For Bell Museum, it’s a 150-year-iversary!

By Sarah CR Clark

The Bell Museum, Minnesota’s official natural history museum, will celebrate its 150th anniversary in a wide variety of ways throughout 2022. Located within the University of Minnesota St. Paul campus at 2088 Larpenteur Ave., the Bell Museum is in the heart of the Bugle’s neighborhoods. The Bell’s environmentally sustainable building and grounds are home to the Whitney & Elizabeth MacMillan Planetarium, world-famous wildlife dioramas and the family favorite Touch and See Lab. Since the new building opened in 2018, the Bell has had over 1,000 volunteers, 250 undergraduate student staff members and numerous international researchers, youth summer camps and visiting school groups.

“We are excited to celebrate 150 years,” said Nehwoen Luogon-Bojkov, Bell Museum marketing and communications associate. “The Bell Museum and its collections are such a big resource not only for the past, but also for the future and future research.”

The Bell Museum’s extensive collections include more than 1.2 million specimens of wildlife, plants and fungi from Minnesota and around the world. “We’re excited to highlight our collections throughout this celebration year,” Luogon-Bojkov said.

Created by a Minnesota’s legislative mandate in 1872—just 14 years after statehood—and held in trust by the University of Minnesota, the Bell Museum’s mission is to “ignite curiosity and wonder, explore our connections to nature and the universe and create a better future for our evolving world.”

Its name comes from original financial supporter James Ford Bell. According to a 2018 TPT television special on the Bell Museum, “Windows to Nature: Minnesota’s Dioramas,” Bell was interested in natural history and making it accessible to the public.

Fast forward 150 years beyond 1872’s legislative mandate: “There’s a lot happening this year! We’re so excited to bring people back into the building,” Luogon-Bojkov said.

In late January 2022, a new exhibit, “Seeing Birds,” will kick off the year of special events. “It’s an exhibit that really does speak to the Bell so much,” Luogon-Bojkov explained. “It integrates art, science and nature and it will really engage our visitors.”

As the celebration year unfurls, the Bell’s celebratory plans continue. The annual Space Fest will occur, in person, in February April. Even beyond its anniversary, the Bell Museum has much to celebrate. In March 2021 the Bell Museum was named a Smithsonian Institution special: the Story of the Bell Museum, "The Story of the Bell Museum," will be released in the spring. In July the museum will welcome acclaimed artist Luke Jerram’s “Gaia” installation. (Bell enthusiasts may recall Jerram’s enormous Museum of the Moon in 2019.)

At the end of 2022 the planetarium will unveil its third original Bell-recorded film, “Mars: The Ultimate Voyage,” a project produced with funds from NASA.

By Christie Vogt

Local wellness experts: reflection, flexibility keys to New Year’s resolutions

As we start the new calendar year with the coronavirus pandemic in tow, making New Year’s resolutions may feel daunting.

Nevertheless, if you hope to make lasting changes in 2022, consider the following advice garnered from local wellness professionals.

To begin, local dietitian Jenni Wolf recommends considering the why behind your resolutions.

“It’s important to consider why you may want to make a change,” she says, “and to assess the motivation behind setting a specific resolution to ensure that it is one that is in line with your values and not just something you feel pressured to pursue by social media, those around you or just society in general.”

Drew Coleman, of Skybox Gym also encourages well-rounded, self-reflection before making a resolution.

“I think it’s a mistake to focus on your weight or your size as resolution goals because they can be misleading and easily discouraging,” he says. “I think it’s better to focus on and make goals around how you feel in your body, your energy level and your overall sense of well-being.”

Setting a goal that feels both manageable and realistic can help a resolution stick, says Jonathan Swenson, of Next Level Training Wellness and Fitness. “It can be helpful to break it down into smaller chunks,” he says.

For example, you might begin with a goal of going to the gym twice per week for one month, he says. “From there, you can expand and keep making progress.”

Coleman concurs, saying, “Start
District 10 Community Council

Como kindness shows in Thanksgiving meals drive

In November, the District 10 Community Council received more than $2,200 in donations for its annual Thanksgiving meals drive. The community donations enabled District 10 to:

• Work with the North End-South Como Block Nurse Program to buy and deliver meals to over 100 Como seniors.

• Provide money to support meals for homeless teens and young adults at the Salvation Army’s Booth Brown House on Como Avenue.

Separately, the North Suburban Kiwanis Club again donated nearly three dozen turkeys. The turkeys and Cub Foods gift cards went to families identified through Como Seniors High, Hmong College Prep Academy and Metro Deaf School.

Know Your Como? Join our volunteer writers!

Are you good at sharing good stories? Then you could be among people that District 10 is seeking to help it with year 2 of the District 10 Como Park’s Know Your Como project.

In 2021, the District 10 Neighborhood Relations Committee assembled volunteer writers to highlight the large and small contributions of neighbors and the diversity that makes Como a special place. The latest “Know Your Como” pieces are posted in the District 10 website newsfeed and weekly newsletter. Meanwhile, you can find all the articles to date at www.district10como.com/ykc.

This year, the group will be seeking to feature places and histories, besides community members. Email district10@district10como.com if you would like to join the volunteer team.

Seeking Como Honor Roll nominations

Know someone who made the Como Park area in 2021 a better place to live, work or play? Nominate them for the District 10 Neighborhood Honor Roll. The Honor Roll pays tribute to everyday people who make a sustained and lasting impact in our neighborhood or Saint Paul as a whole. Submit your nominations by email to district10@district10como.com. District 10 must receive the nominations no later than Friday, Jan. 14. Tell us who you are nominating and why. The Como Community Council board will then select three people to recognize at its Jan. 18 meeting.

Upcoming meetings:

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 or other access information, send a request by email to district10@district10como.com. Or call 651-644-3889.

• Neighborhood Relations Committee: Tuesday, Jan. 4

• Land Use Committee: Wednesday, Jan. 5

• Environment Committee: Tuesday, Jan. 11

• Board meeting: Tuesday, Jan. 18

All meetings begin at 7 p.m. Whenever possible, agendas and other relevant documents are posted in advance on District 10’s website: www.district10como.com.

Submitted by Shevne McKee, District 10 Como Community Council executive director.

District 12 Community Council

Seven new board members

After holding elections in November and early December, the District 12 Community Council announced seven new board members at its Dec. 9 annual meeting. Newly elected from north St. Anthony Park are Michael Russelle, Pat Thompson and Bailey Waters. From south St. Anthony Park are Bill Bauer, Corey Butler and Stark Mueller. These new board members join current board members John Maurer, Amanda Longeby and Melissa Pappas.

For more information on the board, visit sapcc.org/board-members. Board positions are still available on appointment. If you are interested in joining the board, please contact kathryn@sapcc.org for more information.

