Chasing up the holiday season

By Scott Carlson

Well, Santa Claus won’t be coming to town.

At least not on Saturday, Dec. 5 when Kris Kringle had been scheduled to appear from 4 to 5 p.m. at Milton Square in St. Anthony Park’s downtown shopping district. This year, a raging resurgence of COVID-19 infections cases in Minnesota and Gov. Tim Walz’s four-week shutdown order on many larger-scale activities has put the kibosh on Santa’s visit to Milton Square. It’s the most symbolic and sad sign that things are drastically different this holiday season as people across the nation, including those in and near St. Anthony Park, confront the need to counter the coronavirus pandemic. Gov. Walz’s closure order on among other things—restaurants, health clubs and gyms took effect on Nov. 21 and is scheduled to end on Dec. 18.

“There is a ton of stuff that would normally go on (for the holiday season) and none of that is happening this year,” said Heather O’Malley, owner of Milton Square and the proprietor of one of its shops, Thistle. Other activities that have been scrubbed include private dinner parties at Nico’s Taco Bar, book signings at Winding Trail Books and a spaghetti dinner with Santa sponsored by the St. Paul Parks and Recreation Center. At the Bugle’s deadline, O’Malley planned to start her holiday market in a few days and see how things played out with COVID-19. O’Malley could not be reached for further comment after Walz’s order.

“It’s not great for small retailers,” she noted, prior to the Walz’s limited closure order. “It’s very very difficult.” Yet, despite the challenging environment, local retailers and community organizations are endeavoring to do their best to carry on with activities in hopes of bringing people holiday cheer. O’Malley said, “We are trying really hard to get people to come out. Everyone is trying to come up with festive promotions to get people to come out.”

Here’s a list of some promotions and activities scheduled in December, as the Bugle went to press:

December 5
10 a.m.-12 p.m.—Children’s gift bag drive-thru at Tim & Tom’s Speedy Market, 2310 Como Ave. 10 a.m.-4 p.m.—Free scarf with every purchase over $75 at Scarborour Fair, 2276 Carter Ave. No appointment necessary that day.

11 a.m.-4 p.m.—Shop handmade beewax candles and meet the maker of Slow Burn Candles in-studio at Healing Elements, 2290 Como Ave. Enjoy 20 percent off site-wide at healingelementswellness.com and in-store all day Dec. 5.

Month of December
boreal, 2276 Como Ave., plans to showcase several artists from previous shows in its Art Loft during December. The apparel and variety gift shop will continue to offer curbside pickup and free neighborhood delivery, personalized shopping by phone/FaceTime or email and before or after private shopping events for up to five people by appointment.

Meanwhile, some recurring holiday events are taking a new form. For example, the annual Blue House Boutique at St. Matthew’s Episcopal Church, 2136 Carter Ave., has been canceled because organizers say “it would be way too crowded for you to shop safely.” Instead, they are planning to hold online “An Un-Boutique,” whose proceeds will go to support Blue House Uganda, which serves Ugandan orphans and vulnerable girls by providing them a safe family-like home with nutritious food, clothing, health care, mentoring and support for education. The Blue House also supports boys and girls living with relatives in Uganda who can’t afford to send them to school.

All income from the Un-Boutique will go toward these two programs and extra pandemic-year expenses. To learn more, go to www.Blue-House.org/2020-Un-Boutique.

Other seasonal activities include:
- The Falcon Heights-Lauderdale Lions Club is holding its annual Christmas tree sale from now through Dec. 14. Hours are 5 to 8 p.m. weekdays, 10 a.m. to 6 p.m. Saturdays and noon to 4 p.m. Sundays at Falcon Heights Community Park, at the corner of Roselawn and Cleveland avenues. Proceeds go to support, among other things, the Suburban Ramsey Emergency Coalition.
- The annual Holiday Föllower Show at Como Regional Park’s Marjorie McNeely Conservatory is scheduled to run from Saturday, Dec. 5, through Jan. 3. This year’s show will feature Golden Glo and Cortez Burgundy poinsettias along with wintergreen, geranium, rosemary and more. For information on times and days, call the Conservatory at 651-487-8201.

No SAP Arts Festival in 2021

By Scott Carlson

The organizers of the St. Anthony Park Arts Festival have cancelled the 2021 arts festival due to continuing fallout from the coronavirus pandemic.

The nonprofit issued the following statement late Wednesday, Nov. 11:

Based on what we know about COVID-19 today and the time it takes to plan the arts festival, we are not able to host the event in June 2021. The Library Board voted unanimously in support of cancelling the arts festival for 2021.

Co-directors Tanya Anderson and Deanna Seppanen and the planning committee hope you will all support local artists over the holidays and also support our local library! The library is losing this annual fundraiser two years in a row because of Covid-19. “Visit sapfest.org to donate via our website. We look forward to a strong return to our community tradition in St. Anthony Park in 2022.”

The cancellation of the arts festival again is a significant loss for St. Anthony Park. Lisa Sack, former chairperson of the St. Anthony Park Community Foundation said, “The Community Foundation has sponsored the Children’s Art Tent the last 5 years. This will be missed.”

For the past 50 years, the St. Anthony Park Arts Festival has been a signature event in early June, drawing hundreds of spectators to the neighborhood to see dozens of artists and vendors in a

SAP Arts Festival p. 4
Como and St. Anthony Park Community Council news

District 10 Community Council

Free meal boxes

The Como Community Council, in partnership with the Sanneh Foundation, is distributing free meal boxes on selected Friday afternoons for Ramsey County residents dealing with financial hardships because of the coronavirus pandemic. The boxes hold ingredients and recipe suggestions for two meals (six servings each). The boxes contain locally sourced food, including lean proteins, whole grains, fresh produce, spices and pantry staples.

Distribution will be on Fridays, Dec. 11 and 18, beginning at 1:30 p.m. Distribution will be in the north parking lot of Niem Phat Buddha Temple, at Como and Fron. The site is served by the 3A route. TST Catering is preparing the meals, the North End South Como Block Nurse Program is lining up who gets what and the Como Community Council is handling the logistics and contacting community members who want to make a difference.

Wonder What You’re Missing?

Como Community Council is recruiting the Sunday series presentation organizers by the council’s Anti-Racism Work Group. Topics so far:

- Mapping Prejudice Project/Ramsey County (Rachel Nenert)
- Equity in Community (Lissa Jones-Lofgren)
- Our Justice System and Race Equity (Richard McLeomore II)

In addition:

- Housing for all: Ramsey County Commissioner Tierra MataCastillo gave the Como Community Council board an extensive overview in October of the county’s efforts to find housing for residents living on the streets. Those efforts include housing residents at Bethesda Hospital and at hotels such as the Best Western in Bandana Square.

- Redefining “family”: City planner Michael Wade talked with the Como Community Council’s Land Use Committee about proposals to redefine “family” in Saint Paul’s zoning code. Any revision would change how many related adults and unrelated adults could legally constitute a house.

