Ramsey County properties go tobacco-free

By Christie Vogt

As of Aug. 26, a new county ordinance prohibits smoking, vaping and commercial tobacco product use on all Ramsey County properties.

And a nonprofit advocacy group in south St. Anthony Park played a key role in its creation.

Combined with the Minnesota Clean Indoor Air Act, the Ramsey County Smoking and Commercial Tobacco Use ordinance applies to tobacco use indoors and outdoors, including spaces like parks, recreation areas, trails, playgrounds, beaches and other properties owned or leased by Ramsey County.

The Association for Nonsmokers-Minnesota (known by the acronym ANSR) helped guide the county in developing the policy and engaging community members, said Emily Anderson, ANSR’s policy director. The group is located at 2395 W. University Ave.

More than a year ago, Ramsey County staff began seeking input about indoor and outdoor tobacco use on all Ramsey County properties with their products and with communities of color and LGBTQ communities.

“Our main thing is fighting against the tobacco industry,” Anderson said. “We’re by no means anti-smoker. We’re really about fighting the industry and making sure that they are held accountable for their predatory marketing practices, which have targeted youth in the past and continue to do so.”

“Also coming to the forefront now is how they target communities of color and LGBTQ communities with their products and with their advertising.”

In 2017, ANSR helped Minneapolis and St. Paul to restrict the sale of flavored tobacco, including menthol.

“We know that flavors are particularly attractive to youth, especially with vaping products,” Anderson explained, noting that such products come in flavors like cotton candy, bubblegum, chocolate and Sour Patch Kids. “We know that’s really a strategy by the tobacco industry to hook kids.”

“We also know the industry has a track record of targeting especially Black people with menthol cigarettes,” Anderson added, explaining that the industry has marketed menthol products to Black communities since the 1950s. “So, we’re really coming at these flavor restrictions from both a youth perspective, youth prevention, as well as a health equity and racial equity perspective.”

Another ordinance that took effect in St. Paul this year is the prohibition of tobacco coupons and price promotions, which ANSR believes is the first such policy in the nation.

The tobacco industry spends a large portion of its marketing budget on discounts, Anderson said, because “they know that people are price-conscious; they like a deal. And then they’re more likely to stay hooked.”

Meanwhile, regarding the new Ramsey County ordinance, a public hearing was held on June 28 that
St. Anthony Park and Como community councils news

District 12 Community Council
Chimney Swift Towers

Although the Chimney Swifts, a bird that migrates through Minnesota, have already moved on, the Environment Committee is still working to get towers ready for them to nest in next spring. The latest tower will be installed near Territorial Road and Carleton (by the new mural installed by the Transportation Committee this spring).

Join the District 12 board election

Elections for new District 12 board members will be happening in the coming months, and the board is looking for new members with new perspectives and experiences. Are you invested in the health and safety of your neighbors, friends and family? Do you understand the interconnected nature of our community and the need to work toward racial equity? Are you a renter who is able to speak up for your neighbors? We are looking for people who have a vision of unity, care and inclusion. BIPOC, LGBTQ+ folks, people with different abilities and folks of all ethnic backgrounds are encouraged to apply. If you are interested, please visit sapcc.org/board-members or email jessica@sapcc.org with any questions.

Upcoming District 12 meetings

The latest tower will be installed by the new mural installed by the Transportation Committee in St. Paul generally — and safer streets for everyone.

The committee meets on the last Tuesday each month at 7 p.m. on Zoom. Visit the council’s website at sapcc.org for the link.

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Upcoming District 12 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.

• Land Use Committee: 7 p.m., Thursday, Oct. 6
  7 p.m., Thursday, Nov. 3
• District 12 Board: 7 p.m., Thursday, Oct. 13
• Environment Committee: 7 p.m., Wednesday, Oct. 26
• Equity Committee: 5:30 p.m., Monday, Oct. 24
• Transportation Committee: 7 p.m., Tuesday, Oct. 25

Submitted by Jessica Willman, District 12 community organizer.

District 10 Community Council
Lake Como cleanup-Oct. 8

District 10 is planning the next Lake Como cleanup for 9 a.m. to noon, Saturday, Oct. 8. These events, in partnership with the Capitol Region Watershed District, focus on cleaning up the lake and its shoreline. The July 26 cleanup event drew 21 people who helped clean more than 50 pounds of trash from the lakeshore.

District 10 provides trash-grabbers, rakes, buckets, nets, trash bags and nitrile gloves for those who need them. Otherwise, feel free to provide your own gear.

Registration (before Oct. 7) is not required, but helps in planning and communicating if changes come up. Register and find out more at District10ComoPark.org/Como-Clean-Up.

Harvest Festival wraps up

The District 10 Como Community Council harvest Festival at Tilden Park in September concluded one of the biggest events of its 2022 community-wide engagement plan. New events were spread out across District 10’s four sub-districts to reach more community members who haven’t been engaged in its work before, according to Shevek McKee, District 10 executive director.

“We had our share of last-minute scramble and teachable moments, but we also connected with new community members and created (and strengthened) partnerships with other organizations and businesses,” he added.

McKee cited District 10 community organizer Jessica Willman, and the volunteer leadership of the Neighborhood Relations committee — Sarah Reuter, Morgan Weinert, Luxy Cantley and Abby Gold — for playing a major role in promoting the community-wide engagement plan.

“We’re already looking ahead to 2023, where new events become second annual traditions, and we hope to add additional depth as well as even more fun and games!”

Como Curb Clean-up this fall

Como Community Council is partnering with the Capitol Region Watershed District for the 2022 Como Curb Clean-up.

When it rains, leaves on streets release nutrients into the water that flow into storm drains and the lake. There it becomes food for invasive algae. Studies have shown that sweeping up the leaves that sit against the curb — where this stormwater/ice melt flow — is surprisingly effective in reducing this damage.

Join neighbors in sweeping your curb once a week this fall to help keep Como Lake clean. Learn more and register as an “official” participant to help track our effectiveness on the District 10 website: District10ComoPark.org/Como-Clean-Up.

District 10 meetings schedule

• Environment Committee: 6 p.m., Wednesday, Oct. 5
• Neighborhood Relations Committee: 7:15 p.m., Wednesday, Oct. 5
• Land Use Committee: 6 p.m., Tuesday, Oct. 18
• District 10 Board: 7:15 p.m., Tuesday, Oct. 18

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

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

CITY FILES

The Saint Anthony Park Library Association would love to hear from you!

We are looking for Team Leaders or Co-Leaders to coordinate our fun and community-building events!

Arts Festival and Book Sale

Our June neighborhood library events!

Please contact us at SAPLibAssn@gmail.com
Lauderdale to elect mayor, two for council

By Anne Holzman

Lauderdale voters will choose a mayor and two new members of the City Council in November. Mayor Mary Gaasch is running for re-election, challenged by Moses Hungiapuko. Council members Roxanne Grove and Andi Moffatt are not running for new terms, so their seats are open. Two candid- dates are seeking those two seats: Sharon Kelly and Evan Sayre.

Mary Gaasch is seeking her fourth term as Lauderdale’s mayor. She works for Hammer and Northeast, a housing nonprofit. “I have led the city in making strategic investments in housing, infrastructure and green spaces.” Gaasch wrote in an email. “These investments allow Lauderdale to offer high quality services with low taxes.”

Gaasch said her priorities if elected for another term would be “Keeping taxes affordable while maintaining quality services, supporting a thriving and walkable business district on our main street; and continuing our work on race and equity.” She said she’s running again because she is committed to “building a community where everyone can thrive” and added, “My re- lationships with surrounding communities and our legislature means we have strong partnerships to support us as we invest in our future. I piloted the Smallest Cit- ies Race Equity Cohort with the League of Minnesota Cities, and I am excited to continue this work.”

He said his priorities would be public safety, rebuilding commu- nity connections in the wake of the Covid pandemic and improving transparency.

“Our ability to increase pub- lic safety will hopefully increase community engagement and re- duce frustration of barriers in the community,” Hungiapuko said.

He would like to see the city add more community events to con- nect neighbors.

“I also believe with the pandemic of our community within we have been unable to build connection with each other in ways we could previously,” Hungiapuko added, “so I believe there is a need for more communal events to re-engage and re-connect with our neighbors.”

