Yes!Yes! New retailer at home in Milton Square

By Kathy Henderson

In January 2022, Mary Norris didn't have a vision or a strategy or even an intention of opening a retail shop in the popular Milton Square district in St. Anthony Park. Yet, here it is January 2023, and not only has she opened the door to Yes!Yes! Vintage Market + Boutique, but she has brought in new stock to launch the new year and is already promising her customers a “big splash” for Valentine’s Day. How did all this all happen? It was the serendipity of Norris’ years of retail experience in Minneapolis and know-how, her love of fun vintage fashions and the happenstance of driving by Milton Square and seeing a “For Lease” sign at 2242 Carter Ave. “This location opened up, and I couldn’t say no,” Norris said. “This area is magical. There is a real sense of community here.”

But it wasn’t until Norris put her signature on a three-year lease for the $40-square-foot shop that the reality of ownership hit her. “Now, I gotta make it,” she thought to herself back then. “Talk about a scramble!” is how she describes the time from summer lease signing to door opening in the fall. She admitted that one of her biggest challenges along the way was figuring out the technology for touch screen transactions and loading her inventory into the system.

Her husband Bill succinctly describes it this way: “It is a monumental task to start a business.” The name Yes!Yes! Vintage Market + Boutique was inspired by Norris’ signature way of answering the phone in an upbeat sing-songy tone with “Yes. Yes.” Although the word “vintage” is anything but stodgy. Instead, get ready for a shopping experience that will spark your imagination and engage your sense of wonder — whether you are looking for something unique for yourself, as a gift, or to delight someone young (or young at heart!).

The variety of merchandise has developed from when Norris first opened Yes!Yes! Originally, she planned to only feature vintage fashions, along with some select antique items. However, as she listened and observed her customers, Norris has added more boutique items. In addition, there are earrings that she designs and crafts — some glamour sparkly, some protective talisman. Yet, those “pre-loved” T-shirts continue to draw a following. “From the very beginning, even when the shop wasn’t open, we’d see people peering through the windows and laughing at the sayings on the T-shirts,” Norris said. Eventually came the shelves of retro candy. “I never expected that I would have stuff for kids,” she said. Pouting to the shelves of retro candy — Pink Cadillacs fruit gummies, novelty items at Yes!Yes! Photo by Kathy Henderson.
District 10 Community Council

Happy New Year

The District 10 Community Council is giving thanks to everyone who participated in our work in the Como neighborhood in 2022. By the numbers, in 2022 District 10 published 51 Friday newsletters, held 65 monthly board and committee meetings with nearly 700 attendees, successfully transitioning to hybrid meetings the second half of the year. We coordinated 34 community events where we counted approximately 2,700 attendees! Many of these events were new for us in 2022, and we’re pumped to invite everyone back as these become annual events around the neighborhood.

Como Blizzard Breakfast coming
Join St. Paul Parks and Recreation and the Como Community Council for a pancake breakfast and winter activities event from 10 a.m. to noon, Feb. 4, at the at North Dale Recreation Center, 1414 St. Albans St. N. Try snowshoeing, cross-country skiing and skating while you warm up with a bottomless coffee and s’mores. After all the outdoor fun, head indoors to warm up with a bonfire and s’mores.

Activities will be held only indoors.

In November, the District 10 Como Community Council invited community donations to support its Thanksgiving drive. The fund drive raised $2,000 enabling District 10 to, among other things, work with the North End South Como Block Nurse Program to provide meals for 80 Como seniors.

Como Turkey For the District 10 Neighborhood Honor Roll nominees open
Know someone who makes the Como Park area a better place to live, work or play? Nominate them for the District 10 Neighborhood Honor Roll. The honor roll pays tribute to everyday people who make a sustained and lasting impact in the Como neighborhood or St. Paul as a whole.

Submit your nominations to district10@district10comopark.org. Nominations must arrive no later than Friday, Jan. 13. Tell us who you are nominating and why.

The Como Community Council board will select three of your nominees at its January board meeting to recognize for 2022.

Submit by Shevrek McKee, District 10 Como Community Council executive director.

District 12 Community Council

New board members
The District 12 Council has three new board members–Cambray Crozier and Joy Gerdes from north St. Anthony Park and Jennifer Pawlowicz from south St. Anthony Park.

These new members will serve alongside of John Maue, north SAP and Melissa Pappas and Scott Jensen, both of south SAP.

If you are interested in participating on the council, District 12 still has appointed business or senior seats available. You can find out an application at sapcc.org/board-members/candidates.

Transportation Committee’s year in review
Walkability, bikeability: This year, the District 12 Transportation Committee completed the Territorial Road project (a new mural at Carleton, benches at Carleton and Seal and a launch event for the project).

The committee also participated in the city’s Capital Improvement Budget resulting in new street lights on Raymond Avenue south of University Avenue and bike parking at all city parks that lack it.

