Anna Gaseitsiwe has opened The Makery at St. Anthony Park’s Milton Square. Photo by Sarah CR Clark.

By Sarah CR Clark

Anna Gaseitsiwe, owner of the new business The Makery, is responsible for creating joy via her original art that is on display from the front lawn of her family’s Commonwealth Avenue home in St. Anthony Park.

Anna’s current yard installation consists of 10, three-foot tall pinwheel wildflowers made of steel scraps from a previous Galleria installation. “I do it to bring a little unexpected joy to my street and to my across the street neighbors at the St. Anthony Park Home,” Gaseitsiwe said of the nearby nursing home. It works.

One neighbor has lovingly created a new word inspired by Anna’s work: “yart,” the combination of yard and art. Gaseitsiwe’s yard changes seasonally and is created with the environment in mind as she only uses scrap material in her pieces.

“Anna’s front yard provides such an amazing artistic flare to the community!” neighbor Sarah Langfeld said.

Gaseitsiwe, who describes herself as a “maker/artist,” recently has begun tending new artistic seeds at her freshly opened St. Anthony Park studio. The Makery, (www.themakery-space) in the former Lady Gentile’s Tea Room.

The Makery is home to Gaseitsiwe’s original works that are on sale along with custom orders and it’s also home to a venue for private events and workshops.

Inside The Makery are laser-cut wooden light fixtures, small “take-and-make” wooden kits to assemble at home, handmade wooden bags, jewelry, murals, a corner just for kids and the “dining-room-esque” space for a variety of creative workshops for adults, teenagers and children.

Gaseitsiwe plans to host many of The Makery’s workshops. “I want the workshops to feel so sophisticated and elevated,” she said.

“ ‘So I’m calling them ‘curated DIY experiences.’”

Gaseitsiwe said she spends hours researching, modifying and testing ideas to make the finished projects sophisticated and accessible. The Makery boasts a large list of specialized power tools to facilitate people’s working on DIY projects.

“I’m trying to hit this niche of people, between crafters—who are generally seen as feminine—and makers—who are usually assumed to be masculine because they are comfortable with tools and wood,” Gaseitsiwe said.

“There’s this space in between that needs to be filled. And that’s the niche I’m trying to get to. Because that’s me! I’m that person in the middle and I want to introduce these two kinds of people to each other.”

Originally from the Upper Peninsula of Michigan, Gaseitsiwe and her family of four moved to St. Anthony Park in 2017 to be closer to her brother and his family. Until opening The Makery at the end of July, Gaseitsiwe worked as a maker/artist in the Twin Cities since 2019 with Studios Moss, a Twin Cities design studio owned by women that provides installation, backdrops and murals. Always on the search for places to bring ideas to life, Gaseitsiwe said, “I’m always looking around the neighborhood to spot where a good mural could go or to see if other neighbors would be interested in yard art.”

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

By Eric Erickson

I spent the month of July in Africa. Two weeks in Ghana were followed by two weeks in Morocco. This was possible because of a grant I received from the Fund for Teachers and the St. Paul Foundation. I will be eternally grateful.

My objective was to serve as a volunteer teacher and build relationships with students and staff in two different cultures. By immersing myself in educational settings and supporting already established local work, I was hoping to feel purposeful. I wanted to have a reason for being in Africa beyond touring. I was fulfilled beyond my expectations. The daily interactions with my classes, the immersive residential experiences within my school communities, the challenges and new experiences and the ability to explore more of each country’s culture was all produced a powerful and impactful life experience.

This is not to say everything went as planned.

Ghana

In Ghana, I was paired with the Volunteer Corps Organization. My placement was supporting education in a remote agricultural village of approximately 100 people. On the one and only road, there’s a church, another church, an elementary school and a compound that lodges international volun-

Making the traditional Ghanaian dish of jollof at the compound. Photo by Victoria Okyere

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St. Anthony Park and Como community councils news

District 10 Community Council

Ensuring a State Fair time!
The State Fair is once again upon us in District 10. Many longtime residents are aware of the city of St. Paul’s special “Parking Overlay District,” generally between Snelling and Hamline avenues, during the fair that allows and regulates things like yard parking, street vending and merchandise peddling.

The District 10 Como Community Council has a “Neighbor’s Guide” to these special rules and regulations, including detailed maps of the overlay district and who to call to report violations. You can find the guide at District10ComoPark.org/Fairgrounds.

Tilden Harvest Festival Sept. 10
The Como Community Council will host a harvest festival at Tilden Park from 3 to 5 p.m., Saturday, Sept. 10. All are invited to this free community event.

If you’re interested in volunteering for this event, check out district10ComoPark.org/sdelevent.

Volunteers sought for Citywide drop-off event
A refuse and recycling event will be held from 8 a.m. to 11 a.m., Sept. 17 at the Minnesota State Fairgrounds. District 10 helps the city of St. Paul coordinate the event. The city of St. Paul partners with District 10 Como Park to help with tasks that keep the environment thriving in our neighborhoods.

Tasks may include watering trees planted by the 100 Tree Initiative, neighborhood cleanup events and gathering ideas for how to make our community thrive. If you’re interested in helping, please contact Kathryn at kathryn@sapcc.org.

District 12 September meetings
St. Anthony Park Community Council committees discuss a variety of issues at their monthly meetings. Visit the council’s website at sapcc.org to learn more.

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

Ice cream social Sept. 17
The St. Anthony Park Community Council will host its first ice cream social from 2 to 5 p.m. on Sept. 17 at Hampden Park. 993 Hampden Ave. This free event will include music, local organizations, games, crafts and, of course, ice cream! Find out schedules and events at sapcc.org/icecream.

Equity Committee seeks input
The Equity Committee has been visiting local communities to ask two questions: What do you love about your community? What would you like to see changed in your community?

Initially, some common answers from the question of what do we love: The people, the walkability, the restaurants and shops, and the beautiful green spaces.

What do we want to see changed? Some of the preliminary answers: More community events, more people reaching out to people, more connections, more public transportation and more access to fresh fruits and vegetables.

The committee continues to seek answers from citizens. Please share your thoughts at sapcc.org/strongcommunity.

Cleveland Avenue trees update
On July 28, two representatives from the District 12 Community Council presented a list of recommended changes to Phase II of the Cleveland Avenue project to Ramsey County staff. The goals are to preserve trees, improve pedestrian and bicyclist safety, reduce the need for retaining walls and limit the number of impermeable surfaces.

The county representative promised to consider these recommendations and to keep the District 10 Council informed during the next few months. To learn more about District 12’s requests to Ramsey County, go to sapcc.org/cleveland-trees.

Environment Committee seeks volunteers
The District 12 Environment Committee is seeking volunteers, especially in south St. Anthony Park, to help with tasks that keep the environment thriving in our neighborhoods.

Tasks may include watering trees planted by the 100 Tree Initiative, neighborhood cleanup events and gathering ideas for how to make our community thrive. If you’re interested in helping, please contact Jessica at jessica@sapcc.org.

Volunteers get a voucher for a free drop-off. If you’re interested in volunteering please sign-up in the link below or email district10ComoPark.org.

