The District 10 Como Community Council’s Land Use Committee is urging approval of density and parking variances so developers can convert the former Sholom Home property into rental apartments. These variances were expected to be part of a hearing by the St. Paul Board of Zoning Appeals scheduled Feb. 24 and their approval could mean that redevelopment might begin.

Interestingly, St. Paul’s Planning Commission is expected to consider changes to the zoning code this spring that may lessen the required density and parking variances. These variances were expected to be specific exceptions to existing code requirements.

The developer proposes creating 22 studio apartments of 400 to 500 square feet; 97 one-bedroom apartments of 550 to 600 square feet; 24 two-bedroom apartments of 800 to 900 square feet; and 7 three-bedroom apartments of 900 to 1,050 square feet. For that mix of units, current zoning requires 80 off-street spaces. That leaves the project 66 off-street parking spaces. The site plan, however, calls for only 80 off-street spaces: 51 surface spaces on its Canfield Avenue side, plus 29 new indoor spaces. That leaves the project 86 parking spaces short.

In addition, zoning also limits how many units can be built on the lot. Existing formulas allow a maximum of 82 units, not the 150 units developers envision. For context, when the site was a nursing home, it had a conditional use permit that allowed 170 units.

Area residents recommend approval of both variances at the district council’s Land Use Committee meeting Feb. 10. On a 31-9 vote, they supported a density variance for up to 150 units. On a 32-7 vote, they supported a parking variance of up to 86 spaces, provided the developer builds the 80 off-street spaces promised in the site plan.

This was the fourth meeting District 10’s Land Use Committee had with neighbors that focused on the redevelopment plan and its potential impact. As the Bugle went to press, the committee’s recommendation was scheduled to go to the full Como Community Council board on Feb. 18. The board recommendation, which would be advisory only, was scheduled to go to the Saint Paul Board of Zoning Appeals Feb. 24, hearing.

Chuck Repke, a representative of the developer, told residents that if the variances are approved the first tenants should move in during spring 2022.

Repke said he believed the apartments can be marketed successfully to renters who choose not to have a car, but instead rely on transportation such as the A Line bus that runs along Snelling, ride-sharing, bicycles and electric scooters. That target includes older adults who are downsizing, young professionals and graduate students at the near-by campuses of Hamline University and University of Minnesota. Of course, he said, tenants better love the State Fair, too, which takes place right across the street.

Rents are likely to start at $990 for the smallest units and run as high as $2,500 a month for the largest units, Repke said.

The project envisions several communal amenities, such as a barbecue patio; bike parking; indoor workout, activity and media room; and a rooftop garden. The redevelopment will not seek any public subsidies, he said.

While some residents raised concerns about year-round congestion and clogged street parking, others said those problems would happen with any new development to the property, which has been vacant for a decade.

District 10 estimates 86 more cars on the street would fill up the blocks immediately adjacent to the property—Canfield Avenue, Arona Street and Midway Parkway—but generate little additional spillover to the rest of the neighborhood except during March.

District 10 committee recommends variances to aid Sholom Home proposal by Michael Kuchta

By Scott Carlson

“A spot of tea old chap?”

For the past 16 years, including the last six years under its current owners, the Lady Elegant Tea Room & Gift Shoppe in St. Anthony Park’s Milton Square has served up tea and scones in the high British tradition.

But now Lady Elegant’s tea service officially was scheduled to end Feb. 29. “After six wonderful years, Lady Elegant will be moving on to a different business in March,” according to a notice on the shop’s website. “We are very grateful to all out customers who came to enjoy our scones and tea.”

Admasu Simeso, co-owner of Lady Elegant with his wife Wubit Ayana Sima, recently told the Bugle they plan to wind down the shop during March as they explore other business options.

Michelle Sommerfield opened The Tea Room in 2004, then sold the business to Sima and Simeso in the spring of 2014. The couple had not intended to buy a tea room but instead were looking to open a coffee shop. However, “when we looked at this place (Lady Elegant), we said, ‘Oh this is perfect,’” Sima told the Bugle in the spring of 2014.

Over the years, Tea Room’s trademarks have included scratch-made three- and four-course meals, accompanied by Porlor Teas with more than 70 kinds of tea for sale in its gift shop. The Tea Room’s ambiance is filled with floral wallpapers, white paper doilies and long tables and delicate tea cups and saucers.

Simeso said he and his wife have been pleased to be a part of the St. Anthony Park business community. “It is a nice neighborhood,” he said. “We are very pleased that we have had this experience.”

Lady Elegant Tea Room closing by Scott Carlson

A developer is eying the former Sholom Home site for an apartment complex. Photo submitted by Michael Kuchta.

When: March 2020

St. Anthony Park / Falcon Heights
Lauderdale / Como Park

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Como students go to Iowa

Park Bugle

St. Anthony Park / Falcon Heights
Lauderdale / Como Park

www.parkbugle.org
Lauderdale puts hold on new tobacco licenses

By Anne Holzman

Citing changes in federal and state laws coupled with developments in tobacco products on the market, the Lauderdale City Council recently adopted a one-year moratorium on new tobacco sales licenses.

At its Jan. 28 meeting, with a quorum of three, the Council unanimously adopted the interim ordinance, which can only be in effect for a year without going through public hearings and votes required to make permanent changes to city law. If no changes are made during that year, the licensing process will resume in January 2021 under the existing rules.

City administrator Heather Burkowski said two businesses, apparently unaware of each other, have recently requested permits to establish tobacco shops in Lauderdale. She advised the council to delay considering those permit requests until the city can catch up with the change in federal law, which might affect distributions in the code between tobacco shops and convenience stores.

The U.S. Food and Drug Administration changed the legal age for tobacco use from 18 to 21 in a bill signed into law last Dec. 20, effective immediately. Minnesota already had some age-based restrictions in place, as did many municipalities including Lauderdale.

Burskowski said the electronic cigarette (“vaping”) industry also continues to evolve. For example, the industry is demanding rules about such distinctions as flavors that may or may not be sold.

“It’s incredibly complicated,” she told the council.

Burskowski recommended that the council schedule presentations by concerned groups, including health and consumer groups as well as businesses that might lose revenue under the rule changes. After those hearings, the city staff will then recommend whether to change the licensing rules.

Anne Holzman, a former St. Anthony Park resident, is a regular contributor to the Bugle.

District 12 community council news

Rohn Industries appeal hearing March 4

The St. Paul City Council is scheduled March 4 to hear District 12’s appeal of a condition on Rohn Industries’ site plan at 2495 Kasota Ave. The hearing begins at 5:30 p.m. at St. Paul City Hall, 15 W. Kellogg Blvd.

In mid-January, the city concluded that an environmental worksheet assessment (EAW) was not required on the project. Rohn Industries wants to use the property as a parking lot for 25 semi-trailers.

But the St. Anthony Park Community Council is concerned the project will potentially spread air/waterborne pollutants from the former ash dump site.

Wear green and show up to stop this dangerous development. Learn more at http://sapcc.org/rohn-petition/

Kasota Ponds annual cleanup coming

The annual cleanup of Kasota Ponds is scheduled for Saturday, April 18 from 10 a.m. to 2 p.m. with a rain date of Sunday, April 19. If there is still snow on the ground, the cleanup will be held on Saturday, May 2.

For two decades, the District 12 Environment Committee has led community members and local schools each spring in picking up debris near the Kasota Ponds wetland area off of Highway 280. This wetland area suffers from illegal dumping as well as mud run-off and litter.

Besides offering a chance to clean up the ponds and remove dozens of bags of trash, the event gives volunteers an opportunity to learn about native plants and meet new neighbors. The cleanup also contributes to a healthier wetland environment for herons, turkeys, fish and turtles and other wildlife. To be a cleanup volunteer, contact kathryn@sapcc.org for more information.

St. Anthony Park Community Council calendar

Board Meetings: Second Thurs­day of the month 7 to 9 p.m. (Held at SAPCC office, 2395 Seal St.)

Transportation: Last Tuesday of the month 7-9 p.m. (Held at Jennings Community School, 2455 University Ave. W.)

Environment: Fourth Wednes­day of the month, 7 to 9 p.m. (Location varies)

Equity: First Monday of the month, 5:30 to 7:30 p.m. (Held at Seal Hi-Rise, 825 Seal St.)

