By Scott Carlson

Healing Elements, a health and yoga studio in Milton Square in St. Anthony Park, is under new ownership.

Neil and Anna Hultgren, of Como Park and owners of the Carpe Diem yoga studio in Minneapolis, in early May took over Healing Elements, 2290 Como Ave., from Samantha Shvetzoff, who sold the business to become a mental health counselor.

After attending the Adler Graduate School, Shvetzoff said she has begun seeing clients at the Iris Mental Health Clinic in Burnsville. “I am looking forward to focusing my energy on my new career,” she said.

Despite the ownership change, much about Healing Elements will remain the same, the Hultgrens told the Bugle. That includes retaining the existing staff and classes with a few additions.

“Our hope is to keep everything that has been so thoughtfully created over the last nine years and only add more elements to help people find wellness in all walks of life,” Anna said. “We are keeping all massage and yoga classes that are currently offered as well as adding in a few more strength/HIIT style classes to create a well-rounded schedule for our members.

“Our hopes are that people will walk into this space and find everything they need for their lifelong health and wellness journey,” Anna continued. “We are blending our two studios together to become Carpe Diem Studios, the two locations will be called Northwind Lofts (in Northeast Minneapolis) and Healing Elements by Carpe Diem Studio. (Carpe diem means seize the day.)

“We will be keeping on all staff as well as bringing in some new and amazing yoga/fitness instructors as well as our studio manager from our Northeast Studio who will work alongside Healing Elements’ current managers,” Anna said.

The Hultgrens met one another seven years ago while they were kinesiology students at the University of Minnesota. Besides falling in love, Anna and Neil shared a love of health and wellness and a desire to help others through their wellness journeys. They first connected with Samantha Shvetzoff through their CBD business about two years ago. CBD is cannabidiol, a compound found in hemp and cannabis plants that is increasingly popular as a dietary supplement.

“Healing Elements started selling our Carpe Diem CBD products in their retail shop and soon after that began to use our CBD muscle cream and lotions for massage and bodywork,” Anna said.

“When Samantha approached us about becoming the new owners of Healing Elements, we knew it was going to be the right fit,” Anna continued. “We had started a yoga studio almost two years ago in Northeast Minneapolis called Carpe Diem Studio and have always dreamed of expanding to a full wellness center. Healing Elements has everything we had hoped to create and room to grow into even more.”

Neil and Anna Hultgren are the new owners of the Healing Elements yoga studio in St. Anthony Park. Photo by Caroline Elkingboe.

Carpe Diem Studio and have always dreamed of expanding to a full wellness center. Healing Elements has everything we had hoped to create and room to grow into even more.”

Scott Carlson is managing editor of the Park Bugle.

Neil and Anna Hultgren are the new owners of Healing Elements

By Anne Holzman

Jack Linehan, Falcon Heights’ new city administrator, grew up in the Twin Cities area and has fond memories of showing chickens at the Minnesota State Fair with the 4-H program.

Linehan started his new job May 2, two months after his predecessor, Jack Thongvahn, left to take a position in Richfield. Thongvahn had been in his Falcon Heights role for seven years.

Linehan called the State Fair and the University of Minnesota “unique assets in the community” and said he looks forward to working with them as partners to the city.

After completing his bachelor’s degree in public administration at Winona State University, Linehan won a spot in a Northern Illinois University master’s program that included an internship in Lockport, Illinois. After three years there, he moved to Gurnee, Illinois.

With a Six Flags park and other tourist destinations, Gurnee has outsized tourist traffic for its population of 30,000, Linehan said. It also has about 250 employees, including fire and police departments.

Linehan comes to Falcon Heights after six years with Gurnee, where he had risen to the No. 2 position in Gurnee city government as assistant to the village administrator.

Falcon Heights, with a population of about 3,000 and eight full-time staff, is much smaller than Gurnee. But Linehan said his family decided to come to Minnesota to be closer to extended family.

Asked how he might approach the shifting arrangements for fire and police services in Falcon Heights, which have been an issue, Linehan said, “I’m trying to do a lot of listening.”

He explained that Illinois cities do more contracted services than in Minnesota, so he’s comfortable with the various shared services among Falcon Heights and neighboring jurisdictions.

Falcon Heights’ contract for police services from Ramsey County Sheriff’s Office is in a one-year extension and will likely come up for review again this summer, he said. The fire contract with St. Paul can wait until early next year, as it runs through 2023.

As for moving here, Linehan, his wife hails from central Wisconsin and he said the couple have family scattered around Wisconsin and Minnesota and were looking for an opportunity to move here when the Falcon Heights position was posted in January.

Linehan said the pandemic caused “a reckoning, how important it is to be around family.” They have a toddler and he said he looks forward to being closer to extended family.

Anne Holzman is a regular freelance writer who covers Falcon Heights government for the Bugle.
Transition Town’s newest venture—LION meetup

By Annamary Herther

“For the sake of the people and the land... set aside the ways of the colonist and become Indigenous to place.” — Robin Wall Kimmerer, author of “Braiding Sweetgrass”

In my family’s mythology, there is a question: Where has Annamary wandered off to this time? And even though I’m now happily rooted in the North End/North Como neighborhood of Saint Paul, on occasion I wander over to St. Anthony Park to join the inspiring work of Transition Town—ASAP. (You’re mighty welcoming folks!)

Reading Braiding Sweetgrass helped me to understand what it means to become Indigenous to the natural world underneath and around me. As a consumer and homeowner—attending Transition Your Money (TYM) meetings continues to help me learn how I might become further invested locally. In the face of climate change, these deep roots can help us weather the storms.

The people involved with Transition Your Money are always looking into ways to make St. Paul stronger. The group is curious and open, seeking new ways to put money to work meaningfully, meeting human needs closer to home and giving a platform to entrepreneurs, those who are BIPOC—Black, Indigenous or People of Color. And so I’d like to ask, “What are you doing on the second Saturday evening of June?”

June 11 meetup: LION up for this one!

Come join in on Transition Your Money’s first Local Investing Opportunity Network (LION). You might be an idea person or a small business owner looking to expand. Maybe you’re an investor with deep or not-so-deep pockets. Or you might simply want to lend expertise or help grow a customer base. Being a good neighbor, shopping local, putting down roots—these are equally important investment opportunities.

Annamary Herther is originally from northern Minnesota, though she wandered the globe before finding her home in St. Paul. She is a retired school secretary of the Friends School of Minnesota.

Transition Your Money: Investing in local resilience

By Anne Holzman

If you want to dig deeper, once a month the Transition Your Money group gathers on Zoom to share ideas for a more resilient local economy. Guest speakers have sparked ideas for investing in farm co-ops, community solar arrays, local enterprises and more. We discuss tools for moving our money from Wall Street to Main Street.

The group meets on the third Wednesday of most months, 7-8:30 p.m., and all are welcome. For the Zoom link, email info@TransitionASAP.org. Learn more at TransitionASAP.org.

Housing proposed on former dry cleaner’s site

By Anne Holzman

At its April 26 meeting, the Falcon Heights Planning Commission heard a proposal to demolish a former dry cleaner’s building at 1407 Larpenteur Ave. and build 12 units of townhomes there.

The site, currently unoccupied, is on the corner at Albert Street. While the proposed townhouse site is surrounded by houses, it is close to commercial sites at Hamline Avenue and lies in a B-1 Neighborhood Convenience zone. Its owner listed in tax documents is Sarin Homes LLC of Roseville.

The current vacant building has housed a laundry and dry cleaning business since 1969. Before that, it was a Shell gas station for a few years, according to city staff.

City Development Coordinator Paul Moretto told Planning Commission members that a prospective buyer of the property is proposing to build two buildings of six units each, aligned parallel to Albert Street. The commission was asked to review the preliminary proposal and send comments to the buyer.

After the meeting, Moretto told the Bugle, “We provided feedback to the potential applicant that the use was generally a good transition.” The commission recommended changes including more green space, visual buffers for neighbors and more parking spots.

Because the B-1 zone does not allow for residences, the developer would need to apply for rezoning. The plan does not comply with the long-range plan that Falcon Heights submitted to the Metropolitan Council, so an amendment to that would be needed, as well. If the buyer decides to proceed with its building plans, the Planning Commission will hold at least one public hearing on zoning.

Ducks in a Row

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District 12 Community Council

Westgate Park in the works

The St. Anthony Park District 12 Environment Committee has been working with St. Paul Parks and Recreation to provide input on the new 1.6-acre Westgate Park, which is taking shape at the corner of Sha-ron Avenue Southeast and Emer-ald Street Southeast.

Work is already underway on earth moving, land shaping, build-ing stormwater infiltration ponds and creating sidewalk beds.

The St. Paul Parks and Recre-ation Department hopes to finish the first phase of the parks develop-ment in late summer, including installation of a playground, new trees and a Prairie area.