View the accepted items list, rates, and more at District10ComoPark.org/CitywideDropoff.

Lake Como cleanup Oct. 8
District 10 is planning the next Lake Como cleanup from 9 a.m. to noon, Saturday, Oct. 8. This event, in partnership with the Capitol Region Watershed District, will focus on the shoreline and lake itself.

District 10 provides trash grabbers, rakes, buckets, nets, trash bags and nitrile gloves for those who need them. Or, feel free to provide your own gear. Registration (before Oct. 7) is not required, but it helps in planning and communicating if changes arise. Register and find out more at District10ComoPark.org/Campo-Clean-Up.

District 10 meetings schedule
The District 10 monthly meeting schedule has changed! The trial meetings in August and will continue through the end of the year. In December, the district will gather community and board feedback on the new meeting schedule. Any adjustments to the schedule will be made in January.

• Environment Committee: 6 p.m., Wednesday, Sept. 7
• Neighborhood Relations Committee: 7:15 p.m., Wednesday, Sept. 7
• Land Use Committee: 6 p.m., Tuesday, Sept. 20
• District 10 Board: 7:30 p.m., Tuesday, Sept. 20

All District 10 board and committee meetings are open to the public and have space for community members to bring topics for discussion. For further details, go to District10ComoPark.org.

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

District 12 Community Council

SAP community garage sale Sept. 10
It’s not too late to participate in the St. Anthony Park community garage sale. Registration and fee are due no later than Sept. 7 to participate in the sale on Sept. 10. Registration forms can be found at Speedy Market, the Hampden Co-op and online at sapcc.org/garage-sale.

If you wish to shop the sales, you can pick up maps at Speedy Market, the co-op or online at sapcc.org/garage-sale on Saturday, Sept. 10. Questions? Please contact coordinator Rich Nelson at 651-641-1172 or nelson.rich@comcast.com.

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St. Anthony Park Dental Care
2278 Como Avenue
Nane Cogswell, DDS
Paul Kirkegaard, DDS
Nadine Yacoub, DDS
Phone/Text: 651-644-9216
frontdesk@sapdentalcare.com

SAPCC is Seeking Board Candidates

HEALTHCARE PROFESSIONALS

St. Anthony Park Dental Care
2278 Como Avenue
Nane Cogswell, DDS
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Nadine Yacoub, DDS
Phone/Text: 651-644-9216
frontdesk@sapdentalcare.com

Skon Chiropractic
651-644-3900 • www.skonchiro.com

To add your business to this listing, contact Sonia Ellis: sonia.alay@sapbulge.org or (651) 226 1274 (voice messages)
Discovering the Como Woodland Outdoor Classroom

By Janet Wight

The Como Woodland Outdoor Classroom encompasses 17.5 acres at the intersection of 41st Ave. and Como avenues in the southwest corner of Como Park. The 27 interpretive stations are identified by posts, each of which is clearly labeled with a number and a QR code. A few of these posts are noticeable while traveling through the park on Como Avenue.

My husband and I had been curious about the Outdoor Classroom for several years, so on a recent afternoon we walked over to the park armed with our printed map (available at spaul.gov). Our mission was to immerse ourselves in the history and beauty of these gardens.

The suggestion to have an outdoor classroom originated after invasive buckthorn was removed from this overgrown area of Como Park in the 1990s. The District 10 Community Council formed the Como Woodland Advisory Committee in 2006, with city horticulturist Brokaw said.

Invasive buckthorn was removed from this overgrown area of Como Park in the 1990s.

By Laura Adrian

You may have noticed signs in people’s yards that read, “bee safe yard,” or “pardon the weeds, bee-friendly habitat,” as you have walked around your neighborhood.

Julia Brokaw, a doctoral candidate in the Entomology Department at the University of Minnesota, told me that, globally, pollinators such as bees, butterflies, birds and bats are needed for plants to produce seeds and fruits. Pollinators play an essential role in food production and ecosystem health but have been declining in numbers because of, among other things, climate change and ongoing real estate development, Brokaw said.

A group of neighbors, the Saint Paullinators of South Como, recently came together to explore ways the neighborhood could become more pollinator and environmentally friendly. Jessica Willman, another community member described the group as a way to make meaningful connections to neighbors.

The Saint Paullinators efforts came to fruition on July 29 when the District 10 Community Council hosted a celebration of the first pollinator garden at the Orchard Streetcar Line, post #49, was also one of our favorite stops. We learned that Como Park was difficult to access prior to 1893. But once the streetcar line was built attendance skyrocketed, allowing for over 1 million visitors in 1898. After years of decline, however, the route was abandoned in 1954.

But it is the massive stone fireplace, the only intact structure remaining from the original Joyce Kilmer Arboretum, post #3, that is surely the star attraction of the outdoor classroom. Built in 1936, it honors the famous poet, nature devotee and World War I hero. Fully restored and rededicated in 2011, the fireplaces impressive craftsmanship is striking.

It took just over one hour to stroll through the classroom, making this activity a suitable option for park enthusiasts of all ages and abilities. Many of the numbered stops are wheelchair accessible.

We were immediately drawn to post #26, the nursery and bird sanctuary that features a colorful pollinator sky rise, which is habitat for nesting solitary bees. Scientists are studying the preferences of solitary bees while passersby can enjoy the whimsical display of public art.

The historic Como Harriet Streetcar Line, post #49, was also one of our favorite stops. We learned that Como Park was difficult to access prior to 1893. But once the streetcar line was built attendance skyrocketed, allowing for over 1 million visitors in 1898.

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It took just over one hour to stroll through the classroom, making this activity a suitable option for park enthusiasts of all ages and abilities. Many of the numbered stops are wheelchair accessible.

Children will enjoy locating the hidden posts, scanning the hard-to-read codes and leading their friends and family members along the narrow, winding dirt trails.

All of the numbered stops were informative. But the highlight of this urban adventure was the simple pleasure of walking along some of the less popular paths that I hadn’t visited in many years. It is a peaceful setting to appreciate a quiet moment away from the crowds, surrounded by a multitude of trees so passionately described by Kilmer in his celebrated IH3 poem.

Janet Wight is a resident of Como Park where she lives with her husband and daughter, and is a regular freelance writer for the Bugle.
**Making the case for electric school buses**

**By Chuck Laszewski**

As hard as it is to believe, school bus companies and school districts are hesitating to take free money to improve the buses that for all, or most of the cost of replacing dirty diesel buses with clean, quiet electric school buses. The money comes from the 2021 Infrastructure Investment and Jobs Act that besides providing money for roads, bridges, rails and airports also provided $5 billion over five years for electric school buses. President Joe Biden signed the bill in November. By March, the federal Environmental Protection Agency, which was assigned to administer the electric school bus grants, was putting out its rules and scheduling webinars for school districts and interested parties to learn how to get that money.

St. Paul was the only school district in the Twin Cities Metropolitan Area designated as a priority district, meaning that 100 percent of the cost of the new buses, as well as the electric charging stations, would be paid for by the grants. To its credit, the St. Paul School District recognized a good deal when officials saw it and immediately applied for 25 electric buses. The deadline for 2022 applications was last month and the district probably already has heard how many buses it will receive.