The committee also re-opened the fence that blocked connection between the new park in Westgate and Sunrise Banks headquarters. In the past few months, the group also created a map to advise St. Paul Public Works in prioritizing sidewalk infill when funding is available.

Pedestrian safety: The Transportation Committee distributed “20 is Plenty” signs, participated in outreach at the ice cream social on the effects of vehicle speed on pedestrians and worked to bring speed limits on county roads within the city into alignment with city street speed limits.

Transit: The committee endorsed Metro Transit’s E Line bus rapid transit Berry Street station location in Westgate and use of bus–only lanes on the route; and they began program outreach about Metro Transit’s Residential Transit Pass.

Advocacy (county, city and region): One of the bigger events of this year included District 12’s advocacy for tree preservation during the Cleveland Avenue project. It also advocated for reconsidering development of I-94 and endorsed pursing the Twin Cities Boulevard and Reconnecting Communities federal grant for planning and voted to urge Saint Paul to eliminate semi-truck street parking in the city.

District 12 upcoming 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, email Kathryn Murray at kathryn@sapcc.org.

• Land Use Committee:
  7 p.m., Thursday, Jan. 5, and
  7 p.m., Thursday, Feb. 2

• District 12 Board:
  7 p.m., Thursday, Jan. 12

• Environment Committee:
  7 p.m., Wednesday, Jan. 25

• Equity Committee:
  5:30 p.m., Monday, Jan. 16

• Transportation Committee:
  7 p.m., Tuesday, Jan. 31

Submitted by Jessica Willman, District 12 community organizer.
GreenStep up for Lauderdale?

By Anne Holzman

Lauderdale Mayor Mary Gaasch said in a recent interview that she expects the City Council to consider soon whether to embark on the next level of GreenStep city environmental measures.

GreenStep is a state initiative to encourage cities to build environmental quality of life and sustainability. Program areas include energy efficiency in public buildings, land use, conservation, transportation and other aspects of city governance.

Lauderdale achieved Step 2 in 2016. In Step 2, the city informed the community on implementing some best environmental practices. Gaasch said the move to Step 3 would require some significant expenditures. She said it’s hard for a smaller city to hire staff and make other financial commitments, but “our citizens really care about this.” She said one possibility is to begin by forming a volunteer environmental commission.

Currently, Lauderdale does not have any city commissions, and many cities have been struggling to keep commissions staffed and maintain quorums for meetings.

But Gaasch said she hopes Lauderdale neighbors will pitch in on the community to implement some best environmental practices. She said she and Council Member Jeff Dains have been active with the Minnesota Cities Climate Caucus, finding ways for cities to address climate change and advocating the issue at the state level.

“We think cities are a wonderful place to do this work,” Gaasch said.

Anne Holzman covers Falcon Heights and Lauderdale governments news for the Bugle.

Correction Notice

The Sunrise Banks ad in the December 2022 issue (pg. 20) states the proceeds are for the Twin Cities Model Railroad Museum. We published the incorrect ad, proceeds will go to the Twin Cities Model Railroad Museum.

Elmhurst Cemetery

Celebrating 165 years

1858-2023

Questions about funeral or cemetery planning or pre-arranging?

We are here for you.

Call for a no-obligation consultation | 651-489-1707

Affordable options available.

Follow the story of Elmhurst Cemetery in coming months exclusively in the Park Bugle.

Elmhurst Cemetery is non-profit and locally owned by St. John Evangelical Lutheran Church & Crown of Life Evangelical Lutheran Church.

1510 Dale Street North, Saint Paul, MN 55117 | elmhurstcemetery.org

Falcon Heights leaders and officials with Amber Union celebrated in early December the opening of the 125-unit apartment complex.

The housing project is a redevelopment of the historic TIES building, a former art deco-style office complex, at 1667 Snelling Ave.

At the ribbon cutting ceremony, Harrison Mohagen of Buhl Investors, said, “Amber Union highlights the very best of adaptive reuse and the power of public-private partnerships. We had amazing partners that helped bring this project to fruition.”

“In particular, this project would not have been possible without the incredible partnership of the city of Falcon Heights.”

Amber Union is rated as affordable for persons at 50% of the area median income, so a household of two people making less than $46,750 per year is eligible to live in the development, Buhl Investors officials said. This is a rare and important distinction because few units in the metro area or across the state meet this threshold — most serve people who earn at least 60% of area median income, they said.

Lauderdale Mayor Mary Gaasch said the move to Step 3 might require some significant expenditures, but “our citizens really care about this.”

She said one possibility is to begin by forming a volunteer environmental commission. Currently, Lauderdale does not have any city commissions, and many cities have been struggling to keep commissions staffed and maintain quorums for meetings.

