By Janet Wight

Studio Karlor joins Milton Square

By Janet Wight

Cold weather along with the pandemic have been the greatest challenges for her business. But Karlie said she expects her immi-
nent move to a new, street level space in Milton Square will pro-
vide more visibility. She would like to collaborate with local businesses in order to expand her presence.

Besides being an entrepreneur, Karlie is employed full time as a marketing manager and graphic designer for the Duluth-Superior office of Renewal by Anderson.

Karlie invites shoppers to find joy in the breadth and quality of her lovely, practical and comfort-
able offerings.

Studio Karlor

Your award-winning, nonprofit community resource

Sauna
Dø Nord
Lumberjack
Norway
These are a few of the seasonal cand-
dle scents that you may encoun-
ter upon visiting an eclectic, new shop in Milton Square called Studio Karlor.

The store, which opened in October 2021, offers Scandina-
avian inspired pieces for the home along with giftable items and jewelry. These items are sold at varied price levels, designed to make the distinctive assortment of goods af-
fordable for a diversity of budgets.

The shop is owned by neighbor-
hood resident Karlie Schraufnagel. Part of the shop’s name, Karlor, is a portmanteau or blend of the words Karlie and color.

Bringing people joy and intro-
ducing coziness into the home are her main goals, Karlie said recently.

Studio Karlor offers many ways to enhance and refresh the home environment by using hygge (Dan-
ish) and koselig (Norwegian) prin-
ciples of warmth and comfort Karlie said. “This helps individuals adapt to video platforms such as Zoom, which often involve the sharing of style and decor from formerly personal spaces in their homes.

Something unique at Studio Karlor: Karlie pours her own sign-
nature candles that are made of soy with a wood wick. When burned, these candles produce a pleasant soft crackle that lasts about 50 hours.

Karlie Schraufnagel. Submitted photo.

An artist, she also produces digital illustrations, which have been made into frameable prints, incorporating scenes from the loc-
al area as well as Duluth. The cand-
dles and prints are also available in her Etsy shop.

Additionally, the store has a se-
lection of carefully sourced items on display. Karlie shops locally for quality pre-owned clothing, primar-
ily by visiting specialty stores and sales throughout the Twin Cities. These vintage and unique finds are among her best sellers, Karlie said.

Most of the store’s new items have been purchased through so-
cial media platforms such as Zoom, which often involve the sharing of style and decor from formerly personal spaces in their homes.

Karlie invites shoppers to find joy in the breadth and quality of her lovely, practical and comfort-
able offerings.

By Sarah CR Clark

Nick Altringer

PEOPLE IN YOUR NEIGHBORHOOD:

Nick Altringer

By Sarah CR Clark

Nick Altringer began his science teaching career at Murray Middle School in 2013 and has been there ever since.

“My passion is teaching. I like to help people experience science and lots of different things,” he said in a recent phone interview. A quick sampling of Altringer’s teaching materials at Murray include trout eggs, robots, chickadee nests, a 3D printer and Legos.

Currently, Altringer’s classroom is also home to a 53-gallon fish tank holding about 275 baby trout (fry, technically). Every year since 2015, in partnership with Minnesota Trout Unlimited, Altringer’s stu-
dents have watched rainbow trout hatch from eggs in December and grow into healthy fry throughout the spring semester.

Altringer said he hopes Mur-
ray’s entire seventh grade class will be able to visit the Vermillion River for an interdisciplinary field trip and trout release this May.

If fish aren’t the thing that sparks a student’s interest in sci-
ence, Altringer has more tools up his sleeve. In the fall of 2021, Al-
tringer ventured with his Citizen Science students to Belwin Out-
door Educational Lab in Afton to set up camera traps to answer the class’s question: Which types of habitat have the most mammal di-
versity? (Spoiler alert: The cameras revealed many white-tailed deer in wooded habitats as well as coyotes and turkeys.)

Also at Belwin, Altringer’s Life Science students sampled wa-
ter quality and examined macro invertebrates.

“I just like getting the kids out-
doors,” he said. “I like to get them in the natural world as much as possible.”

Back in the neighborhood, you might find Altringer and his stu-
dents in Murray’s pollinator garden.
District 10 Community Council

Join the District 10 Board

Eight seats are up for election in April to the District 10 Como Community Council board.

The board recently made a change to designate board seats for renters, youth (16-24), and seniors (62+). That change begins to roll out in April’s election with one renter seat and one youth seat on the ballot. If you fit these criteria, please consider running.

Board seats up for election in April:
• One representative each from the neighborhood’s four sub-districts.
• Two representatives from the neighborhood at-large.
• One representative from the neighborhood at-large who is a renter.
• One representative from the neighborhood at-large who is a youth (age 16-24).

These positions serve two-year terms, through April 2024. To get on the ballot, apply now at https://bit.ly/D10Application. That’s where you can also learn more about the roles and opportunities of board members. The filing deadline is Sunday April 3.

The election is April 19. If you have any questions or would like to know more about being a board member, go to district10@district10comopark.org.

Como Community Blood Drive Dates

District 10 is again partnering with the American Red Cross and the Como Zoo & Conservatory to host a series of community blood drives at the Zoo. Reservations required. More info and registration link at district10comopark.org/blooddrive.

Upcoming Drive Dates:
• Tuesday, March 1 — 9 a.m. to 3 p.m.
• Thursday, May 26 — 9 a.m. to 3 p.m.
• Tuesday, August 2 — 9 a.m. to 3 p.m.

With the pandemic lingering and so many still working from home, workplace blood drives have all but vanished, affecting the Red Cross’ reserve levels. But community blood drives are the perfect opportunity to take a break from the home office or start a trip to the zoo!

Como neighborhood notes

• K&L Sales: The second-hand dealer’s license for this used-car lot at Como Avenue and Arizona Street is up for renewal on March 29.

• Como Golf Course & Club House: The facility’s liquor and entertainment licenses are up for renewal April 18. Anyone with input on either license should email the District 10 Como Community Council or contact the office of Ward 4 Council Member Mitra Jalali: ward4@ci.stpaul.mn.us

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

District 12 Community Council

Transportation Committee update

If you think things have been quiet around the Transportation Committee after the installation of the sidewalk and creative crosswalk on Territorial Road and the street painting by the Seal Hi-Rise, you’d be wrong!