Other districts were more reluctant. Some, like the Roseville School District, said they couldn’t apply because they did not own the buses but contracted with a private company. Activists from Mn350 went to the last school board meeting of the year and informed them that the EPA knew many districts were in that situation and allowed the district and its transportation company to submit a joint application.

It seemed the districts and the public needed to know more about the electric school buses and the free money.

On July 7, Mn350 organized the Bus Back Better Festival at Powderhorn Park in Minneapolis. It was led by high school students. There was screen printing, a bus door photo booth, ice cream and a whole host of healthy, clean electric school buses and visitors could learn about how the buses worked. Before the event ended, dozens of people took advantage of the hands-on demonstration.

The research has been clear for decades: The air inside diesel school buses is dirtier than the air outside the bus. The diesel pollution that seeps into the bus contains cancer-causing substances. It can also cause serious cardiovascular, respiratory and cognitive health issues among our children. The National Bureau of Economic Research found that residents exposed to diesel bus pollution can meaningfully improve students’ test scores. It’s nice when the research confirms what any of us who rode on sticky diesel bus seats long suspected. And rig- ding ourselves of diesel buses also brings a significant cut in carbon dioxide emissions.

For you readers in the St. Paul School District, send a note of thanks to the board and administration for taking advantage of the federal money and urge them to continue to add to their electric school bus fleet. For those of you in the Roseville School District, the administration found excuses not to apply for this first round. Press them to apply for grants in the second round early next year.

Chuck Laszewski lives in Falcon Heights. He is a former environmental reporter for the St. Paul Pioneer Press. He is a volunteer with Mn350.

**Saddened**

I was saddened to see a commentary in your last issue that a representa- tive of a local church felt the need to be an advocate for killing unborn babies.

Jim Ashworth, St. Anthony Park

**Editor’s note:** The writer is referring to a commentary that appeared in the August 2022 Bugle from Liam Magidat.
By Mary Mergenthal

Longtime residents of and recent arrivals to St. Anthony Park and the surrounding area are invited to attend a monthly series of talks about the history and environment of St. Anthony Park beginning at 7 p.m., Tuesday, Sept. 13.

This neighborhood history course is sponsored by St. Anthony Park Lutheran Church, 2323 Como Ave. Sessions will be held from September through May at 7 p.m., one Tuesday a month at the church.

Augsburg University professor Kristin Anderson will give illustrated presentations covering a variety of topics using historic and contemporary images, as well as maps and aerial photographs.

The program series begins with a look at the spaces and places of the St. Anthony Park area, investigating the terrain and the neighborhood’s changing boundaries and borders, as well as exploring the mysterious Dakota trail that came through the area.

The Oct. 12 session will look at St. Anthony Park as a successful example of a 19th century “garden suburb.” Sessions on Nov. 1 and Dec. 13 will consider local religious and institutional spaces. The Jan. 10, 2023 session will be about our local schools, followed by housing types and styles on Feb. 14 and spaces for commerce and industry on March 14.

The April 11 session will consider issues of historic preservation in the neighborhood. The final meeting, on May 9, will include a panel of neighborhood elders, some of whom have spent their entire lives in the community.

Per CDC guidelines, masks are recommended in church spaces when attending programs.

Depending on interest, the program organizers may offer walking tours in the spring and summer. At the presentations, participants can enjoy treats prepared from recipes in vintage St. Anthony Park church cookbooks.

Also, neighborhood writer Adam Granger will be on hand to sell two books on neighborhood history, the late Roger Bergerson’s “History One Darn Thing After Another” and Tales of Como, Falcon Heights, Lauderdale and St. Anthony Park” and David A. Lanegran’s “St. Anthony Park: Portrait of a Community.” Originally published in 1987, the recent Lanegran reprint was spearheaded in 2020 by Granger, who steers profits into anti-graffiti work.

Meanwhile, another interesting facet of the history series: Program presenter Kristin Anderson grew up in St. Anthony Park and lives in the neighborhood.

Although she went to Oberlin College in Ohio, most of Kristin’s education was local. She is a graduate of the University of Minnesota with master’s and doctor’s degrees in art history and a master’s degree in church history from Luther Seminary.

Kristin is a professor in the Department of Art & Design at Augsburg in Minneapolis. In 2005, she received Augsburg’s Distinguished Contributions to Teaching and Learning award for Excellence in Teaching.

Kristin is a past-president of the Minnesota chapter of the Society of Architectural Historians, and she was the local co-chair for the 2018 Society of Architectural Historians International Conference in St. Paul. She is the chair of the Minnesota State Review Board for National Register of Historic Places designations.

Questions? Please contact Mary Mergenthal at mary.mergenthal@gmail.com, or 612-670-8200. — Mary Mergenthal, a longtime resident of St. Anthony Park and former editor of the Park Bugle.

SAP Lutheran Church hosts local history series
Can cohousing solve Twin Cities’ economic inequality?

By John Horchner, Commentary

Friendships are more important than we thought and being in places that champion friendships, especially between rich and poor, offer the best pathway out of poverty, a recently released study reported.

Not just Facebook friends, although 21 billion Facebook connections were analyzed to reach this conclusion, which was published in the journal Nature in August (also see socialcapital.org by Opportunities Insights c/o Harvard University).

On a local level, the data from this study shows that the share of friendships that can lift people out of poverty for those in St. Anthony Park and Como neighborhoods, for example, are nearly twice as great as those living in poorer parts of St. Paul.

Armed with this information, could we use “intentional communities” to solve the income inequality problem that persists in the Twin Cities?

The idea for intentional communities was born long ago but put into practice in earnest in Denmark in 1984-85 and introducing the cohousing model commercially to North America and writing a book on the subject.

I reached McCamant by email and asked her why someone would want to invest in a cohousing community. Her response: “This is certainly not a ‘get rich quick’ investment. The big, long-term payoff for buyers is lower day-to-day costs of living because of their ability to collaborate with their neighbors, and because these communities emphasize energy efficiency that reduce heating and cooling costs.”

While researching this article, I came across an announcement for the annual picnic for the Twin Cities Cohousing Network (TCCN) on July 24 and attended.

It was held at Picnic Shelter No. 50 at Como Park which is south of the parking lots for the amusement park. By the time I arrived with my still warm potato salad, there was quite a crowd, about 40 people. I introduced myself to another attendee, Russ Yttri. We chatted a bit. Later, on the phone, Russ told me, “… being a single guy in my 50s I have my future to look forward to … loneliness is very negative for your health.” He called cohousing “preventative medicine.”

At the picnic, I found a central table and sat down next to a middle-aged woman who was by herself. I learned that like me she was also a first timer in the cohousing scene. Her friends told her she was crazy to “… want to live with a bunch of strangers.” She said she still liked the idea.

We were joined by a dark-haired woman in her 30s who sat down across from us. I asked why she was there. She said she was in cohousing and liked the connection, the cooking and didn’t mind the chores.

After the meal, Paul Wehrwein and Becca Brackett from TCCN introduced the organization as a non-profit made up of volunteers.

When we spoke, Peterson told me, “Next to the communities that actually exist, many more are in the forming process … It’s like I can’t find what I’m looking for, so I’m going to start it myself. That puts you in the role of real estate developer.”

