Foundation names Drechsler new exec director

By Scott Carlson

The St. Anthony Park Community Foundation has hired Julie Drechsler as its new executive director.

Drechsler, a Minnesota native who went on to spend nearly three decades living and working in Australia, recently returned to Minnesota, settling in St. Anthony Park. She assumes her foundation assignment in early November, succeeding interim director Lauren Renner, who temporarily took the post in late 2020 following Alison Schaub’s decision to leave the job.

“We are thrilled to have Julie come home to St. Anthony Park as our next executive director,” Foundation chairwoman Jane Leonard said in a statement. “The search committee and SAPCF board made this unanimous choice, given her extensive skills and experience in community development and outreach, and her very approachable and caring nature.”

In a statement, Foundation officials said, “Julie has a passion for community development, working in partnership and youth development and has worked in the education, non-profit and local government sectors for over 25 years as well as operating an international exchange student business.”

Drechsler told the Bugle, “I have always loved the St. Anthony Park community and was excited to be returning to the area. When the opportunity arose to apply for the position of executive director for the St. Anthony Park Community Foundation I jumped at the chance. I love the idea of living and working in the same community.

It gives me the opportunity to use my skills and experience to support my own community to continue to thrive and prosper.”

Asked what she first plans to do on the job, Drechsler told the Bugle, “I will be spending a lot of time getting to know our partners and supporters and hopefully growing the number of local donors to the SAP Community Foundation so that the work of the Foundation can not only continue but expand to meet the needs of our community.”

Longer range, Drechsler said she wants to help the Foundation play a bigger role in coordinating the work of community initiatives and organizations in offering activities, services and programs.

In a news release, the Foundation said Drechsler grew up on a beef and crop farm in Montevideo and was active in 4-H, band, choir, Future Leaders of America and church youth group.

Julie Drechsler

The Good Acre.

Exec director to retire from The Good Acre

By Scott Carlson

Rhys Williams, the first executive director of The Good Acre, plans to retire at the end of 2021, according to the Falcon Heights-based nonprofit food hub.

Williams has been with The Good Acre since its early planning in 2014, assuming the director’s role in 2015, spokeswoman Emily Paul said in a news release.

“Rhys’ ability to listen, learn and shed light on inequities in infrastructure, funding and market access helped make The Good Acre what it is today,” said Paul, former Good Acre programs director and most recently executive director at Minnesota Central Kitchen.

“TGA was built to meet the needs of so many farmers and food makers who, before the food hub existed, were not having their voices heard. The food system in the Twin Cities is better because of his work.”

The Good Acre says its mission is “to connect and strengthen farmers, food makers and communities through good food.” Its work includes “providing one-on-one grower support services to small, local produce farmers, creating wholesale markets that pay an equitable price to farmers and supporting small food businesses through their shared-use, commercial kitchen rental and conducting business workshops.”

With Williams’ imminent departure from Good Acre, the organization’s board of directors has begun searching for his replacement, with the assistance of Joelle Allen of kpCompanies, a Twin Cities-based search firm.

“Our goal is to find a leader who embodies and perpetuates the flexible and supportive culture that Rhys started,” Sara Pohlad, Good Acre co-founder and board member, said in a statement. “We hope to build on his skills as the organization takes steps toward being more diverse and culturally competent at every level, more cohesive in vision and more formal in policy and public partnerships.”

Application deadline for interested parties is Friday, Nov. 5. To view the job description and to learn how to apply, visit The Good Acre website at thegoodacre.org.

“The staff at The Good Acre is our strongest asset. We have a group of people who believe in our mission and will work hard to succeed,” Williams said of the opportunity ahead for the next executive director.

Williams said he enjoyed building Good Acre’s staff and, among other things, collaborating with it “to help farmers improve their lives by opening up markets.”

He added, “The founders were dedicated to food system change and inclusion and I was honored to be asked to join the...”
District 12 Community Council

Crosswalk on Territorial Road

Thanks to grants from the AARP Community Challenge and the University of Minnesota Good Neighbor Fund, District 12 has brightened up the block of Territorial Road adjacent to the new, recently installed sidewalk.

On Sept. 26, St. Paul artist Tomasina Topbear and friends painted a creative crosswalk at Carleton Street next to The Ray apartment building. Her design is a pattern based on the Morning Star, which also features prominently in her Unci Maka mural a half block east, created for the 2021 Chroma Zone Mural Festival.

The crosswalk art is part of District 12’s effort to encourage motorists passing through that section of Territorial Road to slow down and stop for pedestrians.

Besides the crosswalk, the District 12 Council also commissioned and coordinated painting of a street mural on Seal Street on Oct. 3. (See Transition Town article for more information.)

The final part of this project will bring two artist-designed benches to the corners of Seal and Carleton streets later this year, creating resting spots for people planning to make their way to University Avenue and Raymond Station on the Green Line.

District 10 Community Council

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Artist Tomasina Topbear (left) and assistant Tom Ray painted three colors of Morning Stars for the creative crosswalk on Territorial Road at Carleton Street on September 26. Photo by Pat Thompson

Brightside production distribution

Do you currently receive a weekly produce distribution from a national distributor? Consider switching over to Brightside, a local organization whose proceeds help them do this, the District 12 Community Council is challenging area residents to switch from national produce distributions to Brightside’s weekly home deliveries. District 12’s goal is to get 30 new neighbors signed up with Brightside by Dec. 1. You can sign up for the fresh produce delivery at brightsidempls.org.

Brightside offers a variety of package subscriptions along with optional add-ons such as coffee beans, eggs or “sustainable seconds” (helping to eliminate food waste by using food that’s not quite good enough for a bundle).

District 12 Board elections

The St. Anthony Park Community Council is where residents and businesses come together on vital neighborhood interests that enhance the quality of life, strengthen the character and vitality of the community and ensure the effectiveness of government.

Now is your chance to elect board members to enhance the local community in many different ways.

Board elections will take place through Dec. 6. To view the ballot, visit sapcc.org/board-members. Anyone who lives or works in St. Anthony Park can vote for the Community Council board. If you have any questions or would like to be considered for seats that remain open, please contact jessica@sapcc.org.

SAPCC November meetings

St. Anthony Park Community Council committees discuss a variety of issues at their monthly meetings. Visit the council’s website at sapcc.org to learn more.

• Land Use Committee: 7 p.m., Thursday, Nov. 4
• Board Meeting: 7 p.m., Thursday, Nov. 11

District 10 Community Council

New tree tags at Como Park for self-guided Tree Trekking

If you’ve walked through Como Park recently you may have noticed some additional tree identification tags.

Part of the District 10 Como Park Environment Committee’s Tree Trek programming is to plan and install these tags to allow for curious tree lovers to take themselves on a self-guided tree trek.

The location and species of all the new (and existing) tags can be found on the D10 website at https://district10comopark.org/tree-trek/. Updated printable materials are in the works as well. Thanks to volunteer tree expert Stephanie Mirocha and Susan Jane Cheney for their hard work!

Thanks Como volunteers!

District 10 extends a big thank-you to some 30 volunteers who worked
Falcon Heights and Lauderdale propose levy increases

By Anne Holzman

The Falcon Heights and Lauderdale city councils have both given themselves room to increase their property tax levies in 2022.

Falcon Heights set a maximum levy for 2022 that is 4.9 percent higher than the 2021 levy. Meanwhile, Lauderdale’s maximum levy for 2022 is 5.6 percent higher than its 2021 levy.

By state law, cities must set preliminary maximum levies in September and notify property owners of the projected impact. Then, they hold Truth-in-Taxation hearings in December to determine the final amount of their levies for the coming year, which can be less but not more than the cap they adopted in September.

Falcon Heights will hold its tax hearing on Dec. 8, Lauderdale’s hearing will be Dec. 14.

Falcon Heights paid off the debt on a fire truck this year, using proceeds from the sale of a state distribution, which is a revenue-sharing program for the Twin Cities metro area, will both increase slightly next year for Falcon Heights.

Taking those gains into account, and balanced against increased expenses, the Falcon Heights City Council adopted a maximum levy of $2.36 million for 2022. The median home value for Falcon Heights has dropped to $309,000 (from $314,600 in 2021). If the council in December allows itself the full levy amount, that would yield $1,161 in city taxes due on that median-value home in 2022, an increase of $47 over 2021.