- The intent, in theory, is to better accommodate multi-generational families, extended families and families sharing living space in order to afford housing.

You can view the recordings at www.district10comopark.org/recordings.html

Notice of District 10 meetings

Pandemic or not, renters, homeowners and other community members are always welcome to participate in District 10’s board and committee meetings. You can join either by video conference or by phone.

To obtain links, phone numbers or other access information, send a request by email to district10@district10comopark.org. Or call 651-644-3889.

Upcoming meetings:

- Neighborhood Relations: Tuesday, Dec. 1
- Land Use: Wednesday, Dec. 2
- Environment: Wednesday, Dec. 9
- Board meeting: Tuesday, Dec. 15.

All meetings begin at 7 p.m. Whenever possible, agendas and other relevant documents are posted in advance on the “Board News” section of District 10’s website: www.district10comopark.org. Submitted by Michael Kuchta, District 10 executive director.

2020 Election winners

Here is a recap of people elected on Nov. 3 to the St. Paul School, Lauderdale City Council and various state legislative seats in the Bugle circulation area:

St. Paul School Board, one elected to fill the unexpired term of Marvy Xiong:
Jim Vue, incumbent

Lauderdale council

Mayor: Mary Gaasch, incumbent
City Council (two open seats): Jeff Dains, incumbent; Duane Pulford

State Legislature

Senate District 64: Erin Murphy, DFL
Senate District 66: John Marty, DFL incumbent
State House 64A: Kaohly Her, DFL incumbent
State House 66A: Alice Hausman, DFL incumbent
State House 66B: Athena Hollins, DFL

Senate District 66

John Marty, DFL incumbent

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Dino’s restaurant seeks drive-up permit

By Anne Holzman

Dino’s Mediterranean Fresh restaurant is asking the Falcon Heights City Council for permission to install a drive-up lane at its restaurant at Snelling and Larpenteur avenues.

The restaurant applied last spring for a drive-through lane with an ordering speaker, then backed off due to the coronavirus pandemic. Currently, Falcon Heights only allows drive-through access for financial institutions, so the city code would have to be amended to allow similar access for restaurants.

Changing customer buying habits now have led the restaurant owners to seek a revised permit, City Administrator Sack Thongvanh told the Bugle. He said he expected the external speaker system for placing orders would be dropped in favor of a simpler external pickup lane.

The pandemic has gotten diners in the habit of ordering online rather than at a window, Thongvanh said, but there’s more demand than ever for external pickup, which the restaurant has been handling by sending staff out to the parking lot to meet drivers.

“People are more willing to go through a drive lane,” he said. He noted that restaurants sending staff outdoors may also be liable for injuries, especially when the streets get icy.

Thongvanh said the challenge for Dino’s is proximity to homes, where residents have contended that a drive-through ordering lane would generate noise and traffic. Specifically, he said the speakers at a typical fast-food restaurant are loud and extend long hours. Thongvanh predicted that neighbors would be less opposed to Dino’s revised request for online orders and drive-up purchases, although vehicle noise may still be an issue.

While the restaurant’s address is on Snelling Avenue, vehicle access is either through the Falcon Crossing shopping district entrance or from the residential Crawford Street.

Two steps are needed for Dino’s to be able to initiate a drive-up lane: An ordinance setting rules for drive-up access at restaurants, followed by issuing a permit for Dino’s.

Thongvanh said he expects the city planning commission to hold a hearing on Dino’s request in December.

Anne Holzman is a freelance writer who covers Falcon Heights and Lauderdale news for the Bugle.

Falcon Heights weighing police, fire changes

By Anne Holzman

With its fire services in flux and the municipality’s contracted police service from the Ramsey County Sheriff’s Office up for review next year, the Falcon Heights City Council devoted much of its Nov. 4 workshop to discussing the community’s public safety needs.

The council even asked the staff to do preliminary research on establishing the city’s own police department.

Falcon Heights must decide by April whether it wants to renew its service contract with the Ramsey County Sheriff’s Office. The council’s police discussion was triggered by a recent statement from County Sheriff Bob Fletcher that he is not satisfied with the county’s current level of coverage in Falcon Heights and that he would insist on adding a full-time officer to the current 30 hours per week of coverage. Falcon Heights’ current contract expires at the end of next year, but the council must declare its intentions by April 1, 2021, or risk being locked into new terms starting in January 2022.

At the Nov. 4 meeting, council members Yakahsah Wehyee and Mark Miazga proposed creating a trade-off. Wehyee said that as one of four cities contracting with the Ramsey County Sheriff, was skeptical whether the benefits will outweigh the cost,” Wehyee said.

But Mayor Randy Gustafson, who works for the Ramsey County Sheriff, was skeptical whether residents would want to pay for that overhead. He pointed out that as one of four cities contracting services from Ramsey County, the city is able to split those costs.

Falcon Heights police chief Mark Miazga proposed creating the city’s own police department. He said he would be able to initiate a drive-up lane any time after the city planning commission to hold a hearing on Dino’s request for drive-up access at restaurants, followed by issuing a permit for Dino’s.

Thongvanh said he expects the city planning commission to hold a hearing on Dino’s request for drive-up access at restaurants, followed by issuing a permit for Dino’s.

Anne Holzman is a freelance writer who covers Falcon Heights and Lauderdale news for the Bugle.

Saint Anthony Park Area Seniors

CELEBRATE A SENIOR IN YOUR LIFE

During this year’s holidays, consider making a gift in honor or memory of a beloved senior in your life.

EASY WAYS TO MAKE A GIFT:

ONLINE: Through GiveMN.org or using PayPal found on our homepage sapaseniors.org

BY MAIL: Send a check to our office: 2200 Hillside Ave. St. Paul, MN 55108

Thank you for your generosity!

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• Rooftop Retreat
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• EV Car Chargers
• Much More

©2020 Platform Apartments
By Scott Carlson

Taking nothing for granted

Dear readers, the Bugle is bucking a disturbing trend: Scores of newspapers across the country and around the world are cutting back operations or have shut down. Within the past few weeks, the Southwest Journal and City Pages in Minneapolis were the latest Twin Cities-area newspapers going out of business. The Southwest Journal announced in October that its final publication was set for mid-December. Meanwhile, the alternate weekly City Pages pulled the plug on Oct. 28. These papers join the Hastings Star Gazette, Edina Vue Org and the Cottage Grove and Woodbury Bulletin in ceasing business since the start of 2020. In most of these cases, the scope of the coronavirus pandemic has played a major role in their demise.

“Like many other community businesses, the Southwest Journal has been impacted by the pandemic,” according to Janis Hall and Terry Gahan, the Journal’s founders and owners. “Our advertising sales are down this year and this latest decline follows a yearlong loss in newspaper revenue. An additional factor in our decision to stop publishing is that we are ready to retire.”