Garrett thinks the process could use some help. Maybe turn it over to a professional real estate developer who could set it up like a condominium development and then “… infuse it with the spirit of cohousing.”

When I spoke to Russ after the picnic, he agreed. “I did not realize it would take so much time and energy,” he said and added, “I want out of the real estate game.”

So, there are some challenges, but there’s also a huge opportunity if cohousing communities could

There were a lot of groups in attendance. Russ is a member of Cedar Cohousing that is looking to start something in the cities. There was Brian from Prospect Park. There was the multi-generational group from White Bear Lake. There was a virtual sustainability group and another one where someone laid out the idea that it could be based on a cohousing community called Dancing Rabbit, which is off-the-grid in Missouri. There was a group of a few families that spent summers camping together that are moving onto the next step and exploring cohousing.

“We got no structure, no money, no land, … yet!” said the campers. Wehrwein, the volunteer with TCCN, is involved in starting a senior cohousing community for the under 50 bracket.

Obviously, the Twin Cities does not lack for new cohousing ideas. However, so far, there is only one cohousing community operating; it’s in St Louis Park.

This was the point that Garrett Peterson made when it was his turn to talk. He was part of a cohousing group when he lived in Madison but was deciding on whether there was a quicker path to cohousing in the Twin Cities. He went over and got his card. It said he’s a change agent involved in real estate.

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So, there are some challenges, but there’s also a huge opportunity if cohousing communities could...
Go electric: Make your home part of the climate solution

By Tim Wulling

When we use natural gas in our homes, we’re burning a fossil fuel, which adds carbon emissions and alters our climate. How could we avoid that?

St. Paul’s Carbon Action and Resilience Plan calls on us to switch our buildings to all-electric and rely on Xcel Energy to meet its goal of providing carbon-free electricity.

As individuals, we can try to remove our gas connection entirely. What would that involve?

Rethinking appliances
Kitchen range, clothes dryer and water heater would be swapped out for electric versions — after an electrician installs a 240-volt receptacle for each (and perhaps an extra one for an electric car).

Electric appliances have a side benefit of improving indoor air quality. No more combustion fumes from a gas range. No more improper drafting from a gas water heater or furnace.

These appliances also conserve energy. Reducing our energy demand is just as important as switching from gas to electricity.

Newer technologies help:
• Induction stoves use less electricity than conventional electric stoves, and their responsiveness is similar to gas burners.
• Advanced clothes dryers contain a heat pump that uses less energy and eliminates the exhaust flue’s hole in an exterior wall — but increases drying time.
• A heat pump in a tank water heater uses half the energy of a conventional electric unit, with a side benefit of dehumidifying the basement.

Heating, cooling and calculating
For heating and cooling, many homes use a gas furnace along with central air conditioning. Replacing these with an electric heat pump system can be far more energy efficient.

The heat pump itself is located outdoors and connects to an indoor air handler that blows heated or cooled air through the ductwork. The system looks much like the furnace and central air conditioner it replaces.

But swapping out a furnace has complications. Heat pumps lose efficiency at low winter temperatures when heat is most needed. An electric resistance heater in the air handler can make up for that lost capacity. Used minimally, it shouldn’t add much to your electric bill.

Still, unless the heating system fits into Xcel’s special, low electrical rates, your future electric bills could be more than your current electric-plus-gas bills.

In any case, control costs and cut carbon emissions by reducing your house’s heat loss. Look at insulation, air leaks, rooms too warm or too cold. An energy audit with blower door test and infrared camera makes leaks and deficiencies visible. Triple-pane windows save energy, and their inside surface is warm enough to avoid condensation and a drafty feeling.

After electrification, with furnace and water heater disconnected from the chimney (and if there’s no fireplace), the top of the chimney could be removed down to the attic floor, allowing further improvement of attic insulation and air-sealing.

Electrifying our homes is challenging, each is a custom job. Could those of us wanting to do it help lead the way by banding together, comparing our houses and sharing what we learn? To connect with others on this topic, email info@TransitionASAP.org.

Tim Wulling is a retired electrical engineer, St. Anthony Park resident and founding member of Transition Town – ASAP.

150 years

Start your fall at the Bell Museum!

New Fall Hours
Plan your visit
Visit the Bell Museum during our Fall hours Wednesday-Sunday 10am-4pm. Travel the Minnesota landscape through our world-renowned wildlife dioramas, journey the universe in the Whitney and MacMillan Planetarium, or explore the beauty of birds in Bell Museum original exhibition Seeing Birds.

Star Party: James Webb Space Telescope
You’re invited!
Join us at the Bell Museum on September 8, 7:45-10pm for our next In-person Star Party! Observe the Moon and our favorite deep space objects (weather permitting) on our roof deck. Then head inside to explore hands-on activities, and our expert astronomy team will guide you through the night sky and highlight cosmic sights in our planetarium.

Spotlight Science: Back to Birds!
September 17, 10am-2pm
Back to school time means Back to Birds! Flack to the Bell Museum to meet and greet birds from the University of Minnesota Raptor Center, engage in hands-on activities to learn how birds adapt to their environment, and more!
Five new snacks to pack for back-to-school

By Jenni Wolf

Here we are in the midst of back-to-school season or, for many of us, just general “back-to-busy” season. Mornings often feel more rushed, it’s easier to get wrapped up and miss lunch and the days can sometimes feel like they are never-ending.

On days like this, it’s extra important to have snacks handy and ready to step in to fuel you through the busyness that are sure to come. And ready to step in to fuel you through the busyness that are sure to come. It can sometimes feel like they are never-ending.

Here are some ideas to change up the kids’ pantry snack basket or your snack drawer at work.

• No. 1: Roasted chickpeas or edamame: These bean-based snacks are crunchy, come in a wide-variety of flavors — from salty to sweet — and pack a punch of protein that can help satisfy hunger longer than a snack without. A bonus is that they are plant-based making them a handy option if you are looking to include more plant-forward protein in your diet. There are several popular mainstream brands of these snacks. But ones I have seen at local grocers include Biena and Seapoint Farms.

• No. 2: Popcorners popcorn chips: These are chips that are made out of corn, similar to a tortilla chip. But instead of being baked, the corn is popped making them a fun snack — think “popcorn in chip-form!” These have been a favorite snack of mine for years, although they used to be hard to find. But they recently have begun popping up in places from local independent grocers to Cub Foods and Costco. They offer the ease of a chip — just pop open the bag and you’re ready to snack. But since they are made with corn, they are a whole grain option that can provide more fiber, also helping you to feel satisfied after snacking. You can find them in large sized bags and also individual ones that are perfect for throwing into a lunch box, backpack or desk drawer.

• No. 3: Meat snack sticks: Whether they be made from beef, pork, chicken or turkey, meat sticks come in handy when you are going longer between meals and need a hearty dose of protein. I’m thinking of that long lunch-to-dinner stretch we can sometimes find ourselves in. Pair them with a piece of fruit or a handful of crackers to include a source of carbs that helps make for a more satisfying and balanced snack duo.

