Minnesota State Fair improvements underway

A new $16 million exhibit complex is among improvements coming to the Minnesota State Fair for its 12-day run this year.

The State Fair's board of managers recently approved the capital project, which will be located at the North End of the fairgrounds, as part of $20 million in improvements and maintenance work.

“The centerpiece of the State Fair’s newest neighborhood is a major new exhibit facility with a 12,000-square-foot exhibit hall that will be the fair-time home to annually changing museum-quality exhibits,” the State Fair said in a news release.

“The North End will also have features that recognize Minnesota innovations in agriculture, industry and the arts, along with uniquely Minnesota attractions, food and commercial exhibits.”

Meanwhile, other improvements and maintenance projects approved by the board of managers for the coming year include “upgrades to the stalling and technology equipment in the Swine Barn, installation of a new overhead cover for the Exercise Ring in the livestock area, improvements to the restrooms in Lee & Rose Warner Coliseum, upgrades to the lighting and fire suppression system in the DNR Building, and dozens of paint, sewer, street and sidewalk and landscape projects throughout the 322-acre State Fairgrounds,” according to the press release.

Fair officials said all of the projects are being funded from State Fair operating revenue and grants from the Minnesota State Fair Foundation.

In other action, the Fair’s board of managers approved admission prices for the 2019 fair, Aug. 22 through Labor Day, Sept. 2. Regular gate admission for adults 13-64 will be $15; kids 5-12 and seniors 65+ will be admitted for $13; children 4 and under are always admitted free. Pre-fair discount admission tickets on sale through Aug. 21 for all ages will be $12.

The admission fees represent a $1 increase in each category and took effect Feb. 2. Admission prices were last adjusted two years ago. State Fair general manager Jerry Hammer cited rising costs in fair production, facilities upkeep, public safety, and other services such as the free Park & Ride system for the increase.

The Minnesota State Fair, one of the nation’s largest expositions, attracts more than 2 million visitors annually. It features the best in Minnesota’s agriculture, art and industry.

—Scott Carlson

Tim Faacks, grocery co-owner, retires

Tim Faacks, co-owner of Tim & Tom’s Speedy Market in St. Anthony Park, retired effective Jan. 31, ending a grocery career that spanned over four decades.

Faacks was a butcher for the last 37 years and co-owner of Tim & Tom’s for the past 24 years.

“Although we hate to see him go, we wish Tim the best in retirement,” Tom Spreigl, Tim & Tom’s co-owner said in a press release. “The store would be nothing without his expertise and fine touch when it came to cutting meat.”

Faacks started in the meat business in 1982, learning the trade from Amos Fink. Faacks and Spreigl bought the St. Anthony Park supermarket from Schroeder Milk in 1995. For the next 23 years, Tim cut countless steaks, made tons of sausages, and chatted with thousands of people at his meat counter at the family-owned grocery store.

Faacks expressed gratitude to his customers and employees. “It was truly a blessing to get to know you all and help with all your needs,” he said.

“The people are what I will miss the most. I’m leaving the shop in good hands.” Glen Wade has taken over at Tim & Tom’s new head butcher, Spreigl said.

A retirement party for Faacks will be held in the near future, Spreigl said.

Tim Faacks, long-time butcher and co-owner of Tim and Tom’s Speedy Market, retired Feb. 1. Photo by Tom Spreigl.
Falcon Heights approves Town Square adult day-care plan

By Anne Holzman

The Falcon Heights City Council has unanimously approved a conditional use permit for the Town Square development at Snelling and Larpenteur avenues to allow an adult day-care center in the space formerly occupied by a pediatric clinic.

The permit was needed because, while child day care had been included in the site’s zoning, at the time Town Square was built, adult day care had not been envisioned, said Brad Goering, project manager at Sherman Associates, owner of the Town Square property.

Gargar Adult Day Center will run the facility, offering daytime programming including meals, well-round medical and therapeutic services, including massage and exercise. The City Council member Mark Miazga noted that Gargar has 16 years of experience operating child-care centers and this will be their second adult day-care site.

The physical changes planned for the property are internal, including adding a kitchen and other improvements, according to City Manager Sack Thongvanh. Drop-off zones and parking will be behind the building, as is already established.

The Town Square development is midway through a 26-year tax-increment financing (TIF) period. Thongvanh said, so there will be no change for the city in its tax receipts until that expires. “We still have about 15 years” of TIF status for Town Square, he said.

Properties with TIF status generate the same tax level to the city that they yielded at the outset of the TIF project, with any added value credited back to the property owner to help fund improvements. Town Square is a mixed-use property with residential and commercial occupancies, like the clinic before it, so the day care qualifies as commercial for tax assessment purposes.

Lisa Winters, housing director at The Wellington Senior Living in St. Paul, said adult day care is typically used by people with cognitive or behavioral needs who are living in a home with a caregiver rather than in an institutional setting. “It gives the caregivers a break,” Winters said, “or the caretaker may be working.”

Adult day care typically offers social stimulation, physical activity, cognitive challenge, and cultural activities such as art and music, Winters said.

Based on her professional networking, Winters has noticed a need for more senior housing and services. “The assisted living market has grown, and so have memory care services, but there is need for other services. A generation of retiring Baby Boomers is creating a really big need for senior housing options, from subsidized apartments to ‘independent living with really nice services for those with money to spend,’” Winters said.

Goering, of Sherman Associates, also mentioned the need for services for seniors in the neighborhood who are able to stay in homes they’ve long occupied. “We’d love to see that [adult day-care] facility,” he said as he described the early planning stages.

Goering said there are more preparatory hurdles to cross before remodeling can start.

“We are now in full-bore plan development phase,” Goering said in early February. “If all goes well, Sherman will submit their plans for the site for further review by Metropolitan Council and the city of Falcon Heights in March, he said. “The operator would like to open doors in September.”

Anne Holzman is a freelance writer and former resident of St. Anthony Park, now lives in Bloomington.

Falcon Heights updates its comprehensive plan

By Anne Holzman

The city of Falcon Heights expects stable population and increased commercial development over the next 20 years, according to its 2040 Comprehensive Development Plan update recently submitted to the Metropolitan Council.