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From the Desk of the Editor

By Scott Carlson

Reprinting New Year’s resolutions

By the time this issue of the Bugle reaches you, we will be getting ready to welcome in the New Year. Are you going to use the change of the calendar to make resolutions for 2023? I see the New Year and New Year’s resolutions as an opportunity to reassess my life and decide what I want to accomplish, whether small or big. I like the idea of fresh starts and new beginnings. And, there is something reassuring about the cyclical nature of life and time.

Something else to consider: Working to meet resolutions need not be limited to a just a 12-month window. Some things in life are not achieved in only a year or less, you require diligent efforts over an extended period of time. For example, 11 years ago, I began collaborating with a local Alzheimer’s information advocate on a children’s book about caring for those who are sick or disabled. After a long hiatus, we recently revised “Roald and the Field of Chickens” and now are scheduled to have Twin Cities-based Kirk House Publishers release the book in early 2023. So, how did I do with my resolutions in 2022? Here’s my scorecard, how I fared in 2022 and what I am going to do with those resolutions in 2023.

Get to bed earlier, that meant getting to bed by 11:30 p.m. instead of 12:30 a.m. I am often falling asleep in the easy chair for a half hour around 8 p.m., watching TV, then waking up wondering what I missed — and, perhaps, sabotaging my bedtime effort. Unfortunately, I made very little progress on this resolution in 2022. Time to double down on it in 2023. The bottom line: I still need more sleep time and I need to really make that happen every day going into this new year.

Exercise more, that meant getting in at least two or three times a week for 20 minutes or more. That was in addition to my weekly tennis playing. In 2022, I made good progress on this goal. That particularly occurred this past summer when I had a series of minor surgeries and I couldn’t engage in any heavy physical activity. That meant tennis was out but walking, which was within my capacity, was not. At my peak, I was walking nearly every day for 20 to 40 minutes in 2023. I will be keeping this resolution again.

Spend more time in reflective reading and less TV watching. As a nephrology author, I should be reading books a high priority. Unfortunately, I didn’t make much progress on this resolution in 2022. But I think a worthwhile resolution to pursue again in 2023. The way to make some progress on this resolution is to settle on having regular “reading time” to read.

The first thing to go will be watching a steady stream of cable TV news programs every weekday night. Eliminating just one hour of long TV programming each evening alone would free up five hours a week to read.

Are you making any resolutions this year? If yes, consider sharing them on the Bugle’s Facebook page. Or send them to me at editor@parkbugle.org and we will post some of the more interesting ones.

Social media update

Rolling into 2022, the Park Bugle made a significant New Year’s resolution that helped readers notice: Vastly expanding our social media presence. As the Bugle edges even closer to celebrating 50 years as a vibrant community newspaper, we knew that we couldn’t simply remain a print operation.

So, to expand and enhance our online presence, the Bugle in early 2022 hired Laura Adrian as our social media specialist. As the library’s general reference librarian, Laura will oversee our online and social media initiatives. Our wish for your new year: May you have a great 2023!

Scott Carlson is managing editor of the Bugle.

About those Thrashe

When I turned to page 5 of the December Bugle and read the headline “The Thrashers support the Bugle,” I thought: Hiring Laura Adrian as a social media specialist is really paying off. Who would have thought that a Canadian punk rock band would be reading the Bugle?

The group has long been a favorite of mine, and their album “Robot Invaders from the Death Galaxy” is a classic of the genre.

Then my eye moved down the page. Oh, those Thrashers. Cindy and Blaine represent the best of local residents. They’ve lent their efforts to a host of neighbor- hood ventures. Blaine has a fine singing voice, which is much appreciated at St. Anthony Park Lutheran Church.

But I fear that our local Thrashers’ punk rock credentials are sus- pect. Oh well. Perhaps soon we’ll read a Bugle endorsement from Fall Out Boy or My Chemical Romance.

A love letter to SAP

Our mom Martha Marchand died last December (Dec. 7) at her home on Ludlow Avenue. She and my dad bought the home 57 years ago. They raised the three of us — I have a sister and a brother — and then when my dad died six years ago, she was adamant about wanting to live and die in her home.

She was able to do this through the love, care, help and vigilance of her neighbors, from her immediate neighbors, who checked on her daily, brought her food (including her favorite flavor of Ben and Jerry’s), exchanged books with her, raked her yard and shoveled her walk, to local businesses like Speedy Market that delivered her groceries each day.

For example, for the period of Oct. 1 to Nov. 10, “the best posts for Facebook were Throwback Thursday and history series posts,” Laura said. “The posts with most engagement for Instagram were Cat Amusement and Holdower decorations around the neighborhood. We look forward this New Year to continuing growth in our online and social media initiatives. My wish for your new year: May you have a great 2023!”

Scott Carlson is managing editor of the Bugle.
Consider an all-purpose resolution for 2023

By Dave Healy

We know that the calendar — its weeks and months — is a contrivance. Although the earth completes a revolution of the sun every 365.25 days, the start of a “new year” could be assigned to any particular date. Nonetheless, we’ve settled on Jan. 1 as inaugurating another annum.