There are many brands to choose from — I like to look for one that is lower in sugar, like “Chomps,” since many brands may add more sugar than you realize. Don’t get me wrong, I love my sweet snacks. But choosing a meat stick that is lower in added sugar is a way for me to practice gentle nutrition and still enjoy all the foods I love. I find that I don’t miss the sugar in a meat stick, but I definitely would in a cookie or ice cream!

• No. 4: Nature’s Bakery fig bars: Who doesn’t love a Fig Newton?! I hope not just me! Fig Newtons have been a favorite cookie of mine since I was a kid and I love this brand’s rendition as they are made with whole grain flour, are individually packed and come in many different flavors. You get a boost of fiber, lots of variety and a sweet, easy-to-pack and eat snack — all-in-one!

• No. 5: GoMacro bars and RXBar bars: While I don’t love bars — I find them to be boring and unsatisfying at times — it’s hard to give up the convenience they offer. So, let’s find some tasty ones! These are my top two picks for delicious tasting bars that have a good balance of all three macros — carbohydrates, protein and fat — and are lower in sugar than some other varieties out there.

Again, our bodies need sugar; it’s a carb, and our bodies need adequate carbs! But we often consume much more sugar than we realize. It is OK to pick a few items if we are mindful of their sugar content. They come in mini sizes as well, making them great for smaller appetites, kids or those times when you are cooking dinner but need a snack stat!

Healthy food snacks are a welcome treat for back to school. Photo by Jenni Wolf.
Healing back to school

Murray Middle School
National Junior Honor Society
Murray National Junior Honor Society scholars were busy this summer. They maintained the Murray vegetable patches (which will provide food to Como Park Senior High School culinary classes this fall), took part in the St. Anthony Park Fourth of July parade and helped create and maintain our pollinator habitat areas. They will also help Murray staff welcome their fellow students back to school this fall.

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Murray staff is excited to host Camp 6, an event specifically for our new sixth grade families and an open house for any new seventh and eighth grade families. Student leaders in Where Everyone Belongs and the National Junior Honor Society plan to work together on the event for new Murray Pilots. Camp 63 open house will be Thursday, Sept. 1.

Submitted by Jamin McKenzie, Murray Middle School principal

Twin Cities German Immersion School
New logo
Twin Cities German Immersion School (TCGIS), a public charter school located near Como Lake, is welcoming 630 students in grades K-8 this fall. The school has unveiled a new logo that conveys the school as, among other things, a joyful, creative, diverse and collaborative educational community.

International relationships
The German Immersion School’s international program, funded with donations from the school community and volunteer host families, welcomed 18 teaching assistants from Germany, Austria and Switzerland in August.

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On Oct. 1, the public is invited to participate in the TCGIS Parent Teachers Organization Oktoberfest FunRun and 5K at Como Park’s South Pavilion after the annual TCGIS cross country invitational.

Spaces available
The German Immersion School has openings for new students in grades 5, 7 and 8 with German support available. tcgis.org.

Submitted by Katharina Schirig, German Immersion School director of international programs and outreach.

TCGIS cross country invitational.

Twin Cities German Immersion School

School Employees & First-Time Homebuyers
We want to make your first mortgage payment!

SCHOOL is BACK in session!

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Reminder: Watch for students crossing the street.

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The 2022 Minnesota State Fair: some basic info!

Updated Fair hours
These past two years have provided the opportunity to evaluate the fair’s entire operation and determine how best to improve the fair experience for guests, staff, vendors and all who work to present the Great Minnesota Get-Together, according to State Fair news releases. With this in mind, the fairgrounds hours have been updated:

- Fairgrounds admission: 7 a.m. to 9 p.m., 7 a.m. to 7 p.m. on Labor Day.
- Online ticket sales Fair time: 6 a.m. to 8 p.m.; 6 a.m. to 6 p.m. on Labor Day.
- Gate ticket sales Fair time: Tickets will be sold at the gates during the Fairgrounds admission times.
- Regular admission pricing:
  - Adults (13-64): $17
  - Seniors (65+): $15
  - Kids (5-12): $15
  - Children (4 and under): Always free.

New attractions and exhibits
The Fair is boasting a plethora of new attractions, exhibits, vendors and programs this year, including:

- Blue Ribbon BINGO
- BINGO debuts at the Fair with proceeds supporting the Minnesota State Fair Foundation. Located in Ramberg Center, BINGO sessions include five games and last about 30 minutes. BINGO packets of five sheets are $10 each and each sheet contains three cards to play per game. The first session will begin at 9 a.m. daily. Sessions will be held approximately once per hour, with the last session beginning about 8 p.m. (7 p.m. on Labor Day). Check the sign outside Ramberg Center for session start times throughout the day.

Survival: The Exhibition
This immersive wilderness exhibit in the North End Event Center brings together adventure, fun and science while transporting guests of all ages to the world’s most awe-inspiring locales and then asks the question: How can humans survive here? From rainforests to high mountains to rolling oceans, from extreme cold to the temperate forest to our own localities, this exhibit invites the visitors to investigate, collaborate, problem-solve, build and collect their way to becoming the ultimate survival expert. Free with fair admission.

New Mighty Midway rides
Two new rides debut this year.
- Iron Dragon Coaster: This spectacular roller coaster has plenty of hairpin turns, fast and sudden drops and lots of airtime.
- Music Express: Fly at top speed — forward and backward — through dazzling lights and splashy music.

Eco Experience: new features
At this award-winning exhibit, an array of new features include displays, resources and demonstrations that highlight what one can do to help improve our air, land, water and climate. A few of this year’s highlights include:
- Land of the Loon: Protecting Minnesota’s iconic state bird. A roadside attraction for 40 years in the state’s own city of Virginia, the world’s largest floating loon makes a special State Fair visit. The loon is part spectacle (it’s 20 feet tall) and part serious with talk about how to reduce the threats to the common loon, such as using lead-free tackle, keeping lakes clean and shorelines natural and taking action to reduce climate change.
- Cell phone recycling: Recycling electronics waste helps to capture valuable materials. Dispose of your used cell phones and other devices in the Tech Dump box, and Tech Dump will destroy the data, then recycle or refurbish the items.

Competing at the State Fair
Stephanie Snyder, of St. Anthony Park, is among scores of people who dream of winning ribbons in creative activities at the Minnesota State Fair. Here’s Stephanie’s story.

“I’ve lived in St. Anthony park for 10 years. My family and I have always loved the State Fair. I would tell people a bucket list item of mine was to win a ribbon at the state fair — didn’t matter for what. But I never had anything to enter in the fair. I always hoped I might grow a really big tomato or some other produce at the right time to enter. Never happened.

The winter before last, I decided to try crop art. I had always enjoyed looking at the crop art at the fair. I decided to give it another try this year. I have found the community of people doing crop art very welcoming and helpful. It is much more tedious than I realized, though … pushing individual poppy seeds around with a toothpick dipped in glue!”

New merchandise vendors
The State Fair welcomes more than 50 new merchandise vendors selling goods including home and garden décor, gadgets, pet supplies, hobbies, baby care, food/dine, fun, home solutions, threads, accessories and more, as well as vendors representing area nonprofits and community organizations. They join nearly 900 previous merchants.