City manager Sack Thongvanh said the “comp plan” revision proposes mixed-use residential and commercial development along Larpenteur Avenue between Snelling and Cleveland avenues. “We’re trying to create that corridor along Larpenteur,” he said.

Falcon Heights faces a special challenge among inner-ring suburbs because much of its land is owned by the University of Minnesota. Thongvanh said the University continues use of its trial fields for agricultural use, but that the city would develop around those. The State Fairgrounds also occupy a large portion of Falcon Heights.

Thongvanh said the comp plan recognizes the increasingly diverse ethnic demographics of the city, which due partly to a large Somali population in the Town Square apartment buildings.

The comp plan update projects a stable population of about 5,300 residents with a “dramatic increase” in the number of residents 65 years and older, a trend in line with the rest of Minnesota. That said, the large number of University students living in Falcon Heights housing causes the city to trend slightly younger than the state. The University is partly responsible for the greater number of languages spoken in the city’s households.

Meanwhile, Thongvanh said an important element in the updated comp plan was the use of “resilience planning.” A “Resilience Analysis,” conducted by The Great Plains Institute for Falcon Heights, appears in the comp plan appendix. It describes resilience planning as “a critical tool for communities to understand and prepare for climate-related changes that have local impacts.”

Thongvanh said one goal of the revised comp plan is for Falcon Heights to “save energy, reduce carbon emissions, and become more sustainable.” Some ways to accomplish that include shifting to electric energy, including car charging stations, and increasing the participation of low- and moderate-income housing in energy efficiency programs.

Thongvanh said this year’s comp plan revision is different from previous ones because it has greater public input. “One thing that took a lot of time and work was we tried to get more public engagement,” he said, noting that included council member Mark Miazga’s efforts in reaching out to people by email.

The plan is available online at https://www.falconheights.org/index.asp?

Anne Holzman is a freelance writer and former resident of St. Anthony Park, now lives in Bloomington.

CITY FILES

District 10 Como Community Council

Options for Como Avenue trail

Several options are under consideration for the Como Avenue Trail. An off-street trail on the north side of Como Avenue is the common link among options the city in examining to extend the Grand Round between Hamline and Raymond avenues. More than 125 people stopped by the Como Park Streetcar Station on Jan. 15 to get information and ask questions about the bicycle-and-pedestrian trail that

the city plans to build in 2020 and

2021. Further discussion took place Feb. 12 at District 10’s Land Use meeting. Go to the project website to get details on the various options for traffic, parking, and trails under consideration for each segment www.upaal.gov/comotrail

Getting Ready to Walk and Roll

Weigh in on ideas for improving the trail system and directional signs within Como Regional Park, during one of two feedback sessions being organized by District 10’s Pathways group.

For the past year-and-a-half, the group has been assessing how easy (or difficult) it is for walkers, cyclists, and others who rely on people-powered transportation to get from one part of the park to the other. The group also is examining the quality and effectiveness of existing trails and signs, including survey responses from more than 550 visitors.

The Pathways group will present a draft list of suggestions and gather additional community feedback before issuing a final report. The feedback sessions are:

• Wednesday Feb. 20, 5:30-6:30 p.m.

• Saturday March 9, 2-3:30 p.m.

Both sessions are at the Como Park Streetcar Station, which is at the northeast corner of Lexington Parkway and Horner Avenue.

Voting Age Drops to 16

The Como Community Council board voted in January to lower the age of its “membership” from 18 to 16. That means 16- and 17-year-olds now can vote in district council elections and committee meetings and run for the District 10 board.

Upcoming District 10 Meetings

• Como Community Council Board Meeting: Tuesday, Feb. 19

• Committee: Wednesday, Feb. 27

• Neighborhood Relations Committee: Tuesday, March 5

• Land Use Committee: Wednesday, March 6

• Como Community Council Board Meeting: Tuesday, March 19

All meetings typically begin at 7 p.m.

The Como Park Streetcar Station. Rents, homeowners, and other community members are always welcome to attend and participate. Whenever possible, agendas are posted in advance in the “Board News” section of District 10’s website.

Streetcar Station Open Once a Month

The Como Park Streetcar Station is now open on the first Sunday of each month. It is a great chance to pick up organics recycling bags or kitchen starter kits, or chat with a District 10 board member who is staffing the day. Hours are noon to 4 p.m. Upcoming dates are March 3 and April 7.

Submitted by Michael Kuehne, executive director of the District 10 Como Community Council

2 P A R K B U G L E ■ M A R C H 2 0 1 9
Take heart, then take action on climate change!

By Mindy Keskinen

When you see the latest headline on climate change, do you slump into the “Scream” position made famous by Edvard Munch? You’re not alone. Yes, the news is bad, and the effects of climate change are hitting closer to home here in Minnesota. But wait: There’s good news, too. So take a deep breath and take heart.

First, let’s give ourselves credit. Americans are finally reckoning with the scale of the challenge. Quick review: The earth has already warmed 1° degree C above pre-industrial levels, and we’re on track to reach a catastrophe-triggering rise of 1.5° degrees by 2030, said the U.N. Intergovernmental Panel on Climate Change (IPCC) fall. That’s just 12 years away.

The main culprit is heat-trapping, greenhouse gases (like carbon dioxide, also called CO2 or simply carbon) emitted by the fossil fuels that power much of the world’s economy. To prevent an ecosystem collapse, we must take “rapid, far-reaching and unprecedented changes in all aspects of society,” according to the IPCC report. It’s time to transition away from fossil fuels.

Individual and household action

When it comes to cutting carbon emissions, our own personal choices really add up, often with ripple effects. Here in the Twin Cities, if we take the bus or train instead of driving, we cut carbon, sure. But we’re also supporting the Metro Transit system, which needs riders to function. Walking to the stop is good exercise, and on board we might mingle with new people, broadening our view of our city.

Similarly, a plant-rich diet lightens our load on the planet (the meat industry is carbon-heavy), but we’ll also likely save money and improve our health. Whether it’s avoiding plastics, shopping local, skipping air travel, or sharing with neighbors, the benefits of personal action tend to multiply, and others learn from the example. Changing our habits, on many fronts, will help turn the ship.