There are two candidates on the ballot for two seats on the Lauder-dale City Council. Sharon F. Kelly

Sharon F. Kelly said she is running because of concern about “commu- nity safety and vitality.” She said the city needs to focus on “caring for people aging in place and disabled.”

Kelly said it is important to her that “welcome is extended to those who are renting in Lauderdale and to those who are buying.”

She said that if elected to the council, she would start by “un- derstanding what is possible and what is limiting in our budget.”

Kathy added, “I want to be present and accountable in Lauderdale.”

Evan Sayre

Evan Sayre wrote that he is running because, “In the current political climate, I feel now is the time for rational people to step up and get involved in their communities. I have experience listening to both sides of an issue and making deci- sions that are best for all involved.”

He said the top three issues he sees for the city right now are public safety, housing costs and main- taining quality of life.

If elected, Sayre said, “I will support the police so they feel empowered to increase enforce- ment but maintain a high level of accountability.”

He added, “I will be creative in continuing policies that increase usable space to further create af- fordability in housing.”

Finally, he said, “I will be cogni- zant of the impact of all decisions on how they will affect the people and businesses in Lauderdale.”

Anne Holzman covers governmen- tal news in Lauderdale for the Bugle.

Mayor

Mary Gaasch

Moses Hungiapuko

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Anne Holzman covers governmental news in Lauderdale for the Bugle.

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Medtronic
St. Anthony Park Community Foundation

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Simplify your life and bring order to the time-consuming demands of day-to-day money matters and financial organization.
Bugle kicks off annual fall fund campaign!

By Krystin Wiersma

Hello neighbors! The Park Bugle staff and board of directors thank you for reading and supporting our local, nonprofit, community newspaper.

Together, we see our work at the Park Bugle as knitting our neighborhoods into safe, thriving and vital communities to live, work, learn and play.

Community connections are what the Park Bugle is all about. What an incredible gift it is for neighbors to:

• Be connected to others through stories and news
• Learn the latest news about local happenings, schools and organizations
• Be engaged in issues that matter most
• Be safe and invested in our live together
• Support our community businesses for a thriving local economy
• Learn new and interesting things

Electric rates
Let’s talk numbers for a minute. As of June 2022, Xcel Energy reported a profit of $7.8 billion over the previous year. Currently, Xcel Energy shareholders make a guaranteed 9 percent return yearly on their investments, with Xcel proposing to increase that to over 10 percent. In other words, Xcel Energy and those invested in their company are doing pretty well.

The following numbers tell a different story. According to St. Paul’s Climate Action & Resilience plan, as of 2019, over 42,000 households in St. Paul are struggling with what would be considered a high energy burden. In other words, far too much of their monthly incomes go to paying for their heat and electricity. One unfortunate outcome from this, as reported from Minnesota Interfaith Power and Light data, is that one in eight Xcel customers are behind on their bills. That last piece of data is for all Xcel customers, so if broken down by Saint Paul customers only, it would undoubtedly be higher.

In other words, unlike Xcel Energy, things are not going well for the average St. Paul resident in terms of affording the basic energy they need.

At the Park Bugle, those two sets of data into account, it is mind-boggling to learn that Xcel Energy is currently planning on increasing their customer’s rates by 21 percent over the next three years. The only word for this is unacceptable.

The only answer to this unacceptable situation is for all to stand up and shine a light on what this is: Greed. We, as rate payers, need to let Xcel hear us and demand better, particularly for our neighbors already struggling.

Our elected officials, particularly the mayor and City Council, need to stand up for us all and tell Xcel no to greed. With our combined voices Xcel needs to hear that the people who depend on their energy are more important than runaway profits.

Tom Lucy, St. Paul
Q: How did the idea for your book, “Whiteness and Anti-racism,” come to you? 
A: I’m building on the work of Black thinkers like W.E.B. Du Bois, James Baldwin and Toni Morrison, who have told us for decades to focus antiracist work on Whiteness and White people. I was raised with Mcintosh’s idea of the invisibly knapped privilege of Whiteness. That’s what I taught my students. (Editor’s note: “White Privilege: Unpacking the Invisible Knapsack” is a 1989 essay by Peggy McIntosh, an antiracism activist.)

Only it didn’t work. Despite years of trying, it didn’t seem to move anyone or change anyone’s heart or mind. I didn’t have the right tools to address these good-hearted White kids, and that problem became the basis for “Whiteness and Antiracism.” We need new tools to address White supremacy and racism. I hope this book is a step in that direction.

Q: You recruited the help and wisdom of high school students while writing your book. What about their experiences has most affected you? 
A: The young people brought a typical astounding vulnerability to the project. They spoke candidly and profoundly about their conflicted feelings around call-out culture and the idea of White privilege.

What struck me most, and what became the central focus of my work, is how these smart, capable young people felt that they had always already failed at anti-racism. They were 17, 18 years old and they felt simultaneously deeply concerned and hopeless about racism. Their honest reckoning with the conflicts experienced by many White people helped me understand the shortcomings of how we as White people have struggled with race in the U.S.

Q: How have readers responded? 
A: The folks I’ve heard from have found the book useful, which is a relief! I try to address and move beyond guilt and shame about being White, which seems to be in the way of anti-racism for many White people. I offer some new ways of thinking about Whiteness and racism that I believe are more conducive to anti-racist action.

Q: When you look to the futures of anti-racism and the education system, how do you feel? 
A: I struggle with this question. In so many ways we’re fighting the same battles with the same people, sometimes using the same language, as we have for decades. Far too many White people seem to think the racism will go away on its own.

Racial equity is the work of our lives, and there’s a lot of work to do. At the same time, a growing coalition of activists and organizations are asking important questions of educational structures (rather than of teachers and families). I’m encouraged by that.

Sarah CR Clark lives in St. Anthony Park. Know of anyone who would be a good subject for a Voices profile? Please email sarah.cr.clark@gmail.com or Bugle editor Scott Carlson at editor@parkbugle.org.
Confronting Minnesota’s historical wounds

By John Horchner, Commentary

On a recent walk past the student center at the University of Minne-
sota St. Paul campus, I saw a Little Free Library stand emblazoned with the University of Minneso-
ta’s school colors. Inside the stand was a 1975 vol-
ume entitled, “Land-Grant Uni-
versities and Their Continuing
Challenge.”

Although this book didn’t seem particularly alluring, I took it home
with me to read. It turned out to be a sleeper, serving as an invaluable
source on Minnesota’s historical
trauma.

From the book, I learned that the land-grant system for funding pub-
lic universities was enacted in 1862
during the Civil War. That war and
its need for training military offi-
cers may have been the deciding
factors that prompted Congress to
pass a bill for a state-by-state uni-
fication of public universities was enacted in 1862

During his address to the Min-
nesota Legislature in 1862, Ram-
sey lamented the pitiful condition the University of Minnesota found itself in — with no students and
debts of $92,000. He noted, “It is
probable that the authorities at Washington may yet concede the construc-
tion we have contended for, of that clause of the enabling
act of February 26th, 1857, donat-
ing two towns for University pur-
poses. If this hope be realized, and
more considerate councils should in the future govern those having
charge of these interests, the Uni-
versity of Minnesota may yet be a
richly endowed institution.”

The 120,000 acres of lands that were awarded to University of Min-
nesota by the Morrill Act of 1862 were turned into $579,430 dollars
by the early 20th century, accord-
ing to a chart in the appendix of the
book. Today, after building on this and other funding, the university’s endowment is well over $5 billion,

Following this, I thought of my great-grandfa-
ther, who immigrated from Ger-
many and the violence perpetrated by
Indians, and cause them to recognize
their kinship with the land and sign
treaties. But from the U.S. perspective, there could be no property until there was a treaty that called for
Native people to be removed from the land. Once that was done, the U.S. could take title and distrib-
ute it to homesteaders, railroads
and as I was learning, land-grant
government.

In a report to Congress on the 1885 Sioux (Dakota) Land Cession
Treaties, Ramsey was who a com-
missioner of treaties at the time, wrote:

“Was it our constant aim to do what we could to break up the community system among the In-
dians, and cause them to recognize the individuality of property...”