To learn more about the plans and updates on the project, go to spaulgov and search “New Park at Westgate.”

The District 12 Council hopes to plan a celebration of the park opening. If you’re interested in helping plan the event, please contact Jessica Willman at Jessica@sapcc.org.

Territorial Road block party

The District 12 Transportation Committee has been assisting in beautification efforts on Territo-rial Road.

In early May, two yellow artistic benches created by Austin Wuta-nabe were installed—one on the SeAl Hi Rise property on Raymond Avenue and the other on the corner of Territorial Road and Carleton Street. Later, as the weather gets warmer, the attached planters will get filled with plants.

Further, neighbors will see art-ist Kada Goalen installing a mural on the Murphy Riggings building, 2499 W. Territorial Road. A cele-bration to honor the completion of this project is scheduled from 10 to 11:30 A.M., June 11, at the Territorial Road block party.

The block party will include a ribbon cutting, an Evie electric car demonstration, drain paint-ing, kids crafts, yard games and more! Find out more at sapcc.org/ territorial-road-project.

The new Westgate Park is under construction at Sharon Avenue Southeast and Emerald Street Southeast. Photo submitted by Jessica Willman.

Catalytic converter theft prevention kits

District 12 has kits available for cata-lytic converter theft prevention. For those comfortable with crawl-ing under a vehicle, the kits can be easily installed without technical assistance.

However, kits can also be taken to a service station. Under this pilot program, stations cannot charge for the application of the label.

To request a kit, go to sapcc.org/ catalyricconventertheft or email jessica@sapcc.org.

SAPCC June meetings

St. Anthony Park Community Council committee discussions include a variety of issues at their monthly meet-ings. Visit the council’s website at sapcc.org to learn more.

• Board meeting: 7 p.m., Thursday, June 9
• Environment Committee: 7 p.m., Wednesday, June 22
• Equity Committee: 5:30 p.m., Monday, June 27
• Transportation Committee: 7 p.m., Tuesday, June 28
• Land Use Committee: 7 p.m., Thursday, June 2 and July 7

All meetings are hosted via Zoom. Meeting times are subject to change. Please email Kathryn at kathryn@iapcc.org for the link.

Submitted by Jessica Willman, District 12 community organizer.

District 10 Community Council

Changes on District 10 board of directors

At its annual meeting and election in April, District 10 Community Council members elected the fol-low ing as new board members: Lizzy Canley (subdistrict 3 seat), Jeremy Rappaport (at-large rep seat), Abby Gold and Mark Mach-ack (at-large seats).

Incumbent board members Alex McLane (subdistrict 1), Dan Edgerton (subdistrict 2) and Ben Kowalsky-Grabeck (subdistrict 4) were also reelected for another 2-year term.

Meanwhile, the board appointed the following new officers for 1-year terms: Jennie Nelson, who served as secretary this past year, is the new District 10 board chairperson. Dan Edgerton was appointed vice chair-man. Matt Kelber was appointed treasurer and Chad Smith is serv-ing as interim secretary.

Outgoing officers Chairperson Jill Henrickson and Vice Chair-man Ben Kowalsky-Grabeck are continuing on the board in other roles.

Outgoing treasurer Mike Ireland ended his third term on the District 10 board with a prom ise to continue supporting the or-ganization in other capacities.

Lawns to Legumes grant

The District 10 Council awarded the Laws to Legume Demon-stration Neighborhood Board grant through the Minnesota Board of Water and Soil Resources.

A group of community mem-bers linked to the District 10 Envi-ronment Committee had proposed a plan for pollinator habitats throughout the Como Subdistrict 4 Community. The neighborhood between Como Avenue, Front A-venue, Lexington Parkway and the railroad tracks will receive up to four boulevard gardens, four bee lawns, a community pollinator gar-den and a pocket prairie.

Funding is provided by the Minnesota Environment and Nat-ural Resources Trust Fund and is targeting priority areas to benefit the rusty-patched bumblebee and other at-risk species. Find updates at District10ComoPark.org/L2L.

Pick Up & Party Event—June 4

The Como Community Council will host a free Pick Up & Party event at Orchard Recreation Cen-ter, 875 W. Orchard Ave., from 2 to 5 p.m., Saturday, June 4. The event will begin with the neighbor-hood cleanup from Front Street to Como Avenue and Dale Street to the railroad tracks.

Check in at the Rec Center be-tween 2 and 3 p.m. for supplies and the location to start the pickup. Af-ter the cleanup, meet back at the recreation center for live music, snacks and yard games. Everyone is invited to this free event—find out more at district10comopark.org/sd4event.

If you’d like to help hosting events like this, please consider a donation to our Neighborhood Events Fund at givemn.org/story/ DIEvents or become a volunteer at district10comopark.org/volunteer.

Upcoming meetings:

Renters, homeowners and other community members are always welcome to participate in District 10 board and committee meetings. You can join them by video confer-ence or by phone. To obtain links or other access information, send a request by email to districts10@ district10comopark.org. Or call 651-644-3889.

• Land Use Committee: Wednesday, June 1
• Neighborhood Relations Committee: Monday, June 6
• Environment Committee: Tuesday, June 14

All meetings begin at 7 p.m. Whenever possible, agendas and other relevant documents are post-ed in advance on District 10’s web-site: district10comopark.org

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

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From the Desk of the Editor

By Scott Carlson

Sungduck Lee to speak at Bugle annual community meeting about protecting, using the treasure of our local parks

At the Park Bugle, we are a community-oriented organization dedicated to providing news and information that transform readers into neighbors.

With that goal in mind, the Bugle will have University of Minnesota School of Architecture lecturer Sungduck Lee talk about "Community Parks: How communities shape the future of our local parks." Her virtual Zoom talk will be at 7:30 p.m., Thursday, June 23.

"Lee will share community-based conversations and decision making around strategic plans for parks and greenspaces," said Bugle chairperson Kristin Wiersma. "As we consider how to best use, protect and care for the parks in our neighborhoods, you will want to hear how to engage the community so everyone benefits from these treasures in our midst."

Offering a preview of her talk at the Bugle’s annual meeting, Lee said, "Public parks are considered cultural, political, and economic assets, essential to the social life and public health of cities. There is widespread empirical evidence that public parks and green spaces provide a wide range of benefits to adjacent neighborhoods in terms of economic value, environmental benefit, physical and mental health and social connection."

"In urban design and planning, public parks have been discussed as one of the key urban public spaces. The traditional view defines urban parks as open spaces for providing and operating recreational facilities and programs. However, recently there has been increasing support for an alternative viewpoint that goes beyond the traditional understanding of parks and emphasizes the function of an urban park as a 'true public space'—it does not attract people only for a specific event at a specific time, but also invites people for informal and unprogrammed public activities. Neighborhood parks are essential open public spaces that connect informal and passive activities with residents and social engagement."

"Social Justice and Public Space will discuss the role of 'true public space' in communities. How can we re-evaluate existing public parks and neighborhood green spaces?"

"We will also discuss various urban design and planning strategies that help create equal accessibility for a diverse range of people while generating unscheduled and unstructured public activities."

Prior to Lee's talk, the Bugle will conduct a brief business meeting to approve its budget and slate of new board members. Please contact me at editor@parkbugle.org for more information or to get the Zoom link.

By Laura Adrian

Getting connected via Bugle social media

Laura Adrian, Bugle social media specialist.

From 2005 to 2019, social media use by U.S. adults has grown from 5 percent to 79 percent. The Park Bugle recognizes a need to meet readers on these digital platforms.

In December 2021, I was hired by the Park Bugle as its first social media specialist. While the Bugle strives to promote freedom of speech and reader-generated content, we realize that some comments of fans cheering on the girls basketball team went to state, and story.

On Fridays, we'll begin sharing photos of kids ice skating 40-plus years ago struck home with one of our readers: He recognized himself in the photo!

Through social media, there is a unique opportunity for interaction and reader-generated content. Community members can contribute more easily in a timely manner to the neighborhood happenings and events. In addition, the digital media offers interaction with community members through polls, photo-sharing opportunities and conversation threads.

On Fridays, we'll begin sharing pets of Bugle-land through one of our new initiatives, #furryfriendsfriday. Readers are invited to send the Bugle photos of their pets—via my contact info at the end of the article—with a short description and story.

On Fridays we'll share submissions through our social media channels. Won’t it be fun to know more about Rosie the Golden Retriever as you come across her on your walks around the neighborhood?

Through these social media outlets, I’m sharing opportunities for community members to contribute, connect and get involved. My vision is that social media increases opportunities for people to contribute and engage with the Bugle-land community, storytellling and news.

We invite you join the community on Facebook, Instagram and Twitter @ParkBugle. Also contact me by direct message for things you’d like to share, such as furry friends, events, photos and short video clips on the social media channels or at laura.adrian@parkbugle.org. I’m excited to grow this community with you!