Local group action

Behavior change is key, but we need systems change, too. And that means partnerships. Luckily, St. Paul is rich in grassroots groups for environmental, economic and social justice. A few options (Google them for details):

- Attend a monthly Zero Waste St. Paul meeting or join the Minnesota Tool Library, whose St. Paul branch is on Prior Avenue.
- Go to a community council meeting; District 10 for Como, District 11 for Hamline-Midway and District 12 for St. Anthony Park. Listen, speak up, and strengthen our democracy!
- Check out the free community health events at the HealthPartners Como Clinic (info in the lobby) and learn about its climate-working group.
- At your workplace, school, or faith group, join a green team—or start one.
- Drop in on a monthly Transition Your Money meeting to explore money and values.

What does local climate action look like?

Transition Town ASAP’s projects vary widely, from canning and composting workshops to helping host arts events, a resource fair, an emergency-readiness session, and even a national gathering. See our website for details.

In 2016, book artist Regula Russelle and her scientist husband, Michael, created two tiny booklets that share earth-friendly practices in a playful style. People loved them, and since then more than 4,000 of the zines have been picked up (for free) in several local outlets, including Hampden Park Co-op.

When the American Swedish Institute requested 1,000 copies for an event in January, the Russelles hosted a party to help fold and finish them. “Groups are starting to connect the dots on climate,” Regula said. “And there happens to be a Swedish proverb on the back cover: ‘Don’t let your sorrow come higher than your knees.’ ”

Mindy Keskinen is a book editor who also writes for Transition Town—ASAP neighborhood-based group working for a local response to climate change: a smaller carbon footprint and a stronger community. Find out more about Transition Town at All St. Anthony Park at www.TransitionASAP.org.
Annual poetry contest returns to Bugle

Are you a poet? And don’t even know it?

Folks, it’s that time of year again, when spring is on the horizon and the Bugle celebrates by conducting its annual poetry contest in conjunction with National Poetry month in April.

In a world of instant communication filled with tweets, breaking news and other sundry urgent messaging, poetry offers us the opportunity to quiet our souls, and pause and reflect. Poetry gives us the chance to tap into our emotions and thoughts. A good poem also can be just plain fun. It’s whatever you want to make it.

With that in mind, the Bugle is holding its ninth annual poetry contest. The first-place winner will receive $50 and get their poem published in the April edition of the Bugle. We will also publish the second- and third-place winning entries. Here are our contest guidelines:

—We want to read poems that address “transformation” or “change.”

Send poems to Editor, P.O. Box 8126, St. Paul 55108 or to editor@parkbugle.org. The poems will be judged anonymously by a local poet. So, sharpen those pencils. Fire up your laptop or whatever tool you use to compose, and let the poetry flow.

—Poems can take any form you choose.

—The words “transformation” or “change” do not have to appear in your poem. Use them to draw inspiration to go in any direction they take you.

—The contest is limited to one entry per person. Deadline to receive entries is Tuesday, March 5.

The contest is open to all Bugle readers. Current Bugle employees, Park Press board members and their families are NOT eligible to enter.

Send poems to Editor, P.O. Box 8126, St. Paul 55108 or to editor@parkbugle.org.

Deadline, publishing dates and where to find a Bugle

Want to submit something to the Bugle?
Here are the deadlines and publication dates for the next three months:

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

May issue
The deadline is Wednesday, April 10, and it will be published Tuesday, April 23.

June issue
The deadline is Wednesday, May 8, and it will be published Tuesday, May 21.

Got a story idea?
Give us a holler! editor@parkbugle.org or 651-646-5369. We take traditional mail, too: Park Bugle, P.O. Box 8126, St. Paul, MN 55108.

Missing your Bugle?
If your house was missed during our delivery week, we apologize. Here are some spots where you can pick up a Bugle:

• District 10 Como Community Council office, 1224 N. Lexington Parkway
• Dogwood Coffee Bar, 825 Carleton St.
• Finnish Bistro, 2264 Como Ave.
• Hampden Park Co-op, 928 Raymond Ave.
• Falcon Heights City Hall, 2077 Larpenteur Ave.
• Lauderdale City Hall, 1891 Waultz St.
• Little Wine Shoppe, 2236 Carter Ave.
• Rosererry Café, 2180 Hamline Ave.
• Schneider Drug, 3400 University Ave., Minneapolis
• Speedy Market, 2230 Como Ave.
• St. Anthony Park Library, 2245 Como Ave.
• Urban Growers, 2325 Endicot St.
• Workhouse Coffee Bar, 2399 University Ave.

Or go to www.parkbugle.org/delivery for a more complete list of places that carry the Bugle. You can also read the Bugle online at www.parkbugle.org.

Letters

“It’s time to put the pressure on Walz and Line 3”

For too many reasons, including climate change, treaty rights, and water protection, we need to put pressure on Gov. Tim Walz to prevent the Line 3 pipeline from being built. This pipeline is not about jobs or the economy. This is something that will benefit a small number of wealthy people while making things worse for those who have a lot to lose and can’t stop the awful things that are happening to our beautiful state.

As a St. Paul parent whose children’s high school was used to advertise Tim Walz’s campaign for governor, I want him to know that I am part of his “One Minnesota,” AND I REJECT LINE 3. My fear is real, and my children’s future is at risk. St. Paul residents are also at risk. We rely on the Mississippi River for our drinking water (along with 60 million other people), and Line 3 will cross the Mississippi twice near its headwaters.

During the permitting process, 68,000 Minnesotans submitted public comments in opposition to Line 3, while only 4,000 submitted comments in support of the project. Tim Walz needs to know that the vast majority of Minnesotans are NOT in favor of the Line 3 pipeline.

To let Governor Tim Walz know how you feel, contact him at The Office of Governor Tim Walz and Lt. Governor Peggy Flanagan by calling 651-201-3400, or leave a message on their website: mn.gov/governor/contact

Aaron Kerr
St. Paul

Commentary

The case for saving St. Andrew’s Church building

By Bonnie Youngquist

The op-ed in the February issue of the Bugle by Ted Anderson, executive director of the Twin Cities German Immersion School, was troubling on many fronts. Not the least, we felt, was his misrepresentation of what city code says about historic preservation, his distortion of the process that led to the proposed teardown of the former church building now occupied by him and his attempted marginalization of our group, Save Historic St. Andrews.

It’s unfortunate that the executive director of an educational institution would resort to such tactics and misinformation. Sadly, this has characterized much of the way that leaders of the German Immersion School have demonized the former church building and those individuals who believe it can
Commentary from 4

be effectively repurposed rather than demolished.