Equity Committee

The District 12 Equity Committee is looking for community members interested in making St. Anthony Park a place where every one feels welcome. Even during the limitations of 2021, the Equity Committee was able to provide community meals, voter registration opportunities, host a seminar on homelessness and partner with BrightSide Produce to get fresh fruits and vegetables to those who need them in St. Anthony Park.

At its Jan. 31 meeting, the committee expects to set its goals for 2022. If you have any ideas on where the Equity Committee could join in existing initiatives, meet an equity need in our community or provide safe spaces for discussion, education or advocacy, please join the conversation. Email jessica@sapcc.org for the meeting link or to submit any ideas you may have.

Rain garden clean up

Before the cold weather hit, the District 12 Environment Committee removed weeds, tree saplings and litter from the large rain garden at Ellis and Raymond avenues. About 60 pounds of weeds were delivered to the County Yard Waste site, nearly 30 aluminum cans and plastic bottles were recycled and a large bag of trash was removed. Rain gardens help reduce storm water runoff, provide habitat for wildlife and diversify the landscape. But they must be well maintained to keep them well functioning. If you’re interested in adopting a rain garden or in helping the Environment Committee next spring, contact jessica@sapcc.org.

SAPCC January 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, Jan. 6

• Board Meeting: 7 p.m., Thursday, Jan. 13

• Environment Committee: 7 p.m., Wednesday, Jan. 26

• Equity Committee: 5:30 p.m., Monday, Jan. 31

• Transportation Committee: 7 p.m., Tuesday, Jan. 25

• Land Use Committee: 7 p.m., Thursday, Feb. 3

All meetings are hosted via Zoom. Meeting times are subject to change. If you want to attend a meeting or have questions about joining a committee, please email Kathryn at kathryn@sapcc.org for the link.

Submitted by Jessica Willman, District 12 community organizer.

Happy New Year!

FROM THE BUGLE STAFF
Falcon Heights council member reflects on term

By Anne Holzman

After serving one term on the Falcon Heights City Council, Mark Miazga says housing projects that are underway are standouts among the council’s achievements. He decided for personal reasons not to run for a second term. His current term ends when the new council is sworn in at the first meeting in January 2022.

In an interview reflecting on his time as a city council member, Miazga talked about the people he worked with and what they’ve achieved together in four years.

“Each time you see something in the city that you think, ‘wow, that was outstanding.’

Miazga says he hopes the city will continue working on transparency and citizen engagement. He would like to see the city draw on the expertise of residents, especially looking to volunteers to raise money for projects. He said the city is missing out on “philanthropic opportunities.”

He told the Bugle that “We often don’t pursue them because we don’t have the staff.”

Meanwhile, looking to the future, Miazga said he decided not to run again for City Council, in part, so that he can spend more time with his son, now a senior at Roseville Area High School. He has also accepted a leadership position with his church and wants to give that more of his time.

Miazga’s advice for others considering a run for office? “Do it! People have gifts that they bring to the job. You just never know until you start engaging with others what gifts they have to bring.”

Miazga works at the University of Minnesota’s Office of Measurement Services, overseeing surveys in a variety of fields with special focus on public health.

Anne Holzman is a regular contributor to the Bugle covering Falcon Heights and Lauderdale government news.

Changes ahead for SAP hardware store

By Sarah CR Clark

On Dec. 1, the “Ace” sign outside of Frattallone Hardware at 2266 Como Ave came down. All 22 of the Twin Cities locations of Frattallone’s ended their relationship with the Ace Hardware Corporation on Nov. 30 after being sold to Tennessee’s Central Network Retail Group.

Beginning immediately, shoppers at Frattallone’s will notice a few small changes to the Como Avenue space. Employees will sport new uniforms, store signage will change and Ace products will be replaced with differently branded counterpart items.

According to store manager Paul Modzelewski, the store’s new name will be Frattallone’s Hardware & Garden. Ace coupons will be honored.

Mike Frattallone will have “leadership roles with both local Frattalone’s brand and Central Network Retail Group.”

Tom and Mike co-owned the Frattallone’s brand with their father, Larry. The first Frattallone’s store opened in 1975 in Arden Hills.

Sarah CR Clark lives in St. Anthony Park and is a regular freelance writer for the Bugle.

WISHING EVERYONE HAPPINESS AND HEALTH!

Questions regarding funeral & cemetery pre-planning? We have answers. Call Elmhurst Cemetery today for a no obligation conversation.

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Carefree condo living available to present or former U of M employees age 55+

Questions regarding funeral & cemetery pre-planning? We have answers. Call Elmhurst Cemetery today for a no obligation conversation.
From the Desk of the Editor

By Scott Carlson

Welcome Laura!

Rolling into 2022, the Park Bugle is making a significant New Year’s resolution that we hope our readers will notice. Vastly expanding our social media presence. As the Bugle edges ever closer to completing 50 years as a vibrant community newspaper, we know that we can’t simply remain only a print operation. At a time when lots of newspapers have ceased publishing, we must expand our online and social media presence to meet the preferences of a wider group of today’s readers.

In its strategic vision planning last year, the Bugle board of directors acknowledged this fact when it resolved to, among other things, “Develop innovative strategies to connect with readers through social media, the website and the paper.”

Now, the Bugle is taking a big step forward towards achieving this goal. We just recently hired Laura Adrian as our first social media specialist. Laura comes to us by way of being a research chemist, then embracing social media herself when she began leading yoga, nature appreciation and empowerment through her business, Whole Life Elevation.

“As a way to get the word out about my offerings, I learned social media and digital marketing strategies from leaders in the field,” she says. “I’m excited to support the Park Bugle with their efforts to leverage online spaces to share news stories and foster a sense of inclusive and diverse community.”

“The Bugle has a history of providing St. Paul neighborhoods with relevant, objective news and community stories. As the social media specialist, I intend to create new pathways and opportunities through digital media for community members to engage with current happenings and news stories.”

What that means, in practical terms, is you can expect to see a lot more social media activity from the Bugle. That includes Facebook and Instagram and any other relevant and useful platforms.

Laura says, “I intend to apply what I’ve learned to bring community members together in the online world and support the Bugle community as news outlets evolve with this ever-changing world.”

There will be more news posts, greater use of material from people, businesses and organizations in the community, pull-out nuggets from our print stories and calls for readers’ contributions. Our aspiration is to make the Bugle’s social media interactive and engaging.

Laura joined the Bugle on Dec. 6, working up to 10 hours a week in this part-time position. As she starts this journey, we expect it to be a work in progress. We hope you enjoy the ride and, as always, welcome your feedback and ideas.

Correcting Nathan ID

In the December Bugle, we erred slightly in identifying Joe Nathan in a commentary he wrote about a St. Paul schools closing plan. We should have said Joe is a former assistant principal at Murray Junior/Senior High School. He is a resident of St. Paul.