Land Use: First Thursday of the month 7-9 p.m. (Held at Jennings Community School)

CITY FILES

Como and St. Anthony Park community council news

By Anne Holzman

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How does your watershed flow?

By Renae Hanson, Commentary

Of the earth’s surface, about 70 percent is water. You yourself are half to three-quarters water. Where did you get your water? When you shed it, where does it go?

Watersheds, water and poo

When water falls from the sky as snow or hail or rain, it almost always gathers together with other bits of fallen water and makes its way, together, to the sea. The land area where water gathers itself into a mutual flow is called a watershed.

Watersheds have always shaped human cultures. In traditional societies, folks living on a lakeshore would have drunk from the lake, or the springs flowing into it, bathed in its waters, and dipped into it to carry upland for cooking.

Among the careful of those societies, the used water would have been dumped away from the shore. By passing through roots and bacterial systems and gravel beds, this water would have become clean again before reaching the lake.

People would have built latrines far from the lake, noticing that drinking raw sewage is less than ideal. They would have grown food watered by that lake and put nothing on their crops that wouldn’t be good for the lake by the time it got there. In fact, because their bodies were pretty free from poisons, their “night soil” would have been used to fertilize their crops, going safely back into the system from which it came.

Minnesota is known for its lakes, but its rivers reveal even more of its significance. Here at the center of this continent, nearly all of our water comes directly from the sky. No major rivers flow into our state, but four of them start here. The Red River and Rainy River flow north. The Great Lakes flow east, and the Mississippi flows south.

When we get our water pretty clean from the sky, everyone downstream of us—and that is most of the continent—gets water that has in it whatever we put there.

Let’s get a little more local

Most rivers have tributaries: think of all the streams that flow into the Mississippi. In the Twin Cities area, those sub-watersheds are mapped as separate jurisdictions that govern stormwater and water quality issues for the people living there.

The Park Bugle readership spans three of those local districts. Most of Lauderdale belongs to the Rice Creek Watershed District. Parts of St. Anthony Park (notably its open ponds) fall within the Mississippi Watershed Management Organization. But most of SAP, Falcon Heights, and Como Park are in the Capitol Region Watershed. Our stormwater doesn’t make its own way to the river anymore. St. Paul has arranged for the rain on our roofs and in our gutters to go into underground storm sewers and then pour into the river.

Big changes have happened to the water flow here since European habitation. We were originally a rather soggy area, but decades of drainage and waterworks projects sought to change that.

At the time of European settlement, much of our area was water gathered into the two arms of Bridal Veil Creek, which flowed roughly where Highway 280 is now, and then dropped as a beautiful falls into the river. That was once the second-most visited falls in Minnesota. Today, that creek flows through a pipe. If you hike to the Franklin Avenue Bridge, you can still see a bit of the creek pop out at Bridal Veil Falls—daylight again at last!

Resources: Learn more about local watersheds

On the Transition Town website (TransitionASAP.org), follow these live links to learn more.

• Explore a map of Minnesota Watershed Basins and put your own address into this map: Find Your Watershed.

• Discover our watershed’s history in Historic Waters of the Mississippi Watershed Management Organization by Tony Randazzo, and see what Bridal Veil Falls looked like in this issue of Open Rivers.

• With this interactive map, compare our historical watershed with the current one: CRWD Historic and Present-Day Waterbodies.

• Learn how your water gets from the river at Fridley to you at Story of Our Water, explore our sewers at Major Storm Sewers in St. Paul, and see how the city cleans the river water at Water Treatment Process.

• Find out what happened at the Pig’s Eye Dump Site and discover other problem sites in our area: “What’s In My Neighborhood” Sites.

Who drinks from our watershed?

Only birds, rabbits, turtles and fish drink directly from this watershed now. (Next time you see a tossed cigarette butt, consider donning gloves and protecting them and the water from that waste.) When we drink from the tap in St. Paul, we are drinking from the Mississippi River, but from slightly further upstream. The river starts near

Watershed lip p. 5

Saint Anthony Park Area Seniors
Grow Community Connections
Volunteer to Support a Senior

OUR MOST IMMEDIATE NEEDS:
• dependable drivers who can transport seniors to appointments or deliver meals
• exercise enthusiasts who can assist with spring yard clean up or help with exercise classes
• nurses who can take blood pressure readings regularly
• caring neighbors who could spend some time visiting a senior

Meet new friends!

www.sapaseniors.org | 651.642.9052

Schubert Club  Music in the Park Series

Susie Park, violin
Benjamin Hochman, piano

Sunday, March 29 • 4:00 PM
Pre-concert talk at 3:00 PM
Saint Anthony Park United Church of Christ
2129 Commonwealth Ave. • St. Paul, MN 55108

Tickets still available! schubert.org • 651.292.3268

MARCH 2020 • PARK BUGLE 3
From the Desk of the Editor

By Scott Carlson

Bugle poetry contest returns

With spring on the horizon, the Bugle will conduct its 10th annual poetry contest in conjunction with National Poetry Month in April. In a world of constant flux and much uncertainty, poetry offers the chance to quiet our souls, and pause and reflect. Poetry gives us the chance to tap into our emotions and thoughts. Also, poetry can be just plain fun. It is whatever you want to make it.

Our contest’s first-place winner will receive $50 and get her 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 stress, contentment and/or peace.

• Poems can take any form you choose.

• The words “stress,” “contentment” or “peace” 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 Friday, March 13.

• 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@parkbugle.org (our preferred manner of receipt). Deadline, P.O. Box 8126, St. Paul, MN 55108.

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.

Highly educated in SAP

Did you know the St. Anthony Park zip code boasts the highest percentage of residents with post-graduate education in Minnesota?

That is among the most notable pieces of information in a study recently released by UnitedStatesZipCodes.org, based on the latest data from the U.S. Census Bureau.

Nearly 40 percent (i.e. 38.8 percent) of residents in our 55108 zip code have post graduate education. That is a tad higher than a section of Edina whose 55424 zip code has 38.7 percent of residents as post-graduates.

PUC counters Climate Action Plan

Thank you for printing the article by Tim Wullig, “Understanding St.Paul’s Climate Action Plan” in the February edition of the Park Bugle. For sure, a very bold and positive goal of achieving “no net greenhouse gas emissions by 2050” and with Xcel Energy making a commitment to be carbon free by 2050. I certainly hope we can attain these goals to preserve life on this planet for future generations.

However, I am concerned that our state Public Utilities Commission seems to be confused about what our goals are for St. Paul and the State of Minnesota as I witness them on Feb. 3. They put their stamp of approval to continue allowing Line 3 and tar sands oil to flow through Minnesota. With the continuation of allowing tar sands oil to be shipped and thus ultimately pumped into the atmosphere and recognizing the proposed project’s life is expected to be at least 50 years; it is important to note that under at least one scenario, the extra greenhouse gas emissions associated with this proposed project may range from 660 million to 1.15 billion metric tons CO2 assuming the analysis holds over time. More than 1 billion tons of equivalent CO2 emissions are a substantial chunk of emissions. This amount of emissions would surely have a gross negative impact on the city’s and state’s efforts to reduce greenhouse gas emissions.

The PUC’s rationalization for allowing the pipeline to be rebuilt lies primarily on the assumption that the oil will flow one way or the other, thus the safest route is to rebuild the existing Line 3 through Minnesota on its way most likely to overseas destinations. Little or no conversation or thought was given to just plain keeping the oil in the ground.

Plenty of data showed that we certainly have no need for the oil in Minnesota and that many corporations are divesting from oil because that is not where the future lies. Enbridge lawyers of course were very persuasive in their arguments, convincing the commission of the need for the project including talk of jobs and taxes created etc. There again, no conversation about the jobs in Minnesota that are dependent on certain types of weather that will be lost due to climate change.

In my opinion, the commission’s 3-1 vote (to approve the project) was very short-sighted in its decision. Short-term gain for Enbridge and a handful of workers vs. long-term sustainability of our environment and world.

Sincerely,

Barry Reisch
St. Anthony Park

District 10 from p. 2


• March 15: Nature in Your Own Backyard, featuring John Mazzotti, author of “Field Guide to the Natural World of the Twin Cities” and the Como Lake Turtle Study. Where: Lake-side Pavilion’s third floor Waterfall Room, 1360 Lexington Parkway N.