The former St. Andrew's Church has been an important anchor for early immigrants to our city, was part of the education of generations of children at the adjacent St. Andrew's School, and helped spawn no fewer than five other area Catholic churches. It sits in the social, religious, and architectural heart of the Waverly corridor community, originally planned by renowned landscape architect Horace Cleveland as an extension of Como Park.

Anderson asserts that Save Historic St. Andrew's (SHSA) is a "small vocal group of Waverdale residents" who found "TCGIS's demolition unacceptable." But he ignores that SHSA turned out nearly 75 people to a recent District 10 meeting and more than a 100 to an Oct. 11 forum in which alternative solutions to demolition were explored.

Anybody who walks through the blocks adjacent to the school will notice signs in front of many homes implying the school to "Stop the Demolition" and "consider better solutions." Mr. Anderson may not want to admit that reality, but the notion that only a handful of neighbors are concerned about the proposed destruction of a 92-year-old landmark is ludicrous.

Anderson also claims that TCGIS undertook a "two-year search of possible alternatives" to "accommodate the students' needs" before concluding that "there were no other feasible and prudent alternatives to the demolition plan." What he fails to disclose is that the search was conducted exclusively within the echo chamber of TCGIS's "small, vocal group of board members" and sought no public input or neighborhood involvement. Only when the proposed demolition was officially announced did TCGIS attempt any community engagement. These meetings happened primarily because the individuals who formed SHSA organized their neighbors, raised public awareness, and planted bright orange lawn signs in so many yards.

In truth, there were many solutions available to TCGIS short of demolition, including buying the now-vacant Central Lutheran School building and operating a dual campus in the interim while improvements were made to that building. Or, as we have repeatedly suggested, repurposing the former sanctuary into classroom space, offices, a cafeteria, etc.—the same way that thirteen other historic churches in the Twin Cities region have been successfully renovated.

Unfortunately, TCGIS has rises in any collaborative efforts, including our call for a design charrette in which local architects and design experts would work with school leaders and neighbors in a public visioning process. Such an exercise would focus not only on the school's space needs, but also addressees neighborhood concerns about traffic, safety, parking, and noise that the school has largely ignored since moving into the neighborhood five years ago.

Not everything the school desires might be possible to achieve, but a "good neighbor"—as Anderson characterizes the school—would seek compromise by fully exhausting all alternatives, not simply resort to demolition as its "default" option.

Anderson would like Bugle readers to believe that historic designation is an impediment to the school meeting its space needs. But historic designation is primarily focused on the exterior of a building, not what goes on inside. Saving historic buildings is a time-honored tradition that has the support of most states and local governments, but is sometimes backed by the National Trust for Historic Preservation, and is a preference enshrined in both the City's and District 10's Comprehensive Plans. What Mr. Anderson calls "forced preservation" can be found nowhere within the St. Paul Municipal Code; it is simply a made-up term.

In that light, it is curious to consider the code actually says this: "The council of the City of St. Paul hereby declares as a matter of public policy that the preservation, protection, perpetuation and use of areas, places, buildings, structures and other objects having a special historical, community or aesthetic interest or value is a public necessity and is required in the interest of the health, prosperity, safety and welfare of the people." That's a far cry from what Anderson wrote, and the fact that the physical capacity of the building. Every single school highlighted was a Title I school, or high poverty. Sadly and regrettably, poverty and persons of color are almost interchangeable in our city. It is a tall order to get the board to sign off on school closures, but if the current trend continues, it will be inevitable.

Schools like Maxfield Elementary in the Rondo neighborhood, that is under 10 percent white, can be at risk. This is a school that has been in existence for more than 125 years and was in its current location after the original building was demolished to make way for I-94. The St. Paul chapter of the NAACP, the St. Paul Federation of Educators (SPEFE), are opposed to this TCGIS expansion. From the public letter from the NAACP, the expansion of TCGIS, will exacerbate the racial and socioeconomic segregation in the St. Paul schools. SPEFE adds, TCGIS and other charter schools, "are increasingly pulling more and more students out of the much more integrated learning environments of St. Paul Public Schools. This is increasingly draining funding from our public schools, who accept all students and when demographics are taken into consideration, outperform these charters.

Are we OK with the concept that diversity is a great idea, but just not for my family? Do we want to invest $8 million tax payer dollars to expand TCGIS while our integrated district schools face cuts year after year?

Clayton Howell is executive director of the Galer Forest Organization.
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French students participated in a field trip to the Minneapolis Institute of Arts and Walker Art Center.
Como Park Senior High School Booster club fundraiser coming

- The Como Park Booster Club will host its fifth annual fundraiser on Sunday, March 3, from 4 to 8 p.m. at the Urban Growler, 2325 Endicott St., St. Paul. Como parents, alumni and community members are invited to attend the event, which includes great food, music and entertainment.

- Happy Hours at Karta Thai Restaurant St. Paul 3-6 p.m.

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6 P A R K  B U G L E ■ M A R C H  2 0 1 9
The Murray Rock Band performed at the start of the school’s annual Activity Day, Jan. 24. Photo by Timothy Chase.

School News from 6

Murray Middle School

Activity Day starts with rockin’ send-off

Murray Middle School has been a long tradition of ending the first semester with Activity Day, a time to have fun with classmates outside the classroom and free of class work. This year, on Jan. 24, students could choose from several activities, such as Green Acres snow tubing, bowling at the U of M, visiting the Maplewood Community Center, and Grand Slam.

With this annual tradition, the Murray Rock Band puts on a concert before they board the busses that take them to their destination. For our Murray rock stars, the excitement of being on stage is one thing. But to teach students on how to make it look easy and have fun while doing it has been in the hands of three creative, selfless teachers. Two of those teachers—Tyrim Anderson and Will Toney—were in the same Murray Rock Band six years ago as students. Anderson and Toney have been working with Andy Rockwood, a longstanding Flipside Rock Band Teacher. The trio mentors flegling Murray rock musicians, helping them develop skills with various instruments, including electric guitar, keyboards, drums and voice, stage presence and performance. Anderson and Toney know the drill because they played in the band when they were students at Murray, when it was known as Murray Junior High School.