We all know the result of one of these treaties — the Dakota up-
rising that broke out after a treaty negotiated with the help of Henry
Sibley, who later became Minneso-
ta’s first governor and a member of the Board of Regents at the Univer-
sity of Minnesota. Sibley later was found to enrich traders like himself and
annuity payments promised were never honored in 1862, leaving the Dakota people to starve.

Settlers were horrified by the Dakota’s violence and Ramsey,
who was then Minnesota’s gov-
ernor, convened a special session of the legislature to say all treaties
with the Dakota were void.

“Our course then is plain. The Sioux Indians of Minnesota must be exterminated or driven forever beyond the borders of the State.”

Ramsay put Sibley in charge and he returned with his sword instead of his pen.

The Dakota people survived ex-
termination, but 303 of them were sentenced for hanging by a Mili-
tary Commission established by

Upon review, President Abra-
ham Lincoln commuted the sen-
tences of 262 of the Dakota and 38 were hung at Mankato, the larg-
est mass execution in U.S. history.

Later, most of the Dakotas were forced out of the state.

I believe that in order to feel compassion for other people we
need to understand historical tra-
uma and the violence perpetrated by
our ancestors and the violence they may have seen or been subjected to.

I thought of my great-grandfa-
ther who immigrated from Ger-
mans to Baltimore in the late 1890s. He had signed a contract that guaranteed his passage to the
United States, but he was required to work as a carpenter in the city
for about 10 years. Probably living
in unhealthy conditions, his wife died of pneumonia and then, when
his son, my grandfather, was just six, he was pushing a stroller on a busy city street with his baby sister inside and a freak accident caused her death.

My great-grandfather put the rest of the family in orphanages
and left for Texas. Several years
later, by twist of fate and fortune,
my grandfather and his brother
were adopted by a wealthy fam-
ily in Connecticut and sent to a prestigious boarding school there,

However, I wonder if, after his early experiences, whether he felt that he really belonged at that school and whether the feeling of not measuring up was something that could be passed on.

On LinkedIn, I reached out to
Dr. Little Hawk-Big Crow from the district of Wapakoni located on the Pine Ridge Indian Reservation
in South Dakota. She is working to enhance cultural survival and

spiritual vitality in her community. I told her about my interest in land-grant universities and the displacement of Native Americans around the time of the Civil War.

We had a long exchange, and she

pulled no punches.

At one point I said I was very
sorry for the havoc caused by our
European settlers.

She answered, “Pila’mi’ya’at okayuye your heart didn’t mean any harm.”

Starting in 2022, the University of Minnesota announced an ex-
pansion of its full tuition waiver
program beyond its Morris campus for students coming from one of the state’s I’i federally recognized Tribal Nations; it now includes the Crookston, Duluth, Rochester and Twin Cities campuses. How-

ever, isn’t there more the U can
do to help us heal these historical wounds?

John Horchner is a professor and writer and lives in St. Anthony Park.
SAP Elementary School expands mental health support team

By Sarah Clark

St. Anthony Park Elementary School has big plans in 2022-2023 for its newly expanded Student Success Team. “The team focuses on supporting students’ mental health and includes new employees, two school counselors (one part-time), a social worker, an assistant principal, and a behavioral specialist.”

Buoyed by funding from the federal American Rescue Plan, St. Paul Public Schools have expanded the Student Success Team program so all of its schools have these mental health teams.

SAP Elementary Principal Karen Duke said she is excited for her entire school to dive deeply into the popular Zones of Regulation curriculum, led by the Student Success Team. (The curriculum is described as “a social emotional learning framework and pathway to regulation” – Editor’s note.)

“We all know our kids have been carrying around big anxieties these last few years,” Duke said.

“The Zones of Regulation teaches kids about their emotions, how to regulate them and how to use various tools and strategies to help themselves.”

The Zones of Regulation curriculum was created in 2011 by an occupational therapist, Leah M. Kuypers, from Wisconsin and is now an internationally known program.

“The staff we’ve hired has great experience leading this program at other schools,” Duke said.

The Zones are color-coded: the red zone (the “out of control” zone) when kids may be feeling anger, rage or terror), the blue zone (when feeling sad, bored, or sick), the yellow zone (when feeling excited, silly, frustrated or nervous) and the green zone (when feeling calm, happy, focused and ready to learn).

SAP school counselor Kelly Lynch, who also spends part of her working day at Randolph Heights Elementary, said, “Knowing how their (the students’) bodies feel in different zones teaches kids crucial moments to pause. A student can think, “This is what my body feels like when I’m in the red zone. I need to pause before I do anything, because I might make a decision that I’m not proud of.”

SAP Elementary social worker Rachel Curtis said, “There’s an ideal time for every zone.” She explained that, for example, the red zone can teach people about boundaries.

“‘There are times when you want to be mad,’” she explained. Learning takes place in the green zone, but as SAP school counselor Errol Edwards explained, “There are no bad zones! This tool helps kids learn when they’re out of control. And it gives them tools to get themselves back in the green zone.”

When asked what sort of transformations the Zones could bring to SAP Elementary, Lynch said, “It normalizes mental health, that we talk about how we’re feeling as if we would talk about having a sore throat.”

Curtis said she believes that sharing this common language will build a stronger school community. Meanwhile, Edwards contended, “You’ll be looking at a whole school-wide community, not just the students but the staff too, who are coming to school feeling calmer.”

“The common language will help everyone be on the same page,” he continued, adding, “I can see a decrease in discipline referrals, because if you come to school emotionally dysregulated you can’t focus and you won’t be ready to learn.”

As a part of the Zones of Regulation, each class space at SAP Elementary will have a “calming spot” with sensory and breathing tools for kids to use when needed. Also, the Zones include space in some hallways for “regulatory walks” where students can engage in self-directed activities, depending in which zone they find themselves.

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

A parent’s thoughts on the Zones

By Sarah Clark, Commentary

My kids are students at St. Anthony Park Elementary. While I did research for this month’s school news article, principal Karen Duke shared a video with me that was originally made for use just within the school.

The video’s goal was two-part: To introduce all students to some new staff and to begin introducing students to the “Zones of Regulation” curriculum.

It was a great, short video and super helpful as I wrote our news article. But more than that, it reminded me that the way our kids are taught to name and regulate their emotions is so much more advanced than when I was a student.

As a parent, I am glad to know what my kids are going to be learning and growing in your own social-emotional journey. We have a lot to learn from our kids!

Sarah Clark

Ducks in a Row

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School leaders anticipate students and staff will adapt and benefit from the new system as the schedule allows for more elective courses to meet student interests. For example, Principles of Engineering is a new course in the science department with a focus on student collaboration, development and testing of their own engineering designs. Students will also explore engineering careers and examine ethics involved in civil, mechanical, and electrical engineering.

The math department has added College Readiness Math, where students can earn credit for Algebra 2 by applying concepts to solve real-world problems in personal finance. Students will also acquire essential 21st century skill sets: Learning skills (critical thinking, creativity, communication), literacy skills (information, media, technology) and life skills (flexibility, leadership, initiative, productivity, social skills).

The Academy of Finance has a new class open to all Como students that explores, examines and develops Social Media Marketing. Several of the new elective courses this year are in social studies, including AP Psychology, Indigenous Studies, and Street Law. Founded in 1972, Street Law is a global program that teaches practically relevant law to student populations using interactive lessons.

Across the St. Paul Public School District, sophomores are taking a required semester-long course in Critical Ethnic Studies (CES). Last fall CES was piloted at three St. Paul high schools, including Como Park. Former ELA teacher Chong Yang taught and helped develop curriculum for the course.

By Eric Erickson

New class schedule
St. Paul Public Schools are using a block schedule of classes at every high school this year. Students will have four classes a day that meet for 80 minutes each. Then students will have four different classes the next day for 80 minutes each. Collectively, students attend eight classes over two days. It's called an 8 over 2 schedule and is organized by "A" days and "B" days. Como students will also have a grade-level academic seminar that meets every day for 35 minutes.
Bell Museum features bevy of fall events

By Janet Wight

After two challenging years, the University of Minnesota’s Bell Museum in Falcon Heights now is offering a full slate of in-person and virtual programming. Holly Menninger, the Bell Museum’s director of public engagement and science learning, provided the Bugle with a sampling of upcoming events:

Collectors Day will be held on Oct. 1. This event will showcase 25 collections that are owned and curated by members of the public.