• March 18: Nature in a New Era: What’s the Future of Local News? featuring Scott Carlson from the Park Bugle, Kelly Smith from the Star Tribune, and Te­sha Christensen from the Como Midway Monitor. Where: Como Park Streeetrack Station, 1224 Lex­ington Parkway N.

• March 22: Old Media in a New Era: What’s the Future of Local News? featuring Scott Carlson from the Park Bugle, Kelly Smith from the Star Tribune, and Te­sha Christensen from the Como Midway Monitor. Where: Como Park Streeetrack Station, 1224 Lex­ington Parkway N.

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Sincerely,

Barry Reisch
St. Anthony Park

Upcoming Bugle deadlines

Here is a reminder on our Bugle deadlines for the next three issues. As always, we greatly appreciate when writers and readers submit their articles early. Aside from breaking news, most articles can be submitted ahead of the scheduled deadline.

And again, our publication dates represent when the paper goes out for delivery. Distribution of the paper should normally occur over the next two to five business days.

Issue Copy and ad deadlines

Publication

Issue Copy and ad deadlines

Publication

April

March 18

March 31

April 15

April 28

May

June

May 13

June 5

PARK BUGLE n MARCH 2020

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EDITORIAL

Upcoming District 10 Meetings

Neighborhood Relations Committee: Tuesday, March 3
Land Use Committee: Wednesday, March 4
Environment Committee: Wednesday, March 11
Community Council Board: Tuesday, March 17

All meetings typically begin at 7 p.m. at the Como Park Streetcar Station. All meetings are open to the public. Whenever possible, agendas are posted in advance in the “Board News” section of District 10’s website.

Submitted by Michael Kubats, executive director of District 10 Community Council

LETTER
By Scott Carlson

The Bugle’s annual fall fund is winding down with a bit of good and bad news.

First, the good news: As of Feb. 12, we have raised $46,661. That’s up about another $2,000 from our last month’s report of $44,515. We are very grateful to and thank all of you who have made donations, whether small or large.

Now, the bad news: We are still $5,000 shy of our goal of $52,000 for the year.

As a nonprofit, we rely on advertising and donor support to pay for part-time staff, freelance writers, printing and distribution services. We run a tight ship to keep expenses down and we are doing our best to strengthen advertising revenue. But we now need more help from more of you to keep the Bugle on track and in a sound financial position.

There is still ample time to support us. You can make an online donation at www.parkbugle.org. Click the green DONATE NOW button on the home page and scroll down. Or send a check to Park Bugle, P.O. Box 8136, St. Paul, MN 55108. And again, thanks for your support!

And now here is a list of our latest contributors:

Haley Anderson
Judith Bailey
David Beer and Kathleen McNally
John & Annmary Boler
Mary Boyd-Brent
Scott & Betsy Carlson
Lorraine Christiansen
Justine DuBois
Betsy Dubholm
Bjorn & Britt Gangnesen
Erik Haugo

Watershed from p. 3

Bemidji and then meanders down to Findley, where our city diverts it toward us.

“...we don’t want to drink just anything those folks further north put in the river. St. Paul cleans it for us. The city cleans our household waste better (studies show) than companies that bottle water do. If, in spite of that fact, you drink bottled water, you’ll have to do some research on your own. Where did your water flow freely before someone trapped it and sold it to you?”

What has this got to do with poo?

The watershed isn’t only the water that we all drink. It’s also the water that comes out.

Who is downstream of us? Iowa gets our water. So do people in and all the way down to New Orleans. The Gulf of Mexico also gets it, but by then it’s so full of gunk that no one can safely drink it. (That trouble comes mostly from fertilizers and herbicides spread on Minnesota farms—an other water-damaging problem needing our attention.)

Until 1988, all of St. Paul’s household waste water—think dishwashing, laundry, showers, toilets—was sent into the same drain field as the rain and snow melt. All of it churned together to a dump site at Pig’s Eye Lake. (Note: It’s not OK to dump sewage near a lake just because its name is not romantic.)

Starting in the 1800s, we modern urban folk pretty much trashed that site. It was low and swampy, so probably leaders at the time thought it was worthless. As a result, when the river was surveyed in 1926, only three live fish were found in the whole stretch from St. Paul to Red Wing. Drinking waste water, even when mixed with rain and snow, was not healthy. Many people have valiantly tried to clean it of plastic and sticks; in spring and fall, make sure it’s free of leaves.

You could peruse the map-filled “Historic Waters of the Mississippi Watershed Management Organization” (see the link in the Resources sidebar).

You could hike down to Franklin Avenue Bridge and find the remains of Bridal Veil Falls.

Come spring, you could join us for a rambling neighborhood exploration to discover visible remnants of our watershed’s history. Watch for details in a future Park Bugle column.

What will you, on your own, do for water?”

Renee Hanson lives in St. Anthony Park and teaches at Minneapolis Community and Technical College.
Hamline Family Dental opens in Falcon Heights

By Sarah CR Clark

Falcon Heights is now home to Hamline Family Dental, formerly known as Snelling Family Dental. “We are the new kids in town, but are not so new,” their Facebook page explains. Dentists Dr. Tami Pham and Dr. Bernard L. Bomberg opened their new doors to patients on Feb. 3. The dental office moved after 20 years in St. Paul’s Highland neighborhood and changed its name to reflect its new location.

After having bought the dental practice from Bomberg in 2014, Pham seized the opportunity to buy the Hamline Avenue building (once home to an eye clinic) rather than continue renting space. The clinic is now at the northwest corner of Larpenteur and Hamline avenues.

“We loved the Highland area,” Pham said. However, many of the dental clinic’s patients were traveling from Roseville and Falcon Heights for their cleanings, fillings, same-day crowns and other dental needs, she noted, a key fact that prompted relocating the dental clinic.

To accommodate its new location, the dental clinic has remodeled quarters and new state-of-the-art equipment and technology. Pham’s favorite piece of new equipment: a heated, massaging chair for patients.

Pham, originally from southern California, came to Minnesota in 1995 and graduated from the University of Minnesota School of Dentistry in 2008. She joined Bomberg’s Snelling Family Dental in 2013. Bomberg was born and raised in St. Paul, graduating from the University of Minnesota College of Dentistry in 1971. He practiced in the Midway neighborhood for 29 years and in 2000 moved his practice to the Highland Park area.

For more information on Hamline Family Dental, visit hamlinefamilydental.com.

Sarah CR Clark is a freelance writer and resident of St. Anthony Park.

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Sholom Home proposal from p. 1

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PARK PERKS COFFEE BAR

Park Perks raised $304 for CoMotion Center for Movement in January.

During the month of March we will be collecting for Urban Boatbuilders!
Read Brave events set for March in St. Anthony Park

By Dave Healy

We love to talk about the weather—and sing about it, too: “Stormy Weather,” “Dust in the Wind,” “Hurricane,” “Clouds,” “Lightning Rod,” “Raindrops Keep Fall ­ing on My Head,” “A Hard Rain’s A-Gonna Fall,” “Wh’ll Stop the Rain,” “Blue Skies,” “Here Comes the Sun,” “Autumn Leaves,” “Baby It’s Cold Outside” and “Let It Snow, Let It Snow, Let It Snow” just to name a few songs. 

Climate, on the other hand, doesn’t spark our creative impulses. Perhaps that’s because weather has been a daily topic of conversation ever since the dawn of time—at least in Minnesota—and climate never seems to change. Or does it? These days, American author and environmental-ist Bill McKibben argues that climate change should be a topic of daily conversation, noting it is “the biggest thing that’s going on every single day.” To spur those conversations, the organizers of St. Paul Read Brave have declared “Our climate cri­sis” as this year’s theme.

Read Brave is a St. Paul Public Library program that encourages city residents to read a designat­ed book and participate in related events. The 2020’s adult read­selection is “Climate Justice: Hope, Resilience, and the Fight for a Sustainable Future” by Mary Robinson. Robinson gives voice to farm­ers, activists and ordinary people worldwide who are facing the effects of climate crisis with courage and innovation. Her book highlights the hardship and uncer­tainty environmental degradation has had on traditional life and celebrates the resilience of people working for sustainable solutions.

Events in St. Anthony Park

The St. Anthony Park Branch Library Association will sponsor two Read Brave events.