KIDS’ CORNER

Liz supports the Bugle and here’s why

Liz Danielson, a more than 25-year resident of Falcon Heights and former head of the Park Bugle board of directors, talks about why she supports the Bugle.

Why do you support the Bugle?

Liz: The Bugle neighborhoods (St. Anthony Park, Falcon Heights, Lauderdale and Como) are great places to live, whether you are retired, as I am, raising children or anything else. We have great homes and parks, friendly neighbors and unique shops.

My Life is a Gift from God

My life is a present. I have life like a pleasant I can breathe like the breeze I can see like the sun My life is a gift from God

Liz Danielson

I am happy to contribute financially to help the Bugle survive and thrive. I look forward every month to finding out what’s happened and what’s new. Long live the Bugle!

Upcoming Bugle deadlines

You’ve just received the January Bugle. But the Bugle staff is already busy planning for February 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 our publication dates represent when the newspapers go out for delivery. Mail distribution of the paper 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.
Bugle annual fundraiser update

At the end of the holiday season, there is plenty of time to still join the Bugle’s 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, connecting residents and making neighbors.

Now here is a list of our latest donors, from Nov. 1 through Dec. 7:

- Mary Raeker-Rebek
- David Thomas
- Blaine & Cindy Thrasher
- Allan Tarstenson & Frances Williams
- Mark Trolepio & Christina Kelly
- Diane Vener
- Frederick & Dorothy Waltz
- Nancy Meade-Thayer
- Blaine & Cindy Thrasher
- Allan Tarstenson & Frances Williams
- Mark Trolepio & Christina Kelly

Alice Hausman to retire after three decades at Capitol

By Anne Holzman

State Rep. Alice Hausman, who has served in the Minnesota Leg- islature since 1989, recently an- nounced that she won’t run again in 2022. In her final year at the Capitol, the District 66A DFLer from Fal- con Heights will continue chairing the Housing Finance and Policy Committee and serving on Trans- portation. During her three de- cades in the House, she has also been on Capital Investment, En- vironment, Ways and Means and Legacy Fund committees. She previously chaired Capital Invest- ment, leading the Democratic Par- ty’s bonding efforts.

The second year of a bienni- um normally sees “twists” to the budget. But during the previous year, she said, while lawmakers focus on bonding. However, this year, due to the projected surplus and various pandemic related streams of federal funds, Hausman said to expect a separate supplemental budget bill.

She’ll try to persuade House leadership to prioritize housing in the DFLs budget proposal. She said housing took a backseat last year, but this looks like a second chance.

Housing advocates have en- joyed some success in recent years, but there’s still a shortage of affordable options. Hausman said the state used to do “maybe $2 million in bonds for housing.”

Then the housing finance hit the country in 2008, and advocates are paying for it, “ Hausman said. Hausman expressed apprecia- tion for the notes of support she’s received years of persistence.

To reflect on her achieve- ments in office, Hausman said, “In- frastructure has been core to what the three projects she is advocating for in our district are the very kinds of projects that I’m for. "

Hausman wrote a bill that said if someone becomes disabled and can’t live in- dependently, they should be able to break a lease with two months notice. Vang Her’s bill passed in the House but died in the Senate.

The pandemic might have pro- vided an opening. Governor Tim Wiele placed a moratorium on evictions in 2020, and when that ended, the Legislature created a temporary “off ramp,” which in- cluded a 15-day notice to tenants.

Hausman said a policy priority this year will be to make that protection permanent.

Hausman said she disagrees with Wiele’s framing of the bond- ing bill as a “local jobs and projects bill.” She said that has hurt higher education because it has taken the emphasis off statewide projects. Normally we have to demon- strate that a project has statewide significance. All state taxpayers are paying for it, “ Hausman said.

"I have been so fortunate to have this partnership with the people I represent," Hausman said, adding she is energized by the work of advocates from around the state. That’s what’s it’s like when your off- ices gets filled with people who are passionate about an issue. "That partnership is a treasure."

Anne Holzman covers Falcon Heights and Lauderdale governor- nal news for the Bugle.
Becoming a diverse neighborhood for all people

By Grant Abbott

My wife Elaine Tarone and I moved into St. Anthony Park in September 1981, eight months after I had become the rector of St. Matthew’s Episcopal Church on Carter Avenue. We came to the Park from Seattle when Elaine received a tenure track position at the University of Minnesota. Much has changed in the 40 years that we have lived and raised our children here, especially the demographic composition of St. Anthony Park.

When we first moved into our house on Carter Avenue, we wondered why St. Anthony Park was so overwhelmingly white. Back then in Seattle, we lived in an African American neighborhood as one of very few white families. We had great neighbors with whom we became friends. We enjoyed and learned from the diversity.

St. Anthony Park was quite a contrast, shaped largely by its interesting history.

Prior to the Civil War, the land that is now St. Anthony Park became available for private ownership and development. A group of distinguished community leaders led by the future Minnesota Gov. William Marshall purchased the land. However, 30 years passed before any real development happened.

Beginning in the mid-1880s, Charles Pratt, a former Congregational clergyman, became the lead developer of the Park. His influence had profound impact on the character of the community for nearly a century. Pratt was an unusual developer, more concerned about the quality of community than personal profit. He wanted a community of strong, neighborly character with churches, gardens, love of nature and, if possible, the prohibition of the sale of alcohol.

The legacy of neighborliness and a strong community were evident as soon as Elaine and I moved here. We loved being able to walk to small business district to buy groceries, prescriptions, hardware, books and meals out. Besides, the University of Minnesota’s St. Paul Campus was in our backyard. And the Group Health (now Health Partners) Como Clinic was just down the hill.

Still, why were we so white? St. Anthony Park is not free from America’s history of racism. I suspect the original developers just assumed that only white people would live in St. Anthony Park.

Today, we can choose to eat a meal at Nico’s or Karta Thai. We find employees of color at Nico’s, Karta Thai, the Finnish Bistro, the hardware store and Sunrise Banks. We have an Equity Committee as part of our District 12 Community Council. It seems our increasing ethnic diversity is not hurting but helping the continuing rejuvenation of our wonderful neighborhood.

St. Anthony Park is no longer an all-white enclave. Our students no longer see the stark disparity between their neighborhood and their school. St. Anthony Park has made progress, but more needs to be done.

The future of our country and world is one of greater diversity. We must build a strong, diverse St. Anthony Park neighborhood for the sake of our children, in which the many are one for the greater good of all.

Our early developer Charles Pratt hoped to build a neighborhood with strong community spirit that valued family, faith and nature. Today, we still have such a community, only it’s becoming more diverse.