Meanwhile, City Pages—whose heavy focus on arts and entertainment coverage has relied largely on advertising support from bars, restaurants and entertainment businesses—was also smacked by fallout from COVID-19. “Since City Pages revenue is 100 percent driven by advertisers and events—and those investments have dropped precipitously—there’s no reasonable financial scenario that would enable us to continue operations in the face of this pandemic,” Paul Kasbohm, chief revenue officer of the Star Tribune, City Pages’ corporate parent, said in a statement.

These closings are among more than 60 local newspapers across the nation that have ceased operations due to the economic impacts from COVID-19, according to a recent report from the Poynter Institute. “Small newsrooms around the country, often more than 100 years old, often the only news source in those places, are closing under the weight of the coronavirus,” the institute noted. So far, the Bugle, over its more than 40-year history, has escaped this fate, benefiting largely from our nonprofit status. But that said, we are not immune to economic pressures. In recent years, we have seen a drop in our advertising revenue and increased costs for production and distribution put a squeeze on the Bugle’s bank account.

For the moment, the Bugle is holding its own. But we can never take for granted how quickly circumstances can change. So, each fall we conduct an annual fundraiser to help support the Bugle. Your donations are vital in keeping the Bugle vibrant and strong.

This year, our fall campaign goal is $45,550; about halfway toward our $50,000 goal. Thank you to everyone who has already made do- nations, and to those of you who have yet to do so; there is plenty of time to become a Bugle booster.

Our nonprofit status is one of the ways we can remain in tip-top quality and a valued information source to the community! —Scott Carlson, Bugle editor

SAP Arts Festival from p. 1

I am writing to address concerns in a September 30 letter, “Neighborhood’s view of Luther Seminary.” Luther Seminary is committed to being a good neighbor and feedback as we explore additional steps to mitigate these challenges.

Seminary response

I am writing to address concerns in a September 30 letter, “Neighborhood’s view of Luther Seminary.” Luther Seminary is committed to being a good neighbor and feedback as we explore additional steps to mitigate these challenges.

Police department from p. 3

Council member Becki Lonnquist said the council was hoping to pass an ordinance that would have required businesses to file for a permit to open their business when the COVID-19 pandemic began in March 2020 when the city dismissed its fire chief. Then last summer, Lauderdale stopped taking fire calls to Falcon Heights and it now has a contract with St. Paul for fire services. Currently, Falcon Heights has volunteer firefighters but has been paying Roseville for command services. The contract with Roseville was due to expire on Dec. 10. But Falcon Heights City Administratorrick Thompson told the council during the workshop meeting that he had secured a 60-day extension. That gives the municipality until early February to come up with a replacement because Roseville has said it is not interested in continuing to serve as the work of nearly 70 artists. Because of the density of the artists, booths and the great crowd the festival draws, it is safer for all to cancel.

The second yearly festival cancellation comes as scores of community organizations and businesses have to deal with the continuing impact of COVID-19 on their activities and events.

From restaurants to realtors, local businesses have scrambled to devise workarounds and survival tactics in the face of the state of Minnesota’s ever-changing general coronavirus quarantine measures.

—Scott Carlson, Bugle editor

Charity run from p. 3

The permit and planning required to hold the Festival on June 6 and 7 would have been difficult to predict,” organizers said last spring of the 2020 festival. “This event is organized by volunteers and benefits the summer programs of our local community library.

Falcon Heights from p. 3

Council member Becki Lonnquist said that she would like to see a permit to hold the even. They blamed uncertainty over whether Minnesota’s state “shelter in place” restrictions aimed to prevent the spread of COVID-19 but it was really hard to manage COVID-19. They blamed uncertainty over whether Minnesota’s state “shelter in place” restrictions aimed to prevent the spread of COVID-19 but it was really hard to manage COVID-19. They blamed uncertainty over whether Minnesota’s state “shelter in place” restrictions aimed to prevent the spread of COVID-19 but it was really hard to manage COVID-19.
Donations growing for Bugle fall fundraiser!

Two months into the Bugle’s 2020 annual fall fund appeal, the newspaper’s campaign is more than halfway towards reaching our goal.

As of Nov. 11, about 400 donors have contributed $34,115 towards our campaign goal of $45,550.

“We are grateful for your outpouring of generosity and thank all of our financial supporters for their confidence as the Bugle strives to produce great journalism that informs readers and supports the communities of St. Anthony Park, Como Park, Falcon Heights and Lauderdale.

And if you have yet to donate, there is still plenty of time to join our fall fund drive. You can give online at www.parkbugle.org or with a check, sent to The Park Bugle, PO Box 8126, St. Paul, MN 55108. Every gift matters!

With your help, the Bugle can remain vibrant in informing and building a strong and healthy community.

Now here is a list of our latest donors, from the Oct. 15 to Nov. 11:
‘Performative allyship’ in SAP, looking beyond ‘Black Lives Matters’ signs

By Isabel Meyer-Mueller

First, I think it is important for us to understand the history of our neighborhood. During the 1930s, the Homeowners Loan Corporation was established with the goal of refinancing mortgages. But in doing so they drew lines encompassing Black communities and stated that those neighborhoods were “unsafe for federal investment.” This caused rates of home ownership, house values and credit scores among residents to decrease significantly. This practice is known as redlining and its implications continue to be a barrier today for Black Americans buying homes.

Similarly, the National Housing Act of 1934 continued this racial discrimination by denying mortgages to African Americans, making access to neighborhoods like ours almost impossible. The racial makeup of our neighborhood can in large part be traced back to the systematic racism on both the federal and local levels intended to keep African Americans contained in specific domains of public life.

Segregated neighborhoods and exclusion from housing markets have huge impacts on the social, mental and economic well-being of African Americans, as it directly influences schooling, safety, job opportunities, insurance costs and ultimately wealth. Furthermore, the burden associated with this problem is disproportionately placed on Black women.

Impact on Black women
Black women often function as the head of the household for Black families. Moreover, 80 percent of Black mothers are contributing at least 40 percent of the family’s income and three-quarters of those women are bringing in the family’s sole income. Furthermore, Black mothers are far more likely to participate in the labor force than their White counterparts and, similarly, are often expected to bear the brunt of a family’s economic, housing and child-care responsibilities. Therefore, discriminatory housing practices often impede these mothers’ ability to provide for their families.

One specific instance where this discrimination is clear is when Black women attempt to flee inhumane treatment and face severe obstacles to safe housing. As women attempt to leave abusive homes, many are forced to choose between unsafe housing, homelessness or remaining in abusive relationships because of discriminatory housing practices. It is also important to note that Black women are being disproportionately impacted by these discriminatory practices and their lasting consequences during the COVID-19 pandemic. The current public health crisis has brought with it severe housing instability, which has huge implications for Black women. Black women face evictions at twice the rate of their White counterparts. Similarly, while 73 percent of White families own their homes, only 41 percent of Black families are homeowners. During this pandemic, Black women are especially at risk of losing their jobs and slipping further into housing instability because of their over-representation in low wage jobs that are most vulnerable to layoffs.