Laura Adrian is the social media specialist for the Bugle. She owns her own business, Whole Life Elevation where she leads mindfulness and nature classes and retreats.

Upcoming Bugle deadlines

You’ve just received the June Bugle. But the Bugle staff is already busy planning for July 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.
Former Bugle editor pens tribute to his mother

By Dave Healy

Before she was Millie Healy, she was Mildred Jucht, a South Dakota German farm girl.

Although she left the farm, in many respects Millie remained a farm girl. She baked her own bread and rolls. She sewed her own and her children’s clothes. She wore a hat to church. She accepted the weather and life’s other vicissitudes with equanimity. She re-used things. She mended. She made do.

She made a household for a husband and four children, a household that regularly welcomed others: neighbors, her children’s friends, Bethel College students. She directed operettas for neighborhood kids. She made hundreds of book covers for her two teaching daughters-in-law. She made activity books for her grandchildren and great-grandchildren.

She went back to college at age 42 to complete the degree she put on hold to raise a family. She taught at three St. Paul elementary schools: St. Anthony Park, Chelsea Heights and Galtier. After retiring from teaching, she and her husband, Jerry, ran Lindisfarne, a retreat center in central Minnesota. When they retired from that involvement, she volunteered at a school in Iaianu and at the hospital in Cambridge. She made a difference in hundreds of lives—those of her family, her students, teaching colleagues, neighbors, fellow parishioners, retreaters at Lindisfarne, children in the Philippines.

To paraphrase Shakespeare: She was a woman, take her for all she like again.

In her 95 years, Millie was predeceased in death by many, but she is survived by many more. A celebration of her life took place April 29, 2022, at First Baptist Church in Cambridge.

Dave Healy is a former editor of the Park Bugle.
Murray Middle School
Eric Dahlberg retiring

After 35 years of teaching music in schools as far away as Oska-loosa, Iowa, and many within the TWIN Cities metro, Murray Mid-dle School’s band and orchestra director, Eric Dahlberg is retiring this June.

Dahlberg has taught music at Murray for the past 12 years and coached its award winning debate team for the past nine.

“Mr. Dahlberg has served many years both inside and outside the classroom showing people how special music can be,” said Murray Principal Jamin McKenzie. “He has enriched the lives of thousands of students and gifted Murray and other communities with countless moments.

Two Murray performances are among Dahlberg’s top teaching moments.

“I will always remember Murray students performing in Washington, D.C., at the WWII Memorial. While performing the National Anthem, a veteran was near the orchestra and was saluting the flag while we performed with the Washington Memorial in the background,” Dahlberg recalled of a spring 2018 trip.

A similar moment occurred in the rotunda of Colorado’s State Capitol Building in 2016, when senators and other government officials stopped among the space’s many levels to listen to the stu-dents’ music.

Among the biggest challenges of his career, Dahlberg contended was “definitely teaching via distance learning while students were mandated to stay at home at the onset of Covid-19.”

He explained, “I found it extremely difficult to assist with troubleshooting malfunction-ing instruments and evaluating student progress through video meetings.”

A cellist himself, Dahlberg plans to teach some weekly private music lessons. And in retirement, he also hopes to camp, travel and spend more time with his family.

When asked for some parting wisdom for his students Dahlberg said, “Others may depend on you and you have the choice to be successful and help others be successful with you! Don’t give up when something gets difficult. Keep try-ing. The reward may still be waiting for you at the end!”

McKenzie said, “Murray will always have a special place in our heart for him and for the arts he has brought to our school and our neighborhoods. We wish him nothing but the absolute best in a well-earned retirement and journ-ey into the next adventure of his life with his wife and kids.”

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

School news around the town

Saint Anthony Park Elementary School
Assistant principal to join SAP Elementary School

For the first time, St. Anthony Park Elementary School will have an assistant principal join the school’s administration.

SAP Elementary Schools new assistant principal starting in August will be Gina Hass.

“The addition of an assistant principal will allow me the oppor-tunity to work much more closely with the teachers on professional development, instructional improvements and meeting stu-dent needs,” said SAP Elementary School Principal Karen Duke.

Currently assistant principal at The Heights Community School, Hass has worked in St. Paul Public Schools for 22 years as a district coach, a teacher and an administrator.

Since SAP’s enrollment is high-er than many other St. Paul Pub-lic elementary schools and other schools are experiencing declining enrollment, the school district moved some of its assistant prin-cipal positions for next school year.


Twin Cities German Immersion School
Holocaust Remembrance Day

The Holocaust remembrance exhibit “Transfer a memory” was recently held at the Twin Cities German Immersion School. Photo submitted by Rich Iwen.

More than 100 people attended the opening of the Jewish Communi-ty Relations Council’s “Transfer of Memory” exhibit commemorating Holocaust survivors in Minneso-ta, held at the Twin Cities German Immersion School on Wednesday, April 27.

JCRC Executive Director Steve Hunegs, exhibit photographer Da-vid Sherman and TCGIS Director Kirsten Christensen spoke on the importance of Holocaust remem-brance and education. The exhib-it was open to the public through May 13.

Submitted by Rich Iwen.
By Eric Erickson

Karimi, Susens retire from Como Park High School

As the 2021-22 academic year comes to a close, the Bugle takes note of two teachers retiring from Como Park High School — Abdomohammed Karimi and Suzanne Susens.

Abdomohammed Karimi began teaching science and math to Como students in the fall of 1985. He spent the first two of his 39 years with St. Paul Public Schools teaching at Washington Junior High.

Karimi was an instructor of AP Physics for most of his career at Como and was known for his enthusiastic greetings and welcoming classroom environment. Students raved about the culinary feasts that he shared with his classes.

The strong relationships Karimi formed with his students resulted in students rising to the challenge of college physics, even sparking interest in aviation. For 13 years at Como Park High, Karimi taught the Sky Pilot program.

During the past 35 summers, Karimi instructed students in mathematics at the Minnesota Institute for Talented Youth at Macalester College. His love of math and ability to adapt content delivery allowed him to effectively teach all levels of it at Como. Karimi also coached soccer for 18 seasons.

“My years of teaching have been filled with utter enjoyment as many familial relationships were formed,” Karimi said. “I am so happy to have taught students whose parents were also my students. I will miss everything Como.”

Meanwhile, Suzanne Susens started her 28-year career at Como in the fall of 1994 as a French language teacher. With dual licensure as an instructor of English Language Learners (EL), she began teaching EL classes in addition to French, and switched to teach EL full time in 2012.

Susens instructed students in AP French for most of her career at Como Park High School. Susens led several summer trips to France, immersing her students in the language and culture that she had delivered in the classroom. She also served as an assistant tennis coach to Kathy and Dick Dumas.

With an infectious smile and calm demeanor, Susens guided her students to reach the high expectations she consistently set across all grade levels and skill sets. Her belief in Como students was unwavering, and she demonstrated her commitment to them by attending their games and events outside of the school day.

Susens fondly cites attending weddings of former students and meeting their children, and witnessing three students become educators themselves as rich rewards of her career.

“Como has been a family for me,” Susens said. “The students and my colleagues have shaped the person I have become. They’ve made me wiser, kinder and more empathetic — in short, a better citizen of the world.”

Abdomohammed Karimi and Susanne Susens are retiring after decades of teaching at Como Park High School. Photo by Eric Erickson.

Eric Erickson is a social studies teacher at Como Park Senior High School and a regular contributor to the Bugle.

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Winding Trail Books closing at Milton Square

By Scott Carlson

After a nearly three-year run at Milton Square in St. Anthony Park, the Winding Trail Books store is closing on June 6.

In a statement on their store’s website, Winding Trail owners Sue Costello and Rick Gahm said their mom-and-pop shop was adversely affected by fallout from the Covid pandemic.

“Covid was such a hard time for us and others,” Costello said. “The effect of being closed, slow shopper return, new Covid strains, cancellations of in-person events and limited rent relief made it difficult for us to stay at this location.”

The co-owners have scheduled a moving sale from 10 a.m. to 5 p.m., Saturday, June 4, but are also looking forward to reconnecting with neighbors post-pandemic and for how Peggy and Janet are carrying on that legacy in boréal’s space,” said.

Harding’s textile work was most recently shown at the Minneapolis Institute of Arts and the Philadelphia Museum of Art. Through his shop at boréal, Harding is looking forward to reconnecting with neighbors post-pandemic and to introducing his work to new neighbors.

“II’ll be fun for me because I’ll have the chance to meet up with some people I haven’t seen for a very long time.”

Sarah CR Clark lives in St. Anthony Park and is a regular contributor to the Bugle.

boréal art loft features local, internationally known artist

By Sarah CR Clark

On June 1, boréal will celebrate the opening of its 28th art loft show with a local artist, Tim Harding, who has achieved international stature.