Grant Abbott lives in St. Anthony Park and is former rector at St. Matthew’s Episcopal Church and a past board member of the Park Bugle.
By Christopher R. Tyndall

Commentary

Since European settlers introduced them to North America, cats have been our faithful pet cats. And even through thousands of years of living in close proximity with people, cats haven’t become entirely domesticated. As a result, their wild instincts, those rogues that wander off from human households to manage to live handily in the wild.

But is the independence of cats tempered by their impact on other animals, particularly birds?

An article in the December Bugle by Dave Healy reports the very disturbing estimate that feral and domestic cats might kill as many as 2.4 billion birds annually. This alarming trend comes during an era of unprecedented extinction of native species, and it is feared to help reduce biodiversity. As an exotic, invasive species, felis catus undoubtedly contributes to this process by putting harmful pressure on our nation’s bird population.

As Healy seems to imply, perhaps it is time to confine our pet cats to keep them indoors. And in 2019 Bell was one of 51 museums in the country to receive a combined $4 million American Alliance of Museums Facing Change grant to build and maintain inclusive cultures and reflect our nation’s bird population.

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Bell has distributed 9,000 сум

...
By Sherman Eagles

Commentary

We urgently need to reduce climate-warming emissions, and living in a city produces fewer emissions per capita than living in a suburb.

But the Twin Cities have a problem: With more people needing housing, how do we make it possible for many more people to live in the city?

Why density? What kind of density?

A University of California at Berkeley study mapped household carbon emissions nationwide by zip code and found that households in dense urban areas tended to have carbon footprints about 50 percent below the national average, while households in the suburbs had footprints about twice the average.

The Twin Cities metro area clearly shows this pattern, with lower (blue) emissions in the central cities and higher (red) emissions in the suburbs. (See color map on this page.)

The reason dense urban areas have lower emissions is that denser housing areas require smaller living units that take less energy to heat and cool than suburban houses. They also will support frequent public transit that encourages transit use.

Greater population supports walkable neighborhoods, with schools, libraries and businesses. Replacing car trips with walking and shorter commutes to work and school as well as shorter trips to get goods and services reduces transportation emissions. These aspects of dense urban areas are seldom available in a suburb.

The Metropolitan Council estimates that the Twin Cities’ population will grow by almost 150,000 units in the half of the century, then add another 500,000 by 2050. According to the St. Paul Planning and Economic Development Department, the vacancy rate in St. Paul was 4.4 percent in 2019, below the 5 percent rate needed for a well-functioning rental market. To accommodate new residents, it’s estimated St. Paul needs to build over 15,000 housing units.

Meanwhile the number of small multifamily buildings 2 to 4 units has decreased significantly since 2000. As of 2017, these types of units still made up 11 percent of the housing units in St. Paul, providing options that are more attractive to many than are large multifamily apartments, such as the ones being built near University Avenue.

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Como Park High School News

By Eric Erickson

AVID field trip to Winona State

Twenty Como juniors in the AVID programs (Advancement via Individual Determination) participated in a field trip to Winona State University on Dec. 2.

Patricia Teefy teaches the 11th-grade AVID class at Como. She said she was pleased to bring her students to a campus outside the metro area, after distance learning and limits on school-sponsored college visits earlier during the pandemic.

Students toured the campus and heard about college life from their Winona State student tour guides and admissions counselors. They also heard from the Office of Equity and Inclusive Excellence.

AVID is a national program that Como has partnered with for nearly two decades. Its stated mission is to close the opportunity gap by preparing all students for college readiness.

Cougar Grounds

After a pause due to the pandemic, Como students reimagined the Cougar Grounds and opened up a combined coffee shop and school store this fall. Located in the Commons across from the school cafeteria, the Cougar Grounds is open for business during class periods 1, 2 and 8.

The coffee shop and school store is staffed by students who serve hot drinks and sell Como spirit gear including student-designed sweatshirts. The most purchased staff beverage is coffee with creamer, and the best-sellers to students are a mocha or hot cocoa.

Theatre Club

Creative Como students who casually collaborated on skits this fall ended up putting on a production in the school’s forum in late November.

After starting with weekly meetings, theater games and acting drills, the club members were inspired to write four one-act original plays that were met with an enthusiastic, supportive audience.

The fun, entertaining storylines focused on a goth principal and their interpreter, a unique take on a Freddy Fazbear Pizzeria, an unruly customer at a drive-through and a scheme where teachers unite to get back at a “naughty” student.

Spring Musical

Coming up soon at Como will be the school’s spring musical that will be called “High School Musical!” and is scheduled for March 18 and 19.

Como choir director Siri Keller is in the process of organizing auditions and assembling the cast and production crew.

Catherine Reed art follow up

In the November issue of the Bugle, past neighbor and fiber artist Catherine Reed was featured. After Reed’s death in May 2021, some of her artwork found a happy home at St. Anthony Park Community Nursery School. Now, Reed’s family is working to find homes for more of her art.

Her spouse, Norm Westhoff, who lives in Lawrence, Kan., is inviting Bugle readers to consider claiming a piece of Reed’s art for themselves.

In an email message, Westhoff said, “So far, I have distributed about 150 pieces (of various sizes) to new homes. A lot of beautiful pieces are still unclaimed, however. Your readers could visit her website to see what might interest them and pay only the cost of postage.”

If you are interested in seeing Reed’s work, please visit: catherinecreed.com. Scroll to “Gallery” and open any page marked “From the Vault.” If you are interested in claiming a piece of art, please email normwesthoff@gmail.com.

Westhoff noted, “Catherine always considered SAP (St. Anthony Park) as home. . . . She, her mother and our daughter (Julia Westhoff) all have stones on the walkway in front of the SAP library. In short, there could not be a more fitting place to display her work than a site in SAP.”

—Sarah CR Clark

Always Fresh!

Visit our coffee bar in the lobby of our Como Ave. branch. All proceeds support Rein in Sarcoma in January and February!
A year ago, with the COVID-19 pandemic raging, Cicerón CEO Andrew Eklund returned to his roots for the next chapter in the life of the digital marketing firm he founded in 1995.

Today, Eklund and his staff of 30, having left their Minneapolis warehouse district offices, are in a quiet corner of St. Anthony Park.

The new headquarters, in a former commercial photography studio at 2412 Valentine Ave. W., is within a stone’s throw of the home Eklund lived in as a teenager on Chilcombe Avenue.

The new office space is in a 1950s rambler that was expanded to 8,500 square feet in the 1980s. It sits on just over a half-acre of land off E. 26th Street.

“When I purchased it (in fall 2020), I was almost as attracted by the backyard as the house,” Eklund said, noting he envisioned the potential for creative thinking while lounging in a hammock in a garden oasis.

Still a work in progress, the building has been transformed in the past year—while many employees worked from home—from what was most recently a private residence into a modern, multi-occupied workspace.