The committee is working hard behind the scenes on the installation of two ADA-compliant benches that will be placed on the Seal Hi-Rise property and by the creative crosswalk across from Dogwood Coffee (pending city approval). Artist Austin Watanabe (austinwatanabe.com) will design and fabricate these benches with input from community members.

Along with the benches, artists are being selected for a mural that would wrap around the side of the Murphy Rigging building on Territorial Road. After receiving applications, residents will vote for a final artist, who will install the mural no later than June—hopefully in time for the annual ChromaZone Murals and Art Festival!

If you’d like to know more about this, or other committee projects, please contact jessica@sapcc.org.

Seeking watershed commissioner

Are you interested in local environmental issues and want to make a difference? The post of commissioner representing Saint Paul to the Metropolitan Council of Governments is up for grabs. The position represents St. Paul on issues related to water quality, pollution, and flood management. If you’re interested in learning more about the role and the responsibilities, please contact the city’s Department of Environmental Services at 651-266-1261 or visit their website at www.stpaul.mn.us/environment.

Visit our coffee bar in the lobby of our Como Ave. branch to support a good cause! In March and April, donations will support grants from Black Women’s Wealth Alliance.

Step 1 Support a good cause

Step 2 Drink delicious coffee

Visit our coffee bar in the lobby of our Como Ave. branch to support a good cause! In March and April, donations will support grants from Black Women’s Wealth Alliance.

Step 1 Support a good cause

Step 2 Drink delicious coffee

Visit our coffee bar in the lobby of our Como Ave. branch to support a good cause! In March and April, donations will support grants from Black Women’s Wealth Alliance.
Lauderdale council hears construction plans for I-35W segment

By Anne Holzman

Minnesota Department of Transportation officials recently briefed the Lauderdale city council on plans for major construction of a segment of I-35W in coming years. Although 35W does not border Lauderdale, it is close enough that MnDOT is including the city in community outreach efforts to inform the public about its future construction plans for that segment of freeway.

At the council’s Jan. 25 meeting, council members asked about preserving air quality, about proposed work on Highway 280 and if the road construction projects might happen at the same time, causing major disruptions in the city.

State officials stressed that none of their proposed projects for the Minneapolis-to-Roseville segment of 35W are currently funded. But they said they want to be ready to apply for funding as it becomes available, including money from the recently passed federal infrastructure bill.

MnDOT engineer Aaron Tag said his department expects that 47 bridges along 35W from downtown Minneapolis to County Highway C in Roseville will attract federal funding first. Many of the bridges need repair or replacement, according to MnDOT.

The most immediate road construction impact on Lauderdale would likely be shifts in the interchange at Highway 36 and Caledonia Avenue. A MnDOT map shows the current left exits, from 35W south onto Caledonia and from 36 westbound onto 35W, switched to right exits. This would accommodate the new EZPass lanes on 35W, which now extend into the northern suburbs.

Council Member Andi Moffatt asked how the separate project on Highway 280, including restrictions at the Broadway Street entrance, might “interplay” with the 35W plans. The Highway 280 project is associated with work on Interstate 94.

Tag replied that there is no formal coordination but acknowledged the need to “keep an eye on that.” Moffatt also asked whether there was any chance that road construction projects would happen all at once, causing major disruptions in Lauderdale.

Tag said that’s not likely, because MnDOT expects projects to be funded separately. Council Member Jeff Dains asked whether the road plans give any consideration of preserving air quality.

Tag said that MnDOT officials have, in general, discussed that issue since traffic congestion causes pollution when vehicles stop and start or seek alternate routes on city streets to avoid tie-ups. He said that better access for buses via the EZPass lanes would help reduce pollution by encouraging transit use.

MnDOT officials said they expect to appear at future council meetings in the coming months as they finalize construction proposals. They hope to settle plans in fall 2022 and start getting on environmental impact studies and other preparation for construction.

To view the Jan. 25 council meeting and MnDOT plans shown at the meeting, visit online at Nine North, the city’s web service, under Lauderdale city government meetings. https://webstreaming.ctv15.org/viewer.php?streamid=5428

Anne Holzman is a Twin Cities freelance writer who covers Falcon Heights and Lauderdale government news for the Bugle.
The annual meeting of the Saint Anthony Community Foundation was held on Jan. 26 with more than 50 people in attendance through Zoom. Board Chairwoman Jane Leonard and Vice Chairman Seth Levin took the attendees through the strategic renewal process that the board and key community stakeholders completed mid-2021. Changing demographics, fragmented communications, coordination challenges and competing donor contribution and funding opportunities are some of the challenges facing our community and their local community organizations.

This scenario has led Foundation leaders to consider how they can continue to support an evolving community while still supporting its local community groups and organizations which provide support for Saint Anthony Park. The SAP Community Foundation will have three focus areas: Convene-bringing the community together, Catalyze-actively create connections and partnerships and Steward-grow the endowment to further support the community through the annual grant round. These three focus areas will further support the mission of SAP Community Foundation.

The evening also consisted of a series of community conversations including a business panel, showcasing three recently established local businesses, Ciceroon, Next Level Training Wellness and Fitness and Studio Karlor. Four past grant recipients were also given an opportunity to showcase their projects that were funded through SAP Community Foundation. These included Creative Enterprise Zone, The International Institute, Transition Town-ASAP and the University of Minnesota Raptor Center, which introduced the attendees to one of its resident owls, Ricky, and explained the importance of its partnership with Murrvilly Middle School to create awareness of and student engagement in environmental studies.

For more information on the Saint Anthony Park Community Foundation please contact executive director Julie Drechsel at sapcommunityfoundation@gmail.com. Julie Drechsel is executive director of the Saint Anthony Park Community Foundation.
SAP woman cellist releasing CD of cello, piano music

By Cicgile Ahlquist

St. Anthony Park resident Laura Sewell, a longtime professional cellist, has made the most of the past two-plus years of COVID-19 lockdown and is excited to release her first solo CD, a compilation of pieces for cello and piano by composers with Minnesota ties.

“I was fortunate to receive a 2020 Artist Initiative Grant from the Minnesota State Arts Board, which enabled me to fulfill a project during the pandemic,” Sewell said. “The CD, “Threescore,” on the American Composers Forum’s Innova Recordings label, will be available March 25.

Sewell, 62, took up cello at age 10 at the urging of her father, Fred Sewell, an accomplished violinist, so they could play chamber music.

Laura Sewell and they did for more than 30 years, teaming with the late Thelma Hunter to form the Hunter-Sewell Piano Trio.