The art loft is located in the upper level of their shop at 2276 Como Ave., and boréal co-owners Janet Haugan and Peggy Merrill have always hoped it would be a community space.

“We wanted it to be available for people to enjoy,” Haugan explained. “Friends have sat up there and had a little coffee and looked at the art. Artists bring their friends and it’s just an enjoyable, easy, comfortable space,” agreed Merrill.

“We also love giving exposure to local artists,” Haugan concluded.

So, enter now the internationally renowned textile artist and St. Anthony Park neighbor, Harding, whose work will be featured at the art loft from June 1 to July 4.

To celebrate Harding’s show, boréal is holding an open house from 5-7 p.m., June 3.

In the spirit of welcoming everyone, Harding plans to include a sample of his art for the loft’s youngest visitors to touch.

Using a self-developed technique called free reverse appliqué, he makes his work vibrant and rich, often described as being Impressionist-like.

Harding credits the successful start of his career to the Bibelot, a beloved and retired gift shop formerly located in the same space as boréal and the first retailer to buy his work.

“I think of this show as a testament of my admiration and gratitude for Roxy (Freese) at the Bibelot, for her generous support, and for how Peggy and Janet are carrying on that legacy in boréal’s space,” he said.

Harding’s textile work was most recently shown at the Minneapolis Institute of Arts and the Philadelphia Museum of Art. Through his shop at boréal, Harding is looking forward to reconnecting with neighbors post-pandemic and to introducing his work to new neighbors.

“II’ll be fun for me because I’ll have the chance to meet up with some people I haven’t seen for a very long time.”

Sarah CR Clark lives in St. Anthony Park and is a regular contributor to the Bugle.

ASK THE LIBRARIAN

By Judy Woodward

Every month, the reference librarians at the Roseville Library receive dozens of questions from the public. Here are a couple of interesting queries we received recently:

Q. Which came first—the Rolling Stones band or Rolling Stone magazine? Did one take its name from the other?

A. You might say that it was a case of one inspired composition giving birth to multiple brilliant offspring.

The British rock band founded by Mick Jagger and Friends began in 1962. The magazine of almost the same name was founded in 1967 in San Francisco. Although the founders of the magazine certainly knew about the band, they didn’t take its name from them.

According to accounts from the era, the inspiration for both names came from a 1956 recording by legendary blues singer Muddy Waters of a song called “Rollin’ Stone.”

Meanwhile, in a parallel development, Minnesota’s own Bob Dylan released his famous song “Like a Rollin’ Stone” in 1965.

Q. What is the history of the Ukrainian flag? I can’t help but notice that the colors of the Ukrainian flag are very similar to Swedish national colors. Is there any historical connection there?

A. Hang the Swedish and the Ukrainian flags side-by-side and their shades of blue and yellow seem almost identical. Of course, it’s easy to tell them apart, because the Ukrainian flag (as we have all learned in the past few months) consists of two simple blocks of yellow and blue, whereas the Swedish flag features a yellow cross on a blue background.

There doesn’t seem to be any connection between the flags of Sweden and the Ukraine. The history of the bi-color Ukrainian flag begins with the revolutionary year of 1848, when a flag of that design was hoisted briefly over the Town Hall in the city of Lviv.

The flag did not return as a national symbol until the short-lived independent Ukrainian republic, which came into being at the end of World War I, during the collapse of the Russian Czarist regime.

By 1922, Ukraine was under Soviet domination, and the blue and yellow flag was suppressed for the next 70 years. After the fall of the Soviet Union, Ukraine declared itself an independent state in 1991, and on January 28, 1992, the flag returned as the symbol of the nation whose citizens are now fighting so hard to preserve.

Sources: Internet Resources

Judy Woodward, who lives in St. Anthony Park, is a reference librarian at the Roseville Library, 2180 N. Hamline Ave. The library’s general phone number is 651-724-6001.

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The Winding Trail Books store in Milton Square is slated to close on June 4. Its owners said they were adversely affected by fallout from the Covid pandemic. Photo by Lou Michaels.
Featured artists for SAP Arts Festival profiled

By Janet Wight

The four featured Minnesota artists for the 2022 St. Anthony Park Arts Festival on June 4 are accomplished inventors, designers or creators. They were each drawn to the creative arts from a young age, and each artist has developed a distinctive style that will be on display during the upcoming festival. Here are profiles of the four featured artists.

Emily Donovan
Twin Cities artist Emily Donovan enjoyed drawing, knitting and fiber arts as a young child, and she was heavily influenced by her parents who encouraged her creative streak, she said. Her interest in painting and multimedia arts evolved over time, allowing her to develop her own style.

Working with paper canvas mounted onto a birchwood cradle, Donovan utilizes batik techniques with different waxes to produce diverse effects. She said she delights in the sensory experience of working with fragrant materials including dyes and waxes.

Donovan said she likes to think about the process of making the dyes and pigments, along with the history and culture that is tied to the product. “Some of the work is abstract, collecting and encapsulating materials and experiences in nature,” she added.

Interested shoppers can view Donovan’s offerings on her website at http://emaluna.com or during open studio events in the Northrup King Building in northeast Minneapolis. The prices for her colorful paintings range from $50 to $5,000 depending on size and complexity.

Additionally, her artwork is available at selected galleries and nature centers and she also accepts commissions.

Donovan said she would advise young artists to “persevere and create your own individual artistic voice.” It is also important to keep working at making art and it will all come together, she added.

David Menk
An architect by trade, Menk noted that architecture is a creative vocation. He prefers the word “design” because he finds it to be more inclusive. Taking classes at Northern Clay Center in Minneapolis was all it took for Sleepy Eye native David Menk to become hooked on pottery, he said recently.

Menk studied the craft for several years before obtaining his own studio space. Menk’s sleek and functional pottery is available in his product page on Etsy.com and up to a quarter of this sales are his in-person shows at the Minneapolis Art Market and Springfield Art Fair.

Menk’s advice to other artists is to enjoy the process of making art without being too serious. “If you’re making things you enjoy, other people will also enjoy it,” he observed.

Louise Payjack-Guillou
Working with her hands has always been important to Louise Payjack-Guillou, a contemporary jewelry designer currently living in Duluth.

Her passion for jewelry led her to focus on metalsmithing, she said. This specialty enables her to design and create her own products, which sell for $60 to $4,000 per item and up.

A fulltime artist for 30 years, she has always been fascinated with antique crafts, she explained. She likes to work with asymmetrical designs so that she can balance both the shape and color, and she insists on buying only ethically produced materials, she added.

Payjack-Guillou said she enjoys all of the creative aspects of running her own business. Marketing and showcasing your work are vital so that shoppers become engaged with your products, she noted.

Louise’s jewelry can be purchased through her own website, on Etsy.com, through Instagram or in galleries. She also attends a few art fairs every season.

Defining your own type of success is important, Payjack-Guillou said. For example, one of her goals is to sell at least one piece of jewelry in every state. She added that she would advise others to just get started without worrying about perfection.

Mariella TerBeest-Schladweiler
Bold and whimsical upholstered handbags are the specialty of Mariella TerBeest-Schladweiler.

Growing up on a farm, she and her sister learned how to sew at a young age, and they were heavily influenced by their mother Helen’s love of crafting. TerBeest-Schladweiler said. Helen inspired her daughters to develop a deep passion for the creative arts, so they decided to name their handbag business Helen’s Daughters.

Initially, Mariella weaved her own fabric, but she now sources upholstery fabric to create jazzy handbag designs in her Preston, Minnesota, home. Each year she challenges herself to develop different styles or techniques.

TerBeest-Schladweiler, who has been a fiber artist for over 30 years and fulltime since 2014, sells her products at juried art fairs and during Facebook Live events. Her handbags are priced from $10 through $198 apiece.

Due to her fondness for studying genealogy, Mariella said she enjoys naming her creations after her grandmothers and great-grandmothers. She is especially interested in learning more about her grandmothers since they were also crafters.

“Creating something with my hands” is the most satisfying aspect of being an artist, TerBeest-Schladweiler said. She added that she takes pleasure in creating art that is wearable as well as in working with different types of fabrics.