On March 5, at 7 p.m., clima­tologist/metereologist Mark See­ley will talk about climate change. Seeley, professor emeritus at the University of Minnesota and a veteran commentator on Minne­sota Public Radio, will present his talk at St. Anthony Park Lutheran Church, 2323 Como Ave.

On March 26, at 6:30 p.m., Jay Coggins and Andy Janson will lead a discussion of “Climate Justice.” This program is sched­uled at the St. Anthony Park Li­brary, 2245 Como Ave.

Coggins, a University of Min­nesota professor, lists as research interests: environmental eco­nomics, air and water policy, air pollution and human health and market-based approaches to en­vironmental protection. Janson, professor emeritus at the Univer­sity of Nebraska’s School of Public Health, currently is affiliated with the U of M’s Center for Bioethics, where climate change is one of his primary interests.

This year’s Read Brave book for young adults is “The Mar­row Thieves” by Canadian au­thor Cherie Dimaline. The novel imagines a dystopian future where global warming has rav­ing­aged the earth and, with it, most people’s ability to dream. Indige­nous people, who can still dream, are hunted for their marrow to create a serum for others.

The St. Anthony Park Library has free copies of “Climate Justice” for the first 40 people who claim them. The library also has 40 free copies of “The Marrow Thieves.”

For Read Brave Kids, SPPL has created three lists of suggest­ed books. The lists, along with other Read Brave information, can be found at https://sppl.org/read-brave.

Dave Healy, a St. Anthony Park res­ident, is a former editor of the Bugle.

Ask the librarian

By Judy Woodward

Every week, the reference librar­i­ans at the Roseville Library an­swer hundreds of questions from the public. Here are a couple of the more interesting queries they have received lately:

Q. It seems like most of your book clubs are for fiction read­ers. Do you have any reading groups that are more fact-based? I’m an engineer.

A. Your timing is perfect. The Roseville Library has recently started a new book club in collabor­ation with the Bell Museum. The Stories and Science Book Club will meet Thursday, March 19, from 7 to 8:30 p.m. to discuss “The Fever Thief,” an unusually entertaining, true-life or­nithological mystery by Kirk Wo­nder. The club will next meet Thursday, March 19, from 7 to 8:30 p.m. to discuss “Quarante” in Italian. The re­search period or “quarantina” is now known as “quarantine” in English. Why did they choose 40 days? Explanations differ, but some point to the Biblical significance of the number 40 in the deeply religious Middle Ages; as Jesus spent 40 days in the wilderness and Moses spent 40 years. In addition, communities had an accurate, firsthand sense of the length of 40 days because of their annual observance of Lent.

Modern quarantines can be shorter or longer than 40 days. Until the recent coronavirus outbreak, they haven’t been much used in the United States in recent history at the federal level. In 2014, however, some states and localities imposed quaran­tine regulations in response to the Ebola epidemic in West Af­rica. (www.sciencefriday.com and other online resources.)

Q. Where does the expression “gaslighting” come from?

A. We think of gaslighting as what happens when someone tries to manipulate another person or group, leading the victims to doubt their own beliefs and/or un­derstanding of a situation. People talk about being gaslighted by their employers, their associates or even sometimes their political leaders. But the original “gaslighting” was played by a very suave and seductive French-American ac­tor named Charles Boyer. Fans of old-time movies may remember him in the 1944 classic MGM costume drama “Gaslight” where he did his nefarious best to drive his beautiful young wife crazy by surreptitiously raising and lowering the gas jets illuminating their elegant 1890s home. Ultimate­ly the idea was to have the wife committed for insanity and to abscond with her jewels.

These were the days when people would hire investigators to examine the origins of gaslight­ing, as well as watch a radiant Ingrid Bergman struggling to hold on to her sanity, are invit­ing to check out a DVD of “Gas­light” from the library. An added pleasure of the film is the oppor­tunity to see an 18-year-old An­gela Lansbury in her very first role. A far cry from her later per­formances as an elderly mystery writer-detective and more, Lans­bury plays an impertinent cham­bermaid who conspires with the evil husband, Boyer. (Library Resources.)

Judy Woodward, who lives in St. Anthony Park, is a reference librar­i­an at the Roseville Library, 2180 N. Hamline Ave.
By Sue Costello and Rick Gahm

Wellness is defined "as the quality or state of being in good health especially as an actively sought goal," according to the Merriam-Webster dictionary.

A wealth of wellness reading

At Winding Trail Books, we can help you with your pursuit of wellness whether it is connecting you with a good cookbook for healthy eating or finding a tome that assists you with wellness thinking. Here are some titles to consider:

- "Gluten-Free Baking Cookbook" by Kira Novac. This book offers delicious and healthy, 100 percent gluten-free recipes. There have been claims that a gluten-free diet can ease many ailments from digestive problems to headaches. Learn the basics of gluten-free baking. This book includes gluten-free food lists and diet information for beginners.

- "The Grain-Free, Sugar-Free, Dairy-Free Family Cookbook" by Leah Webb, MPH,CHC. This book has simple and delicious recipes for cooking on a restrictive diet. It has nutritious, kid-friendly, whole food recipes that are easy to use.

- "Battlefield of the Mind" by Joyce Meyer offers ways to deal with the thoughts that you may think every day. The author shares personal stories and encouragement to help you think with purpose and begin a joy-filled life.

- "Joyful: The Surprising Power of Ordinary Things to Create Extraordinary Happiness" by Ingrid Fetell Lee. This book explores how our surroundings and objects affect our mood. She explains how one setting could make you feel anxious and another delight. The author writes about how to harness the power of your surroundings to live healthier and joyful lives.

- "Soothe your mind-body-spirit guide for dealing with crappy emotions" by Heide Kopacek. Her book provides techniques for engaging your body in emotional health and strategies for healing and energizing. However you decide to begin your journey towards wellness, we hope these books or any of our other books can help be a guide for you.

Sue Costello and Rick Gahm are wife and husband and co-owners of Winding Trail Books, which is in Milton Square in St. Anthony Park.

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Visit website to book services www.soullogicmn.com

Soul Logic debuts in south St. Anthony Park

By Scott Carlson

Since opening its doors last November, Soul Logic has created a wellness center in south St. Anthony Park that offers therapeutic massages, acupuncture and skin therapy to clients in a “holistic manner.”

“We have this idea that wellness should fit people to their needs,” said Mona Robbins, co-owner of Soul Logic with her business partner Melanie Nugent-Riess.

Soul Logic, 856 Raymond Ave., is an apothecary spa whose mission is to “ignite your soul through holistic wellness.”

“We want people to feel good walking into Soul Logic,” said Robbins, a licensed doctor of acupuncture and Oriental medicine. The idea behind the name Soul Logic is to have honest passion and energy that really works (Soul) for vibrant healthy lives, balanced by practicality and pragmatism (Logic) that really works for people.”

The 980 square-foot spa combines therapies that address pain, emotional health and promote personal vitality, Robbins added. A distinguishing feature of Soul Logic: Robbins’ practice of traditional Chinese medicine which uses alternative methods to help the body heal. Those include herbal medicine, acupuncture, medical massage, dietary therapy and meditative exercises.

Robbins has practiced integrative medicine for more than eight years. Prior to that, her career included time in the military, mechanical engineering and construction. Her background in construction served her well in taking on remodeling of her current building for Soul Logic.

Meanwhile, Nugent-Riess is a spa industry veteran of more than 20 years. Today, her practice includes therapeutic massage along with skin care as a licensed esthetician. She also is a certified yoga instructor and can help clients with exercise advice and stretching recommendations to assist in “whole soul wellness.”

For further information on Soul Logic, check out its website at https://soullogicmn.com/ or call the spa at 651-778-7903.
Finding the Magic in Meal Planning

By Jenni Wolf

We all know meal planning has its perks, especially when it comes to grocery trips and mealtimes.

No more stressful and hurried “what’s for dinner” conversations at 6 p.m. when hunger is raging or trying to beat the clock to get your kid off to piano lessons on time. No more blank stares into the pantry at sea of ingredients, yet seemingly, “nothing to make for dinner.”

Taking time to create a grocery list, plan meals and do food prep can make a world of difference when it comes to feeding you and your family wholesome, balanced meals during a busy week.

While we may all recognize the value in meal planning and prep (less stress, delicious meals and nourishment) it can seem daunting or feel impossible to carry out for more than a week. I’m guilty here, too.

However, below are some tips to help you get started.