Lauderdale has also seen its median home value for Lauderdale in 2022 is $215,150. Lauderdale does not expect its local government aid to increase, but the city will receive a slight bump in its fiscal disparities aid. City administrator Heather Butkowsk said the increase in the bill for Lauderdale’s police services was the largest factor driving the budget.

She also noted there will be election expenses for 2022 as well as staff changes.

City taxes in both cities typically account for about a quarter of a homeowner’s property tax. So, the cities’ increases have proportionally smaller impacts than that of either the county or the school district levies, which make up most of the balance.

This year, Ramsey County has proposed adding a levy for affordable housing, known as the HRA levy, to fund its Housing and Re-Development Authority. Ramsey County spokesman John Sique’land said the county board will vote in December on a $39 million general levy and an additional $11 million HRA levy, which will show up on homeowners’ statements as a separate item under “other special taxing districts.”

Roseville Area Public Schools has two levy questions on the November ballot that will affect the total bills, as well. One replaces an existing levy; the second adds more revenue.

The county assesses individual property values almost a full year ahead and citizens can contest those proposed values at county hearings in the spring of each year. Homeowners should receive a statement from the county in November showing their 2022 home valuation as it was set last spring and the combined tax impact of maximum city, county, school and other levies for their individual properties.

Anne Holzman, a former St. Anthony Park resident, covers Falcon Heights and Lauderdale government news for the Bugle.
By Scott Carlson

A cornucopia of stories, blessings

This issue of the Bugle is overflowing with a cornucopia of interesting and newsy stories. And that seems appropriate given November is the month when we observe Thanksgiving and acknowledge all the blessings that are bestowed on us as a nation. Among our more than 20 Bugle stories this month are reports on the efforts of the Park Community Foundation’s hiring a new executive director, the imminent retirement of the longtime director at The Good Acre food hub and reflections in our “Voices” column from a retiring theology professor at United Theological Seminary. We also have, among other things, Clay Christensen’s Birdman of Lauderdale column, a commentary on racial equity from Jane Leonard of the University of Minnesota Growth and Justice and a “Blue Zones” report from John Horchner. But oh, our news budget is also overflowing with yet more: poetry lover Krista Nelson reviews a new collection of poetry from SAP resident Ted Bowman who writes about grief and severe loss. We also have our usual stellar stories from Transition Town, the District 10 and 12 community councils, Falcon Heights and Lauderdale reporter Anne Holzman, sportswriter Eric Erickson and features writer Sarah CR Clark. Of particular note is Sarah’s story on the big yard sale that SAP residents Garin Abbott and his wife Elaine Tarrone held in late September with all the sale proceeds going to support the general operations of the Bugle. Altogether, the couple donated nearly $2,000 to the Bugle. Their very generous donation reminds me that the Bugle relies on generous community support to keep the newspaper operations vibrant and strong. Just a little over four months into our 2021-22 fiscal year, we already have more than 200 individual donors to the Bugle and several business contributors. This financial support that helps keep the Bugle a key player that builds community by telling stories and sharing local, community-connecting news and information. That’s especially true given the challenges we have faced in weathering the impact of the Covid pandemic since April 2020. On page 5 of this issue, you can find out how to be a Bugle supporter. As we gather around dinner tables later this month to celebrate Thanksgiving, the Bugle board and staff thank all of you for your continuing support.

Housing density a novelty?

SAP thrives by adding residents who sustain and grow the community and business district. A recent proposal for development of lower Luther Seminary campus suggests 600 to 800 new housing units on 15 acres. Breck Woods (5+ acres) will not contain its housing and its remote, dead-end location raises questions about its utility as a park (my opinion). The result will be 60 to 800 housing units per acre. The well-planned Ford site, which seems comparable with respect to its location and integration into an adjoining residential and small business community, provides 2,400 to 4,000 (maximum) units on 135 acres (18 to 30 units per acre). The Ford site does not have the terrain/accessibility issues of the lower seminary campus. The proposal for lower campus property seems inspired by high density University-Avenue-type development, wonderful in that location but novel for SAP.

Gary Nelsonsteen, St. Anthony Park

Supports Vue

This is a strong recommendation to re-elect Jim Vue to the St Paul School Board, from two retired St Paul Public Schools educators whose three children attended St Paul Public Schools K-12, and now have five grandchildren in SPPS. Vue is an outstanding candidate for the St Paul Public Schools, the father of four SPPS students, two who have special needs. Before being named, and then elected, to the board, Jim served on district-wide committees with a variety of other citizens. He is a veteran of the U.S. Army, serving in Iraq and Kuwait. As the only Asian American on the board in a district with an enrollment of more than 30 percent Asian American, Vue has pushed the district to hold citywide Zoom meetings in several languages to share important information with a broad audience of families. He was one of the first to propose that the district more fully explore solar and other sustainable forms of energy. The district has just announced it will establish a task force to do this.

He was one of the first to urge the district to require faculty to be vaccinated or have medical exemption positions supported by the St Paul Federation of Educators. Jim understands his first responsibility is to represent students, families and the broader community and not be a spokesperson for the district. Please vote on Nov. 2 to return him to the school board.

Jackin and Joe Nathan, St Paul

Supports Vue, Foster

I support incumbents Jim Vue and Jeannie Foster for the St. Paul Public School Board. Jim is running for another four-year term and Jeannie is running for the two-year term. Here’s why I urge you to vote for them: Jeannie is the current chair of the board and Jim, vice chair. Both are leaders in advancing ethnic studies curriculum, creating safer upgraded school environments, re-imagining an equitable and sustainable use of buildings and programs through “Envision SPPS” and managing the enormous task of maintaining academic and supportive services to our students and families during the COVID-19 crisis. They also represent and are deeply connected to traditional underrepresented racial and geographic communities whose success is critical to the future of St. Paul. These unprecedented times of challenge and change for our schools require proven decision makers who have been at the table, understand the complexities and can provide the strong, collaborative leadership necessary to turn difficult situations into successful outcomes for all our kids.

Please vote for Jeannie Foster and Jim Vue. Experience matters! Jon Schumacher
St. Anthony Park, former St Paul School Board member

From the Desk of the Editor

Thank you, library volunteers!

Every time I walk or drive by the St. Anthony Park Branch Library, on the corner of Como and Carter avenues, I feel a little thrill. The handsome brick building, so beautifully sited on the property, is a centerpiece of the entire community. But that’s not the only reason for my joy in this neighborhood treasure! The lovely gardens and flowering window boxes add so much to the exterior of the library. These gardens don’t just happen. A dedicated group of volunteers, led by the St. Anthony Park Garden Club carefully plants the windows boxes every May. They also plant, nurture and weed all the plantings alongside and in front of the building. Alice Duggan chairs the committee responsible for the library gardens and window boxes. She is joined by fellow volunteers Verena and Virgil Larson, Sue Von Bank, Annette Patel, Nancy Gehrig, Barb Sippel, Pat Thompson, Terese Palfrey and Carol Storkey.

Alice said that the group hires young people from the neighborhood to help out. Soren Sackreiter, Sam Skinner and Dylan Aarness have done a great job all season.

Now that autumn is upon us, it’s time to extend a sincere THANK YOU to these volunteers who, through their efforts, give us the much appreciated gift to us all.

Nancy Plagens
St. Anthony Park Branch Library Association

Upcoming Bugle deadlines

You've just received the November Bugle. But the Bugle staff is already busy planning for December and beyond. Here are our Bugle deadlines for the next three issues. As always, we appreciate when writers and readers submit their articles early. Please note that the editorial calendar deadlines represent when the newspapers go out for delivery. Mail distribution of the paper, in the midst of the holiday season, may take up to several business days. Meanwhile, bulk drop-offs of the paper around town are usually completed two to three days after publication.