Artists just getting started should not worry if their designs are not perfect, she reflected: “It’s all a process. You keep working at it, and it will come to you.”
ST. ANTHONY PARK ARTS FESTIVAL

2022 ARTISTS

Ceramics
15 James Bottomley
64 Sarah Brodt Lens
32 Susan Koehler
50 David Menk
— Featured
73 Wendy Pentz
56 Kathy Reinartz
39 John Steger
53 Amy Van Bargen
36 Jenny Weber
60 Lee Zimmerly

Jewelry
19 Ann Aas
31 Mary Best
19 Linda Bonine
57 Kannika Brueske
34 Sarah Flicek
40 Mary Gehman
31 Sue Hammers-Knopf
10 Louise Payjack-Guillou
— Featured
17 Amy Pogue Brady
21 Lise Spence-Parsons
63 Roxanne Strom
85 Julie Thomsen
17 Diana Trujillo

Mixed Media
68 Jean Haefele
75 Kimberly Layer
61 Youa Yang

Painting & Drawing
80 Heidi Bakk
84 Lindsay Decker
69 Emily Donovan
— Featured
52 Spencer Hahn
38 Myra Lynne
14 Peter Ross

Paper & Printmaking
43 Coralette Damme
16 Kendra Georgi
11 Emily Koehler
54 Steve Nowatzki
31 Mary Steinson
55 Kelly Thielten

Photography
13 Tomas Alvarez
59 Rachel Cain
67 John Caughlan

Sculture
78 David DeMattia
83 Anna Gassetriwe
72 Andrew Jenson
70 Dan & Lee Ross
45 Thomas Sack

Wood
44 Cameron Christian
83 Paul Georgieff
66 Jon Huus
12 Aryn Kern
27 Dan Onkka
26 Andy Sackreiter
79 Samuel Runyon

ACTIVITIES

Book Sale 10 AM - 4 PM
Library, lower level

Library Storytime 10:30 - 11 AM
Library, Como Ave, Side garden

Library Story Walk 10 AM - 5 PM
Library Boulevard, Como Ave

Children’s Art Tent
East end of Carter Ave

Chalk Street Art
Finnish Bistro Lot, West end of Carter

Community Groups
Park Bugle
St. Anthony Park/Community Council
St. Anthony Park Seniors
Transition Town - All St. Anthony Park and More
Finnish Bistro Lot, West end of Carter

Garden Club Plant Sale
Luther Seminary lawn, North on Como Ave

Henna
Library Boulevard, Como Ave

Christian Adeliz with Twinbe Interactive Dance for all ages
Performances at 12 & 2 PM
Library, Como Ave, Side garden

FOOD TENTS

Nico’s Tacos
Best way, gyros
Lemon Squeeze
Concessions
Tenzing Cholky
K Town Street Foods
Nothing Bundt Cakes
Pierogi/2Gogi
Lakes Hawaiian Ice
Home Town Creamery
Diana’s Dough

EMERGENCY

First Aid, Lost Kids
& Lost & Found
Info Booth, corner of Como & Carter Aves

Storm Shelters
Library & Lutheran Church

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Como Ave & Carter Ave

Urgent Care
HealthPartners Como Clinic, 2500 Como Ave

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2022 ARTISTS

Invited Guests
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22 Community Homestead

MUSICAL LINEUP

10 AM Phil Rukavina
11 AM Sweet Rhtub
12 PM Dan Chouinard
& Ann Reed
1 PM Paul Seeba
2 PM Ted Olsen &
Kaviness Kaviraj
3 PM Greg Herriges
4 PM Pig’s Eye Jazz Band

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Midwest Travels: Springfield, Illinois

By Janet Wight
Commentary

Springfield, Illinois, was the home of President Abraham Lincoln. It was the city where he married and where his children were born. The only house he ever owned was in Springfield, and he was offered the Presidential nomination while he lived there.

Springfield is certainly a destination for all things Lincoln. But it also provides many other attractions for the curious traveler. Located 200 miles southwest of Chicago in central Illinois, Springfield, the capital of the state, is an easy drive from St. Paul. It is a medium-sized city, yet despite its population of only 115,000 it has just about everything an urbanite might desire.

Cultural and recreational opportunities abound in Springfield. Washington Park, which is reminiscent of Como Park, contains a conservatory and botanical garden along with numerous walking trails. Additionally, the impressive Thomas Rees Memorial Carillon is located in the park with free concerts available year-round.

Exhibits, lectures, plays and a gift shop filled with unique collectibles are offered at the Springfield Art Association. Its main campus, the striking Italianate Edwards Place mansion, is on the National Register of Historic Places. Guided tours are available.

Museums in Springfield are plentiful. If you would like to explore eclectic art, authentic Route 66 memorabilia, antique firefighting equipment and much more, local museums will satisfy your desire to delve deeply into Illinois history.

For visitors interested in outdoor experiences, Lincoln Park is a favorite spot due to its varied sports facilities and picturesque setting. Additionally, Lake Springfield, a 4,200-acre reservoir flanking the southeastern section of the city, is a prime destination for swimming, fishing and boating.

Lincoln enthusiasts will surely not be disappointed with the bounty of attractions dedicated to the 16th president, and even casual admirers of this singular Renaissance man will undoubtedly be drawn to his remarkable story.

The Lincoln Home National Historic Site is open daily for guided tours. After reserving free tickets in the visitor center, small groups of tourists walk one block to the trim home filled with original furnishings. Two city blocks have been restored and preserved allowing visitors to see how the neighborhood looked when the Lincolns were in residence.

Many enlightening insights into Lincoln’s family life are shared during the tour. Although he was a doting father, Lincoln was frequently absent for months at a time as he traveled on horseback to tend to his legal cases on the Eighth Judicial Circuit, leaving many of the parental duties to his wife Mary.

The Abraham Lincoln Presidential Library and Museum is located downtown. Artifacts, photographs and documents are displayed in the museum, allowing visitors to fully immerse themselves in the numerous aspects of Lincoln’s rich legacy.
Nonprofit leader Jane Leonard to retire from Growth & Justice

By Christie Vogt

“I’m the kind of person that just can’t quite stop doing the thing I’ve been doing,” laughed Jane Leonard, the retiring president of Growth & Justice, a St. Anthony Park-based nonprofit.

Nevertheless, after four decades of going “full speed” in her career, Leonard said she is looking forward to working perhaps just 20 hours a week instead of her usual 60.

Growth & Justice is a research and advocacy organization that develops public policy proposals based on independent research and civic engagement. Leonard has been with Growth & Justice since 2018 and plans to officially retire in early June, although she describes her exit as a “phased transition” while the nonprofit makes decisions about its leadership and partnerships with other organizations.

Born in the Twin Cities, Leonard spent much of her childhood in the Washington, D.C., area and would return to her grandparents’ farm in Door County in the summer.

“I had this sort of urban-rural experience as a child and that really framed my work,” Leonard explained. “I was able to bridge those lives and see the differences, similarities and connections between rural and urban.”

Leonard started her career as a journalist and then entered the community development field in the mid-1980s. Since then, she has worked in every sector—public, private, nonprofit, local, state and national—with tenures at places like the Minnesota Office of Broadband Development, Minnesotan Rural Partners and the Bush Foundation.

Leonard said one of the milestones of her career has been her contributions to the Minnesota Equity Blueprint, a community-driven, community-led policy guidebook focused on human capital, economic development, infrastructure and environmental resilience.

Published in February 2020, Leonard noted the Blueprint guidebook was committed to examining its four subject areas simultaneously.

“If we don’t look at the world as the interrelated kind of place it is, we’ll continue to just work on one issue to the detriment of other things,” Leonard explained.

Kate Sears, former research director at Growth & Justice, has worked with Leonard on multiple projects over the past 27 years.

“[Leonard] works harder than almost anybody I know,” Sears said. All of Leonard’s projects have had an “underlying concept of making the world better for people who are being excluded. Of making all voices heard,” Sears reflected.

Multimedia exhibits, presentations and special events are suitable for the entire family, while researchers will appreciate the library’s significant collection.

The sprawling Oak Ridge Cemetery is the site of the imposing Lincoln Tomb. Dramatically set atop a knoll, the marble interior contains brass plaques showcasing three of Lincoln’s legendary speeches. President Lincoln, his wife and three of his sons are buried there.

In addition to these compelling attractions, Springfield also has several memorials, heritage architecture and a vintage downtown. Despite its compact size, this capital city has something for everyone. It is a terrific destination for several days exploration and discovery.


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“[Leonard] works harder than almost anybody I know,” Sears said. All of Leonard’s projects have had an “underlying concept of making the world better for people who are being excluded. Of making all voices heard,” Sears reflected.

Reflecting on public policy efforts, Leonard is filled with optimism about the future of community development work.

“Despite all the upheaval that we’re in right now in the world,” she said, “I am so confident and I’m so heart-filled by the young people that are coming up, who are taking the lead.”

Christie Vogt is a Twin Cities-based freelance writer and a regular contributor to the Bugle.

“Shes very committed, and has been all along, to inclusion.”

Leonard has been a St. Anthony Park resident for 20 years with her spouse Lori Lippert and plans to remain active in the community. She is chair of the Saint Anthony Park Community Foundation and will continue working with that group in addition to serving on other boards.

Next spring, Leonard will also be teaching a class at Metropolitan State University where she is a community faculty member.

When it comes to more leisurely retirement plans, Leonard said she looks forward to traveling and spending more time with family and friends.

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This month in “Lives Lived” we remember a long-time former St. Anthony Park business owner, two local teachers and a professor, as well as Minnesota’s oldest snowboarder.