Possible solutions
Racism related to housing is a systemic issue, deeply rooted in American society. It can be difficult to know how any one person can make a difference. One of the most impactful things we as a community could do, would be to create more affordable housing options. However, as an individual, it is difficult to implement those changes. Instead, you can help by donating money to organizations like Women’s Advocates of Minnesota, which aims to provide women fleeing domestic abuse with housing and resources.

Another impactful action is making sure that your voice is heard through your vote. Under President Barack Obama, in order to receive federal aid, communities were required to submit an analysis of the racial demographics of the area and plans to address segregation. Under the current administration, signaling the difference elected leaders can make on this issue for better or worse. As long as neighborhoods are segregated on racial lines, it will be impossible for Black Americans and specifically Black women to thrive. It is important to think about the implications of segregated neighborhoods and how we can harness our privileges to make impactful change.

References

By Isabel Meyer-Mueller

Editor’s note: Isabel Meyer-Mueller, a lifelong St. Anthony Park resident, is a senior psychology major at Macalester College. She wrote the following paper for one of her courses, “The Psychology of Black Women.” Her report examines the history of segregated neighborhoods, their impact on Black women and what communities like St. Anthony Park can do to help.

Saint Anthony Park has a lot of Black Lives Matter signs scattered in our front yards, but why are there so few Black people? Although the abundance of signs could be an indication that SAP is a welcoming and diverse neighborhood, it is unclear or unclear language matters, is changing the language.

The Saint Anthony Park neighborhood listserv about changing street names has huge debates on the neighborhood’s history of segregated neighborhoods, the reality is that we are segregated on racial lines, that are most vulnerable to layoffs.

The current public health crisis has brought with it severe housing instability, which has huge implications for Black women. Black women face evictions at twice the rate of their White counterparts. Similarly, while 73 percent of White families own their homes, only 41 percent of Black families are homeowners. During this pandemic, Black women are especially at risk of losing their jobs and slipping further into housing instability because of their over-representation in low wage jobs that are most vulnerable to layoffs.

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Get creative, get committed (and shovel!)

By Pat Thompson

Commentary

We’re coming up for air after the grueling election and recovering from a divisive presidency. And we’re still in the depths of the pandemic, and we’re also heading into winter.

So, as we deal with all of that, let’s figure out what it means to “build back better”—right here—and then do it.

The St. Anthony Park neighborhood is known for its community institutions, from the library and public schools to organizations like the Bugle and Community Foundation, to events like the Arts Festival and 4th in the Park. All of these—and many more I haven’t mentioned—have suffered from the pandemic while all of us individually have been under extraordinary personal strain, too.

Despite all of this, we need to maintain our community institutions. In fact, we need to expand and extend them. They are what make this the place where we all want to live.

Weaving ourselves closer together through our shared institutions and welcoming in more people to the neighborhood will help develop the resilience we need as our climate becomes more unpredictable.

Sometimes that commitment to our institutions is financial support to keep something like the Bugle going. Sometimes it’s volunteering time, especially becoming a key volunteer who helps plan over the long term for an event or program. But even starting to pitch in on a small scale is good—knowledge or program. But even starting to put out the word about their candy chutes or other ways of “non-handing out” goodies.

In Lauderdale, when the city sponsored Halloween event was cancelled, neighbors researched and planned a set of COVID-safe activities, including a scavenger hunt. Here’s a completed sheet from one of the winners. Image submitted by Transition Town-ASAP.

When Lauderdale’s city-sponsored Halloween event was cancelled, neighbors researched and planned a set of COVID-safe activities, including a scavenger hunt. Here’s a completed sheet from one of the winners. Image submitted by Transition Town-ASAP.

In Lauderdale, when the city sponsored event for kids was cancelled, neighbors devised a decentralized plan. They made a map showing homes with COVID-safe pre-bagged treats—called gHousés—plus icons for decorated houses and selfie stations where trick-or-treaters could take photos in their costumes to upload to a community page. Lauderdale folks combined all this with a scavenger hunt bingo card and a coat drive.

Now, with winter coming, go out! You have knowledge or ideas. Bring your dreams and willingness to learn. Show up!

A recent example in Bugle-land was the way people in both St. Anthony Park and Lauderdale adapted Halloween to deal with the pandemic. SAP Elementary School parents organized an on-foot, socially distanced parade along the edge of Langford Park for kindergartners and their siblings. Households around the neighborhood put out the word about their candy chutes or other ways of “non-handing out” goodies.

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The staff’s top picks for holiday giving:

• *A Promised Land* by Barack Obama: This just-published memoir may be the biggest book of the holiday season—and perhaps the whole year.

• Marilynne Robinson continues her series of novels about the inhabitants of Gilead, Iowa, with her latest book, *Jack.* This time, she’s also taking readers to St. Louis in the days before the civil rights movement. It’s a lovely novel about an ugly time.

• *A Walk Around the Block* by Spike Carlsen: If you’ve ever wondered why power lines come in so many different shapes and sizes or why there are so many squirrels, this is the book for you. Spike Carlsen’s short, pithy chapters get right to the heart of the question and his answers are fun and informative. Carlsen lives in Stillwater and many of the places he visits are right here in the Twin Cities.

• "Swede Hollow" by Ola Larsmo: This novel follows two immigrants as they make a new life in the bustling city of St Paul in the late 19th century. It’s an eye-opening look at our town and a rich evocation of its history. Now available in paperback!

• *Modern Comfort Food* by Ina Garten: Best seller Garten takes dishes you already know and love—steak fajitas, roasted butternut squash, hash browns—and makes them extra special and satisfying. And who doesn’t need a little more comfort (food) now?
Meanwhile, are you looking for an indisputably unique holiday book? How about “How to Eat Your Christmas Tree” by Julia Georgallis? Most varieties of pine trees are edible, and the 30 recipes in this book will help you dress up your holiday leftovers, even as you save your tree from ending up as landfill.

Then there are the truly difficult gift choices. Enyeart and his colleagues have suggestions for even the most particular readers on your list, including the perfect book for:

• Your aunt the librarian, who has already read everything... “Ex Libris” by Michiko Kakutani: With 100 recommendations from the New York Times long-running book critic, “Ex Libris” is sure to have something new for even the most avid reader.

• Your cousin who only reads cookbooks... “Dinner in French” by Melissa Clark: Indulge yourself in a trip to the City of Light with one of the most delightful cooks writing today.

• Your dad, the fan-in-chief, whose chief fear about the pandemic is that it might lead to the cancellation of even more sports events... “K: A History of Baseball in Ten Pitches” by Tyler Kepner: Even the most ardent fan will learn something in this history of America’s pastime.

• Your 12-year-old niece who thinks she’s a teenager and despises the “kid” books that she loved last year... “The Fountains of Silence” by Ruta Sepetys: This story of forbidden love set in Fascist Spain is full of big ideas, but suitable for younger readers.