Scientists collections will include cephalopod fossils as well as gems and minerals. But other types of collections also will be on display such as troll dolls, antique purses and placemats.

Halloween enthusiasts should enjoy the spooky science that will be found throughout the galleries from Oct. 20 through Oct. 30, including lots of creepy specimens and a scavenger hunt. A special evening is scheduled for 6 to 9:30 p.m., Oct. 26. Halloween: The Dead Zoo, is a slightly creepy evening in the darkened galleries of the Bell Museum. Live cockroaches, tarantulas and snakes will be ready to greet you, with special surprises lurking around every corner. Also, be sure to catch the moonrise at 7:30 p.m. Costumes welcome but not required.

The “Narwhal: Revealing an Arctic Legend” exhibit will open on Oct. 22. This Smithsonian Institution traveling exhibit, which runs through early January, features the traditional ecological knowledge of the Inuit people. The museum is also partnering with the White Bear Center for the Arts at its monthly evening Star Party on Oct. 28. Telescopes will be set up on the observation deck and the outdoor plazas.

Spotlight Science, a regular series during the academic year, features special guests who interact with visitors about particular topics. The Nov. 5 program, Brain Power, will be a discussion about the unique qualities of the human brain.

For planetarium enthusiasts, a new show, “Mars: The Ultimate Voyage” will debut on Dec. 3. Funded by NASA, this program will highlight the challenges involved in safely transporting humans to Mars and back to Earth.

Although most of these programs will take place inside the museum, those who prefer to remain outside might enjoy a stroll through the outdoor Learning Landscape. Five acres of native plants, enhanced with paths and interpretive content, are available to the public without museum admission.

Originated by the pandemic, virtual programs have become extremely popular with residents of both the Twin Cities and Greater Minnesota. Menninger said. Virtual star parties, guest speakers and moderated discussions are expected to continue in the months ahead, she added.

For additional information, go to the Bell Museum website at bellmuseum.umn.edu.

Janet Wight, a resident of Como Park where she lives with her husband and daughters, is a regular freelance writer for the Bugle.

New exhibits this fall at the Bell Museum

Collectors Day 2022
October 1, 10 am – 3 pm
The Bell Museum is excited to launch its first ever Collectors Day, a day long event where members of the community are invited to share and showcase their own personal collections. Join us at the museum and interact with local collectors as they share stories about their gathering process and enthusiasm about their collections.

Narwhal: Revealing an Arctic Legend
On view October 22
The Bell Museum, a Smithsonian Affiliate, brings an exciting new exhibit, Narwhal: Revealing an Arctic Legend. View a full-scale narwhal model and learn the ways Inuit communities and Smithsonian researchers have worked together to help us better understand both narwhals and a changing Arctic impacted by climate change.

October Star Party
October 28, 7:30 – 9 pm
Join the Bell Museum and the White Bear Center for the Arts for a special event in celebration of NEA Big Read. Observe deep space objects (weather permitting!) on the roof deck. In our outdoor plaza spaces, follow along on a tour of the constellations we can see in our skies. Inside, our expert astronomy team will guide you through celestial phenomena associated with The Bear by Andrew Krivak in the planetarium.

bellmuseum.umn.edu
Have food and drink businesses rebounded from pandemic?

By Scott Carlson, Sarah CR Clark and Janet Wight

A year ago in our Food and Drink Guide, the Bugle reported that local food businesses were still reeling from the effects of the pandemic, with their owners fervently hoping the virus was dissipating. “This pandemic has not gone away,” Pam Johnson, owner of The Little Wine Shoppe, said then.

“Well, today, the pandemic still hasn’t disappeared, fueled now with new variants of the virus. But the rollout of vaccines and booster shots appears to have largely tamped down the sting of the Covid-19 virus, enabling our American society to embark on a cautious return to a new normalcy. The bottom line assessment: Covid will ever be behind us, but we are learning to cope with it.

The following reports offer an update on three of the businesses we interviewed last year: Colossal Cafe, The Little Wine Shoppe and Urban Growler.

Colossal Cafe
Elizabeth Tinucci, owner of Colossal Cafe (locations on Como Avenue and Grand Avenue), reflected, “Covid doesn’t feel behind us but is instead now just a part of us.”

Colossal’s dine-in business was busy again this summer, Tinucci reported, and said both take-out orders as well as third-party delivery orders have remained higher than pre-pandemic levels. Catering orders — virtually non-existent during the pandemic — returned this past spring to pre-pandemic numbers as well, Tinucci added.

At the Como Avenue location, Tinucci said, her cafe’s partnership with St. Anthony Park Lutheran Church has allowed for an expanded patio after the city of St. Paul rescinded its flexible patio permits available during Covid.

The cafe shortened hours in the early days of the pandemic to reduce labor costs and those shorter hours will remain. “We are trying to approach employee retention as a whole-person endeavor,” Tinucci said, adding that more of their methods for doing so include, in part: increasing wages, providing health insurance, matching IRA contributions, offering paid and unpaid time off as well as predictable scheduling.

At the start of the pandemic, Colossal Cafe began offering a weekly take and bake menu and they continued fulfilling these orders for two and a half years.

“The sales helped us stay afloat during the times we were completely closed for dine in and during the times before the vaccines when many people were still more comfortable dining at home,” Tinucci said. After taking the summer off to collect customer feedback, take and bake menus will return this fall and will include special holiday offerings, as well.

Reflecting on early 2020, Tinucci said, “On a personal note, I really struggle talking about the pandemic and our business. My truth is that I still cry easily when talking about the early days!

“I want to make sure the community knows we know that, in large part, we made it because of them. I want them to know we seem busy but wages and cost of goods are through the roof.

“I want them to know that those of us who worked in restaurants during the pandemic have been changed. I want the community to know we truly love what we do and we are so grateful we get to continue to do it in SAP!”

The Little Wine Shoppe
Pam Johnson, owner of the Little Wine Shoppe, said that in terms of running her business, “I’m not sure Covid will ever be behind us, but it seems the new strains are weaker which makes the future look brighter!”

Johnson reported that she is still running the shop’s air purifier and she is looking into an HVAC air filtration system for her store’s space at its new location at Como and Dowell avenues.

She said she hopes to bring back their shop’s pre-pandemic month-long indoor wine tastings this fall, which had been significantly scaled back as a health precaution.

Urban Growler

The extended beer garden at the Urban Growler in south St. Anthony Park beckons area residents to enjoy a pint of fresh craft beer or a quick meal. This expansive outdoor space can accommodate more than 200 customers, making it a more pandemic friendly venue.

The brewery restaurant is approaching its pre-pandemic level of business due to the spacious outdoor space coupled with offering its full menu for carryout, including 25-ounce crowlers to go, according to its owners and managers.

“We took cues from other casual dining restaurants and invented our own version of contactless pickup and curbside delivery!” Urban Growler general manager Van Johnson said.

All of the IPAs, ales and lagers served at the Urban Growler is brewed on the premises in small
Can Halloween candy and healthy eating coexist?

By Jenni Wolf

The short answer: Absolutely.

The long answer: Read on!

As a practicing registered dietitian, I believe all foods fit. I want you to know you have permission to eat all the food choices. This means Halloween candy, carrots, hamburgers, kale, cereal—you name it. I know that might sound wrong and hard to believe, especially coming from a dietitian.

Don't “save up for later.” Don’t skim at meals or limit intake throughout the day to “save room” for candy in between or at night. This will only lead you to feel ravenous, as food has now been scarce throughout the day and will make you more vulnerable to eating more candy than what may authentically feel and taste good to you. If you’ve missed a meal, it makes sense that you’d be prone to eating a meal’s worth of Snickers Minis.

By doing that you, again, make the opportunity to enjoy candy scarce, which can lead you to eat more food as you are chasing what you really want and can leave you feeling out of control when you do have the candy.

So, now to the question you’ve all been likely waiting for me to answer: How do you find balance with Halloween candy in a healthy way?

Ignore the messaging around candy being “bad” and the negative thoughts that might surround it. Remind yourself, candy is food and is made up of the macronutrients we all need—carbs, protein and fat. A Snickers bar and an energy or hearty granola bar have practically the same nutrition when it comes to carbs, protein and fat. But I bet you’d be more apt to label a Snickers bar as “bad” and an energy bar as “good.” Try viewing them both as just “food.”