Peter Aus
Peter Aus died May 9, 2022. Peter began his journey on May 21, 1942, in St. Paul and graduated from Murray High School in 1960. He graduated from St. Olaf College in 1964 and married Kathleen. Peter was preceded in death by his parents, Dr. George Aus of Luther Seminary and Svea Aus; his beloved daughter, Stephanie Aus; brothers, David Aus, Kristin Hilger andophonja Hoffman; 30 grandchildren; and his sister, Evangelene Ackerman.

A service has been held at St. Andrew’s Lutheran Church in Mahomedi.

Alton F. Burns
Al Burns, 84, died April 13, 2022. He taught band at Murray and Como High Schools. He was a competitive bass fisherman who won countless trophies.

He was preceded in death by his five children, Cullen (Theresa), Kiley (Nick), Devit (Kalie), McKenna (John) and Torin; and seven grandchildren. Services have been held.

Charles Gierke
Charles “Chuck” Henry Gierke, 77, died April 9, 2022, at his home in Falcon Heights.

Chuck earned an associate degree from Bismarck Junior College, then a Bachelor of Science from the University of North Dakota.

Chuck moved to Stillwater, where he worked for over 40 years for major companies: 3M, Uni-


He enjoyed a remarkable career as Minnesota’s oldest snowboarder, and mastered windsurfing on area lakes, as well as on Lake Garda in Italy and Lake Arenal in Costa Rica.

He recognized that his enjoy-

ment came with an obligation, generously passing his enthusiasm on to upcoming generations, as a coach of grade school and junior high soccer and softball teams.

His body was donated to the Anatomy Bequest Program at the University of Minnesota Medical School for the advancement of medical education and research.

He was preceded in death by his mother and father and is survived by his wife Kathy, his daughter Ab-

bey (Rick), his son Charlie (Gwen), and five grandchildren.

A memorial service is planned for 3 p.m. at the White Bear Unitarian Universalist Church. Memorials will be cremated and scat-

tered over the graves of his parents in Bismarck. Memorials to Sitting Bull College in Fort Yates, N.D.; Herter Inland, Second Harvest; or your favorite charity.

Lya Lagerquist
Lya Lagerquist, 90, died March 25, 2022.

She grew up in Rugby, N.D., and graduated with honors in business from Iowa State Teacher’s College. There she met her hus-

band, Clifford Lagerquist.

Lya and Cliff had the oppor-

tunity to live many places as they accepted varied work assignments all over the country, living in five states, plus, finally, St. Paul. Each
city brought new experiences and friendships that lasted a life-
time. At each move, Lya found a new position and a chance to put her business skills to work, mostly working for attorneys.

She was always active in
churches wherever they lived, including St. Anthony Park Lutheran.

She and Cliff enjoyed
cross-country car trips, a few cru-

ises and a family vacation to Scandi-
navia, plus an African safari.

Lya was preceded in death by her husband and children, Deane La-

gerquist (Wrick Dunning), Jon Lagerquist, Joel Lagerquist (Rob-

in Moode) and Eric Lagerquist (Jane), plus three grandchildren.

Memorials are suggested to:

The GOD’S CHILD Project, Bismarck, N.D.; ELCA-World Hunger; or St. Anthony Park Lutheran Church.

Stewart McIntosh
Stewart James McIntosh, Jr., 76, died April 28, 2022.

He was born in 1945 to Stew-

art, Sr. and Ruth. He grew up in the Morningside neighborhood of Minneapolis and graduated from Edina High in 1963. Stewart served in the U.S. Army from 1966-69, including two tours in Vietnam.

In 1971, he married Kathleen Knutson. They bought a house in St. Anthony Park and had two chil-

dren, Andrew and Cari.

Stewart owned and operated Park Hardware Hank on Como A-

venue in St. Anthony Park for nearly 30 years. Stewart loved looking at his yard, fishing and doing the
crossword puzzle; but most of all he loved making Kathy laugh.

He was preceded in death by his parents and his sister Betsy Partnick. He is survived by his wife Kathy, children Andy (Ja-

mie) McIntosh and Carin (Luke) Gulstad, four grandchildren and brother Bruce (Kathy) McIntosh.

A memorial service is planned for 3 p.m., June 9, at St. Anthony Park United Church of Christ. Memorials can be made to the Fisher Center for Alzheimer’s Re-

search or St. Anthony Park United Church of Christ.

Robert Michaels
Robert Michael I. Michaels, 100, died April 14, 2022, at St. Anthony Park Home. He was born Robert Melehoivich on Nov. 28, 1921, (later changed his name to Robert Michaels).

He grew up in Gary, Ind., and attended the University of Indiana, majoring in accounting. During the Second World War he enlisted in the army and went to Europe as a second lieutenant in the QuarterMaster Corps. He re-

turned as a captain and enrolled in Indiana Law School, where he was on the Law Review.

Robert and Greta married on August 25, 1951. Last year they celebrated their 70th anniversa-

ry together.

Robert joined MJL and worked in the general counselor’s office for over 30 years. He and Greta moved to St. Anthony Park where they built their home, raised three sons and made many dear and lasting friends.

In the early ’60s, Greta and Bob purchased a parcel on Minnow Lake where they spent summers for the next 50 years. More re-

cently, they became snowbirds at St. Simons Island, Georgia.

In 2018, they moved to the condominium, 1666 Coffman, which they loved as they made new friends and reconnected with old friends. Last year they both moved to St. Anthony Park Home. The family appreciated the compassionate care they both received there.

Robert was preceded in death by his wife Greta (October 2021), his parents Gertrude Freeder and Milan Melehoivich, and his sister Eileen. Robert is survived by his children John (Karen), Paul (Ra-

mona), Henry (Janine) and five grandchildren.

A joint memorial service for Greta and Robert is planned for this summer.
Robert Peterson

Bob Peterson, 91, died April 11, 2022. He taught in the Agronomy Department at the University of Minnesota and served as assistant Horse Barn manager at the University of Minnesota horse show.

He was preceded in death by wife Joanne, sister Norma Beck- er and brother Eugene. He is sur- vived by daughter Diane (Peter Schaps), sons Daniel and Eric (Ann), eight grandchildren and two great-grandchildren.

Bob grew up in the Linwood neighborhood of St. Paul and at- tended St. Paul Central H.S., where he graduated in 1948. He spent many hours playing softball, base- ball and football.

Bob served in the Army (36th Signal Corp and later the 505th) from March 1941-March 1945, where he gained the rank of sergeant.

After coming home, he returned to the University of Minnesota to study agronomy and later became a corn breeder for the U of M.

Bob married Joanne Bloom- dell on Dec. 29, 1953. In the next few years, Bob and Joanne set up housekeeping in St. Anthony Park and had three children, Diane, Daniel and Eric. Bob was very in- volved in the neighborhood and St. Anthony Park Lutheran Church, where he organized a softball team that attracted a variety of charac- ters. Bob was an active volunteer, tutoring math at Murray Magnet School and coaching youth sports.

Bob’s career at the University of Minnesota lasted for decades. He worked developing hy- brids and friends, which included colleagues from around the world and many, many students. Some of his favorite memories were organizing corn feeds and tending his black powder research in Hawaii (Molokai).

After retiring from the U of M, Bob went on to become the re- search director for Ben’s Brown Seed where he collaborated to develop three patents in high oil corn. Oh, how he loved the camaraderie!

While Bob was in graduate school, he had become involved with the Minnesota State Fair Horse Show. He served as assis- tant Horse Barn manager and barn manager for 27 years and horse show superintendent.

Delores Plant

Delores Jarvise “Lori” Plant, Ros- eville, died April 8, 2022, her 81st birthday. Lori was a friend to everyone, she loved her family, loved animals; and she was an excellent caregiv- er. She was passionate about all things food: preparing it, growing it, preserving it, creating recipes, but most of all she loved sharing it with others.

She was preceded in death by husband Lou, father Archie Nel- son, mother Luella Schrieber and brother Lee Nelson. She is sur- vived by daughter by daughter Lynn (Richard) Haack; one granddaughter; sister Melanie (Jeff) Johnson; stepbroth- er Terry Schrieber; stepchildren Kay Bergeron, Linda (Clark) John- son, Thomas (Victoria) Plant, Richard Plant, Mary Plant, Dan- ielle (Suzeanne Yerg) Plant, Patricia (Daniel) Tembrrell; 17 grand- children; and 35 great-grandchildren.

Memorial service will be held at 11 a.m., June 11, 2022, at St. Timothy Lutheran Church, 1465 Victoria St. N., St. Paul, 55107. In lieu of memo- rials, donations can be made to the Animal Humane Society or St. Timothy Lutheran Church.

William Schmugge

William C. “Bill” Schmugge, 86, died April 20, 2022. He was a 1953 Murray H.S. graduate.