Another former student with music skills, Erik Stockelet, had mentored the band for years as well. Other graduates from the program are taking their experience and making it a career choice. Keagan McCully and Gabriela Nehm performed a sold-out show in January at Bryant Lake Bowl in Minneapolis. Keagan’s music is available on Spotify.

—Tim Chase, Murray Middle School science teacher

St. Anthony Park Elementary School

The Saint Anthony Park School Association (SAPSA) will host its fourth annual Social Night Out on Friday, March 8, from 6 to 9 p.m. This year’s event will be hosted by Nico’s Tacos on Como Avenue. All ticket sales and donations will directly support the staff, students and school community at SAP Elementary.

For ticket and donation information, please contact Anita at akord01@gmail.com. All community members and SAP alumni are invited to attend.

Individuals

Judith Bailey
Christopher & Julie Causey
Nancy Demko
John Hanson
James Hayen
Ava Marie Mayers
David Mech
Paul Oltedal

Business:

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Bruce & Patricia Perrizo
Siegfried & Ann Rabie
Ron Sundberg & Joan Duke

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Low-impact movement class beats winter blahs!

Huebner uses Rosen Method

By Judy Woodward

Is winter getting you down? Feeling that vague—but unmistakable—sense of too much time spent indoors, coupled with too little physical movement?

Call it cabin fever or Seasonal Affective Disorder (SAD) or self-imposed solitary confinement, but there’s something inside you telling you that it’s time to get off that couch and bust yourself.

On the other hand, after a winter (or maybe a lifetime) as a couch potato, perhaps you’re not quite ready to strap on your running shoes or take the plunge into high-energy aerobics. And Huebner’s M yth Method of low-impact, high-comfort body movement, is offering a weekly class in St. Anthony Park. Everyone is welcome.

“Your body shape, fitness level, experience doesn’t matter,” she said. “We’re not all wearing Lycra, and we welcome all shapes and sizes.”

Founded by a Nazi-era German refugee who had studied with a colleague of Carl Jung, the Rosen Method is based on movements and breathing exercises drawn from physical therapy combined with psychological insights into spiritual needs. “It’s physical therapy in reverse,” Huebner said, meaning the method is intended to forestall physical decline, rather than repair the ravages of injury. It allows the individual to experience the inner self as a refuge who had studied with a colleague of C arl Jung, the Rosen Method is based on movements and breathing exercises drawn from physical therapy combined with psychological insights into spiritual needs. “It’s physical therapy in reverse,” Huebner said, meaning the method is intended to forestall physical decline, rather than repair the ravages of injury. It allows the individual to experience the inner self as a refuge.

A nd everyone is welcome. “W e’re not all wearing Lycra, and we welcome all shapes and sizes.”

Huebner stressed her classes “are not psychotherapy,” but they do offer a chance to achieve “being aware in your body. The body changes when we bring awareness to it.”

Touch is an important part of the Rosen Movement, and “music makes it fun,” said Huebner, who carefully selects the musical background music for her classes from sources that range from 1970s country music to modern ethnic and country music. “We do partner work (in ways that create) gentle and joyful connections.”

Huebner agrees that Huebner’s class is unique. “I go to the class to work on my joints, and every single room and/or instructor form of [W]e work in a circle, which radically breaks with the [face-the-front-of-the-room and/or instructor] format of regular exercise classes. And Marjorie has an amazing selection of music!”

Huebner’s M yth Method class for Health and Wellness meets from 9 to 10:15 a.m. Friday mornings at St. Anthony Park United Church of Christ, 2129 Commonwealth Ave. Classes cost $15 per session; drop-ins are welcome. For more information, email Huebner at marjorie@marjoriehuebner.com or visit her website www.marjoriehuebner.com.

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Finding Ways to Beat Stress—Local Health & Wellness Experts Weigh In

By Aarohi Narain

Minneapolis is the least-stressed state in the country — or so a 2017 report claimed.

But life in the “no-stress zone” isn’t easy for everyone. We could all use a little extra relaxation. So we caught up with local health-and-wellness experts to get their top tips to manage and master stress. Here are their suggestions:

1. Take a pause to connect with breath.
2. Find a style of meditation that resonates with you. Even three minutes is enough to make a lasting impact. Pick a meditation and try it for 40 days!
3. Taking a hot bath, pausing for a cup of tea, a nourishing meal, curling up with a good book or even reaching out to a friend to connect with community. Give space for your body/mind and spirit to rest and recharge.
4. Keep a journal to write down one thing daily that you are proud you accomplished, short and simple. When you are feeling overwhelmed, it’s nice to take a look back and see all you have done.

5. Taking a few minutes every day to move your body, connect with breath, and meditate is essential to keeping the mind clear and body happy and healthy. If you don’t use it, you lose it!
6. Helping others, whether that means taking time to volunteer, smile at someone, open a door, little and big acts of selfless service are incredibly powerful in reminding us that we are not alone, and your efforts make a difference.

7. The healing effects of sound, such as the gong and singing bowls, as well as chanting mantra, activates the endocrine, glandular and nervous systems and helps to bring deep healing on a cellular level.
8. Allowing time for the body to fully unwind and recalibrate is truly a selfless act that allows you to show up for all those in your life at your best!

Nine pieces of advice

1. Take a pause to connect with breath.
2. Find a style of meditation that resonates with you. Even three minutes is enough to make a lasting impact. Pick a meditation and try it for 40 days!
3. Taking a hot bath, pausing for a cup of tea, a nourishing meal, curling up with a good book or even reaching out to a friend to connect with community. Give space for your body/mind and spirit to rest and recharge.
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7. The healing effects of sound, such as the gong and singing bowls, as well as chanting mantra, activates the endocrine, glandular and nervous systems and helps to bring deep healing on a cellular level.
8. Allowing time for the body to fully unwind and recalibrate is truly a selfless act that allows you to show up for all those in your life at your best!

9. Be in the company of others who are also learning to slow down and practice stillness.

Spend time in the beauty of nature away from the fast pace of everyday life. Breathe it in. Deeply.
Spend time with people who uplift you and appreciate you, people who value your ideas and see the good in you and everything you have to offer the world.