• Your teenage nephew, whose idea of recreational reading are the comments under his favorite YouTube videos... “The Scapegracers” by Abigail Clarke: Scrappy teen outcasts team up to take on their high school’s dude bros and mean girls.

Naturally, all these books are available at Next Chapter Booksellers https://www.nextchapterbooksellers.com/ You can call the store from 10 a.m. to 3 p.m. Monday through Saturday at 651-225-8989 and the staff will be happy to offer even more book suggestions.
It’s lights on for SAP Library!

Sparkling lights on the Saint Anthony Park Public Library, the gateway to the community, have for years cheerfully greeted folks on long dark winter evenings.

And during this challenging past year, the lights will be an especially welcome sight and comfort for visitors and all who call the Park home.

The St. Anthony Park Library Board has again coordinated this annual seasonal activity with local businesses and community members chipping in to help spread holiday cheer.

In what has become a neighborhood tradition, Mark and Dave Hansen of the Hansen Tree Farm have generously provided the boughs and trees.

New this year: Terra Firma Building and Remodeling, a local worker-owned cooperative, has provided the labor to set up the greens and string the lights.

St. Anthony Park resident Marty Ruddy, a founder of Terra Firma, said that contributing to the community is at the core of the company’s mission.

Happy Holidays!

Story and photos submitted by Rita LaDoux. St. Anthony Park Library Board.

2020 Holiday Guide

Tooth Saving Savings on Holiday Gifts

Oral-B professional package = $85
Opalescence GO whitening trays = $60
40% lower than standard retail cost!

Even if your teeth are covered by a mask, be sure to keep them healthy & bright this holiday season!

Available while supplies last through the end of January 2021.

ST. ANTHONY PARK DENTAL CARE
2278 Como Avenue • St. Paul • Call/Text: 651-644-9216
sapdentalcare.com

Covid-19 is stopping a number of holiday season activities this year in St. Anthony Park. But not the traditional trimming of the St. Anthony Park Library with trees and lights. Terra Firma Building and Remodeling helped with the decorating earlier in November. Photos by Rita LaDoux.
Enjoy holiday foods without stressing out

By Jenni Wolf

How we've all managed to make it through this year to December, I am not sure. But I do know I am looking forward to celebrating the holidays and the festive things they bring, including food! However, I know that's not always the case for everyone.

The holiday season can cause a lot of stress when it comes to food and eating. Read on for some tips to help you enjoy holiday foods and celebrations without stressing out.

Eat regular meals—and snacks in between, too. Honoring your hunger throughout the day versus “saving up” for one big meal allows you to arrive at the meal hungry, but not so hungry that you are prone to overeating. When you show up to a meal ravenous, it is much harder to connect to authentic hunger and fullness cues and to stop before you feel too uncomfortable.

Know that it is normal to eat past fullness sometimes. That is part of being human and having a normal relationship with food. If you choose to have another scoop of mashed potatoes and overshoot your fullness, practice non-judgment and self-compassion.

Ask yourself why you chose to enjoy more? Chances are you like the taste, are enjoying your company, were still hungry, or may not have access to that food very often—all fine reasons to eat. If you're unsure why you chose more or if it feels automatic, try practicing a mindfulness technique such as taking a pause or naming one thing you enjoy about the food on your plate.

Give yourself unconditional permission to eat. Challenge the diet culture belief that you have to earn food or limit your intake. When you place conditions around food, that's a form of restriction that often results in overeating, binging and feeling guilty about eating.

For example, if you believe eating a few Christmas cookies is “bad” or something you should try to avoid doing, then it won’t feel OK if you do that. But what if you reminded yourself that Christmas cookies can be a tasty, fun way to honor your hunger, to celebrate a holiday, or to find joy in a moment, not to mention provide you some carbs, protein and fat—all things you need? Chances are you would feel more permission to have them and less guilty enjoying them.

Last, remember that food is often a large part of holiday celebrations, but it is not the only thing. Putting food in context prevents it from having power and allows you to better connect with your values. Ask yourself what is it you want to remember about this time?

Is it how many holiday cookies you ate? Chance are it's not. Chances are it is the memories and experiences with family, near or far, in-person or virtual, that are worth remembering.

Jenni Wolf, MS, RD, LD is a member of the Como neighborhood and a practicing Registered Dietitian in the community who is passionate about helping others nurture a positive and balanced relationship with food.

Share your holiday spirit, supporting your neighbors in need!

In this 2020 holiday season, many people in our community are in need. Keystone is responding by expanding access to keep neighbors NOURISHED, CONNECTED, AND SAFE.

Your gift this season, will support your neighbors in need at this important time.

Learn more about Keystone and get involved TODAY at keystoneservices.org

2020 Holiday Guide

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Photo by unsplash.com/@americanhentauchocolate.

Sharrett's Liquors

2389 University Avenue W.  
St. Paul, MN 55114  
(651) 645–8629

HOURS: Mon–Sat: 10:00 AM – 8:00 PM  
Sun 11:00 AM – 4:00 PM

Happy Holidays!

Children's Holiday Gift Bag Drive Thru

Saturday, December 5, 2020–10 AM to Noon

Enter the Dowwell parking lot  
Children Must Be Present—While Supplies Last

For more information visit SpeedyMarket
https://shop.timaeusdollls.speedymarket.com/shop/home

2310 Como Avenue  
Saint Paul, MN 55108  
(651) 645–7360

Hours: 8:00 AM–7:00 PM Daily

Happy Holidays from the Bugle!

Kendall’s Ace Hardware

“The Friendliest Stores In Town”

Get Everything on your Holiday List!

We sell Great Brands like Traeger, Toro, Ego, Weber, Milwaukee, Dewalt, Mrs. Meyers and much more in store and online at Acehardware.com.

Free Shipping to Store!  
Free Local Delivery on Grills and Power Equipment!

978 Dale Street, 651–489–3210  •  840 Payne Avenue, 651–776–6996  
www.kendallshardware.com
2020 Holiday Guide

Midway YMCA Christmas Trees

Celebrate the Holidays with a fresh cut, live tree from the only YMCA tree lot in St. Paul.

Your support goes on to fund Y programs throughout the year.

Visit us at 530 Wheeler St, across from the Midway YMCA.

Extended Hours on Nov. 27 10-7
After that Thurs/Fri 4-7 PM & Sat/Sun 10-7
Bottoms cut off and assistance loading your tree
All volunteer labor—volunteers welcome

For more information contact
Dave Dominick at 651-646-4557
Most credit cards accepted, along with cash and checks.

Happy holidays!
parkdental.com
Schedule a dental appointment today!

MB’S Cleaning Services

Residential & Commercial Cleaning
Local, 26+ years in business

- New Customer Discounts
- Top to Bottom “deep clean”
- Post Construction cleaning

Happy Holidays!
MB’scleaning.com
651-225-1960 office

Happy Holidays!