Bill was a retired operating en- gineer of Local 49 for Great Lakes Steamship Co. He was preceded in death by first wife, Marlene. He is survived by wife Elvena; Bill’s children, Mi- chael (former daughter-in-law, “Deb” “DJ”), Joseph, Becky (Ted) Stackmayer, Kristina (Da- vid) Greene and William (San- dra); 14 grandchildren; and eight great-grandchildren.

Services have been held.

Marcia Sundquist

Marcia May Gillespie Sundquist (1924-2022) died after cele- brating her 98th birthday. Marcia was born in the small town of Stephen, Minn., near the Canadian border. Her mother was a teacher. Her father the town banker. The bank failed during the Great Depression, and the fami- ly moved to Edmonton, Canada, where her father was a grain bro- ker. He died when Marcia was only eight, so her mother raised Marcia, her two sisters Beatrice and Doris and brother Stewart.

Marcia graduated from the University of Alberta with a B.S. in home economics, which kin- dled her lifelong interest in healthy food and nutrition. After college, Marcia worked in dietetics at the University of Toronto, taught home economics at the University of Guelph and ran a touring cooking school for the Maple Leaf Milling company.

She loved the vast Canadian West and was always proud of her Canadian heritage and citizenship. In 1956, Marcia emigrated to the U.S. to get a master’s degree in con- sumer economics at Michigan State Univer- sity. There she met her future husband, Wesley B. “Burt” Sund- quist, who was completing his doc- torate in agricultural economics. After completing their degrees, they moved to Minneapolis, where Burt worked at the University of Minnesota, and they had two sons.

From 1965-71 they lived in Washington, D.C., an exciting and tumultuous time in our na- tion’s capital.

In 1971, Burt was recruited to become head of the Ag Econ Department at the University of Minnesota, so they returned to the Twin Cities, where they built their family home in Roseville.

In 1986, they became founding members of the 1666 Coffman Condominiums complex in Fal- con Heights, where they lived for 36 years until recently moving to Salt Lake City to be with family.

Marcia very full life included serving as a docent for the Saint Paul Science Center, and as parish administrator for the First Congregational Church of Minnesota, where she and Burt worshipped for decades.

She is survived by her husband Burt, sons Wes (Nokia) and Derek, two grandchildren and sister-in-law Kath Sundquist.

A memorial service will not be held, and donations to OspreyWilds are welcomed (ospreywilds.org/).

Beulah Weiss

Beulah Alvera Weiss, 97, died May 1, 2022. She was born in 1924 in Thief River Falls to Ole and Olga Lerol. She moved to the Twin Cities in her early 20s, where she met her husband, Frank, to whom she was married for over 70 years.

Beulah had a long and fulfilling career at 3M. She retired in 1985. She and Frank spent their retirement years traveling the world. They es- pecially loved getting away from the long, Minnesota winter cold.

She was preceded in death by husband Frank, parents Ole and Olga and eight siblings. She is sur- vived by children Deborah (Vern Swing) and Frank III (Michelle), four grandchildren, brother Or- lin Lerol and sister-in-law Elinor Lerol.

Her service was held May 9 at Como Park Lutheran Church.

Deborah Worthington

Deborah Worthington, 71, Rose- ville, died May 7, 2022. Deb was an ultimate cabin lover, spending decades at the family cabin on Lake Wapogasset. She was a longtime school nurse for St. Paul Public Schools.

She is survived by son, Bob (Meghan) Worthington, daugh- ter Sara (Miguel) Worthington, six grandchildren and brother Bruce (Annie) Knowlan. She was pre- ceded in death by parents William “Bill” and Dorothy Knowlan and brother Scott Knowlan.

A funeral service was held at Como Park Lutheran Church, with interment at Elmhurst Cemetery.

Marcia’s very full life included serving as a docent for the Saint Paul Science Center, and as parish administrator for the First Congregational Church of Minnesota, where she and Burt worshipped for decades.

She is survived by her husband Burt, sons Wes (Nokia) and Derek, two grandchildren and sister-in-law Kath Sundquist.

A memorial service will not be held, and donations to OspreyWilds are welcomed (ospreywilds.org/).
A special year for Como athletics

By Eric Erickson
Sports analysis

The 2021-2022 school year at Como Park High School restored both a full academic calendar of in-person learning and a complete athletic department schedule. With fans back in the stands, the Cougars gave the school community plenty of reasons to cheer.

Here’s a recap of highlights from a memorable and historic year for Como Park teams and student athletes:

Homecoming – The return of fans in the fall of 2021 made Como’s homecoming football game a great opportunity for celebration. The Cougars took full advantage of a spectacular, sunny September day on the Como turf to defeat city rival Johnson by a score of 22-6.

Allianz Field – An estimated 2,000 fans witnessed the first-ever high school soccer games played at Allianz Field, the home stadium of Minnesota United. The annual Mayor’s Cup matches between Como and Humboldt served as a showcase of St. Paul City soccer and a celebration of each school’s boys and girls programs.

On a warm October Friday night, the Como girls won 1-0 in the first game of the doubleheader. In the nightcap, an evenly played match concluded with Humboldt winning in a dramatic penalty-kick shootout.

Cross Country to state meet – For the first time since 1981, the Cougars boys team qualified for the state meet. Out of 75 runners in the section 4AA meet in late October, the Cougars first five finishers all crossed the line in the top 20 to convincingly take the title. In addition to the team trophy, junior Charlie Power-Theisen finished as the first-place individual at the section meet.

Swimmers to state meet – For the first time since 1991, the Cougars boys swimming team won the St. Paul City Conference Championship. At the section 4AA meet, the Como boys finished in third place out of 12 teams with seven swimmers qualifying for state in relays and individual events.

At the state meet in early March, the 200-freestyle relay team featuring Kyle Kosiak, Sig Isaacson, Gabe Napierala and Kai Sackreiter advanced to the finals and finished in eighth place. Napierala finished 13th in state for the 100 breaststroke, followed by Sackreiter who was 16th in state for the 100 breaststroke.

Wrestler to state – The Cougars had a strong showing in the section 4AA meet with four wrestlers advancing to the semifinals and earning medals. In the 285 lb. weight class, Como senior Aaron Adelkovi won every match to earn the section championship and qualify for the state meet.

In early March at the Xcel Energy Center, Adelkovi won his opening match on the big stage. After losing in the quarterfinals, he won two more matches in the wrestleback rounds to earn a state sixth place medal.

Boys basketball rises – A remarkable group of seniors showed how important it is to stick together through tough times. After winning two total games during the previous two seasons, Donovan Clinton and Amir Blair asserted themselves as scorers while role players found their groove, resulting in a remarkable turnaround.

The Cougars compiled a 10-2 record in the St. Paul City Conference to earn second place. Their overall record was 16-10 and included an impressive victory over Simley in the section 4AAA quarterfinals.

Girls basketball to state – Beyond winning every St. Paul City Conference and Twin Cities Championship game since 2015, the Cougars’ goal was to reach the state tournament.

The talented starting line-up of seniors Ronnie Porter, Kaylynn Asberry, Jada James, Shakyla Walker and Cloey Dmytruk helped the Cougars accomplish their goal in dramatic fashion with a 75-72 victory over DeLaSalle in the section 4AA championship game at Como.

At state, the girls’ quarterfinal win over Grand Rapids led to a televised game from Williams Arena in the semifinals versus Totino-Grace. The result was not in Como’s favor. But the girls bounced back with an outstanding performance in the state’s first place game, defeating Mankato East to end the historic season on a high note.

Seniors vs. Staff game – After a two-year hiatus due to the pandemic, the annual “Seniors vs. Staff” basketball game was highly anticipated by the Como student body. In a “tradition like no other,” students pack the gym to end the last day of school before spring break in order to see Como staff members try to take on younger, more athletic members of the senior class.

Predictably, the class of 2022 came through with a comfortable victory. The seniors had the perfect blend of skill and spirit, making it a fun event for everyone — symbolic of the collective effort that produced such a special year for Como Park Athletics.

Eric Erickson is a social studies teacher at Como Park High School and a longtime coach of school and youth sports in St. Paul.
A look at the Lincoln’s Sparrow

I keep a couple of journals related to birding. When I retired more than 15 years ago, I started a journal titled “The Birds of Retirement” using a hard cover 5” x 8”, spiral bound book of about 80 pages. I'm now on volume XIX. I record all the birds I see in my yard or from my yard. It’s useful in reminding me when I should start seeing returning migrants.

I always had the illusion that someday some future data analyst would discover these journals and do all kinds of correlations and analyses that would reveal some secrets of bird life and resolve long-standing mysteries.

Once, when my daughter was visiting, I was making an entry in my journal. I told her that I expected when I was gone, she would carefully review each of these volumes and pull out the nuggets that would validate my efforts. She assured me (rather sarcastically, I thought) that it would be a high priority for her.