1. Challenge dinner expectations

This is number one for a reason: So often our expectations hold us back. Challenge and reframe your expectations around meals and your definition of dinner. Let’s be realistic. Our tables aren’t going to look like a perfectly curated foodie Instagram feed. We’re probably going to work late one night or make a few cooking blunders rendering some things inedible, leaving us feeling less than successful and leading us right back to the “let’s just wing-it” mentality. But it doesn’t have to be that way. Be more flexible and forgiving of yourself and you might be surprised by just how much easier meal prep and planning can be!

2. Do a weekly preview

This is a no-brainer, but often something that can be easy to forget. Look at your family’s schedule for the week ahead and realistically identify how many dinners you’ll make at home and how many you may need to eat out or pick up a pizza and a bagged salad kit. There’s room for it all in a balanced diet, from homemade chicken parmesan to a frozen lasagna to Chinese delivery.

3. Embrace + embellish the “oldies but goodies”

While most of us may yawn at the thought of meals on repeat, embracing the “oldies but goodies” can be a helpful strategy if you incorporate a twist! Embrace your family’s favorites but embellish them by making a few simple changes to keep things fresh and exciting, yet still easy.

Does your family love tacos? Designate Tuesday as “Tex Mex Tuesday” but rotate through tacos, nachos and burrito bowls, using the same ingredients and new toppings, every week. Bonus: Use other “themes” to guide meal prep. Think “Soup Sundays,” “Pasta Mondays” or even “Breakfast fast-for-Dinner Wednesdays.”

4. Batch-cook building blocks

Get the most bang for your meal prep spending by taking an hour one day to batch-cook some staples. Bonus points for using your slow cooker or Instant Pot as these techniques are mostly “hands-off.” Prep a large batch of rice with enough for rice pilaf for one night, fried rice the next, and some to throw in a soup after that. Cooked rice will keep up to a week in the fridge and freezes great. Other basics I like to prep and keep on hand for meals include roasted vegetables and potatoes, shredded chicken and hard-boiled eggs.

5. Identify “back-pocket” meals

Identify two meals that you and your family like, are easy to cook, and most importantly, contain five ingredients or less, all of which can easily be kept on hand. These “back-pocket meals” are an option that can be an easy go-to when a previously planned meal just isn’t going to happen, aka: reality!

Dry, canned and frozen goods are easy to keep on hand and make for a quick “back-pocket” meal like hearty soup. Photo by Jenni Wolf.

By Jenni Wolf

Jenni Wolf is a member of the Como neighborhood and a practicing, registered dietitian in the community. She is passionate about helping others achieve a positive and balanced relationship with food.

Prepare and freeze portions of brown rice or quinoa in advance for an easy whole-grain side. Photo by Jenni Wolf.
Como Park class goes to Iowa caucuses

By Eric Erickson
News commentary

Forty of my AP Government students witnessed democracy in action on Feb. 3 at the Iowa Caucuses.

The whirlwind political adventure included a chartered bus ride across the Iowa border into Cerro Gordo County. After a brief stop and walk in Clear Lake, our field trip reached its destination of Mason City.

Following dinner at The Pizazz Ranch, we headed to a Republican caucus site. We met with the county Republican chairperson to learn about Republican caucus procedures and to ask student-generated questions. After another Republican speaker, and observation of caucus-goers filing in, we hopped on the bus to see a Democrat Party caucus.

Iowa Democrats use a unique procedure of standing together for their preferred candidate, being completely public about their support. Then there was an allocation for candidates who didn’t earn 15 percent of the vote.

Several students had never been to Iowa before and were surprised to see such rural landscape and a lack of racial diversity. After five hours on the ground in Iowa and meeting its people, we got back on our chartered bus and headed north, arriving at Como High just before 11 p.m.

The goal in bringing students to the Iowa caucuses was to create a connection with the electoral process and inspire political participation. My students’ observations ranged from, “It’s an interesting way to choose a potential president,” to, “There’s a lot of old people,” to a lot of questions on the way home—including, “Why can’t they get their votes reported?” when we were searching for results.

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The goal in bringing students to the Iowa caucuses was to create a connection with the electoral process and inspire political participation.

In other news

History Day at Como featured the research and final products of 11th grade U.S. History students and any other student who desired to produce a history project in addition to their regular coursework. Students advancing to St. Paul regional competition included the following:

• Individual Performance—Olivia Miller for “Jim Henson and The Muppets.”
• Individual Performance—Olivia Miller for “Jim Henson and The Muppets.”
March and April will be months full of scientific fun at St. Anthony Park Elementary School with a science fair and family science nights.

The SAP Elementary School Science Fair featuring third, fourth and fifth graders will be Monday, March 2, with public viewing of student projects from 6:30-7:30 p.m. at the school at 2180 Knapp St. The science fair features students’ original scientific investigations including examples of their projects such as slime viscosity, rubber band stretchiness and rock collections. Although Science Fair participation is optional for third grade students, an impressive 85 percent of them usually partake in the event, said science and engineering teacher Jim Schrankler. Fourth and fifth grade students are required to participate.

Besides getting help at home, students can work on their projects during the school day with volunteers, teachers and the Extended Day Learning program.

For younger students and families, SAP Family Science Nights will include large-group demonstrations, 12 hands-on stations and a concluding family engineering challenge. Family science nights are organized by grade level and take place on Monday evenings from 6:30-7:30; Grade 1 on March 23, Grade 2 on April 13, and Grade 3 on April 20.

“The purpose of family science nights is for families to learn, have fun and appreciate the joys of science and engineering,” Schrankler explained.

Sarah CR Clark

Murray Middle School Science Fair

Hundreds of students from Murray Middle School recently participated in its 40th annual science fair. Of those numbers, 43 students advanced on to the regional science fair with their projects. Fair categories ranged from animal science and earth science to biochemistry and molecular biology. “Our young scientist pilots once again amazed us with the depth of their curiosity and discovery,” said Murray Principal Jamin McKenzie. “This annual tradition is due to the dedication of our staff, families and community volunteers.” Photo submitted by Stefanie Folkema.

Have a plan for the ones you leave behind.

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Science events set at SAP Elementary

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2245 Como Ave.
All events and classes take place in the Saint Anthony Park Library auditorium unless otherwise noted. For more information about upcoming programs, please call the library at 651-442-0411, or visit www.spl.org.

Special Events and Classes

• Monday, March 2
  Middle School Book Club
  6:30-7:30 p.m.
  Please join us on the first Wednesday of each month to discuss interesting books.
  All are welcome and no registration is required.

• Thursday, March 5
  Vietnamese Conversation Group
  6:00-7:00 p.m.
  Gather for a fun, friendly hour of learning, speaking, or practicing Vietnamese. All are welcome. Drop in at any time. No registration required.

• Thursday, March 12
  Toddler Obstacle Course
  10:30-11:30 a.m.
  Toddlers can jump, crawl, balance, play, and explore with large movement activities designed just for them. Toddlers will find a corner set aside for them too. Adults must remain with children for the duration of playtime. Appropriate for ages birth to three years. Limited to the first 40 people.

• Thursday, March 19
  Senior Cinema: “Downtown Abbey”
  2:00-4:00 p.m.
  Enjoy a high at Downtown Abbey when the Crawley family learns that King George V and Queen Mary are coming to visit. But trouble soon arises when Mrs. Patmore, Daisy and the rest of the servants learn that the king and queen—setting the stage for an impromptu scheme and some shenanigans. Run time: 123 minutes. Co-sponsored by the Saint Anthony Park Seniors.

• Friday, March 20
  LEGO® Free Build
  12:30-2:00 p.m.
  Come and build with LEGOs in the library. We have all the parts you’ll need to build your next masterpiece. Due to many small pieces, this program is best for school-aged children. No registration necessary.

• Ongoing Events and Classes
  • Mondays
    12:00-2:00 p.m.
    Hang out with your friends every Monday after school. Play games, listen to music, make art, do homework, and much more! Program is intended for teens. Note: No Monday on March 30.

  • Tuesdays
    Baby/Toddler Storytime
    9:30-10:00 a.m. and 10:30-11:00 a.m.
    Storytime geared for babies and toddlers ages 0-2, but siblings are welcome. Storytime includes stories, songs, and puppets. Children of all activity levels are welcome.