Dec. 9
Jan. 12
Jan. 25
Dec. 8 Dec. 21
Jan. 8 Jan. 20
Dec. 15 Dec. 28
Jan. 19 Jan. 31


Issue Copy and ad deadlines Publication

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Next deadline: Nov. 10, 2021
Publication date: Nov. 23, 2021
Distribution: 5 to 10 business days

The Bugle is a monthly non-profit community newspaper serving St. Anthony Park, Lauderdale, Falcon Heights and Como Park. The Bugle reports and analyzes community news and promotes community­connecting news and information. That’s especially true given the challenges we have faced in weathering the impact of the Covid pandemic since April 2020. On page 5 of this issue, you can find out how to be a Bugle supporter. As we gather around dinner tables later this month to celebrate Thanksgiving, the Bugle board and staff thank all of you for your continuing support.
We give thanks for you!

Only barely a month into the Bugle's annual fall fund drive and we already have more than 200 individual donors and several business contributors.

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.

The Oct. 9 Como Lake Clean-up was also in the running for the most we've ever had a lake clean-up!

As we head into the holiday season, there is plenty of time to join our fund drive. You can give online at www.parkbugle.org or with a check, sent to The Park Bugle, PO Box 826, St. Paul, MN 55108. Every gift matters!

With your help, the Bugle can remain vibrant while informing and building a strong and healthy community, connecting residents and making neighbors.

Now here is a list of our latest donors, from July 1 through Oct. 12:

City Files from p. 2

at the Sept. 18 Citywide Drop-off event at the State Fairgrounds. More than 500 cars came through the Citywide Drop-off event.

In addition to properly disposing of countless old electronics, mattresses and appliances, District 10 volunteers also collected 500 pounds of food donations!

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Lynn Abrahamson
Catherine Anderson
Haley Anderson
John & Rebecca Anderson
Kristin Anderson
Steve & Kathryn Audette
Jeff & Julie Aubette
Jeanette Bacon
Judith Baldwin
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• Environment Committee: Tuesday Nov. 9
• Board meeting: Tuesday, Nov. 16 All meetings begin at 7 p.m. When-ever possible, agendas and other relevant documents are posted in advance on District 10’s website: www.district10comopark.org. Submitted by Shereck McKee, Dist-ric10 Como Community Council executive director.
Eleazar S. Fernandez

By Christie Vogt

Upon accepting a job offer in 1993, Eleazar S. Fernandez intended to stay in Minnesota for two years before returning to his native Philippines. This December, Fernandez, 66, will retire from United Theological Seminary in St. Anthony Park after nearly 30 years as a professor.

Q: You’re a professor of constructive theology—how would you define that subject?
A: It presupposes that the person understands what theology is. The most common definition of theology is the study of God, and I say that’s not accurate because nobody can be an expert on God.

Theology is basically faith seeking understanding. So, theologizing is trying to understand your faith based on your experience, traditions and scriptures; and informed by economics, politics, culture and context. So, how do you understand God or matters of ultimate concern? For me, questions of ultimate concern are: What’s the end of life? What’s the purpose of life? How shall we live? You don’t have to be explicitly theistic to speak about that.

Q: Were you always interested in theology?
A: Not at all. If there is one risk in doing theology, it is you will not be paid well. Why should you do theology if you come from a poor family? You want to be helpful to your parents and siblings. I like to teach and I especially like to write, those things have sustained and nourished me on this path.

Q: How did Minnesota become your home of 28 years?
A: When I was pursuing a Ph.D. (in philosophical and systematic theology) in Vanderbilt University, I said, “Maybe I’ll stay in the U.S. for a bit. I want to earn a few big bucks. So, wherever the first job is, I shall go.”

United Theological Seminary offered me a job, and I said, “Let’s try this. Maybe after two years, I will have big bucks, and then I can go back to the Philippines.” The two years became 10, the 10 became 20…

When you come from a third-world country, the immigrant heart mentality is that you push yourself, you do your best… I told myself I should maximize everything that I can see.

When I first came, Minnesota was not as diverse as it is now. There wasn’t the University Avenue corridor or the Hmong Village or the Somali mall. There was no global foods section at Cub Foods. So, I was lonely because I’m a child of the world.

Q: What are your thoughts on how religious communities have responded to the pandemic?
A: The word “pharmacy” comes from the Greek word “pharmakon,” which means both poison and cure. Things that can be a cure can also be a poison when not done in a proper way, just like theology and religion. Some theologians have made God like a magician, saying things like, “Why should you be afraid of delta (the COVID-19 variant) if you have the alpha and omega?”

Theology goes along with U.S. individualism, which confuses freedom with non-responsibility. Some have co-opted the political movement by saying, “My body, my choice.” I say, yes, it is your body and it is your choice. But you belong to the wider body. When you are infected, you may infect others.

COVID-19 also has exposed the fault lines in our political, economic and health care systems. When we say that we are all in the same boat, I’m not so sure that we are. Maybe we are facing the same storm, but in different boats.

Q: How do you feel about retiring?
A: I’m ready because I feel like I need to do other things. You always say, “I’ll do this when I retire,” and push things that are important to you until the last years of your life.

Eleazar S. Fernandez

I would like to help communities in the Philippines. We just solarized a school, for example. I would like to do a fish sanctuary, plant trees, water filtration. Something more tangible, not just theories and books.

For me, retirement is when you don’t have to use your alarm clock. I just want to do the things that I like at my own pace. (Fernandez plans to split his time between the Philippines and the U.S. as he has two daughters who live in Minnesota.)

Christie Vogt is Twin Cities freelance writer and a regular contributor to the Bugle.
Equity: a good word, deed and value

By Jane Leonard

Equity is a good word, deed and value.

Play fair. Love one another and the planet. Help your neighbors, across the street and across the miles. Rural urban suburban. Build a multiracial thriving communi­ty locally and across Minnesota.

My great-grandparents, Nils and Karin Berg, knew this truth in 1919 when they organized with other local immigrant families in Mille Lacs County to seek fair and just inclusion into the local and regional economy. They formed Chapter #5944 of the American Society of Equity. They worked together to get fair returns on the investments they had made in producing crops they sold and fair­er pricing of supplies they needed. They combined their loads of pota­toes and other crops to gain lower transport costs on the rail lines to Minneapolis.

Their actions provide a useful reminder and role model for re­introducing more equitable and inclusive economic and commu­nity development practices today: diverse community members act­ing together, welcoming newcom­ers, gaining fairer treatment for all, contrib­uting each as they are able to help their families and their shared community succeed.

Three years ago in response to changing demographics and ineq­uity, a multi-racial statewide network of individuals and organizations launched the Blueprint to co-create a non­partisan roadmap for our times, the “Min­nesota Equity Blueprint.”

The long journey to launch in­cluded public meeting previews of each chapter in the months pre­ceding the full reveal. One pre­view (held in Little Falls) on the economic development chapter attracted about 20 protestors who saw the Blueprint as a challenge to fighting for recognition (against it) and technology inno­vations (solar energy—against it). The protestors also disliked com­munity planning. Their fears were somewhat alleviated as they were invited into the meeting and were able to learn more details as to how these “equity” recommendations might actually benefit their local communities and economy.

The COVID lockdown pre­empted plans to tour the com­pleted Blueprint around the state in spring and summer 2020 to share its collective wisdom and stimulate more discussion on its themes of regional, racial and environmental equity. Organiz­ers pivoted to other ways to share its know­how. We held Blueprint conversations statewide via Zoom and helped research and write the “Rural Communities Equity Ac­tion Guide” with rural partners who now use it in their local welcoming community and equity develop­ment efforts.

Growth & Justice and OneMN.org assisted in communi­ty and economic recovery as co­founders and co­stewards of the ALANA Community Brain Trust, (ALANA: African Latino Asian and Native American) a multiethnic statewide network of individuals and organizations launched in June 2020 after the death of George Floyd to grow­th in capital and build capacity in our ALANA communities. The trust provided significant applied eco­nomic research to assist the House Select Committee on Racial Jus­tice, which helped lead to main­street recovery funding for urban and rural communities this year. Growth & Justice also be­gan a partnership last year with students at the Center for Small Towns at the University of Minnesota—Morris to build the Minnesota Equity Map (https:// www.growthandjustice.org/mn equitymap), to continue the eq­uity story gathering that started with the Blueprint creation and to showcase the vital and often underappreciated work done by community organizations and activists to foster regional, racial and environmental equity. The map also aids equity idea shar­ing and cooperation between communities and community members.