January is named for the two-faced Roman god Janus, who presides over transitions and beginnings. Like Janus, we look both fore and aft, reflecting on the year past and anticipating the one ahead.

We’re helped in the former endeavor by a host of year-end lists, reminding us of noteworthy events that transpired, noteworthy people who died, noteworthy films and books that debuted. There’s a word-of-the-year designation and numerous Best of the Year citations.

As far as looking ahead, there’s no shortage of prognosticators ready to predict any and everything: the weather, the economy, the stock market, international relations, sea levels, the Super Bowl, ad infinitum.

In the spirit of Janus, one can even look far back to find a seer whose crystal ball still garners attention: the 16th-century French physician and astrologer Nostradamus.

For some people, Jan.1 is also a time for resolutions. I hereby resolve that this year I will: quit smoking, lose 20 pounds, exercise regularly, get 8 hours of sleep, eat more vegetables, live by a budget, meditate daily, learn to play the piano, finish writing my novel, clean the garage, grow something other than tomatoes.

Our good intentions are impressive. The results? Ah, there’s the rub.

According to one poll, it takes 32 days for the average person to break a resolution, and 68% report giving up on them even sooner than that. There’s many a slip between cup and lip.

Although these are depressing statistics, I urge you not to despair. You need not be the average person. It’s possible to follow through on a New Year’s resolution.

I wouldn’t presume to guess what areas of your life might profit from a resolution. But here’s an all-purpose one, and it has the advantage of benefiting not only you but others as well.

Writing letters

In 2023, write a letter every month and mail it.

One requirement is that these be letters; text messages and emails don’t count. Another is that they be to individuals. Letters to the editor are a worthwhile endeavor, but that’s not what I’m talking about here.

Instead, write a letter to yourself. The results? Ah, there’s many a slip between cup and lip.

For example, your January letter might be: “I hereby resolve that this year I will: quit smoking, lose 20 pounds, exercise regularly, get 8 hours of sleep, eat more vegetables, live by a budget, meditate daily, learn to play the piano, finish writing my novel, clean the garage, grow something other than tomatoes.”

Our Infrared Saunas and Cold tub are ready for your ultimate recovery! First week of classes is free!

We’re here to help you Seize the New Year! Stop in to see our best deals of the year on Fitness and Massage Memberships!

Try our “Sampler Class” on Sunday, January 1st at 10am to get a taste of all the classes we have to offer. Free for all!

Spring planning has begun!

Ready to buy?

Ask me about Keller Mortgage — zero lender fees & $1,000 credit at closing.

Ready to sell?

Ask me for a detailed market analysis of your home & net proceeds spreadsheet.

Just curious?

Ask me for a customized property search — colleenhealy.kw.com

Colleen Healy, Licensed Real Estate Agent
ColleenHealy@kw.com
612-232-5900

More vegetables, live by a budget, meditate daily, learn to play the piano, finish writing my novel, clean the garage, grow something other than tomatoes.

Meanwhile, Carlson noted home property values across the state have risen dramatically, attributing that gain to a wave of home buying during the pandemic. He highlighted an estimated 17% growth in homestead values and a 24% increase in cabin (second home) values statewide.

Carlson said LGA increased steadily from 1986 to 2002, then steadily from 1986 to 2002, then declined again post-9/11. The Great Recession in 2008 caused another tumble.

Taking inflation into account, Carlson noted that fiscal disparities funding declined for metro-area cities during recessions, “the buying power of LGA has diminished” during recessions, “the buying power of LGA has diminished”

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A long life with Parkinson's disease

By John Horchner, Commentary

On a chilly Saturday morning in early November, my wife and I visited the Bell Museum in St. Paul to watch an animated film called “Mysteries of Your Brain.”

The film follows a curious girl and her crow companion who zoom along the paths taken by the neurons in the brain. The Bell Museum created this groundbreaking program with the help of science and science advisors at the University of Minnesota and Minneapolis Public Schools.

When I learned from the film that an elephant uses its brain to control 40,000 muscles in its trunk, I thought of movement disorders, specifically Parkinson’s Disease.

My mind went to Michael J. Fox and Muhammad Ali of course, but then quickly traveled back in time through all the years my dad had Parkinson’s, the second most common neurodegenerative disease after Alzheimer’s.

I’d only been working for a few years when my mom told me the circumstances of my Dad’s retirement in 1990. She said it was because of the Parkinson’s Disease that he had for 10 years.

I was upset because this was retribution from a job Dad loved, and he seemed to be doing fine. He’d worked for a few years at the University of Minnesota and Minneapolis Public Schools.

However, one morning on his way to work in downtown Newark, New Jersey, he froze halfway across a busy street. I imagine my father looked at the two cars pointed straight at him, honking loudly as the traffic grew steadily behind them. Of course, they didn’t know that all that noise wouldn’t help him move faster, it made the situation worse.