Sewell, who studied at the Juilliard School and the Cleveland Institute of Music, was the founding cellist of the Lark Quartet and a member of the Twin Cities-based Artaria String Quartet from 2007 to 2016.

Currently, she performs with the Ides Ensemble in Minneapolis, is the associate director of the International Cello Institute, a summer program for serious young cellists held at St. Olaf College, and regularly plays as a substitute cellist with the Minnesota Orchestra.

The commissioned works are “Six British Folk Songs for Cello and Piano” by Pulitzer Prize finalist Paul Schoenfield, who was a Twin Cities-based composer before joining the University of Michigan music faculty, and “Banchetto Musicales” by Stephen Paulus, a Grammy award-winner.

Sewell is currently associate director of the Isles Ensemble in Minneapolis; member of the Twin Cities-based cellist of the Lark Quartet and a member of the Twin Cities-based Artaria String Quartet from 2007 to 2016.

Currently, she performs with the Ides Ensemble in Minneapolis, is the associate director of the International Cello Institute, a summer program for serious young cellists held at St. Olaf College, and regularly plays as a substitute cellist with the Minnesota Orchestra.

The commissioned works are “Six British Folk Songs for Cello and Piano” by Pulitzer Prize finalist Paul Schoenfield, who was a Twin Cities-based composer before joining the University of Michigan music faculty, and “Banchetto Musicales” by Stephen Paulus, a Grammy award-winner.

Sewell to p. 13

Elmhurst Cemetery announces our new Garden Of Grace Cremation Columbaria

For more information & details:
Call 651-489-1707 www.elmhurstcemetery.org

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

Elmhurst Cemetery announces our new Garden Of Grace Cremation Columbaria

For more information & details:
Call 651-489-1707 www.elmhurstcemetery.org

Questions regarding funeral & cemetery pre-planning? We have answers. Call Elmhurst Cemetery today for a no obligation conversation.
Como Park Senior High School News

By Eric Erickson

For a second straight season, Chikamso Chijioke and Sam Skinner qualified for the Minnesota State Debate Meet. The duo won three of their five debates during the state meet held in January, improving upon their previous performance by advancing to the quarterfinal round of the Policy Division.

Due to ongoing pandemic precautions, both the section tournaments prior to state and the culminating event were held virtually. However, practice sessions held in person at school this season afforded the team opportunities to operate more efficiently and enjoy camaraderie.

“Debating online doesn’t have the same energy,” Skinner said. “You’re not in the room, you’re not reacting immediately and “You’re not in the room, you’re not reacting immediately and the same energy, “Skinner said.

The United States federal government should substantially increase its protection of water resources in the United States.

Teams don’t know which side they’ll be assigned to argue until the moments right before a debate begins. Skinner explained that their affirmative arguments were based on banning fracking because it pollutes waterways and resources. Their arguments opposing the resolution were founded on the presumption of settler colonialism. Extensive research providing support and evidence for either side, coupled with effective communication are keys to debating success.

Chijioke and Skinner began high school debate as novices. The two-state tournament qualifications during their junior and senior years reveal the development of their talent. More than “being good” at debate, they both enjoy the process.

“I like engaging in an activity that makes me think about real world issues and stimulates critical thinking,” Chijioke said.

Unlike most competitive high school activities, there is a national tournament for debate and qualifying is done independently of state meets.

Last December at a district tournament, Chijioke and Skinner seized their opportunity to qualify for nationally. They’ll travel to Louisville, Kentucky in June for the National Speech and Debate Tournament.

“I am proud of us because we have really improved,” Chijioke said. “I’m pretty excited for nationals and I think it’ll be a good conclusion to my high school debate career.”

Eric Erickson is a social studies teacher at Como Park Senior High School.

School news briefing

By Sarah CR Clark

Twin Cities German Immersion School TCGIS welcomes nine teacher-interns from Europe

Nine interns who are completing their teacher degrees in Germany have arrived at the Twin Cities German Immersion School and are sharing educational and cultural perspectives as well as language support to TCGIS students. They will be staying with host families through the end of the school year, learning about life and work in the United States.

Saint Anthony Park Elementary School

341,877 minutes spent reading! After a two-year pandemic-related hiatus, the St. Anthony Park School Association’s annual Read-a-Thon returned in January in fine style! The theme for this year’s two-week event was “Be A Reading Hero.” The fundraising event raised almost $210,000 to support enrichment programs at SAP Elementary and students far exceeded the cumulative reading goal of 195,000 minutes. To celebrate the success, Principal Kara Duke wore a superhero costume for an entire school day and each student was given a free book from Scholastic rewards points.

Sarah CR Clark is a resident of St. Anthony Park and a regular contributor writer to the Park Bugle.
Wellness businesses continue to evolve amid COVID uncertainties

By Christie Vogt

Since the Bugle’s last wellness edition in March 2021, the arrival of COVID-19 vaccines, boosters and variants has continued to alter the landscape for wellness businesses. While there appears to be more optimism this year, uncertainty still reigns for many of them.

“We had hoped that we’d see an increase back to pre-pandemic attendance and revenue,” said Suzy Levi, owner of Defining You Pilates & Fitness. “But we’re still kind of hanging where we were last year.”

Nevertheless, Levi said her St. Anthony Park business has changed in interesting ways. It has seen consistent attendance and some growth with apparatus classes, which use large Pilates equipment and are limited to five attendees, a factor that Levi believes may help people feel more comfortable participating.

Personal training has also brought people in new clients, Levi said.

An attorney today keeps your troubles away.

Ferdinand F. Peters, Esq. Law Firm
Entrepreneurial Business, Estate Planning, Trusts, Probate, Family Law, Timeshares, Real Estate, Litigation, Discrimination

Defining You continues to offer virtual and in-person classes, a hybrid model that Levi advocates for because it has allowed them to focus on their specialty, a Pilates studio.

The shift to focusing on Pilates apparatus classes and smaller group training has been a good thing,” Levi said. “I feel like that’s what sets us apart.” With no shortage of competition in the fitness market, the pandemic has prompted them to focus on their specialty, she added.

At Next Level, a St. Anthony Park gym that focuses on resistance training, owner Jonathan Swenson said that although they have had a specific day and time and then work out with the same people for a month. “People really like it because it helps them not miss days,” Swenson said. Members also like having that “pod of people that together recognize,” he added.

Although he hasn’t received specific feedback on the matter, Swenson acknowledged that this pod system might help people feel better about reducing their chances of being exposed to the coronavirus.