  • Tuesdays
    Senior Free Exercise Program:
    Exercise based on the ArtOfit Foundation
    2:30-3:30 p.m.
    Enjoy fun, gentle exercises for adults, led by a qualified instructor. Co-sponsored by the Saint Anthony Park Area Seniors.

  • Wednesdays
    English Conversation Circle
    4:00-5:00 p.m.
    If English is not your first language, come and practice in casual conversation. All are welcome. Come when you can.

  • Fridays
    Preschool Story Time
    10:30-11:00 a.m.
    Story time features stories, songs, puppets, and more. Children of all activity levels are welcome.

  • Fridays
    Senior Free Exercise Program:
    Chair Yoga
    2:30-3:30 p.m.
    Enjoy fun, gentle exercises for adults, led by a qualified instructor. Co-sponsored by the Saint Anthony Park Area Seniors.

• ST. ANTHONY PARK AREA SENIORS
  (651-442-9052)
  Planned activities for March:
  • St. Anthony Park Library
  (2245 Como Ave.)

  • Tuesdays in March (Mar. 3, 10, 17, 24, 31)
  Exercise class
  2:30-3:30 p.m.

  • Fridays in March (Mar. 6, 13, 20, 27)
  Chair Yoga
  2:30-3:30 p.m.

  • Centennial United Methodist Church
  (2200 Hillside)
  • Wednesdays in March
    (March 4, 11, 18, 25)
    Exercise class
    11:10-11:30 a.m.

  • Fridays in March (Mar. 13, 20)
  Game Day
  10:00 a.m.-noon

  • Launderdale City Hall
  (1918 Wash)
  • Mondays and Thursdays in March
    (Mar. 5, 8, 12, 16, 19, 23, 26, 29)
  No class in March 2.
  Tai Ji Quan class: Moving for Better Balance
  2:00-3:00 p.m. (registration is required)

  • March 10
  Blood Pressure Clinic
  3:30-4:00 p.m.

  • Thursday, March 12
  Pints and Pages
  Wednesdays, March 4-25
  5:30-6:30 p.m., ages 5-12

  • Friday, March 13
  Spring Blast,
  Tuesday/Friday, March 30-April 3
  9:00 a.m.-12:00 p.m., ages 6-11

  • Sunday, March 15
  Open Family Gym
  Sunday, Jan 5-March 29
  8:30 a.m.-3:00 p.m., ages 11-17

  • Monday, March 16
  Zumba
  7:45-8:45 p.m., adults

  • Friday, March 20
  Jedi & Imperial Droids Robotics
  9:30 a.m.-12:00 p.m., ages 6-11

  • Thursday, March 24
  Pilates Core/Strength/Flexibility
  9:00 a.m.-12:00 p.m., adults

  • Monday, March 30
  Karaoke
  1:00-2:00 p.m., adults

  • Saturday, April 4
  Breakfast with the Bunny
  10:00-11:30 a.m., adults

  • Saturday, April 11
  Star Wars Day
  1:00-3:00 p.m., ages 7-12

  • Tuesday, April 14
  Senior Fitness
  Tuesday/Thursday
  9:30-10:30 a.m., adults

  • Thursday, April 16
  Pilates Core/Strength/Flexibility
  7:15-8:15 p.m., Adult

  • Tuesday, April 21
  Open Family Gym
  1:00-3:00 p.m., all ages

  • Wednesday, April 22
  Senior Fitness
  Tuesday/Thursday
  1:00-2:00 p.m., adults

  • Thursday, April 23
  Tai Ji Quan
  1:30-3:30 p.m., adult

  • Thursday, April 30
  Senior Fitness
  Tuesday/Thursday
  1:00-2:00 p.m., adults

  • Friday, May 1
  Senior Fitness
  Tuesday/Thursday
  1:00-2:00 p.m., adults

  • Saturday, May 2
  Tai Ji Quan
  1:30-3:30 p.m., adult

  • Saturday, May 9
  Tai Ji Quan
  1:30-3:30 p.m., adult

  • Thursday, May 14
  Tai Ji Quan
  1:30-3:30 p.m., adult

  • Sunday, May 16
  Open Family Gym
  12:30-2:30 p.m., all ages

• Northdale Recreation Center
  (2931 W. Stockton Bivd.)
  For more information call 651-282-2300 or visit www.stpaul.gov/northdalerec.

  • Mondays, March 2-23
  Empower & Inspire Yourself
  6:15-7:15 p.m., adult

  • Friday, March 6
  Java Minecraft Morning
  9:00-10:00 a.m., ages 8-14

  • Saturday, March 7-21
  Introductory Vegetable Gardening
  10:00-11:30 a.m., adults

  • Friday, March 20
  Pikachu & Pokemon Pals Art
  1:30-3:30 p.m., ages 5-12

  • Saturday, March 28
  Home Buying
  10:00-11:30 a.m., adult

  • Monday-Friday, March 30-April 3
  No School Day
  8:30 am-5:00 p.m., ages 6-12

  • Mondays/Wednesdays, April 6-May 13
  Tai Ji Quan
  1:00-2:00 p.m., adult

  • Tuesdays, April 7-May 12
  Tai Ji Quan
  5:30-6:30 pm, ages 8-14

  • Thursdays, April 9-May 14
  Intro to Ballet/Tap Dance
  9:30-10:30 p.m., ages 5-12

  • Friday, April 10
  STEM Class
  1:00-4:05 p.m., ages 5-12

  • Thursdays, April 23-May 14
  Open Tot Time
  9:00 a.m.-12:00 p.m., ages 0-5

  • Thursdays, Jan. 2-May 28
  Pickle Ball
  11:45 a.m.-1:00 p.m., Adult

  • Thursdays, Jan. 2-May 28
  Senior Day
  10:30-2:00 p.m., Adult

  • Tuesday/Thursday, Jan. 2-May 28
  Senior Fitness
  9:30-10:30 a.m., Adult

  • Tuesday/Saturday, Jan. 4-May 30
  Yoga: Earth Moon
  7:40-8:40 p.m., Sat
  7:00-8:00 p.m., Sun
  Sat (11:00 a.m.-12:00 p.m.), Adult

  • Mondays, Jan. 6-May 18
  Challenge Squash
  6:30-9:30 p.m., Adult

  • Tuesday/Wednesday, Jan. 5-27
  Pilates Core/Strength/Flexibility
  7:15-8:15 p.m., Adult

  • Thursdays, Jan. 7-May 26
  Senior Gamers
  1:00-5:00 p.m., Adult

  • Saturday, April 4
  Breakfast with the Bunny
  10:00-11:30 a.m.
One woman who was 102, another whose memorial service may have been the first at the Minnesota State Fairgrounds and a former Catholic priest are among the people we remember in this edition of “Lives Lived.”

Darlyne Albrecht
Darlyne J. Golightly Albrecht, 86, died Feb. 6, 2020, at The Glen in Buffalo. She was born June 21, 1933, in Grand Forks, N.D., to James and Bernee (Erwin) Golightly. Darlyne was a graduate of Murray High School and a graduate of St. Joseph’s Nursing School. She married Roland (Butch) Albrecht of St. Joseph’s Nursing School. She was born June 1, 1927, in Sioux Falls, S.D. She attended Cathedral Grade and High School. A veteran of WWII, she was in the Army Infantry training when the war ended.

After graduating from the University of St. Thomas, Car­roll worked in the insurance business for six years before en­tering the St. Paul Seminary. Or­dained in 1963, Father Carroll served at the Cathedral of St. Paul; and was pastor of Blessed Sacrament, St. Columbus and St. Andrew in St. Paul, and St. Michael in Prior Lake. He was president of the Presbytery and chairman of the Urban Affairs Committee. He also served as Chaplain to the Minneso­ta State Senate and House of Representatives.

Fr. Roger Carroll

Bill Beyer
Bill Beyer, academic and director, dead at 75
By Mary Mergenthal
William “Bill” Charles Beyer, 75, died unexpectedly in his St. Anthony Park home on Feb. 4, 2020. Bill was a proud Luther College graduate who went on to receive his doctor’s degree in American Studies from the University of Minnesota. He served as director of Upward Bound in Decorah, Iowa; di­rector of pre-major advising in the College of Liberal Arts at the University of Minnesota; and director of Edu­cation, Collections and Programs at the Ameri­can Swedish Institute. He was also active in the campus YMCA while he was at the University of Minnesota.