Don’t “save up for later.” Don’t skim at meals or limit intake throughout the day to “save room” for candy in between or at night. This will only lead you to feel ravenous, as food has now been scarce throughout the day and will make you more vulnerable to eating more candy than what may authentically feel and taste good to you. If you’ve missed a meal, it makes sense that you’d be prone to eating a meal’s worth of Snickers Minis.

But that makes sense as most of us have been raised in a society where food rules regarding what to eat, ideas about “good” foods and “bad” foods and messages promoting the latest diet trends are everywhere.

Instead of tying up your thoughts around what you should or shouldn’t have, try to remember that all foods can have their place and that taking a balanced approach is helpful. Too much candy won’t make you feel well, just as too many carrots won’t either!

I bet many of you would agree that finding a balance with preferred, tasty foods like sweets and candy feels more difficult than, say, finding a balance with fruits and vegetables. Often this stems from not giving yourself permission to eat and enjoy these foods. When we think we shouldn’t be eating candy, that creates a scarcity mindset and often makes us want it more. We are then more likely to overconsume when we have the opportunity to do so.

Remember the great toilet paper hoarding of Covid? When things are in short supply, we want to stock up. In the case of candy, you might view it as a “special treat” that doesn’t come around often, making it scarce to you. Add in the fact that Halloween candy only comes around once per year, and, so the scarcity stakes are even higher.

Bonus, food for thought: Is Halloween candy actually only available once per year? No! I like to think Halloween candy is available all year long, just not in cute little orange wrappers.

Remembering this can help lessen the scarcity mindset around it.

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Don’t “save up for later.” Don’t skim at meals or limit intake throughout the day to “save room” for candy in between or at night. This will only lead you to feel ravenous, as food has now been scarce throughout the day and will make you more vulnerable to eating more candy than what may authentically feel and taste good to you. If you’ve missed a meal, it makes sense then that you’d be prone to eating a meal’s worth of Snickers Minis.

Be sure to honor your cravings and preferences. Don’t settle for a low-calorie or low-fat option or something you think is “healthier.”

By doing that you, again, make the opportunity to enjoy candy scarce, which can lead you to eat more food as you are chasing what you really want and can leave you feeling out of control when you do have the candy.

If you want the Reese’s pumpkin, eat the Reese’s pumpkin. Because if you don’t, you’ll likely come back later, or the next day, and eat the whole bag. Which sounds more enjoyable to you: Having several pieces of Halloween candy every day or eating a bag’s worth over a day or two and then swearing off it for the rest of the season?

So, now I’ve got an action step for you: Go to the store, pick out a couple of your favorite Halloween candies (my picks would be the mini boxes of Milk Duds and health bars!) and practice having a few pieces every day. Pack some in your lunch, eat a piece with some cheese and crackers for a snack, or enjoy a couple after dinner for dessert.

Then notice how you feel. Do you feel satisfied? Do you want more? If so, try another piece or try reminding yourself that you can have more later, more tomorrow…

There will always be more candy.

Jenni Wolf regularly writes about food and nutrition for the Bugle. She is a practicing registered dietitian who is passionate about helping others nourish a positive and balanced relationship with food.
The Keystone Community Service's new Opening Doors to Food Security campaign hopes to raise $8.5 million for a new community food center that tentatively would open in the fall of 2023.

The nonprofit Keystone purchased a 20,000 square-foot site at 1800 University Ave. W. in 2020 with plans to offer food, household essentials and crisis services to Ramsey County residents. Keystone CEO Mary McKeown said the goal of the food center fundraiser for St. Paul’s Midway area is “bringing more food to those in need.”

To that end, Keystone operates two food shelves and mobile food-shelf trucks that travel to over 30 locations a month.

However, Keystone is unable to meet all of the community’s needs because the nonprofit is now serving more than double the number of households compared with the same time a year ago. Space at Keystone’s current food shelves is limited.

“Rising food costs, gas prices, and overall inflation have contributed to the rise in use,” McKeown said.

Keystone has paired with Second Harvest as a food supply source, and according to McKeown, they could not be successful without this affiliation. Second Harvest is a member of Feeding America, a nationwide network of more than 200 food banks.

Built in 1917, one half of the Keystone’s planned new food shelf site was once a Model T Ford dealership and later an auto garage. The other half, built in 1923, was a furniture store.

Keystone has been working with 4RM-ULA Architects to design the new food center. Once finished, the site will offer, among other things, storage for five food trucks, freezer and refrigerated spaces for food storage, easy access for donations, high ceilings for more donated food and household items, base- ment storage for bicycles donated for the nearby Express Bike Shop — a teen run bike store that Keystone also operates — and more room for volunteers.

Based on survey information from more than 400 community members, the new Keystone Community Food Center will offer a bright and colorful store-front, a parking lot, an indoor lobby, a reception desk and room for up to 50 volunteers at a time, much greater space than the 5-person volunteer limit at its current locations.

Keystone is also adding a community room that may be used to offer its visitors other services, such as tax assistance. The room could also serve more social needs and host caregiver support groups or activities for older adults.

Food businesses from p. 10

batches. In addition to offering flagship beers, seasonal rotating flavors are available which liven up the choices for beer aficionados.

The food menu changes twice per year and includes many bar favorites including tempting appetizers, sandwiches and burgers. A popular Friday night walleye fish fry, priced at $20, is available year around. Fortunately, supply chain issues related to the pandemic are no longer a concern, Johnson said.

The top priority for Urban Growler, a woman-owned business, is to provide a comfortable environment for all of its customers.

“We value diversity above everything else; it is important for us to be welcoming,” Johnson added.

Events are a part of the Urban Growler ambience.

Upcoming events include Tuesday night trivia, which will return on Oct. 11. It will be held from 6:30 until 8:30 pm complete with prizes and giveaways. Blueberry wheat beer will be available in October along with the traditional favorites.

Scott Carlson is Bugle managing editor. Sarah CB Clark and Janet Wight are regular freelance contributors to the Bugle.
Discovering the joy of pickling

By Ed Lotterman

Cub Foods is only 2 miles away from my house; Byerly’s about 3½. I can walk to Tim & Tom’s Speedy Market.

So why make pickles? It’s simple: the making and eating are enjoyable. For me, the making is so much more fun than the eating that I give away at least nine of every 10 jars I make.

But isn’t it work? Slaving over a hot stove like our grandmothers did?

Well, yes, at least to the extent that sewing quilt squares, throwing pots or making furniture are. However, our ancestors’ lives consisted of physical toil. Today most of us produce services, and many of us spend most of our time at computer. So physical activity like preserving foods can be deeply satisfying.

At this time of year, drying, canning and freezing vegetables are all good options. But as a preservation method, pickling and fermenting offer sensory pleasures, especially of smell and sight, that the others do not.

So, what exactly does pickling involve? Well, there are two basic processes under this rubric. One is anaerobic lactic acid fermentation to make sauerkraut, kimchi and some heritage process dill pickles. No vinegar is involved, only the vegetable, salt and perhaps some flavoring. It’s fun, but set that aside for now.

Most pickling, however, involves using a combination of vinegar and salt to preserve vegetables. The most common are cucumbers, but you can use the same basic gear, ingredients and process on a panoply of others. Those include beets, carrots, green and yellow beans, okra, cherry tomatoes or quatered romas, cauliflower, brussels sprouts, broccoli, jalapeños and other peppers, turnips, rutabagas, jicama, daikon radishes and more. Start with beets and carrots rather than cucumbers: crisp cucumber pickles can be hard to home produce. But home-pickled beets or other root vegetables are way ahead of commercial ones, both in texture and flavor. The beets found on salad bars taste of embalming fluid once you’re used to your own.

Experiment with flavor notes! Much of the charm in pickling is in introducing your own creativity. Vinegar, usually diluted, and salt are vital in the food chemistry. Sugar often is added to cut the acidic taste. But then you create your own secret blend of spices and herbs. Celery seed, peppercorns and juniper berries are common. So are dill and garlic.

But a sprig of parsley adds visual appeal as well as taste. Ditto for a mint leaf or two, a sage or bay leaf or perhaps a chiffonaded (shredded or finely cut) basil leaf. Caraway seeds evoke ancestral memories for some. Cardamom and coriander, toasted or not, add other flavor notes. You can add zing with red pepper flakes and seeds or strips of jalapeños or other peppers. A bit of stick cinnamon and a clove or two enchant some eaters but may turn away others.