Equity is to be shared, after all. “Shared” is the essence of eq­uity—the word, the deed and the value. Intentional use of equity frameworks such as the Minne­sota Equity Blueprint—and the deliberate intersection of growth and justice—can lead to fairness for all in life and livelihood and wise stewardship of the natural environment we desperately need to survive and thrive.

Embrace equity and share it widely.

Jane Leonard is president of Growth & Justice and chair of the St. An­thony Park Community Founda­tion. She can be reached at jane@ growthandjustice.org. You can find more information on (and donate to support) all the above-mentioned resources at www. growthandjustice.org.
Kulu, new Como Zoo polar bear.

Kulu joins Como Zoo
New to Como Zoo in St. Paul: Kulu, a 725-pound male polar bear who joined the zoo's deep-water Polar Bear Odyssey exhibit in mid-October.

Ducks in a Row
Helping you organize the things in your life:

Paper, heirlooms, photos, end-of-life planning.

New class scheduled at Women's Drum Center
The nonprofit Women's Drum Center, 2242 University Ave., is offering a beginner class in the basics of Djembe Joy, a drumming style employing West African songs. Attendees will play djembes to explore pulse and rhythm; and easy energizing exercises will be employed to build skills. Jo Klein will lead the class that is scheduled from 3:30 to 4:30 p.m. on Wednesday, Nov. 10. Cost is $10 for the class. Register online at www.womensdrumcenter.org.

Author signings set at Winding Trail Books

Here is the schedule:
Nov. 6, 1 to 2 p.m.—Award-winning Minnesota author Mary Ca­sanova signs copies of her book “Waterfall.” It is the third in her Rainy Lake historical drama.

Nov. 20, 1 to 2 p.m.—Minnesota authors Vick Johnson and Kelly Walshet will sign copies of their children’s book, “A Wooden Shoe for Nell.”

Dec. 4. Saturday—Time to be announced next month or on the book store’s website, www.winding trailbooks.com.—Author and TV personality Ron Schara signs copies of his new book “Ron Schara’s Minnesota. Mostly True Tales of a Life Outdoors” and copies of his “Fishing Guide” and “Minnesota Bound” books.

For further information, call the bookstore at 651-441-9431.

Seniors activities listed
The St. Anthony Park Area Seniors is planning a blood pressure clinic at Seal Hi-Rise, 825 Seal St., from 3 to 3:45 p.m. on Nov. 16. It’s also scheduled a virtual lunch bourse session from noon to 1 p.m. on Nov. 10.

Other virtual activities planned in November include:
Chair yoga: Call office to see if space is available 2 to 3 p.m. on Fridays, Nov. 5 and 12.

Housing choices after indepen­dent living
Presented by Dr. Ben Rosenstein 10 to 11 a.m. on Monday, Nov. 15.

Caregiver and Bereavement support groups: They continue to meet the first Thursday of the month from 10 to 11:30 a.m. on Zoom.

For further details on registering for the lunch session or any of the other activities, please call the seniors office at 651-642-9052.

Tuesday with a Scholar Series continues
The Ramsey County Library’s free “Tuesday with a Scholar” virtual series continues with programs slated for Nov. 2, 9 and 16 at 12:30 p.m.

On Nov. 2, Hamline University associate professor John Shepard’s talk is “A River Through Time: Change on the Mississippi.”

He will chronicle human im­pacts on the upper river’s flood­plain ecosystems and the deltaic coastal wetlands, as well as pathways to a more sustainable future for America’s most iconic river.

Shepard teaches Hamline’s School of Education.

On Nov. 9, St. Paul Pioneer Press economics columnist Ed Lotter­son’s talk is “The Colonials of the South: Brazil’s unique history and its complex relationship with the United States.” He will examine the intimate political and military connections, and occasional eco­nomic rivalry, between the two nations.

On Nov. 16, University of Min­nesota human relations profes­sor Samuel L. Myers Jr. will lead a discussion on “The Minnesota Paradox of Race.” The paradox is that Minnesota is one of the best places in the nation to live. But on virtually every measure of social and economic well-being, it is one of the worst places for Blacks who face wide disparities in unemploy­ment, income, homeownership and educational outcomes.

To participate in these pro­grams, register on the library’s website at https://www.rclreads.org or call the library at 651-724-6801. After registering, you will receive a confirmation email containing information about joining the webinar.

Online Great Decisions series returns
The Ramsey County Library’s annual online Great Decisions series on the most critical issues facing America returns with programs scheduled for Nov. 5, 12 and 19, all starting at 12:30 p.m.

On Nov. 5, Nicholas Hayen, president of the Minnesota Internation­al NGO Network, will talk about “Persian Gulf security issues.”

On Nov. 12, Best Future Center founder Rick Olson will talk about “The End of Globaliza­tion?” The Best Future Center is a nonprofit supporting a private school in Uganda's Nakwa­le refugee settlement.

On Nov. 19, Metropolitan State University professor of interna­tional business and law Duncan McCampbell will talk about “Chi­nais’s Role in Africa.”

Study the issues by checking out the 2021 Great Decisions briefing book at the Ramsey County Library. To register for the online series, go to the library’s website at https://www.rclreads.org or call 651-724-6809. Before the first pro­gram, you will receive a confirma­tion email containing information about joining the webinar.
SCHOOL NEWS

Como Park High School news

By Eric Erickson

National Merit Scholarship semifinalist

The National Merit Scholarship Program has recognized Como senior Soren Sackreiter for his academic excellence and outstanding collegiate potential. Through his coursework and performance on the PSAT and National Merit Scholarship Qualifying Test, Sackreiter has been deemed a national semifinalist. That recognition is reserved for the top 1 percent of high school students nationwide. Sackreiter is now seeking to become a National Merit Finalist through the submission and evaluation of all his most recent academic achievements, which include advancement to National History Day. “I took the PSAT as a sophomore to see where I was,” Sackreiter said. “It has been a month of all of us getting to know each other, as our many new staff members learn about SAP, and we benefit from their new energy and ideas,” Duke said.

Murray Middle School

According to Principal Jamin McKenzie, “Murray is happy to continue launching partnerships and traditions that are exciting and supportive for our students.” One of these programs, Classroom Partners, connects University of Minnesota volunteers with classroom rooms to directly support students and teachers. This is the second year of the Classroom Partners program. Meanwhile, another program Murray also welcomed back in October was Flipside, an after-school program offered in only six St. Paul public schools.

“This program offers a whole range of enrichment classes and experiences for our young Murray Pilots," McKenzie explained. “We are grateful to have these partners and are looking forward to providing as many opportunities as possible to foster students’ success.”

Sarah CR Clark is a regularly contributing freelance writer for the Bugle.

School news roundup

By Sarah CR Clark

Here’s some news from a couple of area schools:

St. Anthony Park Elementary School

Principal Karen Duke reported a successful start to the new school year with, among other things, two Reading Corps members and two reading specialists focusing their support on students in kindergarten through third grade.

And, the school’s partnership with Hamline University’s Schools and Society course is back. “We have a great group of 12 Hamline students here to learn about schools and support our students,” Duke said.

Also, worth noting: For the first time in five years, the school library is fully staffed and the library program began in mid-October. “It has been a month of all of us getting to know each other, as our many new staff members learn about SAP, and we benefit from their new energy and ideas,” Duke said.

Happy Thanksgiving, neighbors.

I’m thankful to be part of such a wonderful community. I wish all my neighbors a safe and happy Thanksgiving.

Like a good neighbor, State Farm is there.®

Soren Sackreiter

Happy Thanksgiving, neighbors.

I’m thankful to be part of such a wonderful community. I wish all my neighbors a safe and happy Thanksgiving.

Like a good neighbor, State Farm is there.
Volunteers pitch in, enliven streets of south St. Anthony Park

Text and photos by Mindy Keskinen

With paint on their hands and dirt on their boots, dozens of neighbors leaned into two early October projects to make the streets of south St. Anthony Park more welcoming.

A street mural near the corner of Seal Street and Territorial Road took shape Oct. 3. What was bare asphalt at the entrance to Seal Hi-Rise that morning turned into a bright array of interlocking animal and plant shapes by sunset.