I also began a life list in 1987 in a journal titled “Bird Watcher’s Life List & Diary.” It was to that volume I turned to find out when I’d first seen a Lincoln’s sparrow. It was in August 1987 at the Eloise Butler Wildflower Garden in Minneapolis.

That entry concerned me. I’d been doing some research on the Lincoln’s sparrow in preparation for writing this column. I found that here in the Twin Cities, we see Lincoln’s sparrows only passing through while migrating north in the spring, then south in the fall. Was an August date even in the range for their migration through the Twin Cities?

And they’re a difficult bird to find, get a good look and identify. Back then, I was very much a young companion, Thomas Lincoln’s finch. The travel party tried to find it, but it kept moving just ahead of them. Finally, one of Audubon’s young companions, Thomas Lincoln, got a good look at it and shot it (!), which is how birding was done back then.

Audubon named the bird “Tom’s Finch,” thinking it was in the finch family. It was later named “Lincoln’s sparrow,” as its family was more correctly decided. Audubon said of the bird, “We found more wildness in this species than in any other inhabitant of the same country.”

The Lincoln’s sparrow is a very shy bird. The literature refers to it as being afraid of its own shadow. It’s a small sparrow, even daintier, a little smaller than a house sparrow, mostly brown with a buffy orangishwash on the chest. It has very narrow dark lines down the chest and sides. Sometimes those lines aggregate into a central spot on the chest. The buffy-orange also comes down from either side of the beak in what are called malar stripes. It may raise the feathers on its crown when excited.

It usually migrates alone, but I’ve seen two or three of them at a time in my yard this spring. I’ve been seeing at least one Lincoln’s daily for seven days in a row. I misidentified them at first as song sparrows, because of the streaky chest and central spot, but one of my field guides (Pete Dunne’s Essential Field Guide Companion) points out that the song sparrow’s streaks look blurry and rather amatorishly applied. The Lincoln’s sparrow overall is “nrouser, trimmer and less gangly looking than the song sparrow (which looks more like a bumpkin by comparison).”

I’ve been very fortunate to see Lincoln’s sparrow in my yard. The Lincoln’s usually favors shrub cover, and mated pairs nest on the ground in marshy places. It’s very secretive in nature, to the extent that much of its biology remains poorly documented. In fact, when she leaves her nest, the female sometimes does what’s called a “routen-run,” where she pips her wings to her sides, ducks her head, and runs through the underbrush for three or four meters. Lincoln’s sparrows come through twice a year on migration. They often arrive about the same time as white-throated and white-crowned sparrows, so if you see those more colorful sparrows, look around for Lincoln’s. With the above description, you’ll be confident when you enter your sightings in your birding journal.
Merry-go-round at Como Park

Cafesjian’s Carousel is now open for its 23rd season at Como Park.

The schedule for the historic ride now through Labor Day is 11 a.m. to 11:55 p.m. Mondays; 11 a.m. to 6 p.m. Tuesdays and Fridays; and 11 a.m. to 4 p.m. Saturdays and Sundays.

From Sept. 4 to Oct. 31, the carousel’s schedule is 11 a.m. to 4 p.m. Saturdays and Sundays. Infants under age 1 ride free. Tickets for all other riders are $3.

The carousel graced the Minnesota State Fair for 75 years and then was relocated to downtown St. Paul for a few years. Since 2000, the entertainment ride has operated in a $1.1 million pavilion next to the Marjorie McNeely Conservatory and the new Visitor Center at Como Park.

The carousel’s 68 horses and two chariots have been fully restored to their original 1914 appearance and a fully restored band organ plays waltzes, marches and popular tunes. About 100,000 people ride the carousel each season, according to carousel officials.

The carousel is owned and operated by Our Fair Carousel, the non-profit community group that saved it from being auctioned to collectors in 1988. More volunteers are needed to operate the ride, assist riders and sell tickets and merchandise. For information, call (651) 489-4628 or email ourfaircarousel@outlook.com.

Join facilitator Joselyn Specht for a fun, easy, free-spirited, facilitated drum circle class from 6:30 to 8 p.m., Friday, June 17. Join facilitator Joselyn Specht for a fun, easy, free-spirited, facilitated drum circle class from 6:30 to 8 p.m., Friday, June 17. Join facilitator Joselyn Specht for a fun, easy, free-spirited, facilitated drum circle class from 6:30 to 8 p.m., Friday, June 17.

The Ramsey County Library’s free Tuesday with a Scholar virtual series continues with programs slated from 12:30 p.m. June 7, 14, 21 and 28.

On June 7, Augsburg University history professor Bill Green will talk about Nellie Francis, a Minnesota pioneer for gender and racial equality. He has published widely on topics on race and civil rights in Minnesota history, including most recently his book on Nellie Francis.

On June 14, retired Minnesota District Court Judge Bruce Peterson will lead a talk on “The Wisdom of Edward O. Wilson: Applying Sociobiology to Modern Life.” Wilson, the father of sociobiology, died recently at age 92. Peterson teaches the course at the Women’s Drum Center.

On June 21, University of Minnesota associate professor Keith Mayes will talk about “The History Behind Juneteenth.” Juneteenth marks the arrival of federal troops in Galveston, Texas in 1865. Mayes is an expert on modern African American history, teaches in the Department of African American & African Studies in the College of Liberal Arts at the University of Minnesota.

On June 28, University of Minnesota political science professor Timothy R. Johnson will talk about “The Supreme Court Lays Down the Law.” Join Johnson for his talk on the Supreme Court, for insight and analysis of the court’s current decisions in areas from abortion, the Second Amendment and affirmative action, to disability discrimination and national security.

These are online programs offered remotely using Zoom communication software. You must register in advance for the event on the library’s website or by calling the library at 651-724-6001. After registering, you will receive a confirmation email containing information about joining the webinar.

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, June 21.

SAPAS has also scheduled virtual lunch bunch sessions from noon to 1 p.m. on June 8 and 22. Call the seniors office at 651-642-9052 for connection instructions.

Here are some other activities planned in June.

In-person:

Sippin’ Suds for SAP Area Seniors Urban Growler, 2325 Endicott St. 2-4 p.m., June 12. Tickets are $15 and can be purchased on the sapaseniors.org website.

Paper Collage Art Class Fellowship Hall at the SAP Area Seniors office, 2200 HiSide Ave. 10 a.m. to noon, Tuesdays (June 7, 14, 21 and 28). Registration required.

Virtual:

Tai Ji Quan (Call to see if space is available) 10 to 11 a.m., Tuesdays and Thursdays on Zoom. June 7, 9, 14, 16, 21, 23, 28, 30) Caregiver and Bereavement Support Groups Support groups 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 session or any of the other activities, please call the seniors office at 651-642-9052.
Editorial from p. 4

So, as the Bugle went to press for our June issue, Ramsey County officials were left scrambling to address the citizens’ uproar. While the county said, in a statement, that it recognizes the prospect of losing so many trees “is disappointing news, we’ll work with contractors to identify any adverse impacts to our streetscape during the construction process.”

We don’t know how or if the tree removal controversy gets resolved. But like the suggestions of District 12 board member Michael Russelle on one key point: “There should be no net loss of trees from this project. Replacements should be larger than is currently required, they should be placed in well prepared, beneficial soil, not cheap fill.”

Battling Covid

If you believe we have put the Covid pandemic in our proverbial rear-view mirrors, think again.

Despite being fully vaccinated and boosted twice, I tested positive for Covid on May 5, suffering fatigue, bad coughing and some severe body aches (particularly severe leg pain).

Fortunately, a day after my positive test, I was able to start a regimen of Paxlovid, a Covid antiviral medication. After finishing the meds, I felt much better. In hindsight, I believe I picked up the virus after coming in contact with some people at my church who were positive and didn’t realize they were contagious. Too many folks have let their guard down, believing they didn’t need to wear masks anymore.

Meanwhile, I know other people who picked up Covid in the last month. I think the lesson is: We can never be too careful. And we should not forget taking sensible precautions. May you have a happy and healthy summer.

Saint Paul College is an inclusive campus for all learners.

We welcome you to be your most authentic self while finding those who share your passions, goals, and background. You’ll feel connected to and supported by a community of instructors, staff, and students all helping to achieve your best. Go full or part-time. Day, evening and weekend course options are available. Create a schedule that works best for you!

Fall classes start August 22!
Evie is all-electric, renewably powered carsharing. One-way trips by the minute, hour, or day. Charging, parking, and insurance included.

Join Evie Carshare for only $1 and get $25 Drive Credit! Visit EvieCarshare.com/Electric to get started.

$50 value. Offer valid for new accounts only now through July 1, 2022. Must enter a valid promo code to receive credit. $25 Drive Credit is valid on all trips until used or expired and cannot be used on taxes or fees.