For foods you plan to eat soon, heat processing isn’t needed: you can pickle in a non-reactive container (such as stainless steel, glass, pottery, or enamel-clad cookware) on your countertop or in your refrigerator.

But to store pickles for winter, the most practical is to use Mason jars and lids and process in a boiling water bath in a kettle or stock pot. Some recipes call for heating vegetables to a boil in the vinegar-water-salt sugar liquid (proportions are crucial for safety) along with spices. Others let you put the flavor ingredients in jars, tuck vegetables on or around them, and then pour in hot liquid.


If you prefer training wheels for your first batch, seek a coach, perhaps on St. Anthony Park’s neighborhood listserve. Find a few other newbies and share a coach. Look at YouTube videos. Try small batches. Pickle two pints of baby carrots. Always let your product age a week to develop flavor.

But just do it.

Ed Lotterman has led community workshops on pickling and canning hosted by the Sustainable Food and Land group of Transition Town—All St. Anthony Park. Photo by Mindy Keskinen.


Ed Lotterman is a semi-retired economist and writer, an almost-full-time army reservist. His avocations include baking, welding and food preservation when not re-immersing himself in Brazilian culture.

By Ed Lotterman

Oct Ober 2022 n PAr K b UGL e
Patricia Fabriz
Patricia Jane (Fagerlie) Fabriz, 91, of Oak Park Heights, died Sept. 1, 2022. Patricia was born March 7, 1931, to Dora and James Barger in Bloomington, Indiana. She graduated from University High School in 1949 and worked at Sarkes Tarzian, Inc., where she met Valdemar Fagerlie.

The pair married and moved to St. Paul, where they lived until his death in 1985. In 1987, she married Harold Fabriz and they lived in Falcon Heights until his death in 2017. Pat and Hal had a dynamic life together and enjoyed traveling to visit relatives, ballroom dancing, playing, concerts and getting together with friends. She was an avid painter, concert and getting together with friends. She was an avid painter, concert and opera enthusiast and neighbors often stopped and enjoyed tea, cookies and lively conversation in the three season porch known as the Princess Cruise Room.

Patricia worked as an LPN for a home health agency and then for Weight Watchers where she was a popular lecturer. She was a longtime member of The Woman's Organization of the Minnesota Historical Society and was a volunteer docent at the Governor's mansion.

She is best known as an accomplished artist. Her earliest memories were of drawing with crayons under the dining room table and throughout her life she found joy and contentment in creating oil paintings. Her painting “Lace Lady” was selected for the juried art exhibition at the 2010 Minnesota State Fair.

Patricia’s creative abilities extended to interior decorating, furnishing, refinishing, sewing, knitting and crocheting. She even designed and sewed her own draperies and enjoyed rearranging furniture, sometimes at 2 a.m.

She is preceded in death by her parents, a brother and husbands Valdemar Fagerlie and Harold Fabriz. She is survived by daughter Thelka (Bob) Fagerlie Madsen, bonus daughters Dawn Phillips and Sharon (Pat Reynolds) Fabriz and their families.

Patricia did not want a funeral and has donated her body to the University of Minnesota Anatomy Bequest Program for medical education. Please refer any memorials to Lakeview Hospital Homecare & Hospice or WOMNHS, The Women’s Organization of the Minnesota Historical Society.

Judith Gerten
Judith Gerten, Maplewood, died Sept. 4, 2022.

Judith was an LPN who served and loved geriatric patients and their families for over 50 years, mostly at the Ramsey Nursing Home.

Judith’s parents, Gorden and Vern Martin, preceded her; as did her three younger siblings, Linda Sinn, Gorden Martin and Stev Smith. She is survived by her husband of more than 60 years, children Tammy Gerten (John Van Valkenburg), Michael Gerten, Paul Gerten (Kim Hartz), sister-in-law Jewel Martin, brother-in-law Rog Sinn and sister-in-law Barbara Towey; and two grandchildren.

Services were held at St. Timothy Lutheran Church on Sept. 10. Un-designated memorials will be given to Face to Face Nursing Home.

Daniel Ivory

Dan was born and raised in St. Paul. He attended St. Andrew’s Elementary School and St. Agnes High School. He received his associate of arts degree from the University of Minnesota. He enjoyed a 33-year career with 3M, which allowed him countless opportunities to travel the world, plus a five year assignment in Brussels, Belgium. Hobbies included photography — he was rarely seen without a camera — golf, traveling with wife Eileen and spending time with family and friends. Donating his sparse time to the church and various charities was also a very important part of his life.

Dan was preceded in death by his parents, John and Helyn, and siblings, Eileen and Fran. He is survived by his wife of 60 years, Eileen; children, Kelly Pat (Susanne), Kevin and Mike; five grandchildren, siblings Bill (Kitty), Jack (Zona), Nora, Margaret Bar- rett; and sister-in-law Rose.

Mass of Christian Burial was celebrated Sept. 9 at the Church of the Annunciation, with interment at Resurrection Cemetery. Memorials preferred to Anunciation, 12 Apostles or Mission Haiti, Inc.

Mary McGuire
Mary Elaine McGuire, formerly of Falcon Heights, died Aug. 19, 2022, days from her 95th birthday. She graduated from St. Margaret’s Academy and attended the College of St. Catherine.

She is survived by her children Mike (Katie), Mary Jo (Steve), Jeanne (James), John (Jane), Mark (Kay) and Jeff (Tracy); 10 grandchildren, and her great-grandchildren. She was preceded in death by her husband Charles McGuire, sister Bernadine Fasching, sister-in-law Mary Tachen and daughter-in-law Denise Bradford McGuire.

A celebration of her life will be held this fall (details pending).

Tom Noble
Thomas John Noble, 58, died suddenly of cardiac arrest at his home in Lauderdale on Aug. 28, 2022. Tom was born and raised in St. Anthony Park before moving to Lauderdale after college.

As an accountant, he was employed at various banking and insurance firms for over 50 years. He was interested in driving and restoring old cars from the 1960s through the 1980s, and was often seen driving around the Saint Anthony Park neighborhood in one of his classic convertibles. His hobbies included collecting antiques, such as pinball machines, jukeboxes, phonographs and a player piano.

He was generous with his time and was willing to help people out, whether of moving and driving or with fixing whatever needed fixing!

He was a faithful member of Twin Cities Bible Church in Maplewood.

Tom was preceded in death by his parents Dolores Fornberg Noble and William Albert Noble and his sister Kathryn Noble Marier. He is survived by his best friend of 22 years, Rebecca Schnoor, his brother James Allen Noble (Karen); aunt Jean Forberg; cousin Julie Forsberg Mayne (David) and her childrenylation and driving or with fixing whatever needed fixing!

He was a faithful member of Twin Cities Bible Church in Maplewood.

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By Christie Vogt

Buoyed by a recent $1,500 grant from the St. Anthony Park Community Foundation, the Planting People Growing Justice Leadership Institute is expanding its children’s literacy program.

Planting People was chosen in the Foundation’s education and youth category with its funding going to support the Institute’s Leaders are Readers program, according to Julie Drehser, executive director of the SAP Community Foundation, which this spring also awarded grants to 15 other local nonprofits and community groups totaling about $30,000.

Artika Tyner, executive director of Planting People, founded her organization in 2017 to promote literacy. The goal is to help address what she calls a “reading crisis” in which one in four children are not reading at grade level.

“Many of my clients learn how to read while in prison,” she says. “So, we decided to create a solution.”

The Institute’s Leaders are Readers program works in classrooms to improve literacy rates as well as increase diverse representation in literature. “You’re more likely to see a book on the cover with a black dog or a black bear than a Black boy or Black girl,” Tyner said, “because less than 10% of books are either written by authors of color or feature a character of color.”

As the author of approximately 20 children’s books, Tyner is working to shift such statistics. Planting People also has donated over 8,000 multicultural books to, among others, schools and libraries since launching the program.

By focusing on positive representation, Tyner said the institute strives to create opportunities for children of color to find themselves and their potential on the pages of books.

“representation is also important,” Tyner added, “for building cultural bridges and teaching all children about history from a background that may be different from their own.”