Throughout the day, muralist Kada Goalen led a team of citizen painters gathered by St. Anthony Park Community Council’s Transportation Committee. Studies show that street-level murals help calm traffic. And, along with a new sidewalk on Territorial and an eye catching crosswalk at Carleton Street, the project links the hi-rise with Raymond Station in a safe, enjoyable route. Grants from the AARP Community Challenge and University of Minnesota Good Neighbor Fund made it all possible.

On Oct. 9, some 60 volunteers rolled up their sleeves for the 100 Trees Initiative’s community planting day, a project hosted by the nonprofit Creative Enterprise Zone.

Muralist Kada Goalen (far left) chalked the design as committee members prepared painting materials at the Seal Street mural project in south St. Anthony Park in late September. Volunteers used rollers and brushes to bring the mural to life. By midday, the whole design had emerged and painters were applying finishing touches.

Meanwhile, some 60 volunteers on Oct. 9 helped to move forward the “100 Trees” community planting initiative for south St. Anthony Park. The Creative Enterprise Zone and Transition Town-All St. Anthony Park hosted the event.

Photos by Mindy Keskinen.

continued on next page
Zone (and featured in the August Park Bugle.) Within four hours, the bare-root saplings were transplant-
ed from three gravel bed nurser-
ies into designated spots along the
streets of south St. Anthony Park,
which lacks the tree canopy enjoyed
by much of the neighborhood.
“This area of St. Paul needs trees
in a bad way—if you check out maps
of the urban heat island in our city,
you can see it,” said project lead-
er Ben Shardlow, CEZ vice chair.
“We hope to use what we learned
this year to improve and share the
process. This project wouldn’t have
been possible without committed
volunteers, and every time we need-
ed help throughout the project,
people showed up.”
Besides the CEZ, other proj-
ect sponsors include the city of St.
Paul, St. Anthony Park Commu-

ity Council, University of Min-
nesota, Landbridge Ecological,
Davey Tree, Bailey Nurseries and
Transition Town-All St. Anthony
Park. Landbridge also served as a
gravel bed host, along with Bang
Brewing, Deneen Pottery, Exeter
Group and Spotweld.
Mindy Keskinen coordinates com-
munications for Transition Town-
All St. Anthony Park.

The bare-root saplings developed fine, dense root systems over
the summer. Lifting them out of the gravel beds was a team effort.
For stability, the new trees were staked by University of Minnesota
students. Photos by Mindy Keskinen.
Mega yard sale gives a big boost to Bugle

By Sarah CR Clark

The Bugle got a mighty boost from a big yard sale that was host- ed by Grant Abbott and Elaine Tarone during the last weekend in September.

All of the yard sale proceeds, which topped $1,600, were donated to the Park Bugle.

“We are very thankful and humb­led by Grant and Elaine’s gener­osity in supporting the Bugle,” said Scott Carlson, the newspaper’s managing editor. “It is one exam­ple of how much this community loves the Bugle.”

Abbott and Tarone have been Bugle readers and supporters since moving to St. Anthony Park in 1981. The couple came from Sea­tle to Minnesota in 1979 when Tarone accepted a position at the University of Minnesota as a pro­fessor of applied linguistics.

In 1985 Abbott became rector of St. Matthew’s Episcopal Church, where he worked until 2003. He also served on the Bugle’s board from 2011 to 2017.

Together, Abbott and Tarone spent many hours preparing for their yard sale. “Oh golly,” Tarone recalled. “It’s taken us about a week to move the books down from the attic.”

Their yard sale featured more than 600 books, of which about half sold. Tarone estimates that 80 percent of the other items were sold, despite a bit of rain one morn­ing of the sale.

“People were extremely pos­itive when learning all proceeds were going to the Bugle,” Tarone reported. “In fact, I think that re­sulted in much higher receipts than we would otherwise have had.”

Abbott agreed, noting, “When people paid for their items, they often overpaid, knowing the pro­ceeds were going to the Bugle.”

For Abbott and Tarone, sup­porting the Bugle means si­multaneously supporting and strengthening the neighborhoods served by the Bugle.

“If you want to have neighbor­hoods, you need to have something that connects people,” Abbott said. Pointing out the struggles of lo­cal businesses and the decline of church membership across the county, Abbott believes the Bu­gle has a role in strengthening the community.

During the sale Abbott said he witnessed connections between people—as neighbors, artists and professionals.

“Connections were being made,” he said. “New relationships were begun. And most importantly, there was great affirmation of the work of the Bugle.”

Steve Plagens, Park Bugle trea­surer and chairman of the advertis­ing committee, reports that about one-third of the Bugle’s revenue comes from donor contributions.

“Whether it’s a small donation or a dedicated yard sale, the sup­port of our readers is crucial to the well-being of the Park Bugle,” Plagens said. That income, he not­ed, is essential to cover the costs of the Bugle’s journey to readers’ mailboxes—from writing to pro­duction to printing to distribution.

Plagens added, “It’s no secret that newspapers have long been facing uncertain times as the move towards digital eroded their adver­tising base. COVID in many ways has hastened that process and we’ve seen many publications—large and small—go under in recent years.”

But when neighbors, like Ab­bott and Tarone, and local busi­nesses continue their financial support of the Bugle, the paper “remains financially healthy and able to continue sharing stories that enhance the quality of life in our community,” Plagens said.

Sarah CR Clark is a regular free­ lance writer for the Park Bugle and a resident of the St. Anthony Park neighborhood.

The splendor of Vermillion Cliffs’ White Pocket

By Janet Wight

My husband Jeremy and I have been exploring various aspects of travel for over 30 years with a special interest in learning about national and state parks along with off-the-beaten-path destinations. We have been following several YouTube channels devoted to these topics for a while. About a year ago we stumbled upon the channel BackRoadsWest! that showcases trips to out of the way locations with many excursions on unpaved roads through scenic areas in the southwestern U.S.

While watching one of these journeys, we learned about White Pocket, a set of impressive Navajo Sandstone formations. This geo­logical wonder is located in an isolated part of Vermillion Cliffs National Monument between Page, Ariz., and Kanab, Utah.

We were surprised we had never heard of this spot, especially since we previously vacationed in this area. It seemed like a visit to White Pocket would be the perfect choice for any geology or photography en­thusiast due to its unusual spiral patterns and unique appeal.

Once we started planning a summer road trip to Utah and Arizona, we decided to include a visit to White Pocket too. Since it can only be reached by a 90-minute drive through deep sand, we opt­ed to book a guided tour through Kanab’s Dreamland Safari Tours.

We would rendezvous with our guide and fellow travelers at House Rock Valley, then we would be driven in a high clearance, four­wheel drive truck to our desti­nation. Including a few hours of hiking, our round trip excursion would take about seven hours.

Once we made our travel res­ervation, we received detailed instructions regarding confusing time zone boundaries. This was es­sential information since we were driving in from Page, a part of Ar­izona where daylight saving time is not observed. However, Kanab is in the Mountain Time Zone and daylight saving time is observed throughout Utah. Since permits are not required in national mon­uments, we did not need one to tour White Pocket.

When our tour date arrived, we ate a quick breakfast at our ho­tel and then drove to the meeting destination. There was a family of four adults on the tour along with our knowledgeable guide. His off­road driving skills were superb as he navigated deep sand, rocky patches and unmarked roads. For neophytes, it would be so easy to get lost and also dangerous to get stuck with temperatures hovering around 100°F.

Our guide’s truck was equipped with satellite communications equip­ment so we did not have to worry about mechanical breakdowns.

When we finally arrived at White Pocket we were greeted with a spectacular bounty of ex­ceptional color and texture. The pictures and videos we had seen
An art legacy graces Community Nursery School

By Sarah CR Clark

Inspired by a large piece of textile art hanging in their classroom at St. Anthony Park Community Nursery School, four students one day this fall imagined they were tigers and began prowling around in a tiny, growling pack.

The art titled “The Jungle” was made by Catherine Reed, an entomologist and artist who lived in the St. Anthony Park with her family from 1989 to 2004. Reed died in May 2021 from ALS.

But this part of Reed’s artistic legacy lives on, benefiting students at the Community Nursery School, which is at Centennial United Methodist Church.