Midway YMCA Christmas Trees

Happy Holidays!

With a subscription, you can set it and forget it. We will take care of the rest. Adjust or cancel at anytime. Keeping fresh, delicious coffee in your kitchen has never been so easy!

10% OFF ONLINE COFFEE SUBSCRIPTIONS!
COUPON CODE: 2021YET?
EXP: 11/10/20

www.dogwoodcoffee.com

Happy Holidays

MB’S Cleaning Services

Accidental & Commercial Cleaning
Local, 26+ years in business

- New Customer Discounts
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- Post Construction cleaning

Happy Holidays!
MBscleaning.com
651-225-1960 office

Happy Holidays!

Your neighborhood Wellness Shop!
Offering virtual yoga and fitness classes, massage therapy, wellness supplies and gifts

Support locally owned retailers this holiday season; shop with us in store Wed-Sun 11-6pm or online!
2290 Como Ave | www.healingelementswellness.com | 651-348-6216

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Find us on Facebook and Instagram!

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Happy Holidays!
Kids tell what they like best about winter

With the holiday season upon us, the Bugle asked students from Julie MacGregor Farris’s third grade class at St. Anthony Park Elementary School what they liked best about winter. Here is some of what they said:

—Compiled by Sarah CR Clark, Bugle freelance writer.

**Ethan Mitchell**
"My favorite part about winter is Christmas."

**Anisa Habib**
"My favorite part of winter is making a snowman and playing snowball fight."

**Ethan Ríos**
"Jumping in the snow."

**Ciaran Conroy**
"I like to go sledding because it is fun. I can have more time with my friends to play. I also like to cross country ski because I have fun gliding on the snow with my group."

**Benjamin Santiago**
"Playing with snowball with my brothers."

**Henry Paquin**
"My favorite thing to do in winter is to have family time."

**Yury Kryvalap**
"My favorite thing in winter is Christmas and New Year."

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**Holiday cookie recipe**

By Jenni Wolf

**Minty Coins**
Are you looking for an easy, low-stress cookie to make? Try this easy 2-ingredient recipe that rivals a Thin Mint!

**Ingredients:**
1. 10-oz bag of Andes Crème de Menthe baking chips (or equivalent coarsely chopped Andes mints)
2. 1 box of Ritz crackers
3. Sprinkles, optional

**Directions:**
1. Melt Andes mint chips in a double boiler over low heat or in the microwave, in 30-second intervals, until smooth and creamy.
2. Dip and then fully coat Ritz crackers in the melted, minty chocolate.
3. Place on wax or parchment paper. If using, add sprinkles. Let set until hardened.
4. Store in an airtight container for up to 1 week.

Jenni Wolf is a registered dietician who writes about food and nutrition for the Bugle.

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**Ramsay wins Readership survey gift card**

Congratulations to Jean Ramsay who is the winner of the Bugle’s Readership Survey contest for a free $50 gift card to Tim & Tom’s Speedy Market.

Altogether, some 330 people participated in the Bugle’s 2020 Readership survey. The Bugle will carry a news report on the survey results in our January edition.
LIVES LIVED

The Park Bugle prints obituaries free of charge as a service to our communities. Send information about area deaths to Mary Mergenthal at mary.mergenthal@gmail.com or call 651-644-1650.

A 93-year-old former Mary Kay Cosmetics consultant, a longtime employee of Deluxe Corp. and a longtime teacher in the St. Paul public schools, teaching junior high English, high school remedial reading, K-12 English as a Second Language and training other teachers in ESL. She was a voracious reader and an active member and leader in the St. Paul Needleworkers' Guild of America.

Beverly Dailey


She spent her early career (1962–1997) in the St. Paul public schools, teaching junior high high school, high school remedial reading, K-12 English as a Second Language and training other teachers in ESL. She was a voracious reader and an active member and leader in the St. Paul Needleworkers' Guild of America. Beverly was an active member of St. Matthew's Episcopal Church with interment at Elmwood Cemetery.

Carmen Gabrielli

Carmen Duette (Nelson) Gabrielli, 86, died Oct. 27, 2020. She was active with Northwest Ramsey Boosters, a 4-H Catholic Women's Club, school committee and PTA.

Carmen was preceded in death by her parents, George and Berghold Nelson, husband Don; and brothers Bob and Skip Nelson. She was survived by sons Dave (Debra), Dan (Ann) and Doug (Julie); eight grandchildren; one great-grandchild; and sister June (Keith) Forstrom.

Mass of Christian Burial was celebrated at Holy Child Catholic Church with interment at St. Paul Needham National Cemetery.

Albert Heck


After high school, Albert enlisted in the United States Air Force and was stationed in Mountain Home, Idaho.

Following the service, Heck was employed by Deluxe Check Printers, where he worked for over 35 years. He enjoyed his working years at Deluxe and was much respected by his employees.

Bud and his wife Connie were committee members of the Deluxe Retirement Club, which gave them many opportunities to travel overseas, stateside and to Canada. He was an avid hunter and fisherman and enjoyed many family trips.

Bud was diagnosed with Parkinson’s disease in 2017. The family was privileged to be able to care for him at home (which was his wish).

He is survived by his wife of 66 years, Constance; children James (Shelley), Douglas (Julie) and Mary Jane (Toms) Hosko; six grandchildren; and a great-grandson.

Mass of Christian Burial was celebrated Nov. 10 at St. Odilia Catholic Church in St. Paul. Interment with honors was held at St. Paul Needham National Cemetery.

Robert Jenson


Mary Johnson

Mary Kathryn Johnson, 93, formerly of Falcon Heights, has died. She was a stay at home mom for many years, then an administrative assistant at Rosewood Corporation and a Mary Kay Cosmetics consultant.

Mary K. loved to sing and was a member of the Holy Childhood Choir. She spent countless hours volunteering as a hospice worker.

She was preceded in death by her infant son Joseph and husband John. Survivors include children, David (Kathy) Johnson, Kathryn Ryan (Peter Beck), Maria (Doug) Fell, William (Ruth) Johnson; 12 grandchildren; and 11 great-grandchildren.


Lucille Quehl

Lucille Marguerite (Goiffon) Quehl, 93, died Oct. 14, 2020. She was preceded in death by her parents Peter and Josephine, husband Roger, brother Donald, son-in-law Edwin Holmen and brother-in-law Robert Mechura.

She is survived by daughters Joanne Holmen, Cheryl (Allan) Leach, Diane LaFleur, Suzanne (Darold) Lewis, Laurie (Jerry Franchere) Quehl, and Mary (Frank) Duai Quehl; 10 grandchildren; 16 great-grandchildren; sisters Dorothy Mechura and Shirley (Jerold) Kiel.