“We’re really taking this work to scale — getting into more schools, getting into more communities — because we know that leaders are readers,” Tyner said. “So, our hope is also to use this as an impetus not just for bridging and ending the literacy gap but for inspiring the next generation of leaders.”

Earlier this year, the Planting People Growing Justice Leadership Institute partnered with the Minnesota Twins to host a Martin Luther King Jr. Day writing competition in which young people across the state wrote about what it means to be a leader.

On April 15, Jackie Robinson Day, the winners were honored at a Twins game.

“To see them throw the first pitch, to have them hug the TC Bear, to really watch the legacy of young people leading change, for me was just one of the greatest moments,” Tyner reflected.

Funding from organizations like the St. Anthony Park Foundation is critical to expanding PPGJLI’s work, Tyner said.

“We’re grateful for the support, and for me, personally, it’s a dream come true,” Tyner said, “because as a young person, I never had a book where it resonated with me, where there was a main character of color, a Black female, just like me.”

Still, as a young person, Tyner’s favorite place to go each week was the library, a place that would become their potential on the pages of history and culture.

“We came up with this impetus to become a civil rights attorney, to know that I had the capacity to do it because I saw it in the pages of books,” she recalled. “The possibility wasn’t in front of me, but I knew I could reach it because what was in front of me were the books and the examples of heroes and heroes and sheroes that went ahead of me.”

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

Book Recommendations

Planting People Growing Justice recommends the following books for kindergarteners through fifth graders. The list, including links to purchase, can be found on Bookshop.org: tinyurl.com/PPGJBooks.

Kindergarden

Kofi Loves Music by Artika Tyner
An introduction to music and counting.

First Grade

Amazing Africa: A to Z by Artika Tyner & Monica Habia
A journey throughout the continent of Africa.

Second Grade

Kwanzaa by Artika Tyner
A celebration of history and culture.

Third Grade

Justice Makes a Difference: The Story of Miss Freedom by Artika Tyner
A guide on advancing racial justice for children.

Fourth Grade

Sarah Rising by Ty Chapman
A Twins game.

Fifth Grade

The Courageous Six Triple Eight: The All-Black Female Battalion of World War II by Artika Tyner
A celebration of unsung “sheroes” of World War II.

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boreal art loft exhibit

CONFLUENCE — the works of artists Susan Warner, Zac Soubra, Mohammad Soubra and Randa Soubra — will be on display from Oct. 3 to Oct. 30 at the boreal art loft, 2278 Como Ave. The free exhibit will feature a mix of art styles, from pastel paintings to paper and pen.

Gallery hours are: 9:30 a.m. to 6 p.m., Mondays to Thursdays; 9:30 a.m. to 7 p.m., Fridays; 9:30 a.m. to 6 p.m., Saturdays; and 10 a.m. to 4 p.m., Sundays.

Women's Drum Center

The nonprofit Women's Drum Center, 2242 University Ave., is offering a beginning Djembe Joy class from 3:30 to 4 p.m., October events

The St. Anthony Park Area Seniors is planning a blood pressure clinic from 3 to 3:45 p.m., Oct. 18 at Seal Hr. Rsc, 825 Seal St.

SAPAS also has scheduled virtual lunch bunch sessions from noon to 1 p.m., Oct. 12 and 26. Call the seniors office at 651-642-9052 for connection instructions on these and other virtual activities.

Here are some other activities planned in October:

Class members play djembes to explore pulse and rhythms. Easy, energizing exercises will be used to build skills. Instructor is Jo Klein. Drums are provided and masks are required. Cost is $5 per participant. Register at www.women-drumcenter.org.

SAPAS Speaker Series: Medicare 2023. 2200 Hillside Ave. Oct. 17, 3 to 4 p.m.

Tuesday Schoolar Series

The Ramsey County Library's free Tuesday Schoolar virtual series continues with programs slated for 12:30 p.m., Oct. 4 and 11.

On Oct. 4, University of Massachusetts history professor Chad Montrie will talk about Whitehouse in Minnesota. Author of “Whiteness in Plain View: A History of Racial Exclusion in Minnesota,” Montrie will discuss Minnesota’s historical record of white exclusion of African Americans.

On Oct. 11, International Business Development Company president Todd Letko will present “What Next for Russia and the Ukraine?” Letko has had business and academic ties with Russia dating back several decades. He will discuss the origins of the current Russia-Ukraine war and examine what the future holds for Russia.

Preschool Story Time

Sign up for this class and make a project using sashiko, a Japanese decorative stitch. All materials will be provided. Registration is required. For more information, call the SAP Library at 651-642-0411.

Cardboard Convention

Cardboard Invention Convention, Saturday, Oct. 22, 10 a.m. to 4 p.m. Try out a design-thinking framework to define a problem, empathize, ideate, generate a prototype and test a design. Then showcase your invention made from cardboard and describe how your invention improves the world. Cardboard Convention is designed for kids ages 6 to 11. Drop in any time between 10 a.m. and 4 p.m. No registration required.

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Second in SAP history series looks at “Garden Suburbs”

By Mary Mergenthal

Over 100 neighbors enjoyed the September St. Anthony Park Lutheran Church SAP-sponsored History Series in. They are looking forward to the October offering.

Kristin Anderson, Augsburg University Department of Art and Design professor (and St. Anthony Park resident and native), will consider St. Anthony Park as a successful example of a 19th century “garden suburb.” The next session is scheduled for 7 p.m., Oct. 11. The free, illustrated sessions are held in the sanctuary at St. Anthony Park Lutheran Church, 2323 Como Ave. Please enter via the door on Como Avenue. Masks are not required, but are strongly encouraged (they will be provided as well).

Using historic and contemporary images, as well as maps and aerial photographs, Anderson’s illustrated presentations will be offered through May and will cover a variety of topics. The September session looked 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 Dakota trail that came through the area. Treats from the church’s 1941 church cookbook are served each month. Childcare will be provided at all sessions.

A trip to historic Medora, North Dakota

By Janet Wight

A summer road trip to Medora, North Dakota, rekindled my fascination with the unique badlands in the western region of this prairie state. Similar to the colorful layered formations found in better-known Badlands National Park in South Dakota, yet refreshingly verdant and more subdued in hue, the encompassing hills are a delightful surprise when driving through this dynamic community on Interstate 94.

Medora, located 25 miles east of the Montana border, is an enjoyable place to spend a few days with plenty of activities to keep everyone happy.

It is hard to outshine the natural beauty of this area. The south unit of Theodore Roosevelt National Park is located just north of Medora. The imposing stratified formations found in better-known Badlands National Park in South Dakota, yet refreshingly verdant and more subdued in hue, the encompassing hills are a delightful surprise when driving through this dynamic community on Interstate 94.

Medora, located 25 miles east of the Montana border, is an enjoyable place to spend a few days with plenty of activities to keep everyone happy.

There are several nature walks and accessible paths at different points along the loop, in addition to a few longer trails. The Old East Entrance Station trail features an active black-tailed prairie dog colony, delighting visitors as they walk through the habitat created by these charismatic creatures.

The rich history of this area is focused primarily on Theodore Roosevelt, who originally traveled to Medora as a young gentleman all the way from New York City. The deep connections that were forged in Medora allowed him to hone the interpersonal skills that would become an essential element of his future political persona.

The Teddy Roosevelt Show, with winsome TR superbly portrayed by actor Joe Wiegand, lays the groundwork for a deeper understanding of the complex relationship between the man and his environs. History buffs may ponder the impact of this harsh landscape on the subsequent life and profound career of our 26th president.

The Medora Musical, which recounts the intriguing saga of this frontier settlement, has been performed continuously since 1965. Brimming with energetic singing, dancing and patriotism, this lively outdoor revue is engaging for visitors of all ages.

A variety of other plays and productions are also offered in Medora, staged either in the Old Town Hall Theater or outdoors in the lovely Burning Hills Amphitheatre, to suit every taste. Attractions including a miniature golf course, a zipline, a lazy river and even ubiquitous pickleball courts provide ample opportunities for active recreation.

It is easy to understand why Medora has long beckoned travelers to enjoy its uncommon terrain, western culture and old-fashioned family fun.