First, a little bit about Reed: She was raised in St. Anthony Park by her parents, who were both scientists, and her grandmother. She attended Cornell College in New York where she met her husband of 48 years, Norm Westhoff. She earned a master’s degree in resource ecology at the University of Michigan and a Ph.D. at the University of Northern Colorado.

In 1989, by then mother of three young children (Ben, Julia and Alex), Reed launched a newsletter called “KidScience: A Science Activity Newsletter for Early and Middle Childhood Teachers” that she produced for subscribers for five years.

After moving to Lawrence, Kan., in 2014, Reed focused extensively on her art. Her many pieces are now displayed across the country.

Ben Westhoff, Reed’s son who is an investigative reporter and author of many books, said her art is an investigative reporter and author of many books, said her art is an investigative reporter and author of many books, said her art.

When it went up at a Lawrence, Kan., gallery in June 2016, it was a walk-in installation, with vines and trees made out of yarn forming an overhead canopy, and a jungle floor as well.

“The original installation was way too massive for the preschool to display in its entirety,” Breen said. “Ben and family decided which pieces to pass on to the school based upon the space I thought I would have to display them.”

Today, “The Jungle” hangs on the walls in two SAP Community Nursery School classrooms. Children are invited to touch the yarn vines and feel the knitted flowers and ferns. “It makes me feel good,” one student said.

Another student raced up to Reed’s art pointing proudly. “I like that flower SO much! Oh! But that’s the one I like even MORE than the other one, because it has blue. And I would climb to the top of that tree to search for tigers. Then, I would crawl like a tiger so that it would think that I was a tiger too. And I could roar with it then.”

Breen noted, “I feel thrilled to have a piece of Catherine’s story here at the preschool. It seems to me that we are joyfully extending the narrative of a lifetime of curiosity, risk-taking, creativity and love for community. And what better place for those qualities of character than a preschool?”

Sarah CR Clark lives in St. Anthony Park and is a regular freelance writer for the Bugle.
Black entrepreneurs feted at monthly bazaar

By Scott Carlson

A year after first sponsoring the Black Business Is Beautiful Market at its pilot microbrewery and taproom site, The Lab has turned that monthly initiative over to a minority entrepreneurial group. The Black Market, a Black-business market curator, is now independently overseeing the operation of the bazaar, which features the goods and services of Black vendors and other entrepreneurs who are people of color.

“The Black Business Is Beautiful Market has been handed off to The Black Market,” said Lauren Bertrand, taproom general manager and marketing strategist at The Lab, 767 East St. The event has grown from about 10 to 15 vendors at its debut to now featuring 40 to 50 vendors on the second Saturday of the month, she noted.

Seanie Sheppheard, co-owner of The Black Market, said her group started in 2021, dedicated to increasing the visibility of Black-owned businesses in Minnesota. “After three events that some would say were successful—drawing, on average, about 600 to 800 people per event during the summer—we worked with The Lab to acquire The Black Business Is Beautiful Marketplace,” she noted.

Sheppheard noted, “Our goal is to present a fun, welcoming Black-centric space that everyone can enjoy: learn, connect and shop. Every market shows the beauty of our culture: the families, food, music, fun atmosphere, our history and arts, our youth and elders—the togetherness, hard work from our vendors and love. We want everyone to experience that while being intentional about not only buying Black but learning about services and products that come from our community.”

The Black Market “is a small, family-operated business that has been one of the most rewarding experiences we have ever had as entrepreneurs as well as community members in Minnesota,” Sheppheard said of The Black Market, which was founded by 4leen Media and multiculturalist.com. The organization boasts a list of more than 200 vendors.

Besides appearing at The Lab, The Black Market has also staged pop-up events around the Twin Cities. The big part of each market is a display of goods from various vendors including food products, home goods, clothing, shoes and jewelry.

“We are continuing to grow our community organizations and services as well,” Sheppheard said. “We have had school districts, realty programs, housing and marketing experts and others that provide services to both community and businesses. Each market also hosts at least a half dozen food and beverage vendors that prepare delicious food onsite or have baked goods and other food products.”

Meanwhile, on another note, The Lab is regaining momentum for its business following the disruption of the Covid pandemic over many months in 2020 and into much of 2021. During its Covid shutdown period, The Lab produced hand sanitizer out of its pilot facility as a way to give back to the local community, Bertrand said. “We promoted to go crawlers and powered through 2020 and then finally fully reopened our taproom doors in May 2021.

“We are still working to get back to the momentum we had after first opening our doors but have great hope and big plans for the future,” Bertrand said. “We have dreams of hosting beer gardens and small summer concert series in the summer of 2022.”

The Lab, founded by Janet Janson and Matt Hall, in 2019 allows beverage makers to perform pilot runs of their products and to test the quality of their recipes. The Lab’s pilot brewing and lab services for neophyte brewers help refine recipes, test new ingredients, create commercial quality prototypes and gather anonymous customer feedback from The Lab taproom.

Scott Carlson is managing editor of the Bugle.

Resident poetry sage explores parables of ambiguous, acute loss

By Krista Nelson

We have all been living in ambiguous times. In his new collection, “Ambiguous Parables: Poems and Prose of Loss and Renewal,” St. Anthony Park educator and poet Ted Bowman, offers us the voice of a man seeking greater comfort with ambiguity in living and moving through grief and loss.

“What seems to be is not always what is.”

Bowman’s subject is deeply personal: sitting with his mother with dementia, the tragic death of his grandson, his awakening of internalized racism, images of places loved now altered by change.

Yet Ted offers the words of American writer Frederick Buechner as we enter into Ted’s own poetry. “My story is important not because it is mine, God knows, but because if I tell it anything like right, the chances are you will recognize that in many ways it is also yours.”

As I read this volume, I find Ted’s observation to be quite true. I turn to a good poem when I seek to imagine a complex cheek of human experience skillfully summarized as image or metaphor that rings true down to the bone. The dreams, “Planted as perennials,” “Turned out to be annuals also.”

Other poems follow, some with whimsy, some to shake us as with his reflections on 9/11’s toll. Even Purgatory has a nod. (Dearly Beloved Prince has a nod. (Dearly Beloved)

Ted’s tales are not ones of woe but of life lived bare in all its complexity, with a call to keep living in it as fully as we can.

Krista Nelson, who lives in St. Anthony Park, is a psychologist who enjoys gathering with neighbors on the weekends to share poetry.

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Oh those bird feathers!

“The Birder’s Handbook” (Ehrlich, Dobkin, and Wheye) states “Birds are defined by feathers—no bird lacks these other animal posses­sers them.”

Feathers are very important to birds. They make flight possible. They provide insulation and protection from the cold and the heat. They protect from sunburn and drying out.

Woodpeckers have strong, pointed tail feathers that they use to prop themselves up while they whack at a tree. Colorful feathers are used by some birds for display. Dab feathers help to provide cam­ouflage. The authors conclude “Feathers not only define the bird but are essential to its existence.”

Birds have different feather types on their body, head, wings and tail. They’re all made of the same protein, keratin. The authors go on to explain, “The most common types of feathers are contour feathers and flight feathers.”

Contour feathers: Contour feathers are the body feathers that shape the bird. They form the rachis. That allows the feathers to be interlocked.

Flight feathers: The tube that goes up the entire flight feather is called the rachis. It’s covered in most feather types, but it’s off-set in the flight feather. The little vanes that come out from the rachis are shorter on the leading edge of the feather. This design lets one feather overlap the next forming a seamless, aerodynamic wing, that also sheds rain. In addi­tion, the vanes have tiny hooks and ridges that keep the feather in proper shape for flight. The bird can simply run its beak along the feather to zip up the hooks and ridges again.

Powder down feathers: The filoplumes act like little wiggly gauges surrounding each flight feather. They don’t have any muscles in the socket, unlike the other feathers listed above, but their movement is reported to the bird’s central nervous system and helps the bird take off, fly, land, and maneuver.

Powder down feathers: Most birds have a preen gland above the base of the tail which secretes an oil that the bird uses to groom its feathers.

But some birds such as pigeons, hawks, herons, bitterns and parrots don’t have that gland. They have what are known as powder down feathers, that break down into fine powder that the bird uses for grooming and wap­tering its feathers. The powder down feathers are concentrated in dense patches in herons, for example, but scattered in hawks. Sounds like a serious dandruff problem.