“This will be that up/down kind of feeling,” he said. “But overall, I think we’re getting toward that phase where people are more comfortable doing things.”

Unlike most gyms, Next Level sells memberships as time slots where members register for a specific day and time and then work out with the same people for a month. “People really like it because it helps them not miss days,”

The pandemic has forced businesses to “take a deeper look into what’s working and what’s not,” Levi said. In the meantime, “you’ve just got to put your head down and be flexible … and know that on the other side, it’s going to be better,” she concluded.

Wellness owners to “take a deeper look into what’s working and what’s not,” Levi said. In the meantime, “you’ve just got to put your head down and be flexible … and know that on the other side, it’s going to be better,” she concluded.

The pandemic has forced wellness businesses to “take a deeper look into what’s working and what’s not,” Levi said. In the meantime, “you’ve just got to put your head down and be flexible … and know that on the other side, it’s going to be better,” she concluded.

Wellness owners to “take a deeper look into what’s working and what’s not,” Levi said. In the meantime, “you’ve just got to put your head down and be flexible … and know that on the other side, it’s going to be better,” she concluded.

Wellness owners to “take a deeper look into what’s working and what’s not,” Levi said. In the meantime, “you’ve just got to put your head down and be flexible … and know that on the other side, it’s going to be better,” she concluded.

Wellness owners to “take a deeper look into what’s working and what’s not,” Levi said. In the meantime, “you’ve just got to put your head down and be flexible … and know that on the other side, it’s going to be better,” she concluded.

Wellness owners to “take a deeper look into what’s working and what’s not,” Levi said. In the meantime, “you’ve just got to put your head down and be flexible … and know that on the other side, it’s going to be better,” she concluded.

Wellness owners to “take a deeper look into what’s working and what’s not,” Levi said. In the meantime, “you’ve just got to put your head down and be flexible … and know that on the other side, it’s going to be better,” she concluded.

Wellness owners to “take a deeper look into what’s working and what’s not,” Levi said. In the meantime, “you’ve just got to put your head down and be flexible … and know that on the other side, it’s going to be better,” she concluded.

Wellness owners to “take a deeper look into what’s working and what’s not,” Levi said. In the meantime, “you’ve just got to put your head down and be flexible … and know that on the other side, it’s going to be better,” she concluded.

Wellness owners to “take a deeper look into what’s working and what’s not,” Levi said. In the meantime, “you’ve just got to put your head down and be flexible … and know that on the other side, it’s going to be better,” she concluded.

Wellness owners to “take a deeper look into what’s working and what’s not,” Levi said. In the meantime, “you’ve just got to put your head down and be flexible … and know that on the other side, it’s going to be better,” she concluded.

Wellness owners to “take a deeper look into what’s working and what’s not,” Levi said. In the meantime, “you’ve just got to put your head down and be flexible … and know that on the other side, it’s going to be better,” she concluded.

Wellness owners to “take a deeper look into what’s working and what’s not,” Levi said. In the meantime, “you’ve just got to put your head down and be flexible … and know that on the other side, it’s going to be better,” she concluded.

Wellness owners to “take a deeper look into what’s working and what’s not,” Levi said. In the meantime, “you’ve just got to put your head down and be flexible … and know that on the other side, it’s going to be better,” she concluded.
Some straight talk on carbohydrates
By Jenni Wolf

With March comes the Bugle’s Wellness section, an annual feature that also coincides with National Nutrition Month.

Today we are going to dive into the always “hot” topic of carbohydrates—something you have likely heard a lot about and probably find yourself a bit confused about at times.

Carbohydrates are one of the three major nutrients, or macronutrients, our bodies need. In fact, most of us need more carbohydrates than proteins or fats, the other two macronutrients, on a daily basis. At the same time, I bet you have heard your mom, friend or doctor—or whoever—rattle on about their efforts to reduce or limit their carb intake or recommend a low-carb diet. Or maybe you’ve even tried this yourself. Seem contradictory? I think so, too. Let’s set the facts straight.

Why do we need carbs?
Carbohydrates are the body’s number one preferred source of energy. All our cells and tissues can use them for fuel. If we lack an adequate source and supply of carbs, we can become moody and irritable with feelings of low energy and dysregulated blood sugar levels. Additionally, the body will recognize the missing supply of immediate energy and shift into conservation mode which can slow down your metabolism and lead to weight gain and loss of muscle mass. Carbohydrates also taste good and help make meals feel more satisfactory.

Do I need to limit carbs?
The short answer: Generally, no! We need to include them alongside fat and protein choices to get our nutritional needs met and keep energy levels up—and to live an enjoyable life!

Additionally, we know we often “want what we can’t have,” especially if it is something we need to survive and restricting ourselves from carbs greatly increases the likelihood of going overboard and feeling unwell when you do include them.

The long answer: Everyone is different and certain medical conditions can warrant a shifted approach to carb intake such as being mindful around sources of carbs and portion sizes. If you have a concern, it is best to get connected with a dietitian in your community for individualized support.

Carbohydrates come in a variety of food. Photo by Jenni Wolf.
Carbohydrates from p. 8

How many carbs do I need to eat?

I recommend that you include at least 1 to 2 sources of carbs at every meal and at least 1 at every snack—shooting for three meals and several snacks per day.

If you have a more active lifestyle, you will need more carbs for support. Fun fact: An average adult needs approximately the equivalent number of carbohydrates that you would find in 12-15 slices of bread per day!

Which foods contain carbohydrates?

Most of us probably think of grain-based foods when we think of carbs: pasta, bread, cereal, crackers and chips. Fruits, vegetables and beans, as well as dairy products and dessert items, also contain carbs and are all other ways to help meet your daily needs.

What about whole grains?

Whole grains are an important part of our diet and offer more fiber and micronutrients than you’ll find in refined grains. That said, refined grains are also tasty options that provide nutrition in the form of carbs and micronutrients and often may be more affordable, easier to prepare and more widely available. I recommend shooting to make half your grains whole to get a good balance of nutrition, convenience and taste.

What about the Keto and Atkins diets?

These popular diets can promise a lot, but what they don’t talk about is how you might feel after trying to keep this up in the long run or the toll it can take on your body. As previously mentioned earlier, low-carb diets keep your body from getting access to the available energy it needs which can lead you to feel poorly, be at risk for health complications and crave the foods you are missing out on which increases the risk of overeating or binging. Balance is best, my friends!

