia Childs and Anntaya Bonds, also suit up for the varsity.

Put it all together and you’ve got a team that has earned a ranking in the state’s top ten for class AAA. As the Bugle went to press, the Cougars were ranked sixth. Nobody saw that coming.

Nobody knows where the journey will go. Yes – the team would like to get back to the state tournament. However, this group doesn’t yet know what it takes to go there. These girls were all in middle school the last time Como made state in 2016.

“I think if we learn how to win, then eventually we’ll get to where we want to go,“ Gray-Lawson said.

For the community and the team’s supporters, it’ll be fun group to watch. The Cougars have talent and a collective interest in learning to win, attributes that will serve them well on the court this season – and off the court as these young girls navigate their high school years and beyond.

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