—Sheila Burris, founder and owner of Bliss Yoga Studios

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Email: nate@stagdhb.com
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**FEBRUARY / MARCH EVENTS**

**FEBRUARY**

**23 SATURDAY**
Free clothing swap: St. Anthony Park United Church of Christ, 2129 Commonwealth Ave., 11 a.m. to 5 p.m. Closet, gently-used clothing is being accepted during church office hours for the swap, which is for all genders.

**MARCH**

7 THURSDAY
Caregivers & Bereavement Support Groups at St. Paul United Church of Christ (2129 Commonwealth Ave.). 10:11:30 AM. All are welcome.

7 p.m., at McNeal’s Books, St. Anthony Park resident Happy C. Boyte will introduce his new book, previous books.

Augsburg University and author of ten

7 p.m., at Micawber’s Books, St. Anthony Park Progressive Dinner at SAP United Church of

Groups at SAP United Church of

7:00-8:30 singing. Event

8 pm. Clean, gently used clothing is

 registration required

**ST. ANTHONY PARK**

18 MONDAY
Community Sing, Olson Campus Center, Luther Seminary, 1490 Fellows St., St. Paul, 6:30 p.m. qualities, 7:00-8:30 singing. Event is free, but a will be passed to help sponsor the music, leaders and to make the swap possible.

**ST. ANTHONY PARK AREA SENIORS**

For February/March

Weekly offerings

Exercise class on Wednesdays from

10:30-11:30 AM at Centennial United Methodist Church (2200 HiIlback)

Blood pressure clinic on Wednesdays from

11:30 AM-noon at Centennial United Methodist Church

Essence class on Mondays and

Thursdays from 2:30 PM at Loringdale

City Hall (1891 Webster St.).

Essence class on Sundays from 2:30-

3:30 PM at SAP Library (2245 Como Ave.).

Choir vox at Falcons from 2:30-

5:30 PM at SAP Library (2245 Como Ave.).

**SPECIAL OFFERINGS:**

Blood pressure clinic, March 12, Seal Hi-Rise, 827 Seal St., 3:30 PM

Spring, and Estate cruise-walking, March 25, Seal Hi-Rise, 825 Seal St., 4:30 PM

Walking, in Loringdale Park

gym. Thursdays and Fridays from 2:30-3:30 PM

**ST. PAUL PUBLIC RECREATION CENTERS’ HIGHLIGHTS**

Loring Park Recreation Center:

https://www.stpaul.gov/bc/ld/park-recreation-center or call 651-296-5765

Adults: Paddles and Recreational Classes at the U disaster Canoe:

1. Wood Stay Decor on Tues, Feb 26 & April 30 from 6-8 PM, $40

2. Self-Defence & Crisis Management for Women on Thurs, March 7-May 2 from 6-8 PM, $45

3. Canoes Paddling on Tues, Feb 26 & May 28 from 6-8 PM, $35

**14 THURSDAY**

“The Sense of an Ending” movie

**15 FRIDAY**

Game Day, Centennial United

Methodist Church, 2,000 HiIlback

Ave., 10:30 AM. No clothing or registrations required

**16 SATURDAY**

St. Anthony Park Progression Dinner:

For information, email the Progression Dinner coordinating committee at progressiondinner@q.com, or call/text Jan at 651-303-5263

18 MONDAY
Community Sing, Olson Campus Center, Luther Seminary, 1490 Fellows St., St. Paul, 6-7 p.m. qualities, 7:00-8:30 singing. Event is free, but a will be passed to help support the music, leaders and to make the swap possible.

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For February/March

Weekly offerings

Exercise class on Wednesdays from

10:30-11:30 AM at Centennial United Methodist Church (2200 HiIlback)

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Kay Cadys is the newest member inducted into the Minnesota State Fair Hall of Fame. Cadys served as executive director of the State Fair Foundation from 2004 through 2007, when over those three years, grants to the Minnesota State Fair exceeded $1 million annually. Thousands of State Fair fans have become Foundation Friends of the Fair – a program Cadys founded – contributing to operations, capital campaigns, endowments and special programs. Some of the projects Cadys brought to fruition were improvements to the J.V. Bailey House and Warner Coliseum, and construction of the CHS Miracle of Birth Center and FFA Chapter House, Compeer Arena (formerly AgStar Arena), the History & Heritage Center and Schilling Amphitheater. The Fair’s Hall of Fame was founded in 1966 to recognize individuals whose outstanding service has had a lasting impact on the Great Minnesota Get-Together.

Duchess Harris talk set Feb. 26
Duchess Harris, chairperson and professor of the American Studies Department at Macalester College, will talk about “The Silence Breakers and the #MeToo Movement” at 1 p.m. Feb. 26 at the Roseville Public Library, 2180 N. Hamline Ave. Her talk, free to the public, is part of the Library’s Tuesday Scholar program.

SAP Garden Club program
Arla Carmichael, horticulturist and operations supervisor at Three Rivers Park District, and Steve Kelly, owner of Kelly and Kelly Nursery in Long Lake, will discuss “Native and Non-Native Spring Flowering Perennials” at 7:30 p.m. on March 5 at St. Anthony Park Lutheran Church, 2323 Como Ave. Refreshments and social time start one-hour before the presentation. The program is free and open to the public.

Cuban Rumba co-ed class coming
Cuban Rumba, a co-ed beginning class is scheduled at 7:30 p.m. on March 8 from 7 to 8:30 p.m. at the Women’s Drum Center, 2242 University Avenue W., St. Paul. This class teaches conga and rhythm instrument technique through songs from Cuba. Necessary Instruments will be provided. Cost is $20.00 per person. Register at www.womensdrumcenter.org. The Women’s Drum Center is a non-profit organization providing opportunities for women and girls to learn, teach, and play percussion together.

Artists’ reception at Raymond avenue gallery
A reception for posters Lee Love and Matthew Kossevy will be held from 5 to 9 p.m. March 29 at the Raymond Avenue Gallery, 761 Raymond Ave., St. Paul. Works of the two artists are now on display through April 19 at the Gallery in a show titled “Mingis eta-Merging Nature & Culture.” Gallery hours during this exhibition are 10 a.m. to 4 p.m. Monday through Friday. Saturday hours are from noon to 4 p.m., March 16 to April 13. Love and Kossevy are fiscal year 2018 recipients of Artist Initiative grants from the Minnesota State Arts Board.