In retirement, Bill was a devoted father and a member of the Hole in One Club. She also performed in the Ice Follies. Darlyne was a surgical nurse for more than 45 years, the bulk for DvS, Broker, Bancroft and Rese­lvitz in St. Cloud. Survivors include daughters, Shelley Albrecht and Viki Tho­son (Keith); son, David Albrecht (Cindy); sister, Judy Golightly; six grandchildren; and four great-grandchildren.

Her funeral was held Feb. 15 at Emmanuel Lutheran Church, in Elk River.

Fr. Roger Carroll
Fr. Roger Francis Carroll, 92, died Jan. 30, 2020. He was born June 1, 1927 in Sioux Falls, S.D. He attended Cathedral Grade and High School. A veteran of WWII, he was in the Army Infantry training when the war ended.

After graduating from the University of St. Thomas, Car­roll worked in the insurance business for six years before en­tering the St. Paul Seminary. Or­dained in 1963, Father Carroll served at the Cathedral of St. Paul; and was pastor of Blessed Sacrament, St. Columbus and St. Andrew in St. Paul, and St. Michael in Prior Lake. He was president of the Presbytery and chairman of the Urban Affairs Committee. He also served as Chaplain to the Minneso­ta State Senate and House of Representatives.

He was preceded in death by his parents, C. Martin and Mar­tha (Feyder) Carroll; and siblings, Maxine (Lawrence) Dhauemier; Charles Carroll, Rev. Howard Carroll; and Veronica (Robert) Kappenman.

Carroll was an ongoing vol­unteer at Dorothy Day Center. Family and sports were import­ant to him. He traveled to South Dakota for all important holi­days and life events—baptisms, weddings, funerals and more. He played football and hockey in high school, racquet ball and golf as an adult.


Helen Chadwick
Helen Chadwick, 99, of Peter­son, Minn., formerly of Como Park, died Jan. 17, 2020. She is survived by her son Philip. She was preceded in death by her husband, L.J. “Chad.” Services will be in the spring. Memorials to Mayo Clinic Hospice.

Bill Beyer

Bill was a proud Luther College graduate who went on to receive his doctor’s degree in American Studies from the University of Minnesota. He served as director of Upward Bound in Decorah, Iowa; di­rector of pre-major advising in the College of Liberal Arts at the University of Minnesota; and director of Edu­cation, Collections and Programs at the Ameri­can Swedish Institute. He was also active in the campus YMCA while he was at the University of Minnesota.

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**NEIGHBORS**

**Book donations sought**

The St. Anthony Park Branch Library Association is now collecting new and gently used books and DVDs for its annual book sale that is scheduled for June 5 and 6. (Donors are asked not to bring textbooks, encyclopedias, CDs, or VHS/cassette tapes.)

Materials may be dropped off at the cart in the lower level of the library anytime the library is open until June 3. The library’s space is limited for drop-off donations so the association asks that you make sure your books are in saleable condition. For further information, contact Susan Dean at sapbooksale@gmail.com. The library is located at 2245 Como Ave.

**Seniors sought for Story Time event**

The city of Falcon Heights is looking for seniors to read and tell stories to area youth at the Story Time event on Saturday, June 6, at Curtis Field, 10 a.m. to 2 p.m.

Falcon Heights assistant administrator Nalisha Nandkumar said a resident proposed the idea and her children, Peter (Sue), Joe (Julie), and three great-grandchildren. She is survived by her husband Alfred, seven sisters, Marlyss Petersen and Mar ecosystems, and her spirit is forever a part of the fabric of the library and the community.

**Breakfast with Falcon Heights council**

The city of Falcon Heights is hosting a free “Breakfast with the City Council” event from 10 a.m. to 12 p.m., March 21. For more information, visit the city’s website at www.falconheights.org or call City Hall at 651-792-7600.

**Introductory gardening class**

University of Minnesota master gardener volunteers will lead an "introductory vegetable gardening class" from 6:30 to 8 p.m., March 18, at Falcon Heights City Hall, 2242 University Ave. W. For further information, call City Hall at 651-792-7600.

**Kiwanis club speakers**

The North Suburban Golden K Kiwanis Club meets from 2 to 3:30 p.m., Tuesdays, at the Roseville Oval Skating Center, 2601 Civic Center Drive. The group hosts local and regional speakers at each of its meetings, which are free and open to visitors. Here is the club’s March schedule:

**March 9—Cancer research**

Carston Wagner, professor in the Department of Medicinal Chemistry at the University of Minnesota. He will discuss the application of chemistry to the development of anticancer and antiviral Cytopathology.

**March 17—Political change**

Leonard Steinenhorn, professor of communication and history at American University. In this woman power presentation, Steinenhorn discusses how the 1960s, from civil rights to the Silent Majority, shaped our national politics today.

**March 24—Club biographies**

Club members, Dennis Wall and Keith Carlson will talk about their lives.

**March 31—The aging process**

Laura Niedernhofer, University of Minnesota professor of biochemistry, molecular biology and biophysics. She will discuss the aging process and current research related to it.

**Honors at Avalon School**

Students at the Avalon Charter School, 700 Glendale St., swept the top two places in the honor division (students possessing a grade point average of greater than 3.75) at a recent declamation speech competition. And altogether, 14 Avalon students won individual medals.

**How Are Our Cities Addressing Environmental Issues?**

Mayors and council members from Falcon Heights, Lauderdale, Little Canada, Maplewood and Roseville will hold a panel discussion from 6:30 to 8 p.m., March 24, on how their cities are dealing with various environmental issues. Topics will include how climate change could put stress on city infrastructure and how city comprehensive plans address climate change. The Roseville Area League of Women Voters and the Ramsey County Library are sponsoring the meeting, which will be held at the Roseville Library, 2180 N. Hamline Ave.

**Authors appearing at Winding Trail Books**

Four authors are scheduled to appear for readings and book signings at Winding Trail Books, 2230 Carter Ave. The schedule is:

**Thursday, March 5**

*Author: Marsi Mangs*

Book: “Embodying Soul: A Return to Wholeness: A Memoir of New Beginnings” 6:00-7:00 p.m.

**Saturday, March 7**

*Author: Diane Madison Pirman*

Book: “German School is Cool!”

*Pre-school-elementary school age*

1:00-2:00 p.m.

Diane and her granddaughter will read this book together. It is written in English and German.

**Saturday, March 14**

*Author: Marsi Mangs*

Book: “The Leprechaun who Lost His Luck” 1:00-2:00 p.m.

**Children’s Event**

Celebrate St. Patrick’s Day Event with Blaine who comes in costume and brings his ukulele for singing fun.

**Sunday, March 22**

Community elementary school age

10:00-11:30 a.m.

**Lives Lived to p. 15**

**Yvonne Jared**

Yvonne M. “Boniie” (Pefler) Jared, 91, died Feb. 3, 2020. She was preceded in death by her husband John, sister Charlene Lamson, and parents, Robert and Evelyn Pefler. She is survived by her children, Michelle (James) Baisley, Thomas (Ruth) Mark and Lynn (David) Jensen; 18 grand­children; six great­grandchildren; brother, Edward (Marge) Pefler; and sisters, Maryls Pefersen and Roberta (Lowell) Franklin.

Memorial Mass of Christian Burial was held Feb. 7 at Mater­nity of Mary Catholic Church. Memorials preferred to St. Cecilia’s and State Services for the Blind.

**Audrey Nyberg**

Audrey R. Nyberg, 97, the “Laughing Grandma,” gave her family her last laugh on Jan. 28, 2020. She was preceded in death by her husband, Bob Nyberg, and sister Marion Wyden. She is survived by daughters Gail Pudil (Mike) and Debby Hammer (Jerry), four grandchildren and nine great­grandchildren.

Audrey was a lifelong resident of Como Park and rock star volunteer at Lyngblomsten Senior Center in Como. A celebration of her beautiful life was held Feb. 23 at the Minnesota State Fair­grounds History & Heritage Center in West St. Paul and Market.

Memorials preferred to donor’s choice.

**Edna Pankonin**

Edna Christine (Koosmann) Pankonin, 102, of St. Anthony Park, died Jan. 20, 2020. She was born on the family farm in Hegbert Township, Minn. on Oct. 16, 1917.

Edna was a longtime member at St. Anthony Park Lutheran Church, where she sang in the choir and was active in the wom­en’s organization. She was a tal­ented seamstress and was known for sewing all of her own impeccably tailored clothing.