“One of my missions was to create a company I’d want to work for,” Eklund said. “This building is a big piece of it.”

The new headquarters befits Eklund’s vision of a forward-thinking enterprise.

Cicerón’s (pronounced “SIS er own”) local clients include Securian Financial, Second Harvest Heartland, UHCare, Mall of America and North Memorial Health. Its business has three main components: media, creative and data.

Data is key, Eklund said, adding, “Simply nobody has been in the digital space longer than we have, so we can identify where marketing is going faster. We can tell what’s real and what’s hype.”

“You have to be very much driven, even in what data is talking about consumer behaviors and line up investment strategies with what consumers actually are doing, how they’re living their lives,” he added.

“It reduces the risks on the money (companies) invest in marketing and advertising.”

An example of the changes, Eklund said, is the increased consumer use of scannable QR codes on such things as touchless menus during the pandemic.

“You never thought QR codes were something anyone would use, but now everyone is doing it,” he said. “In the past year they have become ubiquitous because of need. Eighty-year-olds are doing what 25-year-olds were doing a year ago.

Cicerón, which has been named among the “Top 100 Places to Work” by Minnesota Business and Twin Cities Business magazines and among the Inc. 5000 fastest-growing private companies, has seen growth of 75 percent to 100 percent annually the past few years, Eklund said.

“At the start of the pandemic, there was a mad rush into digital because companies, including retail, had to bolster digital e-commerce business,” he said. “We were very busy. People adjusted to the new reality. As (businesses) reopen, they’re not getting rid of those channels, but building back on top of them.”

Cigale Ahlquist is a Twin Cities freelance writer who is a regular contributor to the Bugle.
It’s a New Year to organize your pantry

By Jenni Wolf

Keeping a tidy, organized pantry can be key to reaching your health and wellness goals, whether they are related to cooking more at home, saving money or increasing balance and variety in your food choices.

And what better time to reorganize your pantry than at the start of the New Year? Read on below for some tips to help revamp your pantry situation in the new year.

• Start fresh. Take everything out of your space. Make three piles: 1) keep, 2) donate and 3) toss. Many organizations welcome and need food donations year-round. But also, don’t forget about your lovely Como neighbors—my friend passed off a box of granola bars her family didn’t use, but thought I might enjoy, just the other day! Also, I use the generosity of others to help me keep track of food I won’t likely use if I haven’t already.

• Take advantage of “Prime Real Estate.” My favorite piece of kitchen organization advice to give! Identify the areas in your pantry and cupboards that are the easiest to access and the most visible. Designate these areas to your most used items—think daily use like go-to snacks and breakfast options. If you have an item you totally forgot about or need to use up (say that box of crackers that got pushed to the back), relocate it to a prime, front-and-center spot.

• Put your pantry to work. Shelves are a good place to start—adjust the height of shelves to fit taller items in one spot and shorter items in another so that no space is wasted. Add in bins to create zones—I use clear plastic bins to hold granola and protein bars for a snack “zone” and another to corral all of my grain choices like rice, quinoa and pasta. Lazy Susans and shelf risers are other inexpensive investments that can really help make your pantry work for you.

• Decant and declutter. Packaging such as boxes and bags can take up significant space and make a pantry feel cluttered. Instead, re-move the item from the box and store it in its bag. Or, take it a step further and decant the item into a storage container—I really like good of mason jars or Oxo brand containers for their tight seal.

• Don’t overcrowd. If you’re a person who likes to shop in bulk, I recommend keeping one or two of an item in your daily pantry space and the rest (hallo—10 more cans of Costco diced tomatoes) in a back-stock pantry space somewhere else in your home. Applying these tips will help keep your pantry items organized, visible and easy to use. All of these tips will make it easier to cook and eat at home, reduce food waste and spending and prepare tasty and healthy food!

Jenni Wolf lives in the Como neighborhood and is a practicing, registered dietitian who is passionate about helping others nourish a positive and balanced relationship with food.

Resolutions from p. 1

with small, incremental changes, and if you’re able to make those stick, go ahead and make new goals.”

Wolf also encourages identifying realistic small steps you can take toward an end goal.

“If you’re working to maintain a new behavior or action in the long term, it is worth it to allow yourself a long time to get there, too,” says Wolf. “Also, be open to what I call ‘trial and error’ rather than ‘trial and error.’ Don’t beat up or judge yourself if you miss a day, go back to old ways, etcetera.”

Wolf adds, “Instead, ask yourself, ‘What information can I take from that experience and how can I learn from it? How can it inform my approach to the next day?’”

Simon Hochsul, of Upright Acupuncture and Shiatsu, also stresses the importance of adapting as needed. He recommends that individuals “embrace what is doable and understand an adjustment as flexbility and not failure, as long as you are true to yourself.”

If you have to adjust your goals along the way, Hochsul’s response is, “No hard feelings, no guilt.”

Self-compassion and flexibil-ity are essential, Coleman agrees. “Most of us have become more sed-entary during the pandemic, and sometimes it’s difficult to get mov-ing again,” he says, “so people need to be kind to themselves when set-ting and working toward goals.”

The success of resolutions can also depend on assistance along the way, whether it is from a personal trainer, nutritionist, mobile app or friends and family who help you stay accountable.

“Don’t be afraid to ask for help,” Swenson urges. He suggests consulting with professionals “about realistic goals and plans to help you get there.”

There can be a lot of pressure around New Year’s, but resolutions don’t need to begin on Jan. 1.

Wolf says she often sees people making resolutions when they might not be ready or have ade-quate time to dedicate to them. “It’s 100 percent OK to forge the Janu-ary goal-setting frenzy and start something new any time of year,” she says. “Your birthday may also be a good time to stop and reflect if the New Year feels overwhelming for you.”
New class 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 rhythms; 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, Jan. 12. Cost is $10 for the class. Drums will be provided. Masks are required. Register online at www.womensdrumcenter.org.

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 Tuesday, Jan. 18. It also scheduled virtual lunch bunch sessions from noon to 1 p.m. on Jan. 5 and 19. Other virtual activities planned in January include:

Chair yoga
Call the office to see if space is available. 10 to 11 a.m. on Mondays Jan. 3, 10 and 17.
Online concert with guitarist Dave Lee (call office for connection instructions)
7:00 p.m. on Thursday, Jan. 20.
“Sexual Health for Seniors” presentation (call office for connection instructions)
11 a.m. to noon on Monday, Jan. 24.
Tai Ji Quan (call office to see if space is available)
10 to 11 a.m. on Tuesdays and Thursdays Jan. 4, 6, 11, 13, 18, 20, 25 and 27.
Poetry Class with Dave Healy
2 to 3 p.m. Thursdays Jan. 6, 13, 20, 27.
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 sessions or any of the other activities, please call the seniors office at 651-642-9052.