Get to Know NAMI in St. Paul
NAMI Minnesota (National Alliance on Mental Illness) will hold a free “Get to Know NAMI” class on March 5 from 11:30-12:30, at the nonprofit’s offices, 1919 University Ave., Suite 400, St. Paul. Meet NAMI staff and volunteers and hear how NAMI’s work directly affects the lives of children and adults with mental illnesses and their families. Learn about education and support programs and how to advocate for better mental health policies. Please RSVP to: Kay King, 651-645-2948 x113 or king6@naminm.org.

“Petroleum” hits the stage at Hamline U
Hamline University’s Department of Theatre & Dance continues its 88th season with “Petroleum,” a devised piece directed by Taous Khaanem. The theatrical production opens Friday, March 1st at 7:30 and runs March 2nd, 7th, 8th and 9th at 7:30 p.m. at Hamline University’s Aase Simony Theatre. Tickets are $2 for Hamline students, $3 for ACTC students and staff, $8 for adults and $5 for outside students and seniors. Advance reservations are recommended and can be made through the Hamline University Theatre Box Office at 651-523-2905 or via e-mail at tickets@hamline.edu.

“Super Saturday for Children’s Mental Health Awareness” Set for March 9
NAMI Minnesota will offer a series of free classes on Children’s Mental Health on March 9. This “Super Saturday for Children’s Mental Health Awareness” will be held at Central High School, 275 Lexington N., St Paul. Morning classes from 9:00-11:00 will include guardianship and trauma informed care for parents and educators, mental health crisis planning for families, understanding early episode psychosis for families, and sleep health, self-care and mindfulness for youth. Afternoon classes from noon to 2 p.m. will include tools to support emotional regulation and anxiety in children, special education helping students succeed, understanding the children’s mental health system, and two classes held in Spanish. Lunch, from 11 a.m. to noon, will be provided. To register or for further information, contact Liz Roben at 651-645-2948 ext. 109 or erubin2@naminm.org or see classes at naminm.org.

Scarborough Fair invites you to March 6th
11 a.m. to 4 p.m.
A benefit for
Handmade hats from Candy Kuehn, Karen Morris & Cha Cha’s House of Ill Repute amongst others. Easter/Spring/Summer weddings, Kentucky Derby. Silent auction do not do you have upcoming? Tea, wines and clotted cream will be served. This event is free and 10% of all sales this day will be donated to This Old Horse. Contact Robbie LaFleur for an introduction to the history and styles of tapestry in Norway and Sweden, and a discussion of the weavings on view. Robbie coordinates the Weavers Guild of Minnesota Scandinavian Weavers study group and is the editor and publisher of the quarterly Norwegian Textile Letter (norwegiantextileletter.com).

Yiddish music concert set Feb. 23 at SAP Lutheran Church
By Mary Mergenthal
A special Yiddish musical program will be presented at 7:30 p.m. Saturday, Feb. 23, at St. Anthony Park Lutheran Church, with proceeds going to support Doctors Without Borders.

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Weavers Guild program set Feb. 25
Weavers Guild of Minnesota, 3000 S.E. University Ave., Minneapolis, will hold a lecture on Feb. 25 at 6 p.m. on “Tapestry Treasures from the Collection of Carol Johnson.”

Join Robbie LaFleur for an introduction to the history and styles of tapestry in Norway and Sweden, and a discussion of the weavings on view. Robbie coordinates the Weavers Guild of Minnesota Scandinavian Weavers study group and is the editor and publisher of the quarterly Norwegian Textile Letter (norwegiantextileletter.com).

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Robert Agstrom

Robert L. Agstrom, 96, of Lauderdale, died Jan. 9. He was born July 26, 1922, in Sebeka, Minn., to Peter and Thea Agstrom. After his mother’s death, Robert was raised by his aunt and uncle, Helene and Alfred Agstrom, on their farm near Peterson, Minn.

Robert lived and worked on the farm until he was 32, then moved to Minneapolis and studied to become an electrician. He eventually got a job at the Ford Motor Hydro plant where he worked for 27 years.

He married Joy Christofferson in 1961. They were married for 53 years until Joy’s death in 2014. Together they shared adventures of traveling, camping, dancing, canoeing, berry-picking, hiking and laughter.

Robert was a quiet, stoic Norwegian who was always willing to help a friend or family member in need.

His funeral was held Jan. 16. Memorials may be made to the University Lutheran Church of Hope or the Peterson Station Museum, 228 Mill St., Box 233, Peterson, MN 55962.

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Jeanette (Wright) Schmall, 86, of Como Park died at home on Jan. 9. Mr. Olive Lutheran Church, Como Park, with interment at Elmhurst Cemetery.

Jeanette was a graduate of St. Joseph’s Academy, the College of St. Benedict, and Chintz Hospital (Cincinnati, Ohio) Dietetic Internship program. She is survived by her husband, Bob; children, Stephen, Janine “Jami,” Joe (Patti), and John (Bouma); six grandchildren; and two great-grandchildren.

Mass of Christian Burial was celebrated Feb. 4 at Church of the Holy Childhood, with interment at Calvary Cemetery.
Winter birds of Breck Woods

Breck Woods is in the Lauderdale Nature Area, near the western edge of the village, just south of Lakeview Avenue. The Woods are in the news because Luther Seminary is proposing to sell them along with some other campus property to a developer. In mid-January, I spent some time touring the area with my birding buddy, Ellen, and her dog, Apollo.

I wanted to see what birds were using the territory this time of the year and whether the habitat looked “birdy.” Were there nesting sites? The day I visited the Woods, the temperature hovered in the low teens with the sun shining but no wind. The trails were quite icy. In some parts of the woods, there were deadfalls, some across the trail. There were many standing snags, dead trees that are still vertical. And some of these had numerous holes drilled in them by woodpeckers. With three or four holes in one limb, it looked like a woodpecker condo. We saw or heard 10 species of birds in the hour we spent in Breck Woods. The first bird we heard wasn’t vocalizing; it was making a deep, resonant thumping sound, whacking away at a tree. It sounded like a pileated woodpecker, but we couldn’t spot it. Then, suddenly, we saw a bird come around from behind the trunk of a tree about 50 feet away. It was a pileated woodpecker, and it was working quite low on the trunk. Breck Woods, with all its standing snags, is good habitat for woodpeckers and other cavity nesters. It’s probable that the pileated woodpeckers have a nest cavity in the woods. We saw a hairy woodpecker and heard a red-bellied woodpecker. One afternoon excursion was a red-tailed hawk perched in a tree. It was called out by Clay Christensen, who lives and writes in Lauderdale. It sounded like a red-tailed hawk or crow. Usually it’s an old nest, but it could be an active one. Sometimes they’ll commandeer a squirrel’s nest. They also nest in natural tree cavities.