For more information on new attractions, visit mnstatefair.org/new-this-year/attraction.

For other Fair information, go to mnstatefair.org.

Information in this article was collected from Minnesota State Fair news releases.

The 2022 Minnesota State Fair kicks off Aug. 25 for a 12-day run that concludes on Labor Day, Sept. 5. Here are a few facts to help you plan your visits to the Great Minnesota Get-Together:

- The Fair is boasting a plethora of new attractions, exhibits, vendors and all who work to present the Great Minnesota Get-Together, according to State Fair news releases. With this in mind, the fairgrounds hours have been updated.
- Always free.

State Fair mascot, Fairchild. Photo by Lou Michaelis.

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Support a good cause

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Visit our coffee bar in the lobby of our Como Ave. branch to support a good cause!

In September and October, your donations will support Walker|West Music Academy. Learn more about Walker|West at sunrisebanks.com/walkerwest

We bring community together!

Pick up the Park Bugle, sit back . . . and enjoy!

Tell our Park Bugle advertisers you saw their ad here! Better yet, shop local and support them! They’re a big part of why we can provide the neighborhood news you need for FREE!
By Susan Triemert

Since the start of the pandemic, Falcon Heights resident Mary Guillen has been making and giv- ing embroidered face masks to her friends, typically depicting the sea- son in which they’re designed. Now, Guillen is again taking her love of embroidery to the Minne- sota State Fair. She has entered an autumn-themed mask in this year’s embroidery contest. State Fair competitions are noth- ing new to Guillen. She took fourth place in the crocheting category last year and third in cake pops a few years earlier. And some day, she said, she hopes to win a blue ribbon, in any category.

This year, Mary is competing in multiple categories. Her needle- work entry, a pumpkin and sun- flower design, will be judged on various aspects, including beauty, color, condition of the article and workmanship. Workmanship com- prises 40 percent of the awarded points, she explained.

Asked how long she has been em- broidering, Mary said she grew up surrounded by crafts. Her grand- mother, Mildred Dudar, was a Ukrainian refugee, and their fami- ly always bonded over embroidery. Even her great-grandmothers em- broidered, and some of their designs are framed in her family home.

A proclaimed “State Fair junkie,” Guillen said she likes contributing to the overall festival experience for others at the Fair. This year, Mary also is compet- ing in baking including making cookies and muffins. Her Hispanic husband David’s heritage inspired Mary’s muffin entry this year.

Because Mary’s muffins are less juicy than standard zucchini muff- ins, she said she uses “calabacita, ” a Mexican squash, that she finds at Burela’s Farmers Market. She said the black licorice ice cream that comes from Mexi- co because it is “sweeter, less hot.”

Mary said some State Fair vet- eran contestants have recommend- ed she enter competitions at county fairs first, noting that score cards granted by the judges there can be used to improve future entries.

Guillen noted she hasn’t competed in a county fair since the days of her youth in 4-H. But she said she may do that again one day, especially if she needs more feedback. With a home within blocks of the Fair, Guillen and her husband visit the Fair often and look for- ward to spotting her art and baked goods on display. She said that be- cause of the stiff competition any ribbon in one of the cookie cate- gories is a huge accomplishment.

Guillen said she hopes one day to win a coveted blue ribbon and will continue to enter one or more cat- egories each year until she does.

Mary Guillen. Submitted photo.

By Janet Wight

This year’s crop of 38 new State Fair foods should entice even sea- soned fairgoers to sample some- thing different. There are many tantalizing sa- vory options to choose from. Vene- rian areas, available with either pulled pork, chicken or black bean and plantain, will tempt anyone with an adventurous palate. The sweet potato poutine, one of several inviting vegan/vegetarian options to choose from. The vanilla Dream Nordic Waffle is filled with vanilla custard cream, then dusted with sugar and cinnamon. The Sundae Sammie contains vanilla cream, strawberry jam, peanuts and whipped cream tucked down while savoring the Great Minnesota Get-Together on a hot summer day.

Janet Wight is a regular freelance writer for the Bugle.

— THANK YOU FROM THE 4TH IN THE PARK COMMITTEE!! —

A huge THANK YOU to our very generous neighbors and businesses that made the 75th Fourth in the Park a success this year! We would not be able to put on this event without the financial support from those named below and all the amazing volunteers that help year after year. A special thank you to the Saint Anthony Park Community Foundation and Langford Park Recreation Center as well for making this day possible. It is with sincere appreciation we thank all who contributed.

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MODA on Raymond completed Twin Cities-based Kraus-An- derson Development Company reports it has completed con- struction of MODA on Ray- mond, a six-story, $38.6 million multi-housing project at Univer- sity and Raymond in St. Paul. The market-rate apartments are designed to appeal to young professionals with on-trend, con- temporary and transit-oriented lifestyles, the company said in a press release.

Designed by UrbanWorks Ar- chitecture, the 251,609 square-foot, mixed-use development features 220 market-rate housing apart- ments with 2,344 square feet of commercial tenant space on the first floor.

“We are grateful to the St. An- thony Park Community Council and the city’s Heritage Preserva- tion Commission to help build on the history and character of this extraordinary community,” said Mark Mc Lance, Kraus-Anderson senior director of development.

MODA on Raymond offers studio, alcove, one-bedroom and two-bedroom apartment rentals ranging from 361 to 1,180 square feet. Amenities include under- ground parking with bike storage, a fitness center, outdoor courtyard with pool, clubhouse, rooftop patio and fully automated building access systems.

(Editors Note: To read more about new development in south St. An- thony Park go to our Bugle website at parkbugle.org.)

United Theological Seminary turns 60

Founded in 1962, United Theolog- ical Seminary of the Twin Cities on Sept. 28 will celebrate its 60th anniversary with the theme “Many Voices United.”

During the daylong celebration, which runs from 10 a.m. to 3:30 p.m., participants can tour the seminary’s St. Paul campus at 767 East St., Suite 140, worship with Rev. Elizabeth Macaulay (class of 1999) and enjoy intergenerational theological conversations among current and retired faculty mem- bers. The day will close with an announcement of the winner of the seminary’s Distinguished Alum Award.

“Many Voices United” pays homage to the ecumenical origins of the seminary that was founded by the United Church of Christ. The special event is open students and alumni, current and former faculty and the public.

Registrations for the event are due Sept. 16. Visit content.united- seminary.edu/60th-anniversary- reg-form to learn more.

Other anniversary events will be hosted in the months ahead.

Alden Square
tour

The Neighbors of Alden Square will host a potluck on Sept. 24 at the gazebo starting at 5:30 p.m.

After dinner, Pig’s Eye Jazz Band will present a free concert starting at 6:30 p.m. Alden Square Park is located at 1169 Gibbs Ave.

Library’s “Tuesday with a Scholar” Series Returns

The Ramsey County Library’s free Tuesdays with a Scholar virtual se- ries returns with programs slated for 12:30 p.m. on Tuesdays, Sept. 20, 27 and Oct. 4.

On Sept. 20, former Minnesota state election director Joe Mansky will talk about “How Secure Are American Elections — A Minnesota Perspective.” He will look at American elections with a special emphasis on the closely related is- sues of election access and election security, present and future.