Stress makes virtually all symptoms of Parkinson’s disease worse. Luckily, two husky workmen came from the side, lifted him and carried him across the street.

“You’re talking about a very interesting thing that happens in a certain percentage of patients, and that’s the freezing … when initiating a movement can be difficult.”

This is what I learned from Dr. Jerrold Vitek, professor and chair of the Department of Neurology and director of the Udall Center of Excellence for Parkinson’s Research at the University of Minnesota.

I learned from Vitek from Karrie Molitor, who conducts outreach as program manager of the Minnesota Parkinson Foundation. She had a table as part of the day’s events at the Bell Museum.

Vitek explained, “Some people will respond to medication for this (freezing). If it doesn’t respond to meds, it doesn’t seem to respond to our approach.”

The approach, Vitek’s lab takes, with current patients as well as those participating in new studies, is to insert a small computer-like device in specific parts of the brain that send electrical impulses to make up for imbalances caused by the degeneration of circuits caused by Parkinson’s Disease.

Called Deep Brain Stimulation, or DBS for short, it’s been around for a few years as a subject of increasing study and excitement because of the accuracy of imaging and feedback systems. Some of the uses they are still studying, some they are treating already.

“If you see one Parkinson’s patient you’ve seen one Parkinson’s patient. Freezing can be one of a constellation of symptoms,” and everyone is different, he said.

DBS is not for everyone, but if it is determined it may be helpful, where they place the brain stimulation device is extremely important. “It’s all about location, location, location,” he said.

Most who develop Parkinson’s are initially easily treated with existing medications. That was the case with my dad.

My father was diagnosed with the disease when he was only 50 years before he retired, when I was still in high school. His whole life up to that point had been all about physical exercise and movement.

Dad was the guy who got everyone to play touch football for Thanksgiving, walked to the train station every day, bike home in the rain. He preached incessantly that my brother and I and sisters should walk everywhere as well as ride a bike. He always had the dream of hiking the Appalachian Trail and skiing the Swiss Alps.

We did ski the Swiss Alps together, seven years after he was diagnosed with Parkinson’s. I bought discount airline tickets to Belgium, three countries away. We wound our way around the Swiss Alps and arrived in St. Moritz the next morning, on New Year’s Eve Day, without a hotel reservation. We stayed the backside of the mountain, and Dad had to take a train back to town.

When we arrived back in town, we discovered that I had lost the keys to the rental car. But it all worked out. It’s that kind of determination that helped Dad in his fight against Parkinson’s Disease.

“The problem with medication is that when you first start taking it, it works pretty well … but over time, as you lose more of the cells that make dopamine, there’s no buffer anymore … as time goes on, it lasts less long, and you have to move the doses closer together and then you get extra movements and people start to move involuntarily,” Vitek said.

With DBS, he said, if they get a good response, they may be able to extend the time of movement each day.

Dad would have loved this idea.

He moved whenever he was able.

At home, after he retired, Dad would wear knee pads and then elbow pads in cases of falls during his walks. Sometimes, he would take his bike out and crash on the side of the road.

Neighbors would call my mom.

After years of this, my mom had enough and insisted he go to a nursing home.

Still, he refused to sit down.

The first nursing home service was an hour from where we grew up at the New Jersey shore. I knew that wouldn’t last long.

On our way out the door of the lobby of the place on one visit, a co-conspirator of his tried to follow us out the door, pushing his walker with stuffed animals tied to a cross bar.

“You better stay,” my dad said to his friend.

The second place Dad liked better because there was an ice cream shop within walking distance. I also knew that was a sign of troubleshooting. After all his symptoms, he clearly developed a contentious relationship with the staff. He had bouts of paranoia and psychosis, which got pretty frightening, and feedback systems, due to his medication. He called me claiming that the nursing staff was out to get him and there was a hallucination under his bed so he couldn’t leave.

We evaluated the situation and determined it wasn’t really paranoia, it was just stress caused by the nursing staff. I contacted the corporate office and negotiated a move to another place within their system.

At the third facility, things seemed to go much better. He got along well with the staff. The place was also closer to where we grew up.

New Jersey. My mom would visit every week even though she remarried. My sisters both lived nearby at the time, and they also would visit often.

Ten years, and I would sign him up for day trips and even take him skiing.

There were holidays, birthday parties and other events, and Dad seemed to do pretty well. His memory seemed to go much better. He lost the keys to the rental car.

Dad was in a nursing home for 15 of those years, but this last place, where he was for 12 years, everyone had made it work.

It was early fall and I sat at his bedside and looked into the window of his room at a maple tree, a few green leaves left. It was a beautiful day. I asked him to go to pumpkin picking. He was able to swing his head around and look at me. He seemed a little ashamed.

Then he gathered himself.

“Let’s give it a go,” he said softly. And we did.