Jeff Olson, a Lauderdale City Council city council member and an avid birder,escorted me around the area. Ellen and I were able to see a rosetailed hawk, a red-tailed hawk, and a red-tailed hawk perched in a tree. It was called out by Clay Christensen, who lives and writes in Lauderdale.

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The last bird Ellen and I saw on our afternoon excursion was a red-tailed hawk perched in a tree. It was called out by Clay Christensen, who lives and writes in Lauderdale.
By Boy Scout’s Eagle project turns to stuffed animals

By Scott Carlson

As a little boy, Elliot Helmer knew the joys of having stuffed animal toys.

Now as a 17-year-old Boy Scout pursuing the Eagle award, Scouting’s highest honor; Helmer is getting the opportunity to pass on that childhood love to other children. Elliot is partnering with Saint Paul Police Sgt. Amy Rahlf, of the department’s Community Engagement Unit, to collect stuffed animals that patrol officers will carry in their car to give to young children they encounter in crisis situations.

Elliot, a senior at Como Park High School, said he got the idea for his Eagle Scout project after he saw a news story about a Ramsey County Sheriff’s Community Service volunteer who also collects stuffed animals for the same purpose, but in the sheriff’s department.

“I was looking for a [Eagle Scout] project idea that was not dependent on weather because I knew it would occur during the winter months,” said Elliot, a Life Scout in Troop 17 that meets at Saint Anthony Park United Church of Christ and has been in the Scouting program since the first grade as a Tiger Cub in Cub Scout Pack 22. “Many Eagle Scout projects involve landscaping or construction that is best done when the ground isn’t frozen solid. This stuffed animal drive doesn’t need good weather.”

Elliot also realized the significant importance of bringing comfort to vulnerable children as well as providing the police with a positive opportunity to be seen. The Eagle Scout is the seventh and final rank in the Scouting program and one of its requirements is that the candidate undertake a community service project.

Elliot’s first toy collection took place in mid-February. His second collection date is 11 a.m. to 2 p.m. Saturday, March 9 at Centennial United Methodist Church-St. Anthony Park, 2200 W. Hilside Ave., St Paul.

Beside the drop-off date, Elliot is soliciting help from other Scout Troops and Cub Scout Packs in St. Paul to do collections within their respective units and neighborhoods.

Elliot Helmer is planning a stuffed animal toy drive as his community service project in pursuit of the Eagle Scout award.
Classifieds

Send your ad to classifieds@parkbugle.org or P.O.Box 8126, St. Paul, MN 55108, or call Fariba Sanikhatam, 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: March 6.

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8:30 a.m. - 7:00 p.m., Saturday:
9:00 a.m. - 6:00 p.m.
1/4 mile west of Hwy. 280 across from KSTP
Como Park wrestlers capture City Conference Championship

By Eric Erickson

Sports news and analysis

When Coach TJ van der Wege ran the first wrestling practice of the 2018-19 season back in November, he was happy to have 25 enthusiastic athletes ready to work.

On a cold, snowy night in early February, van der Wege was happy to be hoisting a championship trophy in the Como Park Gym with his hard-working team.

“Happy and hard-working” aptly describe the Cougars wrestling team. The mixture of joyful energy and earnest effort produced a conference crown and relationships that will forever be connected with memories from the mat.

With a convincing 56-20 victory over Humboldt High, Como clinched the conference title for the first time since 2004. The team’s record of 5-1 in the St. Paul City Conference is a testament to their hard work and dedication.

By virtue of the Cougars 44-34 win over Washington High in January, Como was the champion who represented St. Paul in the Twin Cities Match vs. the Minneapolis champion. (The Twin Cities Match and Section 4A Tournament were still ahead on the schedule as The Bugle went to press.)

This special season has been punctuated with several highlights, none larger or more significant than the Washington match. The Washington Eagles had won the last three conference titles and were a formidable opponent.

“We were so motivated for that match,” said senior captain Mu Ku Shi. “Our guys at the lower weights fought hard through three periods to not get pinned, and that motivated the whole team. Our confidence grew and we started winning matches and we had momentum. And at the end, when our heavyweight (Jarius DeLach) pinned their guy, we went crazy. We were jumping all around because we knew it was something big.”

Ask Coach van der Wege about his seniors and you’ll feel the pride in his answers.

“This is my fourth year as head coach and I’ve been able to see a full transformation,” van der Wege said. “From the time Mu Ku Shi, Alonte Johnson, Chue Chang and Raymond Chester were freshmen I had a plan for their development. I’m very proud of them and the time they’ve put in to changing themselves athletically.

“Beat Washington is always going to be a tall order,” Coach van der Wege said. “They have a great coach and lots of kids in their program. For our team, beating them anytime means we are in a position to be competing for a city championship.”

The fact that Washington’s coach is Rich Taylor, who graduated from Como in 2002 with van der Wege, and qualified for three state individual wrestling tournaments as a Cougar along with his buddy van der Wege, makes the friendly rivalry extra special.

“Winning against Washington was a real treat,” van der Wege said with a smile. For his team, winning against Washington was a reward for hard work – and a dream come true for the Cougar seniors.

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“The last individual championship match featuring a Cougar was in the 176-pound division. Sophomore Sully Lucy’s improvement and grit put him in a spot few expected back in November. But there he was, in a championship match. When he pinned his opponent in the second period, Sully Lucy became a city champion. There was a little smile when the referee raised Lucy’s hand signaling victory.

But the biggest smile from Sully Lucy came when he hustled off to see his teammates, where he was greeted with a huge Alonte Johnson bear-hug.

A happy, hard-working band of brothers—the Cougars wrestling team celebrate each other, support each other, and push each other to produce maximum effort. That spirit has carried Como Park to an unforgettable championship season.