Library Bridges
Reading series
The Library Bridges Reading series kicks off the New Year at 2 p.m. on Jan. 9 at Next Chapter Booksellers, 38 Snelling Ave. S.
The roster of authors and writers for this Sunday session includes David Mura, Michael Torres, Caitlin Bailey, Lillian Hewitt and Morgan Kerher-Polstrom.
Literary Lights is the merger between Donna Isaac’s “Literary Lights” reading series and Stan Kusnucki’s “Bridges.” Literary Lights is a reading series focused on bridging and strengthening connections between people through the joy of written and spoken word.

Recreation Center programs
Registration for spring sports offered through the St. Paul Parks and Recreation Department’s recreation centers takes place all through the month of January. They include volleyball and Futsal soccer. Some special events include: North Dale Recreation Center “Girls High School Hockey Day” 9 a.m. to 5 p.m., Jan. 8.
Northwest Como Recreation Center “Outdoor Fun Event,” from 6 to 8 p.m., Jan. 21.
Langford Park Recreation Center “Winter Classic,” Jan. 27 to 30.
It also has a series of other activities including Zumba for adults, broomball for kids ages 6 to 12 and pickleball for adults; and ice-skating lessons for children age 3 to 12. For more information and to register for activities call 651-298-5765 or go to www.stpaulgov/loganford.htm.
Meanwhile, new activities at the Northwest Como Recreation Center, 1550 N. Hamline Ave. include family open gym, adult corn hole, meri soccer, video game play and musical theatre for kids age 6 to 10. For further information and to register call 651-284-5835 or go to www.spcity.gov/NWComoRec.

Tuesday with a Scholar series
The Ramsey County Library’s free virtual “Tuesday with a Scholar” series resumes with the first program slated for Jan. 18 and 25 at 12:30 p.m. and additional programs slated on all Tuesdays in February.
On Jan. 18, Macalester College associate professor of urban education Brian Lorenz will talk about “Critical Race Theory: Why it matters for all of us.”
On Jan. 25, University of Minnesota urban and regional planning professor Edward Goetz will talk about affordable housing in a talk titled “Gimme Shelter: Affordable Housing, Rent Control and Current Politics.”
To participate in these programs, register in advance for the event on our website or call the Library at 651-724-6001.

Obama online course
Local historian J.B. Andersen will continue his free online series examining the presidency of Barack Obama. Class sessions, held through the Ramsey County Library, are scheduled at 12:30 p.m. on Wednesdays Jan. 26 and Feb. 2 and 23.
For more information, call the Library at 651-724-6001.

Foundation annual meeting Jan. 26
The Saint Anthony Park Community Foundation will hold its annual meeting at 7 p.m., Wednesday Jan. 26 at Cicerone and on Zoom. Besides regular business, Foundation leaders will talk about “New Beginnings” Look for a registration link in early January from the Foundation at its website,
Beginning birding with a pileated woodpecker

When we first got interested in bird watching, my wife Jean and I decided to go on field trips with St. Paul Audubon to get more acquainted with the birds around us. Our first field trip was one of the cities at Elm Creek Park Reserve, with about a dozen other birders.

We were going to look for owls, which meant we waited around for sunset before we got down to owl-watching. And during that time, we watched birds at the feeders and flying by. Whoever could identify a bird would do so, calling out the name, while the rest of us swiveled our heads in the direction he or she was pointing.

Someone shouted, “Pileated woodpecker!” and pointed toward the tree line to the north. And there we saw a large, black bird making undulating, shallow scoops across the evening sky. I had never seen one before. It was huge, nearly as big as a crow, looking very determined in its flight.

I recently looked back into my Bird Watcher’s Life List and Diary and found the entry for that day was March 7, 1987, with a note saying, “First bird sighted and recorded. First St. Paul Audubon field trip.” It also mentioned that the temperature had hit 70 degrees!

I engaged in birding with a pileated woodpecker. The pileated woodpecker is the largest woodpecker in North America, except for the ivory-billed woodpecker, which has not been seen for many years and is probably extinct. It weighs more than 10 ounces; the downy woodpecker barely reaches one ounce.

The pileated woodpecker is the largest woodpecker in North America, except for the ivory-billed woodpecker, which has not been seen for many years and is probably extinct. It weighs more than 10 ounces; the downy woodpecker barely reaches one ounce.

T.S. Roberts, an early Minnesota ornithologist, author of “The Birds of Minnesota” (1932), calls the pileated “the giant of Minnesota woodpeckers.”

Male and female pileateds both have “moustaches,” the male’s is red, the female’s is black. And both have that Woody Woodpecker-looking red crest.

The pileated woodpecker’s diet consists mainly of carpenter ants and the larva of wood-eating beetles. The woodpecker scouts the trees of the forest in the summer and fall, finding active ant and beetle populations, probably eating a fair amount of them, being sure to note the location of each colony so it can return in the winter to dig into the tree and supplement its winter diet.

The pileated’s tongue has a hard lance-like tip that’s barbed. It is a very special one. We also saw eastern bluebirds (bluebirds in Minnesota!); some red-winged blackbirds, a Fox Sparrow, an American tree sparrow (with the little “tie-tack” on its chest), but no owls! Jean and I went back a few weeks later and found one, but that’s another story.

Clay Christensen writes and lives in Lauderdale.
An accomplished pianist and a chaplain are among the people we remember this month in Lives Lived.

Mary Ann Bursch
Anne Marie Snyder Bursch, 85, died Nov.5, 2021. She grew up in St. An- thony Park, daughter of Leon and Vera Snyder, and graduated from the U of M in 1959 with a degree in home economics. She worked as an educator, administrator, bookkeeper and pastoral care assistant.

Ann was preceded in death by her husband Bill and her par- ents. She is survived by sons James (Sandee) Bursch, Thomas (Catherine) Bursch and daughter Jilie (Steve) Pieper; siblings Leon Snyder, Mary Beattie of St. Anthony Park and Erva Hanson; step-grandchildren and six great-grandchildren.

A celebration of life was held Nov. 12 at New Life Presbyterian Church, Roseville. Please make memorials to the church.

Polly Cartford

Polly was an accomplished pi- anist. She played piano and organ growing up in Westford, Mass., and went on to study music at Mt. Holyoke College and the School of Sacred Music in New York. In 1959, Polly met and married Gerhard Cartford. They raised their family in Eau Claire, Wis., and St. Paul. Polly taught elementary school and pi- ano for many years. Later in life she earned a master’s in special educa- tion and taught at St. Rose of Lima Catholic School in St. Paul.

In 1979, Polly accompanied Ger- hard to South America and taught in the American International School system in Bogota, Colomb- ia, and in Buenos Aires, Argentina. They returned to St. Anthony Park in 1990. Polly was active in St. An- thony Park Lutheran Church.