So, what should I think about when choosing carbohydrate-containing foods?

First, think about the carb-containing foods you enjoy. Are they a variety of grain-based items, fruits, vegetables, dairy and desserts? If so, great—if not, be intentional about including some of each throughout your day.

Additionally, reflect on where whole grains show up in your diet. If you notice them lacking, identify a few sources you enjoy the taste of and start including one every day. My favorites for those new to whole-grains include popcorn, oatmeal and bread made with white-whole wheat flour which has a milder taste.

Above all, remember the three tenets of balance, variety and moderation when it comes to other food groups beyond carbohydrates. When we truly use those principles to guide us, we are more likely to stay healthy, get what we are need, not get too much of something and enjoy the foods we are eating. We are also more likely to enjoy our food experiences.

Jenni Wolf is a dietitian in the community who is passionate about helping others nourish a positive and balanced relationship with food.

As previously mentioned earlier, low-carb diets keep your body from getting access to the available energy it needs which can lead you to feel poorly, be at risk for health complications and crave the foods you are missing out on which increases the risk of overeating or binging. Balance is best, my friends!

So, what should I think about when choosing carbohydrate-containing foods?

First, think about the carb-containing foods you enjoy. Are they a variety of grain-based items, fruits, vegetables, dairy and desserts? If so, great—if not, be intentional about including some of each throughout your day.

Additionally, reflect on where whole grains show up in your diet. If you notice them lacking, identify a few sources you enjoy the taste of and start including one every day. My favorites for those new to whole-grains include popcorn, oatmeal and bread made with white-whole wheat flour which has a milder taste.

Above all, remember the three tenets of balance, variety and moderation when it comes to other food groups beyond carbohydrates. When we truly use those principles to guide us, we are more likely to stay healthy, get what we are need, not get too much of something and enjoy the foods we are eating. We are also more likely to enjoy our food experiences.

Jenni Wolf is a dietitian in the community who is passionate about helping others nourish a positive and balanced relationship with food.

As previously mentioned earlier, low-carb diets keep your body from getting access to the available energy it needs which can lead you to feel poorly, be at risk for health complications and crave the foods you are missing out on which increases the risk of overeating or binging. Balance is best, my friends!

So, what should I think about when choosing carbohydrate-containing foods?

First, think about the carb-containing foods you enjoy. Are they a variety of grain-based items, fruits, vegetables, dairy and desserts? If so, great—if not, be intentional about including some of each throughout your day.

Additionally, reflect on where whole grains show up in your diet. If you notice them lacking, identify a few sources you enjoy the taste of and start including one every day. My favorites for those new to whole-grains include popcorn, oatmeal and bread made with white-whole wheat flour which has a milder taste.

Above all, remember the three tenets of balance, variety and moderation when it comes to other food groups beyond carbohydrates. When we truly use those principles to guide us, we are more likely to stay healthy, get what we are need, not get too much of something and enjoy the foods we are eating. We are also more likely to enjoy our food experiences.

Jenni Wolf is a dietitian in the community who is passionate about helping others nourish a positive and balanced relationship with food.
The Curious, Proud Diabetic

By Ranae Hanson

"Sorry. The insurer hasn’t approved that.”

"I’ll die without insulin,” I said.

"You’ll have to come back,” she said.

I held my ground. "No, I’ll stand here and call Medicare.”

Half an hour later, I walked away with three vials.

I am not timid about diabetes.

Consider a lapel button: “Proud Diabetic.”

Easy To Feel Shame.

When I was first diagnosed, I was ashamed. I’d bought the usual biases: I’d eaten too much sugar; I’d been too stressed; I hadn’t run enough.

When the ICU nurse called me “a diabetic,” I bristled. “Am I no longer an ordinary human?”

Then I met other diabetics. They guided me into being, not merely human, but beta cell too.

If you have functioning beta cells and effective self-produced insulin, pause to pat your belly in appreciation. Brilliant mini-salaries work for you. They figure out how much carbohydrate the food you eat contains. They note the moment those carbs enter your bloodstream. They secrete the right insulin dose.

Give your beta cells an A+.

Then, because there’s a chance you’ll become diabetic too, begin to learn with the rest of us.

Americans with diabetes number 37 million. Worldwide we are 538 million (plus a great many cats).

By 2030, 643 million people will probably have diabetes, by 2054, 783 million. In contrast, there are 381 million people today with Covid worldwide today.

The risk of early death for adults with diabetes is 60% higher than for adults without. Yet, we diabetics often live to ripe old ages.

I hope you don’t get diabetes, if you do, though, join us—the successfully eating millions with type 1 or type 2.

No Shame

It’s actually not so bad to count carbs and dose insulin or take Metformin after the first couple years.

What really stinks is the shaming. An overwhelming number of people with diabetes are shamed, often by well-meaning family, friends and professionals.

A doctor was advising me on the likelihood of losing fingers and toes. When I protested that I didn’t plan to lose any, he consulted my

“a diabetic,” I bristled. “Am I no longer an ordinary human?”

Then I met other diabetics. They guided me into being, not merely human, but beta cell too.

If you have functioning beta cells and effective self-produced insulin, pause to pat your belly in appreciation. Brilliant ministers work for you. They figure out how much carbohydrate the food you eat contains. They note the moment those carbs enter your bloodstream. They secrete the right insulin dose.

Give your beta cells an A+.

Then, because there’s a chance you’ll become diabetic too, begin to learn with the rest of us.

Americans with diabetes number 37 million. Worldwide we are 538 million (plus a great many cats).

By 2030, 643 million people will probably have diabetes, by 2054, 783 million. In contrast, there are 381 million people today with Covid worldwide today.

The risk of early death for adults with diabetes is 60% higher than for adults without. Yet, we diabetics often live to ripe old ages.

I hope you don’t get diabetes, if you do, though, join us—the successfully eating millions with type 1 or type 2.

No Shame

It’s actually not so bad to count carbs and dose insulin or take Metformin after the first couple years. What really stinks is the shaming. An overwhelming number of people with diabetes are shamed, often by well-meaning family, friends and professionals.

A doctor was advising me on the likelihood of losing fingers and toes. When I protested that I didn’t plan to lose any, he consulted my
Inner resilience and climate change
Why we need to practice self-care in order to save our world

By Mary Sage

Several years ago, my young daughter and I joined a community conversation here in St. Anthony Park—about what small steps we could take locally to respond to climate change.