John Horchner lives in St. Anthony Park and is a professional writer.
Como Park High School News

By Eric Erickson

Beyond required coursework and college prep classes, the uncertainties of life after high school loom large for many Como students. Helping students navigate their future is a team effort led by school counselors and supported by educational entities who embed their human resources in the school.

Como partners with Achieve Twin Cities to staff a career and college coordinator in the school’s Career Pathway Center. Known to students as the CPC, the recently renovated space provides Como students access to resources, opportunities and support.

Aisha Mohamed is a Como alum from the class of 2015. After she graduated from the University of Rochester in New York, she began working in educational research. She returned to her alma mater this fall as the CPC coordinator.

"Whether it’s an initial conversation about their interests and potential college major or what pathway post-graduation is the best fit, the aim of the CPC is to connect with students at any point about college and career," Mohamed said. The CPC has hosted more than 26 college representative visits this fall. Students and families attended workshops targeting the college process during College Knowledge Night and received support with applications and the financial aid process. Additional FAFSA completion workshops are forthcoming.

Mohamed collaborates on additional initiatives to bring students to campuses. Field trips are spear-headed by Mai Chue Moua and Steven Martinez Grande who lead the Get Ready program.

Get Ready is sponsored by the Minnesota Office of Higher Education and primarily funded by the U.S. Department of Education. Get Ready’s mission is to improve the post-secondary outcomes for students from low-income backgrounds and communities of color.

To do that, students need to see themselves in college. For many aspiring first-generation college students, these day trips from Como are the first time they’ve set foot on a college campus. It’s frequently eye-opening and inspiring.

"For those students, I believe the field trips have helped them understand that college can be a reality, especially when that may not have been the case before," Moua said. "There’s an increase of self-awareness concerning what they want, need and aspire to do for their future. The field trip experience allows them to explore their potential."

Schools visited include the University of Minnesota Twin Cities, Minnesota State Mankato, UMD, UW River Falls, St. Scholastica, Concordia St. Paul, and St. Paul College.

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

School news around town

Compiled by Sarah Clark

Murray Middle School

Band students honored

Murray eighth graders Elise Helmer and Franny McNattin participated in the 5th Annual Minnesota Junior Winds Honor Band in November.

Helmer and McNattin play the trumpet and were nominated by Denae Olsen, Murray’s band and orchestra director.

The MJW Honor Band seeks to offer high level experiences to students in grades 7 to 10 from music programs all over the state. This year the event was held at Edina High School.

Murray Principal Jamin McKenzie reported, "Both Elise and Franny enjoyed this experience of playing with many different people and working as one to accomplish a great concert all in one day."

"Give to the Max" thank you

McNattin extended a big thank you to all of the community members who participated in the “Give to the Max” event. Murray raised more than $2,500. The proceeds will go to support classrooms, students and educational experiences.

Science with Mr. Altringer:

Tulips are in

Science classes assisted putting in a tulip garden to participate in a national phenology study with Journey North and a local urban heat island investigation.

National Junior Honor Society Fundraiser Celebration

Murray’s National Junior Honor Society group held a Coins for Children’s Cancer Drive in October. They raised $329.98, so three staff members rose to the challenge and volunteered to have their hair cut off to donate to Locks of Love.

Eddie Owens and Assistant Principal Ryan Eiggies tag teamed to cut off pontiats for donation. Proceeds were donated to Minnesota Children’s Hospital Cancer Kids Fund, to give comfort to kids undergoing cancer treatment and also their families.

Sarah CR Clark is a regular contributor to the Bugle.

Twin Cities German Immersion School

School tours for prospective K-8 students and families

Twin Cities German Immersion School is a public K-8 charter school in the Como neighborhood. TCGIS is a language immersion school, which means German is the primary language of instruction in grades K-8. With exceptions for English class beginning in third grade, and math beginning in fifth grade, students meet their learning targets using German, learning language through the content of Minnesota state standards.

Additional support for students who don’t speak German yet, as well as English language support for students who speak a language other than English at home, is available.

Families of prospective students are invited to visit during one of three school tours: Jan. 28, Jan. 28 and Feb. 6. The hour-long, in-person tour includes visits to classrooms and a Q&A with an administrator and a teacher. You can learn more at tcgis.org/school-tours.

Classroom highlights

Second graders wrapped up their fall unit about squirrels, in which they learned about life cycles, habitats, predators, diet and seasonal adaptations for animals, with a sewing project! Parents and grandparents volunteered in the classroom to help kids sew their own squirrel stuffed.

In November, all fourth graders were paired with kindergarten students and have been helping during weekly to read stories, work on projects, go on neighborhood walks and play together.

This fall, TCGIS sixth graders learned about the separation of power and federalism and how different governments work in Minnesota, the USA, Germany and the European Union.