Polly returned to piano stud- ies at McPhail Center for Music in her 80s and found a renewed sense of joy and challenge in her piano practice. In September 2021, she traveled to the home of her daughter Mary Claire Cartford and son-in-law Eugene Stewart in Taos, N.M., and died a short time later, surrounded by family.

She was preceded in death by husband, sister Claire Tennisen, and brother Arthur Ferguson. She is survived by children Jonathan (Escondida, Calif), Peter (Minne- apolis), and Mary Claire, plus two grandchildren.

Polly is interred at Oak Lawn Cemetery in Northfield. A memo- rial service will be held at a later date.

Gertrude Cody
Gertrude Ellen Cody, 93, died Nov. 26, 2021.

Growing up as a proud East Sid- er, Gert attended St. Paul Johnson High School. She spent most of her life in Falcon Heights, Roseville and Shoreview, raising her children and volunteering for numerous chari- ties. She was an avid knitter, pro- ducing prize winning afghans and items to donate to those in need.

A devout Catholic, Gert was especially proud of her Irish her- itage. She was preceded in death by her parents Roger and Clara, and her husband Patrick Emnett Cody. She is survived by her four children, Tom (Judy), Pat (Vick- i), Mike (Janelle) and Maur- een; nine grandchildren; and 17 great-grandchildren.

Margaret Ann Enloe
Margaret Ann Enloe, 87, died Nov. 20, 2021.

She was a graduate of Hillsdale High School and North Dakota State University. She loved music and played the piano and organ, along with the clarinet for the NDSU marching band. She taught home economics, general science and biology at St. Mary’s College, N.D., where she met her husband, Willis Enloe.

She was a member of Falcon Heights UCC for over 50 years. She was preceded by sons John (Dale), Douglas (Kris), a step-grandson, sister-in-law Ar-lene, her brother and brother-in- law John Gustafson.

In her support of education, she donated her body to the U of M’s Anatomy Request Program. A memorial service will be held in late April 2022 at Falcon Heights United Church of Christ.

Remembrances may be made to the foundation or Women’s Fel- lowship at Falcon Heights United Church, 1795 Holston St., St. Paul, MN 55101 or the Union Gospel Mission. Denor Services, 77th St. E., St. Paul, MN 55101.

Paul Glasier
Paul Conrad Glasier, 64, died Nov. 18, 2021, at his home in Gibbon. He was born March 18, 1897, in St. Paul to Ronald and Less Glasier. He was baptized and confirmed at St. An- thony Park Lutheran Church.

He was a 1975 graduate from Murray High School and later furthered his education at Metro State University; where he obtained his undergraduate degree before he attained his degree in law from William Mitchell College of Law.

He was a lawyer who made house calls and hospital calls and always advised his clients with warmth, but also candor.

Paul volunteered for many years on the GFW (Gibbon/Fair- fawn/Winthrop) School Board, the Gibbon Chamber of Commerce, the Air National Guard Museum and as chairman of the Riverbend Alternative School Board.

He was preceded by his par- ents. He is survived by his wife Susy Wurtze of Columbia Heights, his daughter Ruth Glasier of Minne- apolis; his sisters, Nancy Glasier (Carl Falkowski) of St. Paul, Holly Glasier of Phoenix and John Glas- ier (Trina Mrikak) of New Brighton.

A celebration of life memorial service will be held at a later date. The Minnesota Valley Funeral Homes of Gibbon are assisting the family with arrangements. Condo- lences: mrvh.org.

Dale Goetzke
Dale G. Goetzke, 71, died sudden- ly Nov. 21, 2021. Retired from his position, he found a creative use of the computer to convert his photographs into art. He participated in many St. Paul Art Crawls over the years, changing his art every year. He was talented enough to be entered into the Minne- sota State Fair Fine Art show twice.

He and his “trophy wife” (his words) had been together 25 years, but only got married on Leap Day, 2004. He liked to say that he always remem- bered his anniversary that way.

He is survived by his wife, Paul- la, brother and sister-in-law Chris and Patti, his sister and brother- in-law Lynn and Knute; and his daughters, Julia and Melanie.

Service was held Nov. 30 at St. Anthony Park Lutheran Church. Memorials for Dale Goetzke, Springboard for the Arts, ATTN: Individual Giving, 262 University Ave. W., St. Paul, MN 55105. People can also give online with a dedica- tion at our GiveMN landing page: https://www.givemn.org/donate/ Springboard-For-The-Arts.

Craig Jahren
Craig Jahren, 63, died Nov. 25, 2021, after a long illness. He is survived by wife Meighen, son Matthew, moth- er Ida and siblings Chuck, Jean, Anne (Clint) and Neil Jahren. Craig is preceded in death by his father Charles Jahren, from Austin.

A celebration of life was held Dec. 11 at St. Matthew’s Episcopal Church. Because of Craig’s love of animals, please consider donating to the Animal Humane Society or Spring Hill Animal Sanctuary.

Josephine Lewis
Josephine J. Lewis, 88, Falcon Heights, died Nov. 7, 2021. Funer- al service was held Nov. 17 at Mt. Olive Baptist Church. Pauline, with burials at Ft. Snelling National Cemetery.

Greta Michaels
Greta B. Michaels, 92, died at St. Anthony Park Home on Oct. 20.
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2021. She was born March 11, 1929, in Madison, Wis.

Greta attended school in Madison and then Smith College in Northampton, Mass., where she graduated in June 1950 with honors.

She continued her education with graduate work at the U. of Wisconsin, U. of Minnesota and at Oxford in England, in education and English.

Greta and Bob moved to St. Paul, where Greta taught in junior high and several high schools. She also taught as a Teacher on Special Assignment teaching Writing Across the Curriculum to teachers across Minnesota.

Greta was married to her husband, Robert; sons John (Karen), Paul (Ramona), Henry (Janine); and five grandchildren.

Betty Ockuly
Betty Marjorie Ockuly, 99, died Nov. 21, 2021. She was born in La Crosse, Wis., and received her nursing degree in Rochester. Betty raised her family and lived the rest of her life in St. Paul and Falcon Heights.

Betty took up painting late in life and took legendary trips with her grandchildren to destinations in the U.S. and Europe.

She was preceded in death by her husband Orville, their daughter Margaret, her brother Ted and sister Beatrice. Betty is survived by two sisters, Ethyl Banks and Jan Schmeckpeper, and children: John (Kathy), Tom (Lynda), Mary (Tim Rommelhoff), Paul, Catherine (Mark Eagles), Jean and Jim; 15 grandchildren, 35 great-grandchildren and one great-great-granddaughter.