Soon after, we started attending monthly meetings of Transition Town—ASAP. We are deeply committed to our neighborhood and appreciate the active engagement of people having real conversations about regenerative practices.

One of those practices is cultivating “inner resilience.” As climate change pushes our society to improve the tenacity of our built environment, food and energy systems and local economies; we also need to build our inner resources so we can respond to these times.

Along with that, we can also attend to how we relate to one another and get along while doing the important work of systemic change.

The national Transition US organization—of which our local group is a part—has an Inner Resilience Network open to all. The group offers a monthly Connection Café where participants can get support in a caring environment, learn how to listen more deeply and link arms in conscious activism.

For offerings and more information, visit interresilience.net

Inner resilience for the greater good

Inner resilience can be summed up as our mental, emotional and physical capacities to respond and adapt to the world around us. Its roots are in self-awareness, regular healthy lifestyle habits and a feeling of being able to bounce back after a stressful event.

Disruptors to resilience are unresolved trauma, unrelenting stressors or unmet basic needs. In my practice, clients regularly express anxiety, ongoing stress and a questionable readiness to meet the demands of life. Prolonged periods of uninterrupted triggers can lead to stress related disease, decrease in social activities, loss of work or income and feeling caught in a spin cycle of worry.

To restore our wellbeing requires some dedication and regular recharging. The answer is to begin within.

When we expand our awareness of capacity, we are more likely to want to be involved, make good choices and help someone in need. We feel more clarity, purpose, readiness and connection. We can be the change we want to see in the world.

Here are a few self-care practices to build your inner resilience:

• Start tuning into your body: physical sensations, emotions and mindset
• Strengthen the relationships that matter most to you; try deep listening
• Explore your own sense of purpose in the world. Has it changed?

To quote the late peace warrior Thich Nhat Hahn, “Everything can change if you let it.”

As one of my teachers says, “What we do for the one, we do for the all.”

Let us align our efforts with the greater good. Together, we can weave the fabric of our community to be more aligned and become resilient and support others in doing the same.

As one of my teachers says, “What we do for the one, we do for the all.”

Get clear about your own significance and importance here. What will it take for you to be at full capacity? We need you and each other to make the changes!

Mary Sage is a multi-passionate wellness coach, therapeutic body worker, meditation teacher and SAP neighbor. She can be found some days at Healing Elements, 2290 Como Ave., teaching Inner Resilience-style classes.

Bamboo is known for its strength and resilience, with a deep root system and flexibility under strong winds. Photo by Eleanora Albasi/Unsplash.
The 2022 SAP Community Foundation arts festival will take a hiatus in 2020 and 2021 due to the Covid-19 pandemic.

SAP Community Foundation announces new grant cycle

The 2022 SAP Community Foundation is calling for interested community groups and organizations to submit funding proposals to the Foundation’s annual grant program. Grants will have to have a focus on one of the following areas: improving the environment, strengthening learning opportunities, enhancing livability and aging in place, business vitality and appreciation of the arts, all of which support a more resilient, inclusive and healthier Saint Anthony Park community.

Applications, guidelines and funding timelines can be found on the Saint Anthony Park Community Foundation’s website. For more information contact Julie Drechsler, Executive Director, sapcommunityfoundation@gmail.com.

New class at Women’s Drum Center

The non-profit Women’s Drum Center, 2242 University Ave., is offering a beginner class in the basics of Djembe (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 Wednesdays in March. Cost is $10 for the class. Drums will be provided. Masks are required. Register online at www.womensdrumcenter.org.

March boreal art show

The works of St. Paul artists Mietek Glokwa and Heidi Wagner will be featured during March at the boreal art loft, 2516 Como Ave. All work is for sale. The upcoming show titled “The Slavic Teutonic Reveal: Art and Craft in Wood” will include practical pieces such as trays, cutting boards and furniture as well as abstract works—all in wood. Free public viewing is available during store hours 9:30 a.m. to 5 p.m. Mondays through Saturdays and 10 a.m. to 4 p.m. Sundays.

Online “Great Decisions” series returns

The annual “Great Decisions” online series, which examines the most critical issues facing America, returns to the Ramsey County Library this spring. The programs are scheduled for several Fridays from 12:30 to 2 p.m.

On March 4, University of Minnesota adjunct professor John Osler will talk about “Global Chains and National Security.” Oswald, who works in the fields of community health and epidemiology, will discuss the Covid-19 pandemic, disrupted international economic interdependence and global supply chains.

On April 8, Todd Lehoti, president of the International Business Development Company, will talk about “Outer Space” and the evolution of space travel and exploration since the launch of Sputnik 1 in October, 1957, that marked the beginning of the space age.

To participate in these programs, register in advance for the event on our website or call the library at 651-724-6001. After registering, you will receive a confirmation email containing information about joining the webinar.

Comida Park Theater Presents:

Disney HIGH SCHOOL MUSICAL
ON STAGE!

Friday March 18th at 7pm
Saturday March 19th at 2pm & 7pm
At Como Park Senior High School Auditorium
Students: $5
Adults $7
See tinyurl.com/ComoParkTheater for more information

Call for SAP Arts Festival artists

Organizers of the 53rd annual St. Anthony Park Arts Festival have put out a call for artists to participate in the event.

“We look forward to welcoming artists and shoppers back to Saint Anthony Park on June 4,” said co-directors Tanya Anderson and Deanna Seppanen. For more information about the festival and how to apply, visit www.sapfest.org.

The free festival will run from 10 a.m. to 5 p.m. that day at the intersection of Como and Carter avenues, and will feature juried artists, food, live music, a used book sale, a plant sale and art activities for children and adults.

The festival benefits St. Anthony Park Carnegie branch of the St. Paul Public Library and supports programming for all ages.

The annual summer St. Anthony Park Arts Festival took a break in 2020 and 2021 due to the Covid-19 pandemic.

St. Paul Recreation Department programs

Registration for summer activities offered through the St. Paul Parks and Recreation Department’s recreation centers will be open under way. Here’s the lowdown:

- Summer camp registration begins Monday, March 7
- Summer sports registration will be held all March for t-ball, softball, soccer, flag football, tennis, and coed kickball
- Sand volleyball will be held the week of March 1
- For fall sports registration, see tinyurl.com/SPParksRec
- For more information, contact Langford Park Recreation Center: 30 Langford Park. Register by calling 651-298-5765 or go to: www.stpaul.gov/langfordpark.