Summary: Now that we’ve de­scribed several different kinds of feathers, let’s stick them onto an imaginary bird to see where they go and what they do.

If we start with a naked bird, we’d first add a layer of down feather on the body. This is the thermal under­wear that keeps birds cozy when it’s chilly. But it’s not very ef­fective if it gets wet. That’s why the down layer must be protected by the contour feathers.

The contour feathers, also on the body, interlock and form a waterproof layer above the down feathers. Any rain is shed off without dampening the down. Wind doesn’t get through the contour feathers, either.

Between the contour feathers and the down feathers are the semiplume feathers. They’re like a frilly contour feather that’s got some downiness to it. They help improve the insulation of the down layer.

The flight feathers are on the wings, of course. These are the feathers that are asymmetrical with longer vanes on one side of the rachis. That allows the feathers to overlap with their neighbors, producing a strong aerodynamic instrument for flight.

Clay Christensen. Photo by Chase Vandendrift.

Filoplumes surround the base of each flight feather. They send signals that move or rotate each flight feather while in flight.

Not all birds have bristles, but those that do are most likely using them to protect their eyes from in­coming bugs.

And the powder down feathers are used by some birds as a source of preening powder. Not really dandruff at all.

So, the next time you find a feather on your walk you can now additionally impress your friends and family by identifying its type and purpose.

Clay Christensen lives and writes in Lauderdale, Minnesota.

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Travel from p. 12

were captivating, but nothing is quite the same as witnessing the vibrant swirling colors in person.

Around each bend were more impressively intricate designs of burnt orange, gray, peach and white rock set against a magnifi­cent deep blue sky. As we walked around the conical shapes rising above us, we marveled at the splendid beauty concentration during our vacation in the Kanab area.

In the next time we are in the Kanab area.

Miniature Tours offers a good selection of tours and each one is rated for difficulty, which is essential when choosing an outing. We were completely satisfied with the urban jungle.

Would you like to deeply im­merse yourself in a dazzling display of nature’s palette? If so, a visit to White Pocket is an incredible ex­perience that would undoubtedly provide you with a lifetime of vivid memories.

Janet Wight is a resident of Como Park where she lives with her hus­band and daughters.

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Close the district, our project not only to be a remote area far away from the urban jungle.

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Clay Christensen. Photo by Chase Vandendrift.

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Kraus.
ters Annette and Stephanie, sister
ceived her MFA at the University
Mankato State University and re­
Paul.
University of Northwestern–St.

died of acute leukemia on
Barbara Jean Claussen
at Forest Lawn Cemetery.

Kathryn Anderson

Kathryn Anderson, 88, died Sept.

Laura Deuberry

Laura Deuberry, 73, died
Sept. 8, 2021.

Laura also founded a caregiver

sisters. She is survived by her
son Steven (Cardo), daughter, Kari,
and two grandchildren.

Several artists and a former mem­
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Committee are among those we
remember this month in Lives
Lived, as well as two who loved
rescue dogs.

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Occupy the ‘Blue Zones’ for a longer life

By John Horschner

Forty-five years before author Dan Buettner popularized the term “Blue Zones” in an article for National Geographic in 2005 that explored five places across the globe where people live incredibly long and happy lives, my father preached many of the principles, such as changing your surroundings if you want to live longer.

Our family’s first apartment was close to the downtown area “so I can walk to the train station.” The next place we had was further out but close enough to the elementary and middle school even high school “... so you kids can walk to school.”

Buettner grew up in St. Paul’s Como Park neighborhood and his father instilled in his four boys the same sense that the easy way is not always the best way. In his case, it was trips to the Boundary Waters for weeklong canoe trips and backpacking out West, according to interviews with various media outlets.

The funny thing is my dad’s ap­proach was closer to the big idea that Buettner brought back from his travels to Blue Zones—places where people live the longest. It’s not the heroic gestures but the everyday things like walking to the store, chatting with friends and making healthy food choices that equal a long and happy life.

Reflecting on my dad’s incessant reminders of the importance of walking or riding a bike for trips to friends’ houses or even trips to the grocery store I see that bike riding would have been easier in a bicycle friendly place like Am­sterdam rather than in what I have called “21st century New Jersey, which didn’t have bicycle paths.”

According to one of Buettner’s blog posts on LinkedIn, this is the key longevity secret “If you want to live longer, don’t try to change your mind, change your choice.”

Food, exercise and social rela­tions that add years to your life are all guided by where you live more than the choices you make.

Buettner synthesized these ideas and trademarked the term Blue Zones as a result of his work. His findings are used by the Min­neapolis-based organization that he founded to help millions live longer and happier lives in what they call Blue Zones Projects.

I was pondering this idea one day while biking in the St. Anthony Park neighborhood, when I saw Mark Brancel, a local physician out for a barefoot jog. I flagged him down and mentioned the big idea that one’s environment trumps all other factors in determining health and well-being.

He gave me a long look and said, “Unquestionably. With one of many examples being a look at the whole current Covid situation where people are dying in greater numbers in some geographic plac­es than other places ...”

Brancel added that he’d just completed a book on aging that he intends to share with friends and neighbors. His ideas lean more towards individual choice rather than environment.

While I was working on this ar­ticle in early fall, I sat down with Ross Jackson, another neighbor of mine, who lived in Denmark five years ago. Jackson is a schoolteach­er who lives in St. Anthony Park but has been making trips back to Denmark ever since and may even move there.

Interestingly, Buettner high­lighted Denmark as one of four happiness hot spots to profile in his 2017 book “Blue Zones of Happiness” because of its citizens’ high ratings for satisfaction, pur­pose and environments as they go about their lives. That nation has some of the lowest obesity rates in the world and the highest rates of happiness.

Jackson told me, “A lot of it is biking, but there’s more...”

Jackson said there are facilities for youth, designed specifically for their needs, so they have places to go after school and be with friends. Preschools are built next to parks or even embedded within them. Some have animals on site.

In the downtown area of Co­penhagen, Jackson noticed a pre­school with the playground on the roof. He imagines these values are played out throughout the country.

“They see the whole range of childhood activities and try to support them.”

Jackson said he’s impressed with the dedication of the adults he’s met who work with kids. He didn’t think they were necessarily paid a lot.

It’s easy for me to see why Den­mark was selected as an example for Buettner’s book. It checks off all the right boxes the Blue Zones Project team espouses—gov­ernment policies, a built environment, healthy social networks, building design and residents who (especially) have a sense of purpose.

Can these ideas be transplanted and take root here? Actually, they have. Albert Lea became the first Blue Zones city in the U.S. in 2009, making changes that led to a projected 2.9 years of additional lifespan just after one year of participating to the project. In 2016, 13 Iowa cities achieved Blue Zones certification and the state’s rank on the Gallup–Health­ways Well-Being Index® rose two slots to 14th in the nation.

Today, there are Blue Zones Proj­ect places across the country, and the organization Buettner founded seems destined to continue to thrive as long as it brings results.

Rather than wait for city plan­ners to adopt policies that will ad­vance Blue Zones solutions that will “make the healthy choice the easy one” Buettner synthesized these ideas and trademarked the term Blue Zones as a result of his work. His findings are used by the Minneapolis-based organization that he founded to help millions live longer and happier lives in what they call Blue Zones Projects.

...and through her participation in a groundbreaking University of Minnesota program entitled “Woman: A Sense of Identity.”

She was preceded in death by her son, Dr. Joel Stockecker (Jackie Langer) and two grandchildren. A celebration of her life had been held.

Lynnanne Warren

Lynnanne Warren, 82, died Sept. 9, 2021.

Born and raised in Muncie, Ind., she graduated from Ball State University. While at the Univer­sity of Minnesota in pursuit of a master’s degree in education, Lyn­nae met her first husband (Jim Warren) and accepted an elemen­tary school teaching position in the Roseville School District. She taught in Roseville for 34 years, most of that time at Central Park School and Falcon Heights School.

Lynnanne invested in com­munity through her church work, teaching political cam­paigns, being a great neighbor in her Falcon Heights neighborhood and through her participation in a groundbreaking University of Minnesota program entitled “Woman: A Sense of Identity.”