Janet Wight, a resident of Como Park where she lives with her husband and daughters, is a regular freelance writer for the Bugle.
A view of the European Starling

by Clay Christensen

I used to work at the National Marrow Donor Program (now called Be The Match) as a program-mer/systems analyst. One benefit of working there was the opportu-nity to serve as a courier for bone marrow transportation.

After doing several trips with-in the United States, you could be considered for an international trip. I was fortunate enough to be chosen for a delivery of marrow to a patient in Italy.

My destination was Reggio di Calabria at the tip of the boot of Italy. I stayed in Villa San Giovanni, the area the next day, so I could get familiar with the region. She said she’d check with her staff.

She returned while I was eating supper to tell me that they had a young girl who was studying English and would be willing to take me around the area the next day, so I could get familiar with the region. She said she’d check with her staff.

I met Ms. Spinelli early the next morning and she led me outside to meet her father, who would be driving the car for the tour. We stopped in a neighboring town for a shot of espresso (I was not impressed, especially with the tiny amount in the cup!) Then we headed up the coast to Sellia, a town built on a cliff with narrow streets. Very picturesque.

Next, we turned inland to a property that Mr. Spinelli owned where he grew grapes and had a villa. As we were looking over the land, a flock of starlings flew past. I said, “Starlings!”

Mr. Spinelli said, “Sturnus vulgaris.” (He didn’t say it in italics. I added those.)

“Wow!” I thought. “This guy knows the Latin names of the birds! He must be a birder!” It took a while to dawn on me Italy was the home of the Latin language and what he was calling the bird was what the bird was called in Italy!

Travel is truly broadening, isn’t it?

European starlings were intro-duced to into New York in 1890, by the American Acclimatization Society, whose goal was to estab-lish in the United States every bird mentioned in Shakespeare.

In “Henry IV,” Hotspur pro-claims that he’ll have a starling trained to speak nothing but “Mor-timer.” I’m going to have to start listening for that when I’m around a flock of starlings.

Starlings first arrived in Fillmore County, in southeastern Minne-sota, in 1929. I wrote about them a few months ago, how they ag-gressively tried to get at a caged ca-nary in a farmhouse window. Nice birds! Welcome to Minnesota!

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The literature is unclear on how many starlings were brought to New York. Depending on the account, it was either 60 or 120 birds. By now, it’s estimated there are more than 200,000 starlings in the United States.

My neighbor Rachel got me thinking about starling migration. She said they’d been having flocks of starlings at their backyard feed-ers for quite a while, until one day, there weren’t any at all. Her mother, who lives with them, was delighted.

“Do starlings migrate?” Rachel asked me. I had no idea, but the starlings that I mentioned in this column is partially the result.

My copy of “Birds in Minnesota” lists European starlings as a perma-nent resident, but also as a regular migrant. So, you can take your pick. Usually, winter migrants are short distance migrants, just moving a short way from their usual base.

My “Birder’s Handbook” says that although starlings are residents in winter, many tend to wander south. Starlings have some unique fea-tures to look for. The jaw muscles for the bill work opposite of the usual bird. Instead of clamping tighter, they spring the bill open.

I get a kick out of watching star-lings trying to get a peanut out of my peanut feeder. The woodpecker-whack at the nut they’re after, but the starlings have to “spring” around trying to knock a nut loose.

And apparently, their eyes move forward toward each other when they spring their beak, giving them binocular vision. They’re partic-u-larly good at foraging in short grass or in a light snowfall, just stick in the bill and spring it open.

Starlings are cavity nesters, in competition with bluebirds, wood-peckers, nuthatches and others. They build a nest inside the cavity, while many other cavity nesters just cover the bottom of the cavity with wood chips. Starlings also add green vegetation that acts as a fumigant, to keep down the lice and mites.

They are very meticulous about removing the fecal sacks from their nestlings… at first. Later, they re-duce the removal, and the waste builds up. Apparently, the nest-ling can handle the foulness. It makes the nest less attractive for a competitor.

Maybe that’s where they get the vulgaris in their name? Clay Christensen writes and lives in Lauderdale.
Classifieds

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

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Girls fall sports underway at Como Park High School

By Eric Erickson
Sports analysis

Title IX was enacted as federal law in 1972, ensuring equal opportunities for female and male students in publicly funded educational institutions.

The 50th anniversary of Title IX has been celebrated during 2022, reminding us that athletic participation in school programs wasn’t always accessible for female student-athletes.

Como Park became a high school in 1979 with cross country, volleyball, tennis and swimming offered as fall sports for girls, while cross country and football were available for boys. (Soccer for both genders was added in 1987.)

Decades later, Como’s five fall sports for girls continue providing leadership opportunities and promoting healthy lifestyles, not to mention friendship and fun.

Recent conversations with captains of the Cougar teams revealed many of those benefits.

Cross Country Running
Anna Lovat is the junior captain of a young girls-squad that enjoys training days as much as races. “I love cross country because of the community it builds,” Lovat said. “It’s really important for young women to have a space where they can come to grow and learn and work together.”

The daily talks on training runs around the Como Park area are valued, as are the interactions at meets with peers from fellow St. Paul City Conference school districts. There’s a supportive culture and shared hope that competitors will reach goals they’ve set for themselves.

For some, that may be setting a personal record or helping the team score. For others, it may mean running the entire race without stopping.

“When we’re getting set to race, we see our competitors from Central, or Washington or Humboldt, for example, and we say hi to the other girls,” Lovat explained.

“We’re like, ‘Hi! Are you excited? How are you feeling?’ That’s my favorite part because they’re our competition but also our friends — and I love having that duality.”

Soccer
Senior captains Betty Hebble and Caitlyn Coyle, along with junior captain Hloom Ray, are leading the Cougars on the soccer field. There are many new players in the program, including several varsity team members who have never played organized soccer before.

“Being able to grow together as a team and learn more about each other outside of soccer has been positive,” Hebble said.

“Everybody is open to learning regardless of their experience or skills,” Coyle added. “We go into each practice ready to learn. We don’t let losing keep us down. We’re able to keep things light and keep things fun.”

The Cougars faced a challenging non-conference schedule to start the season but remained upbeat despite the lack of wins.

The team set a goal of earning third place in the St. Paul City Conference like last year. The captains say that with continued focus and effort, they can get there.

“Soccer has taught me a lot about hard work,” Coyle said.

“Sometimes you just have to push through uncomfortable stuff, and know you’re not always good at something right away but if you keep working at it, pay off and you’ll see improvement.”

Volleyball
Junior captains Ellery Tennison and Greta Seppanen are third-year varsity players who have enthusiastically stepped into their leadership positions. The core of the team has been playing together since middle school.

“I appreciate the friendships we’ve formed and the positive environment,” Seppanen said.

That positive environment has produced winning records for the past few years and raised current expectations.

“Either this year, or the next year, our goal is to be section champs and go to state,” Tennison said.

The thrill of competition is an additional benefit for the girls of Cougar volleyball. The matches in their sport are intense and emotional with energetic fans including boisterous student sections.

Swimming
Junior captains Sophie Warner and Mia Trifilette-Simons are the leaders of another young team. When teams have junior co-captains, coaches feel confident about the future.

As for the present, the state of Como swimming is strong with 15 committed participants who support each other.

“Enjoy my teammates. We do a lot of team bonding like spaghetti dinners. We’re a pretty tight-knit group,” Trifilette-Simons said.

“Swimming and sports in general help us socially. We meet people from different grades, different ethnicities and backgrounds. Sports give us that in a way that not many other things could.”

Tennis
The Cougars don’t let the cracks on the courts bother them. They’re having fun being outside together and improving their skills. As previously reported in the Bugle, new courts are coming in 2023!

With junior captain Ashley Hartwich as the team’s oldest player, and a mix of sophomores, freshmen and middle-schoolers, the entire team is looking forward to a promising future together.

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

Cougar football team takes on Minneapolis Southwest Lakers

The Como Park High School football team took on Minneapolis Southwest in the Cougars second game of the 2022 season. It was a tough day for the Cougars, who lost 34-0.

(Top right photo) Defensive back #12 Gabe Napierala makes a tackle to bring down the Southwest ball carrier at midfield.

(Bottom right photo) Wide receiver #16 Steven Nore exudes the Southwest defense after a catch.

(Top left photo) Quarterback #4 Ebisa Worika rushes toward a Cougar first down.

Photos by Lou Michaels.