Mass of Christian Burial was celebrated at Holy Child Catholic Church, with committal at St. Paul Needham National Cemetery.
**Bugle testimonial**

**Michael supports the Bugle and here's why**

Michael Russelle is a longtime St. Anthony Park resident and retired soil scientist. Over the years, Michael and his wife Regula have been and continue to be active in a number of community endeavors. Michael shared some thoughts on supporting the Bugle as we continue our annual fall fund drive:

**How do you connect with the SAP community?**

We have lived in north St. Anthony Park for 38 years, first renting, then owning (and repairing and remodeling) two single family homes and now have joined in a new housing cooperative.

I am happily retired from work I loved as a soil scientist, doing a little contract work in my areas of expertise and engaged as a volunteer in the District 12 Community Council. Regula and I are active in Transition Town - All Saint Anthony Park and several committees in our co-op, which she finds time for between practicing and teaching book arts.

Regula and I have always tried to root ourselves deeply in the communities we moved to. I encouraged graduate students to do the same, saying “If it doesn’t hurt to leave a place after a few years, then you haven’t really lived there.” Community is built, it doesn’t simply happen.

**What does the Bugle mean to you?**

The Park Bugle is a community builder. What a joy it was to see our first Park Bugle in 1982! What a great way to learn what was going on in the schools, businesses, the Council and so many clubs! Ever since, we have read the articles (and written a few commentaries and letters to the editor), shopped at the stores that advertised in it, looked to the Classifieds to get leads on contractors and appreciated the celebrations of life in the obituaries.

The Bugle deserved and quickly received our financial contributions. It still does.

**What would you say to encourage people to support the paper?**

Look around—neighborhood newspapers are folding. Those beloved, counted-on and crucial sources of hyperlocal news, sought out in coffee houses, local stores and restaurants or spotted in the mailbox or on the porch. The Bugle is worthy of our wholehearted support. Reading our local paper brings you into the web of community. Supporting it builds the web.

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**TCGIS harriers adapt to COVID protocols**

At a time when students in school districts all across the Twin Cities have struggled for ways to stay connected to one another during the coronavirus pandemic, the cross country team at the Twin Cities German Immersion School in the Como neighborhood has found community while still staying safe and healthy.

At the German Immersion School, one in four middle school students found community among their peers on the cross country course this fall. As three-year veteran and team captain Eleanor Poppenhagen said, “It was great to have the team back.”

Despite accepting the new challenges presented by COVID-19, the season had some disappointments for the runners, including missing exciting invitational meets and the spirited pasta parties. But the runners hope to resume those opportunities for the 2022 season.

Until then, the benefit of cross country is “learning to persevere during challenging tasks,” said parent Stacey Flanagan.

Submitted by Chris Tabisz, a middle school Social Studies teacher and head track coach at the Twin Cities German Immersion School.

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**Ask the librarian**

By Judy Woodward

Every week, the reference librarians at the Roseville Library receive dozens of questions from the public. Here are two interesting queries we have received lately:

Q: In late March we moved here from out of state. The pandemic had just started and because of COVID-19 we have not been able to get a library card. Is there any way to get one when your library is still mostly closed?

A: At this time, you can sign up for a temporary library card for the Ramsey County Library system that will give you unlimited access to our electronic resources and partial access to our physical materials. Although you can’t browse our stacks in person yet, you can request and check out up to five items with a temporary card.

Q: Why don’t you carry the latest book by Louise Candlish?

A: This book—like many other titles—seems to have fallen victim to COVID-19, which has disrupted many a publication schedule.

Louise Candlish is an English author of best-selling crime novels. Her most recent book, “The Other Passenger,” was published in Britain in January, just weeks before the pandemic erupted. Normally an American edition would have followed shortly thereafter, but current plans have pushed back the U.S. publication date to summer 2021.

We do carry her two earlier novels, in case you missed reading either of them.

Judy Woodward, who lives in St. Anthony Park, is a reference librarian at the Roseville Library, 2800 N. Hamline Ave. The library’s general phone number is 651-224-6001.
Kleber-Diggs wins poetry prize
Minneapolis-based Milkweed Edition has announced that Michael Kleber-Diggs, of St. Anthony Park, has won the 2020 Max Ritvo Poetry Prize, and “Wordly Things,” his poetry manuscript will be published in June 2021. In addition to publication, Kleber-Diggs will receive $10,000.

Henri Cole, a prominent American poet, selected this year’s winning manuscript. He writes the following about the “Wordly Things” poems: “Michael Kleber-Diggs’ poems quietly put pressure on us to live up to our nation’s ideals. He gives voice to the experiences and aspirations of middle-class Black America, and though the promised land is faraway, he finds grace in the natural world, long marriage and fathering. These supple, socially responsible poems seem to me a triumphant, paradoxical, luminous response to a violent time in our history.”

Lunch bunch
The St. Anthony Park Area Seniors is planning virtual “lunch bunch” activities from noon to 1 p.m. on Dec. 2 and 16. Also, the Caregiver and Bereavement support groups are meeting on Dec. 3 from 10 to 11:30 a.m. on Zoom. Please call the seniors office at 651-642-9952 for the Zoom links or further information about joining the program through Ramsey County Libraries.

Special Tuesday scholar talk
The Ramsey County Library is sponsoring a special virtual Tuesday Scholars talk at 1 p.m. on Dec. 15.

University of Minnesota Law School professor David Schultz, who specializes in election law, will discuss the tumultuous events leading up to the 2020 Presidential Election—including what effect COVID-19, widespread protests and the sudden court vacancy created by the death of Ruth Bader Ginsburg—had on the results.

This is an online program offered remotely using Zoom communication software. You must register in advance for this program through Ramsey County Library website www.rclreads.org, or by calling 651-724-6001. After registering, you will receive a confirmation email containing information about joining the webinar.

School news roundup

Twin Cities German Immersion School celebrations
Students, staff and families at the Twin Cities German Immersion School enjoyed the “Week of TCGIS Unity” in October, celebrating their community and also commemorating the 30th anniversary of the reunification of East and West Germany.

Staff and students shared their favorite German foods (currywurst mit pommes which is fried pork sausage and french fries), music (Andreas Bourani), films, books and words (like rödeln—doing this-and-that at home, cleaning, organizing) with the community during the week-long celebration.

Now in its 15th year, the German Immersion School welcomed 600 students into its new addition this fall. The new building has six middle school classrooms, a fully equipped science lab, dedicated special education spaces, a sunny cafeteria and a gymnasium that can accommodate physical education classes and athletic league games.

In mid-November, one-third of TCGIS students are in distance learning every day and the remainder of students are on a hybrid schedule, attending class in person two days and engaging in distance learning three days per week.

Meanwhile, the German Immersion school is still accepting enrollments for the current school year in grades 1-3 and 5-8. It provides additional support for students who don’t speak German yet, as well as English-language support for students who speak a language other than English at home.

Supported by Rich Iven, a member of the TCGIS school board.

Co-sponsored by the Osher Lifelong Learning Institute of the University of Minnesota with financial support from the Friends of the Ramsey County Libraries.
Grade school principal leads anti-racism initiative

By Sarah CR Clark

The educators at Saint Anthony Park Elementary School are approaching teaching differently this year.