TCGIS Winter sports

Winter sports have begun for middle schoolers. More than 100 students in grades 5 to 8 are now participating on TCGIS coed teams for basketball, indoor track and field and Nordic skiing.

Submitted by Katharina Schirig, TCGIS communications relations director.

An Evening of Chamber Music

Saint Anthony Park United Church of Christ
2129 Commonwealth, St. Paul, MN
Tuesday, January 10, 2023 at 7:00 p.m.

Laura Sewell
Cello
Feinstein Institute & Boston University

Brian Krinke
Violin & Piano
Saint Louis, Colorado

Adam Kuenzel
Flute
University of Illinois, Minnesota Orchestra

 Including works by Villa-Lobos, Faure, Prokofiev, World Première for Violin, Cello, Flute by Brian Krinke
Free admission; Suggested Donation $20; Seniors and Students $5

Como Park High School students on a “Get Ready” field trip visited the College of St. Scholastica in Duluth on Nov. 1. Photo by Mai Chue Moua.
Is 2023 the year for official climate action in Minnesota?

By Pat Thompson
and Mindy Keskinen

With change afoot at the Minnesota legislature, we’ve been hearing a lot in the media about Minnesota legalizing marijuana andcodifying abortion rights.

What could November’s midterm elections mean for climate action in Minnesota? Here are some highlights of what to watch for during the 2023 (or 2024) legislative session, with unified government in both houses and the Governor’s mansion.

Clean energy, energy resiliency: The new leaders in both houses have strong backgrounds in renewable energy: House Speaker Melissa Hortman was the author of multiple bills related to solar power, while House Majority Leader Jamie Long previously chaired the Energy Resilience Committee. Senate Majority Leader Nick Frentz will do double duty, also acting as chair of the Energy Committee.

One thing to watch for is a policy proposal requiring 100% clean energy by 2040. In the last session, Long and Frentz were the sponsors of the bill, but it couldn’t pass the Senate previously. Governor Walz also supports this goal.

Budget allocations are likely to be brought forward to cover weatherization for low-income homeowners and renters, electric vehicle charging infrastructure and matching funds for grants given under the Federal Inflation Reduction Act.

Boosts for solar energy could include broadening the eligibility for joining a community solar garden (currently limited to adjacent counties), programs putting more money into solar in schools and interconnection reform, which would improve how quickly new solar arrays get connected to the electricity grid.

Transportation: Transportation makes up the largest proportion of Minnesota’s greenhouse gas emissions, so making a dent there is crucial. That means converting to electric cars, supporting public transit and decreasing vehicle miles driven—especially in the Twin Cities metro area, where it’s easiest.

A metro-wide sales tax to fund major transit investment and ongoing operations will be a key legislative initiative, according to Peter Wagenius of the Sierra Club.年ized crop rotation programs put an emphasis on perennial crops, including the grain Kernza, and adoption of healthy farming practices that improve soil, air and water.

LP advocates for policies that would hold corporate polluters accountable, protect pollinator and wildlife habitat and curb factory farming in favor of small and mid-sized operations.

An earth-friendly, end-of-life option: As many of us reconsider our carbon-heavy lifestyles, some forward-thinking legislators are reimagining our culture’s deathcare practices and the public policy shifts we might need to make. Natural organic re- duction is a new funerary process that reduces a human body to a compost-like substance in just a few weeks, a practice that makes good sense in cities especially.

Developed in the state of Washington (visit Recompose.life), the method has been legalized there and in Oregon, Colorado, Vermont and California, with several other state legislatures also considering it.

A bill to legalize NOR in Minnesota was introduced this session but didn’t make it out of committee. State Senator John Marty told us in late November that he plans to work with colleagues to get the bill introduced again next session.

“Natural organic reduction is an environmentally friendly method of burial and is a much-needed response to the environmental damage caused by the harmful burial practices currently in use,” he said. “I strongly support updating our burial laws to enable this natural, green method of burial.”

The new legislature might be more open to it. Learn more about NOR and other end-of-life options on our Going Home Green page. TransitionASA.org/ going-home-green.

What you can do: If you want to see changes made in Minnesota to support a livable climate in our future, watch for calls to action about these and other issues when they arise during the sessions. February to May.

Pat Thompson and Mindy Keskinen are members of Transition Town – All St. Anthony Park and coordinate this monthly Park Bugle feature.
By Jenni Wolf, Nutritionist

The start of the New Year is when many people set goals and resolutions for the year ahead. Common resolution subjects are food and nutrition. However, what is often less common is people actually succeeding in following through on their New Year’s resolutions. And often for good reason, their goals and intentions are not realistic or sustainable.

If you’re interested in being more intentional with food and nutrition, here are a few suggestions — ones that are more likely to be sustainable — along with tips to get you moving in the right direction.

Try one new recipe a month. That might not seem like much but by the end of the year you just might have 12 new recipes to add to your repertoire! I often hear of people wanting to cook more and try new things at home. However, in our busy lives there is often a limited capacity to do that.