She was preceded in death by her husband Alfred, seven sisters, two brothers and son-in­law, Lloyd Rothbauer. She is survived by her son Bruce and daughter Jan­et Pankonin, two grandchildren and three great­grandchildren.

Her funeral service was held at Lyngblomsten Care Center Jan. 24, with interment at Roselawn Cemetery. Memorials are preferred to the Lyngblomsten Foundation.

**Rongtisch**


He was preceded in death by his wife Joan and daughter Di­ane. He is survived by children Christopher J. (Chery­l Rohs (Al)), Cindy Smith (C. Dan­iel), Tim (Alison), Jayne Laruelle (Do­ug); 14 great­grandchildren; and broth­er Robert (Marly). Mass of Christian Burial was celebrated Jan. 27 at the Church of St. Cecilia in St. Anthony Park with burial at Resurrection Cem­etery. Memorials are preferred to the American Diabetes Association.
Lives Lived from p. 14

Carol Schoen

Carol I. (Howland) Schoen, 88, of St. Anthony Park, died Jan. 22, 2020. Carol was born Aug. 1, 1931, to Guy and Hazel (Hildebrand) Howland in Dawson, Carol loved her small town and family. She excelled in academics and music, playing piano and performing the flute in an orchestra. Carol attended St. Olaf College one year before transferring to Milwaukee-Downer College in Wisconsin, earning a degree in occupational therapy. She primarily worked with young people with disabilities.

She met Richard (Dick) Schoen of Ortonville, in Colorado Springs while on a ski trip and they married and moved to St. Paul. Dick designed and built their house in St. Anthony Park where they started a family and lived ever since. Carol worked in the home, raising three boys. She taught piano lessons to neighborhood children until on a ski trip and they married and moved to St. Paul. Dick designed and built their house in St. Anthony Park where they started a family and lived ever since. Carol worked in the home, raising three boys. She taught piano lessons to neighborhood children until on a ski trip and they married and moved to St. Paul. Dick designed and built their house in St. Anthony Park where they started a family and lived ever since.

Carol worked in area schools specializing in sensory integration for children diagnosed with disabilities. She mainly worked with young people with disabilities.

She was preceded in death by her husband, parents, brother Guy Howland, Jr., and sister Mercedes Bloomdahl. Carol is survived by sons Martin (Lynee), Eric (Deolinda and Kristofer), four grandchildren; and one great-grandson. Carol’s memorial service is scheduled for 2 p.m. March 14, at St. Anthony Park Lutheran Church. Memorials are preferred to Carol Schoen Memorial Fund, c/o Martin Schoen.

Lucille Schroder

Lucille Rustad Schroder, 88, of St. Anthony Park, died on Jan. 28, 2020. Lucie grew up in Lanesboro, speaking Norwegian at home. She attended Luther College in Decorah, Iowa, where she met her husband-to-be, Vince. They moved to the St. Anthony Park neighborhood where Paul in 1995 to raise their family and lived there for the remainder of their lives. She worked at The Bibelot Shop in its early days and later worked at Wilson Library at the University of Minnesota, where she used her language skills to catalog international materials.

She loved life including music, dancing, parties and cooking big meals for family and friends. One of her favorite pastimes was to linger over a cup of coffee with friends or a crossword puzzle. But her heart belonged to her family and to all animals. She never met a dog she didn’t instantly love.

She was preceded by Vince, her parents Alfred and Borghild Rustad and her six siblings. Survivors include her children John (Reade) and Ann (Nick), grandson, Erik (Julie) and great-grandchildren.

There will be private interment at Fort Snelling. Her Celebration of Life event will be held Sat., April 25, 4-7 p.m., at Colosseum Cafe, 2335 Como Ave. Memorials preferred to the St. Paul Animal Protection Fund, c/o Martin Schoen.

Lucille was preceded by her parents, mother, Uvonne Van Hecke of St. Anthony Park in St. Paul where she worked as an OT. She worked at The Bibelot Shop in its early days and later worked at Wilson Library at the University of Minnesota, where she used her language skills to catalog international materials.

She loved life including music, dancing, parties and cooking big meals for family and friends. One of her favorite pastimes was to linger over a cup of coffee with friends or a crossword puzzle. But her heart belonged to her family and to all animals. She never met a dog she didn’t instantly love.

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Cougars on a quest for state tourneys

By Eric Erickson

As February flows into March, high school winter sports hit peak intensity. For athletes and teams performing at high levels, it’s possible for state tournament dreams to become a reality.

While qualifying for state isn’t the be-all and end-all, achieving that goal can be joyful for the student athletes. Here’s a summary of three Como Park High winter sports with student athletes striving for state.

Girls Basketball

The Cougars have dominated in the St. Paul City Conference, producing a 60-game winning streak in conference play that began in 2015. They recently gained their sixth consecutive conference title.

Winning the section tournament to qualify for state has been more elusive. Como’s first and only state tournament appearance was in 2016. This year’s young team is hungry to get back.

Five sophomores form the Cougars’ starting line-up: guards Ronnie Porter, Kayslyn Asberry and Shalayla Walker and forwards Jada James and Cloyo Dmytryck.

Porter and Asberry surpassed a significant milestone in January when they each scored their 1,000th career points.

Reaching 1,000 points in a high school career is rare. To do it as a sophomore is extra special. Asberry and Porter have been starters for Como Park since eighth grade (along with James) when they attended Murray.

Asberry and Porter lead an impressive offense that is fast-paced and has excellent ball movement to create quality looks at the basket. Both girls excel at three-point shooters and the team’s defense frequently creates turnovers which Como converts into fast break points.

Meanwhile, the Cougars have a deep bench that allows the coaches to keep players fresh, which enhances speed, rebounding and even three-point shooting—depending on the situation.

Linda Mitchell and Jahlawna Baker are the team’s two seniors. Juniors include Demeya Riley, Jaylen Smith and Abuham Cham. Makayla Holten is another talented sophomore and two freshmen contributors are Janayia Anderson and Kayla James. (Freshman Shana Nichols was all-conference as an eighth-grader but is out this year after ACL knee surgery.)

One of the team’s greatest assets is the unselfish spirit created by coach Alexis Gray Lawson and her staff. The players realize there is value in every detailed task, whether that be box out for rebounds, applying defensive pressure or making the extra pass to a more open teammate.

With that selfless mindset, there’s nothing but joy for the individual scoring accomplishments of Porter and Asberry. The game in which each player reached 1,000 points was a celebration for the whole Como basketball family. Banners and signs from parents in the bleachers morphed into smiles, hugs and team photos following both victories.

With those special moments secured, Como is preparing for the playoffs. To advance through the three-round Section 3 Class AAA Tournament, the Cougars will have to go through a highly-ranked team from Smiley, which is currently No. 3 in the state. Como is also ranked in the state’s top ten, sitting at No. 8 as the Bugle went to press.

The Section Final is scheduled March 5. If the Cougars capture the crown and are state-bound, we will let you know. And you can expect another happy team photo in the next Bugle!

Boys’ Swimming

Como Park High School swimmers came through the St. Paul City Conference Meet with many personal bests and a second place conference finish, ahead of rival Central and just behind the Highland Park / SPA squad.

Soren Sacketter and Sig Isaacson finished second and third, respectively, in the 200 freestyle. Isaacson also placed second in the 500 freestyle. Ethan Napier placed second in the 200 medley and third in the 100 butterfly. Azam Ramsey was third in both the 50 and the 100 freestyle. Jack Schumacher was second in the 100 breaststroke. Kaeden Warnberg-Lemm finished third in the 100 backstroke.

Nordic Skiing

Senior Alistair Pattison knows what it’s like to go fast and qualify for a state meet. He did it in track last spring, by the thinnest of margins in the 800 meters. His quest to make the State Nordic Ski Meet met the alternative fate when he was edged out for the final qualifying spot in the highly competitive Section 3 Meet on Feb. 6.

“I’m a little bummed,” Pattison said. “I had a faster time than skiers from other sections who made state. But I guess it all even out because in track there were some sections where my time wouldn’t have qualified. Win some, lose some.”

High school athletics frequently elicit “state” as a goal. Regardless of reaching it, the competitive journey teaches life lessons that serve student athletes as they navigate future challenges.

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