And it’s not just because of distance learning.

This summer, Principal Karen Duke invited the staff to read the book “How to Be an Antiracist” by Ibram X. Kendi.

While Duke said racial justice always has been important to her, she confessed, “The killing of George Floyd reiterated to me that I hadn’t been doing enough at work. The book “How to Be an Antiracist” pushed me to be beyond race.”

About 20 staff members joined Duke, meeting twice over the summer to talk about the book. While she says she and her staff have always been focused and done very well in serving the needs of all students, reviewing Kendi’s book has given them the opportunity to take even deeper look at racism and ways to combat it.

As a result of the book, they are examining their own racial biases, building “authentic” relationships with the students and using books and resources that mirror students of all colors.

“Beginning to look at the book and doing the work took time,” Duke said. “We need to see our kids as individuals and as capable of success, meeting the kids wherever they are.”

Another way the school is addressing the subject is by continuing examination whether it is providing services that are useful to families; what the best methods and languages might be to send our communications; which practices might be changed to more inclusively serve and how the staff can better facilitate learning in students so they become anti-racist adults.

Kendi’s book made an impact on Nancy Hausman, a fourth-grade teacher. “I connected with the simple language the author used (that) ‘something is racist or it isn’t,” she said. “It let me re-think my thinking around race and gave me the freedom to move forward and acknowledge this isn’t working for everyone so it must be racist.”

School counselor Beth Davies said the book’s focus on the history of racism in America and how it has affected our institutions reminded her that all people should examine their implicit biases even if that is uncomfortable.

“As a white educator, my learning is not done,” Davies added. “White educators must engage in the uncomfortable practice of naming racism when it happens and learn to enter into dialogue to bring about change. This is how systemic racism can begin to move forward (and) it’s still in our schools.”

The anti-racist work occurring this semester at SAP Elementary focuses on building authentic relationships with students, which is especially challenging since distance learning is in effect.

“Building relationships with students is key to creating a safe learning environment for students,” Hausman said. “I want them to know that I care about them first as people and then we can get to learning.”

Counselor Davies said that it’s important to “find windows and mirrors” resources that resonate with students of all skin colors.

“Using books or materials that are mirrors of our students’ color and windows to the lives of other students is an intentional way to be an anti-racist educator,” she said. “These books enhance identity exploration and develop empathy for others.”

Hausman said, “I try to provide ‘windows’ and ‘mirrors’ so students can see themselves in my class and in the world. I try to talk about issues that the students feel strongly about, even when they are difficult for me.”

And apparently the teachers’ efforts are already producing positive results. Beth Hausman and Davies reported being able to have significant conversations recently with students of color who feel fearful as a direct result of current affairs.

As for Principal Duke, she sees her role as a facilitator in the anti-racism initiative.

“My biggest hope, in this moment, is to just open the door to anti-racism,” she said. “I don’t want to claim that I’ve done some great initiative. But I know this is important (work). I just need to show up and keep pushing, even when it’s uncomfortable.”

Sarah CR Clark is a resident of St. Anthony Park and a regular freelance writer for the Bugle.
Reviewing Como Park Cougars fall sports

By Eric Erickson

Despite all the challenges of distance learning during a pandemic, several fall sports were able to start in mid-August and successfully conclude their seasons in mid-October. While new protocols were put in place to ensure safety, and limits put on the frequency and number of competitions, student athletes enjoyed the chance to play the sports they love and make memories with their teams.

Here’s a glimpse of highlights and accomplishments from the Como Park Athletic Department:

Cross Country
Both the boys and girls teams finished in third place out of the seven schools in the St. Paul City Conference. Thirty-five runners in the program provided good depth and critical mass for a supportive running community.

Senior Justine Wulff was the top runner for the Cougars on the girls side and repeated the accomplishment of being an all-conference performer.

On the boys side, sophomore Charlie Power-Theisen and sophomore Mason Aarness both obtained all-conference honorable mention.

At the Section 4AA Meet, Power-Theisen and Bari posted times that qualified for state. While the State High School League didn’t sponsor any fall state tournaments, the Twin Cities Running Company held a showcase event for state qualifiers. Both Como boys displayed grit in their case event for state qualifiers. Both obtained all-conference honorable mention.

Girls’ Soccer
After graduating several talented seniors from the 2019 conference championship team, this year’s Como squad took on the challenge of competing for another title.

With a stellar defense anchored by senior goalkeeper Anna Weins, the Cougars had a 0.9 goals against average, only conceding 11 goals in 12 games. Their 6-4-2 overall record included a third-place finish in the conference regular season and third place in the city tournament.

Those results included one-goal losses to rivals Central and Highland who took the top two spots, plus an overtime shoot-out loss to St. Croix Prep in the Section 4AA Tournament. Resilience was a trademark of the team. They overcame injuries by having young players step in to important roles and never stayed down after hard-fought games that didn’t go their way.

Weins earned all-conference and was voted the conference’s top goalie. Senior defender Abrianna Armenta and senior midfielder Hec Wah Paw were also all-conference. Earning honorable mention were juniors Mariatu Kanu and Isa Sanchez-Esparza and sophomore Betty Hebbe.

Boys’ Soccer
In the extremely competitive world of St. Paul City boys soccer, the Cougars held their own while playing many intense matches on the way to an overall record of 6-6-1.

After going 3-3 and finishing fourth in the conference regular season, Como advanced to the semifinals of the city tournament against top seed Central. The tournament’s unique format featured two games against the same team, spaced one week apart, with an aggregate score determining the winner.

Como tied Central in the second leg (match) but fell 7-5 in the aggregate scoring. That placed the Cougars in the series for the third-place prize, and Como prevailed by outscoring Washington 4-3 in aggregate.

One week later, Como and Washington wound up facing each other again in the Section 4A Tournament, where Como was eliminated in a penalty kick shoot-out.

Seniors Kevin Iragaba and Hamse Djama were named all-conference. Seniors Kyaw Myint Oo and Shukur Bati and junior Boe Reh earned honorable mention.

Girls’ Tennis
There was joy on the tennis courts this fall with more participants, improved play and a couple of conference wins for the Cougars. Senior Rachel Levin and junior Eva Larson were all-conference. Senior Sandy Beldan Canonga, sophomore Annie Bates and freshman Ashley Hartwich received honorable mention.

Football and volleyball
Football and volleyball started their seasons at the end of September and were still competing as the Bugle went to press.

Como football began their season by going 6-4 in conference play. And as for Como football, a 4-0 start put the Cougars in position to possibly claim their first conference championship since 2009.

With Gov. Tim Walz’s partial closure order effective Nov. 21, all high school sports were put on pause for at least four weeks.

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

Send your ad to classifieds@parkbugle.org or P.O.Box 8126, St. Paul, MN 55108. 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: Dec. 9, 2020.

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