Funeral services and a Catholic Mass were held at Church of Corpus Christi Nov. 30. The family is directing any donations to St. Jude Children’s Research Hospital—www.stjude.org/donate—and the Church of Corpus Christi.

Edith Peterson
Edith Peterson, 95, Como Park, died Nov. 19, 2021. Edith will be remembered for her sweet caring ways and love of baking.

She was preceded in death by her husband LeeRoy and 10 siblings.

She is survived by daughters Nancy Anderson (Ross) and Sandra Garageff (Jeff), six grandchildren and a great-granddaughter.

Funeral service was held Nov. 26 at Roseville Memorial Chapel, with interment at Roselawn Cemetery.

Taylor Philip
Taylor Philips, Falcon Heights, born 1991, had a disease that took his life on Oct. 29, 2021. He graduated from Roseville High School and the University of St. Thomas. Taylor loved being with his family and was a loyal friend.

Taylor is survived by his parents, David “Buck” and Pam. Mass of Christian Burial was celebrated Nov. 19 at Holcomb-Henry-Boom-Purcell in Shoreview.

Arla Savage
Arla Savage, 95, died Oct. 23, 2021. She was preceded in death by her husband Paul Savage. She is survived by her children Anne Savage LeDuc and James Savage.

Arla was raised in Northfield, and attended St. Olaf College, then the University of Iowa. She met her husband there. They were married in 1947. They moved to St. Anthony Park in 1967, where Arla was active in the community until she and Paul moved out of their home on Carter Avenue in 2011.

Arla attended St. Matthew’s Episcopal Church, where she sang in the choir. She was a long-standing member of the St. Anthony Park Anti-Aging Club and was an active supporter of the Music in the Park series, the St. Anthony Park Library and the SAP Art Fair. A memorial service will be held summer 2022.

Marilyn Stock
Marilyn A. Stock, 89, longtime St. Anthony Park resident, more recently of Arden Hills, died Nov. 12, 2021.

She was preceded in death by husband William, son Donald, parents Jessie and Edwin Johnson.

Survived by sons Dan (Kim) and Jim (Julie), three grandchildren, a great-grandson, sister Carol Johnson and brother Stephen Johnson.

She was born April 15, 1932, in Crafaton, N.D., and grew up in Waunakee, Iowa. She graduated from Waunakee High School in 1950 and then attended Kahler School of Nursing in Rochester, graduating in 1953. She worked as a registered nurse in multiple locations before retiring in 1971.

She became a hospital chaplain at St. John’s Hospital until retiring again in 1995.

Her memorial service was held Dec. 11 at New Life Presbyterian Church, where she was an active member and served as an elder, deacon and Stephen’s Minister.

Memorials to New Life Presbyterian Church or donor’s preference.

Shurlee Mae Swaim
Shurlee Mae Swaim, 96, died Dec. 1, 2021. She was preceded in death by husband, KB. She is survived by children Tom Swaim (JoAnn), Darl Martin (John/Mike), LaRae Gregory (Mark) and Jeff Swaim, eight grandchildren, and eight great-grandchildren. Her funeral was held Dec. 9 at St. Timothy Lutheran Church.

A memorial service will be held summer 2022.
By Eric Erickson
Sports analysis

Athletic competition in the Minnesota State High School League’s winter sports began as the calendar turned to December.

At Como, that meant student athletes in girls and boys basketball, boys swimming, wrestling and Nordic skiing were back in action representing the Cougars. There are also co-op teams in St. Paul Public Schools for a few Como hockey players, gymnasts and an Alpine skier.

For a preview of each Cougar varsity team, we offer Bugle readers this introduction. Complete schedules for all Como and St. Paul City Conference teams can be found at saintpaulsports.org.

Girls Basketball

The senior class of this year’s team is the deepest and most talented one the school has ever had.

Ronnie Porter, Kaylynn Asberry, Shakyla Walker, Cloey Dmytruk and Jada James have formed the team’s core for several years. Junior Shania Nicholas-Van Nett is another highly regarded experienced player.

“They all bring something special to the table,” Coach Olonda England said. “With their leadership, this season will be great for those coming behind them as they will have the opportunity to learn from some talented young ladies.”

The Cougars are aiming to break through the section playoffs and qualify for the state tournament berth that has eluded them since 2016.

To prepare, England put together an extremely challenging non-conference schedule that includes perennial state power Hopkins and other highly ranked teams from Class 4A (the largest enrollment schools.) Como is assigned to Class AA and will likely need to go through De La Salle to reach state.

“The schedule will help mold us for sections,” England said. “We’re looking forward to a full season and having fans in the stands. Our focus is to prepare to be champions on and off the court.”

Boys Basketball

Coach Donnell Gibson is excited to continue the work of building a winning culture with his program. After last year’s abbreviated season, there’s anticipation of being competitive in the St. Paul City Conference while also developing life skills to help each player reach academic goals and succeed after graduation.

“I think this year will be amazing because we have players that started together years ago finishing together,” Gibson said. “Each player has a unique role in what makes us a team and a family.”

Gibson expects seniors Amir Clair and Donovan Clinton to step into greater leadership roles this year as captains. He adds that several starters and key contributors are multi-sport athletes who bring different skills and experiences to improve the team.

Boys Swimming

Senior captain Soren Sackreiter and junior captain Gabe Napieralo, along with junior Sig Isaacson and sophomore Kai Sackreiter, had a taste of the state meet last year as individual qualifiers.

This year they’re striving to have their entire team be competitive at the state level. With several other returning varsity swimmers and a full season for abdominal work and weight lifting, the Cougars are eager for new competition. They embrace challenging training sessions and look forward to seeing how far their improving swim times can take them.

Wrestling

The Cougars return some key wrestlers to their roster including senior Aaron Adelkhoj and junior Ve Ah Rea Shar, who both advanced to a preliminary round of state tournament competition last year.

Joining them as team captains this season are senior Justas DeLoach and junior Thay See. The combination of veterans in the upper weight classes, along with developing talent in the lower and middle weight ranges will make the Cougars a formidable team in the conference.

Nordic Skiing

With nearly 40 participants in the program, coaches Sasha Van Voorhis and Dylan Adair are hoping for snow! A consistent winter of snow would help technical training sessions and provide more opportunities to compete in meets.

For two senior leaders, the event circled on the calendar is the state meet on Feb. 16. Girls captain Baylor Landrum and boys captain Owen Finlay both have realistic opportunities to qualify while also helping mentor younger skiers.

“We have over 25 athletes who are in 10th grade or younger,” Adair said. “We have a goal of preparing them for higher level racing when they get a little older.”

Senior captain Peter Wenger and senior Soren Berg are expected to post fast race times and also assist new skiers. Volunteer assistant coach and Como math teacher Jamie Simons brings decades of ski experience to the program every day, helping skiers at all levels.

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