PARK BUGLE • MARCH 2022
Sewell from p. 5

l us, who died in 2014, grew up in the Twin Cities, graduated from the University of Minnesota and helped found the Minnesota Composers Forum (now the American Composers Forum).

The third piece, “From the Land of Song” by Twin Cities composer David Ivan Thomas as a gift to his cellist sister, Christine Thomas-Tsen, is based on five Welsh folk songs. One of the songs was written in tribute to Thomas’ great-great-grandfather Captain John Thomas, who perished in a shipwreck off the coast of Wales in 1859.


Sewell collaborated on this recording with Twin Cities pianists Ivan Koner, Ora Ifkin and Sonja Thompson. Schoenfeld’s “Six British Folk Songs” was dedicated to renowned cellist Jacqueline du Pré in honor of Sewell’s time spent in London studying with du Pré, whose career and life were cut short by multiple sclerosis. His solo欺诈 depicts the stages a person might go through while living with a debilitating disease.

The Sewell CD

To order Laura Sewell’s CD, go to innova.mu/albums/laura-sewell/threesome.

The CD will also be available at the next Isles Ensemble concert, which is 4 p.m. Sunday, May 15, at Lake of the Isles Lutheran Church, 2020 Lake of the Isles Parkway, Minneapolis 55405. Info: Isles Ensemble.org.

For information on the James Sewell Ballet performances, go to jsballet.org.

Of the piece, Sewell said the challenge was finding a pianist who could play the difficult score. “It took a whole year to learn,” she said. “You play fistfuls of notes, but Ivan [also is a member of the Isles Ensemble] loved the challenge.”

Sewell will be performing parts of the Schoenfeld piece with the James Sewell Ballet on March 11-12 at O’Shaughnessy Auditorium. The company’s namesake co-founder and artistic director is her brother. Paulus’ “Banchetto Musicale,” a suite of Neo-Baroque dances, was commissioned to mark Sewell’s 21st birthday.

Of the two commissioned works and the Thomas piece, Sewell said: “I’ve played these pieces throughout the years. They’re such wonderful pieces that deserve greater exposure. They deserve to be heard.”

As Sewell’s 66th birthday loomed, she was determined to record the CD. She learned in November 2019 that she had been awarded a $10,000 grant by the Arts Board and soon after contacted Innova about her proposed project.

“They knew me and liked the idea,” Sewell said. “Even if they didn’t, I was going to do the CD anyway. Even if I didn’t get the grant, I still intended to do it.”

“COVID allowed for so much practice time,” she continued. “It was a godsend for me. It kept me focused because I had a goal and a sense of purpose during the lockdown.”

Cigale Ashquist is a Twin Cities freelance writer and a regular contributor to the Bugle.
Jennifer was the beloved cat, but proud to remain active on the Social, Dining and Retirement Committee. One of her many service projects was the Christmas Bazaar, which was one of the church’s major fund-raisers. She and her many church friends devoted countless hours to making elaborate hand-made treasures and baked goods to sell at the bazaar.

June was also an avid reader and was a member of the Friends Reading Circle for many years. She loved Christmas and was a collector of Santa figures. June’s grandchildren fondly remember helping her organize 500+ Santas every holiday season.

During her retirement years she resided at 1866 Coffman and was a member of the Social, Dining and Library committees. June avoided Covid and transitioned to the St. Anthony Park Home last year after living to age 94 on her own. She was sad to move and leave her beloved cat, but proud to remain a point to attend special events and a wonderful grandmother, making connections and being active in the greater Eau Claire area. She is survived by children Richard and Patricia Hoppe. Patty grew up in Como Park. She attended Chelsea Heights Elementary School and Murray High School, from which she graduated in 1967. She attended college at UW-Eau Claire and earned an M.A. in school psychology from UW-Eau Claire. She met her husband, Dave, in graduate school. They were married for 38 years.

“Ms. Patty” worked for schools in districts in Evansville, Wis., and Madison, Wis., as a child psychologist. She is remembered by friends and colleagues as an empathetic, reliable and radiant “giver” who, more often than not, subsumed her own needs to attend to those of others. Patty worked with many students in Madison who needed extra attention and care. She took on leadership roles near the end of her career and was active in the Wisconsin teachers’ strikes as a proud union member. She is survived by her husband, four siblings and two sons.

Memorials may be sent to the Ovarian Cancer Research Alliance or the Madison Metropolitan School District (especially Haw- thorne Elementary). Online condolences may be posted to CaringBridge or www.gundersonfh.com.

Thomas Hueller

Thomas C. Hueller, 72, of Brook- lyn Park, died Dec. 27, 2022. He was born Feb. 27, 1949, in St. Paul. He and his wife Chris lived in the Como Park neighborhood for 41 years, where they raised their family.

He was preceded in death by parents Clayton and Marion and brothers Alvin, Oscar and Tim. He is survived by his wife of 50 years, Christine; chil- dren Brian (Courtney), Michael (Stacie), Timothy; four grandchil- dren, and sisters Diane (Steve) Savage, Nancy (Leroy) Desho- tel, Jean Hueller, Joyce (Steven) McQuillan.

Patricia Hoppe

Patricia “Patty” Hoppe, 64, died Jan. 15, 2022, of cancer. Patty grew up in Como Park. She attended Chelsea Heights Ele- mentary School and Murray High School, from which she graduat- ed in 1967. She attended college at UW-Eau Claire and earned an M.A. in school psychology from UW-Eau Claire. She met her husband, Dave, in graduate school. They were married for 38 years.

“Ms. Patty” worked for schools in districts in Evansville, Wis., and Madison, Wis., as a child psychologist. She is remembered by friends and colleagues as an empathetic, reliable and radiant “giver” who, more often than not, subsumed her own needs to attend to those of others. Patty worked with many students in Madison who needed extra attention and care. She took on leadership roles near the end of her career and was active in the Wisconsin teachers’ strikes as a proud union member. She is survived by her husband, four siblings and two sons.

Memorials may be sent to the Ovarian Cancer Research Alliance or the Madison Metropolitan School District (especially Haw- thorne Elementary). Online condolences may be posted to CaringBridge or www.gundersonfh.com. Thomas Hueller

Thomas C. Hueller, 72, of Brook- lyn Park, died Dec. 27, 2022. He was born Feb. 27, 1949, in St. Paul. He and his wife Chris lived in the Como Park neighborhood for 41 years, where they raised their family.