On Sept. 27, Macalester College professor emeritus David Brossoud will talk about “How Newton Rev- olutionized Science.” Brossoud, former director of the Conference Board of the Mathematical Sciences, will discuss Newton’s “Prin- cips” and how it affected popular understanding of the world around us and foreshadowed the Age of Enlightenment.

On Oct. 4, University of Mas- sachusetts history professor Chad Montreuil will talk about Whiteness in Minnesota. Author of “White- ness in Plain View: A History of Racial Exclusion in Minnesota,” Montreuil will discuss Minnesota’s historical record of white exclusion of African Americans.

These are online programs of- fered remotely using Zoom com- munication 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 con- firmation email containing infor- mation about joining the webinar.

Women’s Drum Center

The nonprofit Women’s Drum Center, 2242 University Ave., is of- fering an intermediate drum line camp, an exciting new four-part drum series during September.

This camp will explore original drum pieces, as well as songs per- formed by drum heart, the premier ensemble of the Women’s Drum Center, and will be led by Jo Klein, drum heart member since 2009.

Drums provided. Camp sessions will be from 6:30 to 7:30 p.m., Sept. 12, 19, and 26 and Oct. 3. Fee: $56. Reg- ister at womensdrumcenter.org.

Seniors activities

The St. Anthony Park Area Seniors office is planning a blood pressure clinic from 3:30 to 4:30 p.m., Sept. 20 at Seal Hi-Rise, 825 Seal St.

SAPAS also has scheduled virtu- al lunch bunch sessions from noon to 1 p.m., Sept. 14 and 28. Call the seniors office at 651-642-9052 for connection instructions on these and other virtual activities.

Here are some other activities planned in September:

In Person:

Walk with Ease: Como Lake Pavilion, Wednesdays and Fridays, Oct. 4-21, 10 a.m. Ages: 7-12

Sudoku: Thursdays, Oct. 6-27, 6:15 to 7 p.m. Ages: 3-5

Northwest Como Recreation Center 1550 N. Hamline Ave.: register by calling 651-298-5883 or go to stpaul.gov/NWRComoRec

Taekwondo: Tuesdays and Thursdays, Sept. 1- Dec. 20, 5 to 6:15 p.m. Ages: 6-21

Canvas Painting: Tuesday, Sept. 13, 6:30 to 7:55 p.m. Ages: 7-11

Messy Art for Tots: Wednesdays, Sept. 14-Oct. 5, 10:30 to 11:30 a.m. Ages: 2-6

Musical Theatre: Fridays, Sept. 23-Dec. 16, 3:30 to 5 p.m. Ages: 6-10

Artist Workshop: Tuesdays, Oct. 4-Nov. 8, 2:15 to 4:15 p.m. Ages: 7-13

Basketball Skills: Thursday and Friday, Oct. 20-21, 2 to 3 p.m. Ages: 8-10

Basketball Skills: Thursday and Friday, Oct. 20-21, 3:30 to 4:45 p.m. Ages: 11-14

**Special Halloween Bonfire**

Friday, Oct. 28, 6 to 8 p.m. All ages.

Cohousing from p. 6

help solve the persistent economic inequality problem we have in the Twin Cities. The initial idea may not be to get ahead or improve our own lot in life.

However, just like often hap- pens because of friendships, that could be its most satisfying consequence.

John Horchner is a professional writer and lives in St. Anthony Park.
Farewell, Lauderdale School – ‘the bedrock of our wonder years’

By Anne Holzman

Editor’s note: Here is an interview with alumna Kathy Bernstrom Lerfald about the Lauderdale School for publication. Anne Holzman checked in with her, as it turned out, on the day demolition was to begin, Aug. 8, about her project and the experience of losing a cherished building. The interview has been edited for space and clarity.

Bugle: You’ve been working on this for about four years. What have you found?

Kathy Bernstrom Lerfald (KBL): I made a Facebook group. I started with the (most recent students) late 80s into the 90s, then by word of mouth, it just kind of spread. People sent class lists, graduation programs from the 40s and 50s. One woman shared with me two pictures of when he was in the band. Some of them were choral. I did have a man send Spring concert programs. They’ve said, "Thank you for doing this." They’re so happy to have someone interested. That’s been joyful for me.

Bugle: Did you find teachers too?

KBL: Yes, I told her, sentimentalism is reigning today! Of course, it’s not just a building, it’s all the teachers, all the classes, all of the wonderful learning. I think we got a really good education there.

Bugle: You have a book in the works. What’s your publication plan?

KBL: (Chuckles) There has been a lot of stops and starts on this book. The title of the book is, “Lauderdale School: History and Memories of a Beloved Minnesota Grade School.” I called it “grade school” because it was called that for a long, long time (before “elementary”). I’m scanning things here (at home). I’m using Word and planning to use Kindle Direct on Amazon. It’s in a format that can be easily updated. I will probably order some for people that aren’t on Kindle. The size of it, I’m not sure yet. I’m in, I’m not sure what you call it, the semi-final version, or maybe the version before that. The Kindle publisher does do hardcover (the eventual plan).

Bugle: What have you learned in this process?

KBL: That people are generous. That people are happy to share that part of their life story. I’ve learned that writing a book takes longer than you think. I want to tear my hair out some days when I can’t figure something out, but if I step away from it for a while and come back, it works.

The subject is so interesting to me. I was a teacher, so I’m interested not only as a student at that school, but going on to become a teacher myself (in the Anoka-Hennepin district). You just keep at it, something will open up, you go through that door, and eventually it’ll be a book.

Anne Holzman covers Lauderdale news for the Bugle.

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This month we include a former longtime St. Anthony Park resident and widow of much-loved Minnesota Public Radio employee.

Jeanne Frerichs
Jeanne Frerichs, 95, long a resident of St. Anthony Park, more recently of Roseville, died June 30, 2022. She was born Feb. 3, 1927, in Red Wing, to Adolph and Elise Opashul. She graduated from Red Wing High School, class of 1945, and from St. Olaf College in 1948. Jeanne was married Dec. 26, 1948, to Wendell Frerichs, a fellow St. Olaf grad who was a student in Luther Seminary. After Wendell graduated in 1951, he served parishes in Cleveland, Ohio, and Stevens Point, Wis. In 1956 the family moved to Basel, Switzerland for Wendell's graduate work. In 1958 they moved to St. Paul, where Wendell served on the faculty of Luther Seminary. The family spent one year each in Oxford, England, and Collegeville, on sabbaticals. In later years Wendell and Jeanne spent a sabbatical year in Basel, Switzerland for Wendell's work. Jeanne Frerichs was a school nurse for 33 years in Minneapolis schools. She enjoyed her career. Her health was failing, but she could — no matter what time of day it was — with babysitting, driving friends and family to appointments or lending her car. As the Parkinson's progressed, Louise sold her duplex and moved into assisted living at Cherrywood. We thank the staff at Amira Choices Cleveland (formerly Cherrywood) in Roseville for all the care and support they gave Louise while she lived there. A memorial service for Louise will be at the St. Anthony Park United Church of Christ, 3129 Commonwealth Ave., on Sept. 22, 2022, at 2 p.m.