She is survived by her son Dr. Joel Stockecker (Jackie Langer) and two grandchildren. A celebration of her life had been held.

Rosalyn Wisen

Rosalyn M. Wisen, 97, died Sept. 19, 2021. She lived in the same house in Lauderdale in which she’d been born, until the last few weeks of her life.

Rosie was inducted into the Minnesota Golf Hall of Fame in 2013 and worked at Burlington Northern Railroad for many years.

She was preceded in death by her parents Elsie and Chester Wisen, brother Robert Wisen and nephew Bill Wisen. She is survived by her brother Wil­liam. Private interment was at Washburn–McReary Hillside Cemetery.

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Lives Lived from p. 16

Dana (Minneapolis) survive Steve. Celebration of life details forthcoming.

Memorial donations can be di­rected to Homeward Bound Dog Rescue, P.O. Box 1056, Monticello, MN 55362, or online via PayPal to Homeward Bound Dog Rescue Inc.

Hazel Stockecker

Hazel (Thorson) Stockecker, 103, died Oct. 7, 2021. She was an art­ist, designer, author and professor emeritus of the Department of De­sign, Housing and Apparel in the College of Human Ecology at the University of Minnesota.

She was a graduate of the U of M, having earned a B.S. with dis­tinguished major in Industrial Design. After graduation she worked in the architecture of Frank Lloyd Wright, one in Rhinelander, Wis., and another in Anthony Park.

Hazel was also a world traveler.

After Joe’s death in 1987, she trav­eled through all seven continents. Her family estimates she traveled more than 100 countries, many alongside her later-in-life partner Dr. Alvin Weber.

In 2008, she published a book of her watercolors, along with the poetry of Elizabeth Weber, entitled “Porch Views of the World.”

She is survived by her son Dr. Joel Stockecker (Jackie Langer) and two grandchildren. A celebration of life has been held.

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Lynnanne invested in com­munity through her church work, teaching political cam­paigns, being a great neighbor in her Falcon Heights neighborhood and through her participation in a groundbreaking University of Minnesota program entitled “Woman: A Sense of Identity.”

She is survived by her parents, Anna Lyonors and Bernard Perrin and her stepson, Edward (Ted) Lynnanne. She is survived by her husband Jim Leslie, her step-daughter Marga­riet Jaques-Leslie (Ben) and three step-grandsons, as well as her six grandchildren.

Memorials preferred to Unity Church Unitarian, 733 Portland Ave., St. Paul, where a service was held Oct. 10.

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Memories made and funds raised

By Eric Erickson
Sports analysis

Allianz Field dreams come true
The Mayor’s Cup soccer matches at Allianz Field gave the high school players from Como and Humboldt high schools a joyful experience that will be cherished forever by everyone in attendance. Bell Bank partnered with Minnesota United to sponsor the event and provide free admission.

Club officials lifted the attendance cap that was previously advertised and reported more than 2,000 fans in the stadium. Beyond the perfect grass and field conditions, the stadium’s production team supplied the same game day atmosphere that the professionals receive. From using the locker rooms, to the walk-out music, giant video screen and school logos on the scoreboard, the event and setting were jaw-dropping for the players and first-time Allianz stadium fans.

The girls game was a tightly contested affair with limited scoring opportunities. But early in the second half, Como senior Lenia Lopez powered a shot from eight yards out into the back of the net.

The goal would hold up to be the difference as Como won 1-0.

“We are so grateful to have had the opportunity,” said Como senior defender Lucy Hubble. “We’ll remember this experience forever.”

The boys game was fast and furious with several quality scoring opportunities for both teams. But even after two overtime sessions, the score remained locked at 0-0. A penalty kick shoot-out isn’t used by the State High School League in the regular season. But when you’re Mayor Melvin Carter, and two St. Paul teams are playing for the Mayor’s Cup, you ask the crowd if they want a penalty kick shoot-out. The answer was a resounding “yes,” and the mayor approved.

In dramatic fashion, Humboldt converted four penalty kicks to Como’s three. The Hawks jumped for joy while the Cougars felt moments of heartbreak. All four teams were honored by the mayor in the postgame ceremony. They all represented their schools with outstanding effort and inspired the St. Paul soccer community.

“It was amazing. I never would have thought we’d be able to play here at Allianz,” said Como boys captain Soren Berg. “To be the first high school teams playing in this stadium—it was more than we ever could have imagined.”

Power-Theisen wins Roy Griak Race
Como junior Charlie Power-Theisen didn’t know what to expect when he lined up with 300 other high school runners for the Maanom Division boys race at the Roy Griak Invitational in late September.

When he finished the 5K race over the hilly terrain at the U of M Golf Course in first place, his fatigue took a back seat to satisfaction.

“I was surprised that I won,” Power-Theisen said. “I was excited. It felt good. Especially after I recovered because I was super tired. Going forward, it’s a confidence booster.”

Power-Theisen is the defending St. Paul City Conference champion. But “the Griak” meet brings top runners from across Minnesota and neighboring states. Since last year’s meets were limited due to stricter COVID-19 precautions, top runners haven’t been able to see where they stand against each other.

Power-Theisen enjoyed the opportunity and obviously took full advantage. He hopes to keep building strength and endurance as he and Cougar teammates prepare for the Section 4AA Meet at the end of October—and the chance to qualify for the Minnesota State Meet on Nov. 6.

Twin Cities Marathon
Como Athletic Director Kous Yang and Assistant Athletic Director Ricky Moua have found a creative way to raise funds for the Cougars’ Athletic Department while also challenging themselves to reach peak fitness.

Through a partnership with the United States Tennis Association, they raised $7,200 at the Twin Cities Marathon on Oct. 3. The USTA matched donations Moua and Yang received on their own with $100 for every mile the duo ran.

Moua trained for his first marathon and successfully completed the 26.2 miles. Yang, a veteran marathoner and former Harding tennis coach, did the 10-mile run this year. There is value in athletic department leaders modeling commitment and training to reach goals.

“I don’t consider myself a runner,” Moua said. “But this shows that even if you’re not great or even good at something, if you stick with it, it will pay off in the end.”

Yang says the athletic department fundraising is a collaborative effort with the Como Park Booster Club, and that they’ve found unique ways to try and to support facility needs.

“In 2019, we raised over $32,000 to refurbish our weight room with a new treadmill, bike, elliptical, dumbbells and another set of bleachers which we have yet to receive from the district,” Yang said.

As for more marathons?
“I guess we have made it a tradition now to run and fundraise for our students,” Yang said. “It is a healthy and good cause that we will continue to take advantage of.”

Eric Erickson is a social studies teacher at Como Park Senior High School, a longtime youth athletic coach and a regular freelance writer for the Bugle.

Sports analysis

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Williams from p. 1

early phases of planning for the organization.

After retiring from The Good Acre, Williams said he intends to stay involved in local food by returning to small-scale farming to help "friends develop a medical herb farm and continue to work in food justice."

Williams has decades of experience as an organic farmer, according to the news release from the Blue Zones. After serving in the Peace Corps in Kenya in the 1980s, Williams grew fruit in upstate New York, and worked to establish a USDA-certified organic farm in Rushford.

Blue Zones from p. 17

choice," as they say on their website, I was wondering what an individual can do to get started today.

It appears Buettner has thought of this. He will be offering solutions anyone can implement, using a four-week challenge that will be published in book form in December of 2021 called the "Blue Zone Challenge."

Doesn't this approach sound like using individual will power rather than living naturally in a Blue Zones environment? When I asked Buettner about this in a recent email exchange, he replied: "No, the focus isn't changing. The 'Blue Zones Challenge' is mostly evidence-based ways individuals can shape their environment to favor unconsciously healthy choices."

St. Paul has many advantages already. Combine it with the ideas gleaned from the Blue Zones, it seems we can all be on our way to helping ourselves and others live longer and happier lives, maybe even to 100 and beyond.

John Horthorn is a writing and publishing professional who lives in St. Anthony Park.

After relocating to the Twin Cities in 2007, Williams worked as a wholesale buyer for Co-Op Partners Warehouse before getting involved with planning for what would eventually become The Good Acre food hub.

Scott Carlson is managing editor of the Bugle.

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