He was preceded in death by parents Clayton and Marion and brothers Alvin, Oscar and Tim. He is survived by his wife of 50 years, Christine; chil- dren Brian (Courtney), Michael (Stacie), Timothy; four grandchil- dren, and sisters Diane (Steve) Savage, Nancy (Leroy) Desho- tel, Jean Hueller, Joyce (Steven) McQuillan.

A celebration of Tom’s life will be held at 11 a.m. on Saturday, April 23, at Servant of Christ Lutheran Church, 740 E. Hayden Lake Rd, Champlin, with visitation one hour prior to the service. In lieu of flowers, memorials preferred to via Tom’s GoFund- Me page: https://www.gofundme. com/Memorials-for-tom-hueller

Editor’s note: Due to space con- straints, not all obits for this month made it into print. Please check our website for the complete list.
I became diabetic late in life; I bow to those who have lived with this master teacher longer than I. ❚

Ranee Hanson is the author of “Watershed: Attending to Body and Earth in Distress” and lived in St. Anthony Park for 27 years. She remains a member of Transition Town-All St. Anthony Park and divides her time between northern Minnesota and Washington state.

---

**Classifieds**

Send your ad to classifieds@parkbugle.org or PO Box 8126, St. Paul, MN 55108. Ads are $1 per word. Phone numbers, email addresses and websites are considered two words. Add a box or art for $10 each.

Next deadline: Mar. 9, 2022.

---

**Everything Downey**

Specializing in water damage and remodels. Plaster repair, skin coating, textures, framing, sheetrocking, finishing and painting. David 651-654-3028 eddywallpro@yahoo.com

**Freshen Up Your House With a Fresh Coat of Paint**

We satisfy all your painting needs. Painting, staining, water damage repair, sheetrock, spray texture, spray texture removal, wallpaper and wallpaper removal. Family business in the Park 70 years. Jim Larson, (cell) 952-309-7696, 651-644-9388 jimmyrookie4@live.com

**Group**

**Brushtrokes Painting Interior/Exterior Painting. Ceiling/wall repair. Very detail oriented. I strive to have a professional & positive relationship with my customers.**

Tom Marcon 651-230-1272, tinnymarcon@yahoo.com

---

**I'm an in-your-face diabetic,**

chart. “Oh!” he said. “You're type 1. It isn’t your fault.”

That visit was over. My type 1 status gives no one the right to an inaccurate opinion that people with type 2 are more to blame for their condition. Re-search shows their diabetes to be more genetic and environmental than mine is.

Diabetic friends, let’s stand together. I’m not accepting blame and neither should you.

High numbers can be scary. Low numbers even more. But we don’t ask, “Are you okay? What's your number?” A person’s blood glucose number is her private data, and neither should you.

Diabetics converse intently. I became diabetic late in life; I bow to those who have lived with this master teacher longer than I. ❚

---

**Liz Pierce Attorney at Law**

Wills, Trusts & Probate

House calls by appointment

liz@lizpierce.com

In Milton Square, 2230 Carter Ave.

651-645-1055

---

**Healthcare Professionals**

St. Anthony Park Dental Care

2278 Como Avenue

Nate Cogwell, DDS

Paul Kirkegaard, DDS

Nadine Yacoub, DDS

Phone/Text: 651-644-9216

frontdesk@sapdentalcare.com

---

**Pierce Richards**

**Liz Pierce Attorney at Law**

Family owned & operated for more than 20 years

pierce@prlawoffice.net www.lizpierce.com

651-644-9216

---

**Window Washing**

Window washing, inside and out!

“You'll see the difference!”

Call Larry

651-635-9228

20/20 Cleaning Family owned & operated for more than 20 years

https://www.2020cleaningspecialist.com

---

**Family Law Mediation**

Strong Experiences

651-789-7799

www.kpboglaw.com

Mediation $155 per hour

Saturday hours available

Carla E. Kellberg

Attorney at Law

---

**Federally Insured by NCUA**

---

**Spire Credit Union**

1880 Perimeter Dr

Roseville, MN

651.215.3500

mySPIRE.com

Federally Insured by NCUA
Cougars bring diversity to Nordic skiing

By Eric Erickson

Sports analysis

While few states offer Nordic skiing as a high school sport, Minnesota is obviously a fitting location with a Nordic skiing culture. But the number of high schools running varsity programs is relatively low compared to other winter sports. While basketball has over 400 enrollments in the Minnesota State High School League, Nordic skiing only has 97 school programs and no enrollment distinctions for competition.

The Como Park Cougars are proud of their ability to consistently participate in a rugged winter sport, and from what the coaches have observed, they’re proud to be one of the more ethnically diverse programs in the state. Como head coach Sasha Van Voorhis and assistant coach Dylan Adair began this season with 43 student athletes on the roster. A long dryland training period before the snow came, followed by stints of extreme cold, caused a few to contemplate what they were willing to experience levels and skill sets. The diversity of the Como team has dual meaning. It’s multicultural and waxing skis. Varsity skiers lead training groups while still incorporating collaboration. Everyone is together for stretching, workouts and waxing skis. Varsity skiers lead by example and provide tutorials.

The same determination and spirit can be seen with the experienced end of the Cougars roster. As a freshman, Finlay’s individual finish was “somewhere around 50th place.” In his last two seasons, Finlay cracked the top ten earning all-conference honors. The diversity of the sport allows for everyone to participate. The coaches organize athletes into beginner, intermediate and varsity groups while still incorporating collaboration. Everyone is together for stretching, workouts and waxing skis. Varsity skiers lead by example and provide tutorials.

The diversity of the Como team has dual meaning. It’s multicultural and it’s extremely varied relative to experience levels and skill sets. Bringing all the elements together and seeing what develops is the fun part. Junior Alexander Le is of Vietnamese descent and had never skied before this winter. A strong ROTC cadet, Le won the team’s pull-up contest in dryland training. However, balance on skis was initially challenging. “I didn’t feel any frustration at all. I didn’t feel any frustration at all. I didn’t feel any frustration at all.” Le said. “I didn’t feel any frustration at all. I didn’t feel any frustration at all.”

The Cougar Nordic ski team at a practice session on the Como Park Golf Course. Photo by Jeff Brown.

The diversity of the Como team has dual meaning. It’s multicultural and it’s extremely varied relative to experience levels and skill sets. Bringing all the elements together and seeing what develops is the fun part.