Max Patich
Maximilian John Patich of Como Park, 31, died July 27, 2022. Max was preceded in death by brother George W. Patich, grandparents Foy (Sisters) Patich, Betty and Bill Greeninger, Aunt Dede Greeninger, Uncle Gary Johnson and Uncle Joe Follin.

Max is mourned by his parents Dean and Bridget Patich, brother Samuel (Brenae Dietz) and his godmother Peggy Wander.

He was a graduate of Como Park High School, attended Minnesota State University, Mankato, and the University of Minnesota. His love for his family and Como Park never wavered, even when his long battle with mental illness made living unbearable. Through all of this, he maintained brightness within him and love for everyone around him. His funeral service was held Aug. 2, 2022, at Maternity of Mary in St. Paul.

Aug. 2
Ron Prill
Ron Edward Prill, 84, of Shoreview, died unexpectedly at home on Aug. 2, 2022. Ron retired from the Milwaukee Railroad after 42 years, was a 25-year volunteer for Meals on Wheels and volunteered at the Roselawn Area Senior Program, as well as being a Ymca/mo’s “The Gathering.” He is survived by Charlene, his wife of 59 years, and son Brian (Manette). Celebration of life service was held Aug. 13 at Falcon Heights United Church of Christ, with interment at Mt. Emblem Cemetery.

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Lives Lived from p. 14  
Elmhurst, Ill. Memorials to Falcon Heights UCC or Roseville Area Meals on Wheels.

Elizabeth Svendsen  
Elizabeth E. “Bette” Svendsen died July 29, 2022. She was a loving daughter, sister, aunt and friend to many. She also leaves behind countless students who benefited from her decades-long teaching career. A memorial service was held Aug. 11 at St. Timothy Lutheran Church.

Peter Tritz  
Peter Sylvester Tritz, 70, was born in 1951 in Dumont, Minn., and died at his home in St. Paul on July 1, 2022. Peter worked at the League of Minnesota Cities for 41 years. His quick wit, generosity and unique perspective on life will be missed. He was preceded in death by his parents Marvin and Eva Tritz. He is survived by his wife Cynthia, sons Steven (Valerie) and Philip and granddaughter Evren. Memorial Mass of Christian Burial was celebrated July 13 at the Church of St. Cecelia. Donations preferred to Nature Conservancy, Catholic Charities, or The Center for Irish Music.

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Morning meeting for the young students. Photo courtesy of Volunteer Corps Organization.

I wasn’t going to cross a picket line at the school (although teachers never came back to assemble one) so I talked with the volunteer program directors about what was possible. They decided to cook a breakfast meal for the kids at the compound for breakfast on Tuesday, and I’d organize lessons and activities for those in attendance. Fifty-four students arrived at the compound for breakfast on Tuesday and stayed for the morning meeting. I set up on a couple of benches. After some stories and songs, we had the youngest students join two volunteers who had signed up for child care, while I got to know the students ages 10 to 14 who became my class for two weeks. (The strike was resolved after three weeks with the teachers receiving a 15% cost-of-living pay increase after asking for a 20% raise.) As for teaching at the compound, it was difficult at first. There weren’t desks, books, paper, curriculum or content resources. There were also frequent requests from students to “play football.” I held firm on “no football until lunch.” I implemented lessons I prepared while incorporating flexibility each morning, and after noon, it was play time.

English is the official language of Ghana but it’s not used by most Ghanaians in daily life. Akan languages such as Twi are abundant. The village kids all grow up with Twi before English is introduced at school. I learned enough Twi to earn smiles for trying. The kids were smart and joyful, creative and fun. Their families were welcoming and trusting. The landscape was lush and green. And as I departed the compound for a long ride to the airport, my smile was fueled by the warmth and spirit of the people who gave me an unforgettable rich and meaningful experience in their corner of Africa.

Morocco

In Morocco, my teaching was organized through the Institute for Leadership and Communication Studies. I was told I’d be teaching conversational English to adults in the capital of Rabat. After two days of orientation and sightseeing in that gorgeous, modern city, I was sent to Casablanca “where there is no need.”

Not part of the plan

I was transported via train and taxi to the Sidi Moumen Cultural Center in the infamous Sidi Moumen area of Casablanca, which exhibits intense poverty and noticeably high unemployment.

The infamy stems from the Casablanca suicide bombings of 2003 and 2007 that were orchestrated by young men from Sidi Moumen. Living and serving in this setting, I was not allowed to walk alone. My host family in the neighborhood looked out for me, fed me, gave me a place to sleep and became friends despite my lack of Arabic.

I enjoyed trying to learn basics of the language, and attempting to use it helped build bridges. As it turned out, there was indeed a need for my English teaching because the cultural center was running a month-long summer camp, providing language classes and enrichment activities to the neighborhood youth.

I taught a class of teenagers every morning, followed by a class of students ages eight through 12. Some of the teens spoke a little English from required coursework and 2007 that were orchestrated by young men from Sidi Moumen. Living and serving in this setting, I was not allowed to walk alone. My host family in the neighborhood looked out for me, fed me, gave me a place to sleep and became friends despite my lack of Arabic. I enjoyed trying to learn basics of the language, and attempting to use it helped build bridges. As it turned out, there was indeed a need for my English teaching because the cultural center was running a month-long summer camp, providing language classes and enrichment activities to the neighborhood youth.

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I taught and the dedicated people I met in Casablanca was professional development in teaching, I toured each country and the Sidi Moumen Cultural Center absolutely in a meaningful way. The intensity of urban Morocco and Sidi Moumen challenged me, but the immersive experience was rewarding. The energetic students I taught and the dedicated people running the center absolutely inspired me.

Beyond my four weeks dedicated to teaching, I toured each country on the weekends. In Morocco I strolled along the Atlantic Ocean, walked inside the narrow, maze-like alleyways of the medinas (original walled sections or quarters of a North African city), went to an overcrowded football match, hiked in the Atlas Mountains and even rode a camel. In Ghana, I saw historical sites of the capital city, Accra, navigated masses of humanity in open air markets, took a canopy walk high above the rainforest and felt the mist of Boya Waterfalls descending 100 feet.

Impact

My educational adventure in Africa was professional development in its most authentic form. It expanded my worldview, challenged my skill set, inspired new ideas, and put me on the continent where many of my students were born. My experience gave me an instructive sample of being a minority and struggling with language. It doesn’t compare to daily challenges that many of my high school students endure, but a tiny taste of it will help me be mindful of adversities frequently faced in our schools.

I’m aware of my privilege. I’m aware of my good fortune. Receiving a fully funded grant made my goal of getting to Africa a reality. But aside from that, a Moroccan man reminded me how free we really are as Americans. “You have a blue U.S. passport that lets you go anywhere.”

He’s right. Alternatively, work visas and student visas are difficult to obtain for many people in Africa and around the world who would love to visit the U.S.

I am a privileged person from a privileged country. Many Americans, including myself, would do well to remember that even as we face our own internal challenges, I am full of gratitude for my recent travels and I’m inspired to continue supporting Como students as they develop into citizens of the world.

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