However, it is important to change things up. So, shoot to put one newbie on the calendar each month — you can always add more. This can help build your confidence in the kitchen, increase your variety and also leave room for those classic family favorites, a takeout pizza or grabbing a meal out.

Buy in season produce. This not only helps your budget (in-season = cheaper!) but it also helps to promote natural variety and that can help you keep a balanced diet. You get different nutrients from oranges and apples or kale and carrots so buying in season (and ever changing) will make it easier to get what you need, and not too much or too little of anything.

When we get so bored with a food, we often opt to just leave it out. That might mean not getting in enough fruits or veggies!

Be active. That is. Not go to the gym “x times per week” or run “x miles per week” just go for a walk outside when the weather is nice. I like to go for a walk outside in between work meetings, chase the dog around the house or blast tunes and dance around the kitchen while I’m cooking dinner.

I have nothing against gyms. But I find it easier to stay active when I can include the activity right alongside my other daily tasks and commitments without having to make an extra stop, pay an extra fee or use a big chunk of my time.

Tune in to hunger and fullness. This just might be my favorite! Pause before, during or after a meal or snack to notice how your body feels. You get different hunger-fullness scale to help you check in around physical cues before, during, and after eating. Chart information provided by Jenni Wolf.

Use a hunger-fullness scale to help you check in around physical cues before, during, and after eating. Chart information provided by Jenni Wolf.

We all know our bodies need movement, just like they need food — water and rest. So, think about ways in which you can incorporate activity into your daily life. I like to go for a walk outside in between work meetings, chase the dog around the house or blast tunes and dance around the kitchen while I’m cooking dinner.

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Cluck! cluck! Raising chickens

By Janet Wight

Fern, Maeve, Marguerite, Poppie, Violet and Willow are the names of the hens currently being raised by Como Park couple Elizabeth Carls and Tim Whitley.

Since 2018, when they built a chicken coop with the help of friends, Elizabeth and Tim have embraced this backyard hobby. The original idea to have chickens stemmed from Carls’ employment at EggPlant Urban Farm Supply, a St. Paul retailer located on Selby Avenue. She was already interested in gardening and urban agriculture, so raising and keeping chickens seemed like a logical extension to these pursuits.

Permission of the neighbors is not required in order to have up to six hens in St. Paul, according to the St. Paul Department of Safety and Inspections website. Adjacent neighbors must be notified in writing in lieu of permission and an annual inspection is required. Roosters are not permitted.

Each of the hens is a distinct heritage breed. Several criteria must be met in order to qualify for this designation, including a traceable lineage, the ability to thrive outdoors and a slow growth rate, according to the Heritage Poultry Conservancy website.

These chickens look nothing like typical farm chickens. Instead, they are quite striking with richly colored feathers. The breeds were thoughtfully selected by Carls based on the colors of their eggs. Day-old chicks are available at a cost ranging from $7 to $18 at EggPlant, Carls said.

Supplies and books may be purchased at the store, which also offers classes in chicken keeping. The 3,000-member Facebook group Twin Cities Chickens is an excellent forum for information and ideas, she added.

Raising chickens is similar to caring for other types of pets, and caring for the hens is fairly easy, Carls said. The effort involved is similar to having a cat, as the hens can be left alone for a day or two as long as they have plenty of food and water, she explained.

None of their neighbors have had any concerns about their chickens, Carls and Whitley said. In fact, the neighbors love the chickens, they added.

One of the neighborhood children was even inspired to wear a chicken costume for Halloween.

Despite their prolific egg production, the chickens do not pay for themselves. However, it is less expensive to have hens than either a dog or cat, Carls said.

When asked about the downside of raising chickens, Carls said there are few negatives. Some coops may have fly infestations in the summer and avian flu can be an issue.

Summer heat can be dangerous for the chickens, whereas the colder temperatures in winter are easier for them to handle. Radiant heat is provided in the coop when temperatures fall below zero degrees.

The hens are often allowed to roam freely in the fenced backyard when Carls and Whitley are outside.

“There is nothing more relaxing than sitting out here and watching them,” Carls explained. “They have more personality than you would expect,” Whitley added.

For further information, go to eggplantsupply.com.

Janet Wight is a regular freelance writer for the Bugle.
Owner dubs her salon The Green Room

By Kathy Henderson

When the Park Bugle’s interview of cosmetologist Brook Carl appeared last January, she was just about to launch her new hair styling shop in the former Theresa’s Hair location on Energy Park Drive.

When asked at the end of 2022 what’s changed, Carl enthusiastically replied, “Everything!”

Significantly, the shop now has a name — The Green Room — the interior has been remodeled (took until April), online appointment booking is live, and experienced stylists and one manicurist/pedicurist have joined Carl.

She welcomed stylist Rebecca McAtee in June and stylist Deb Anderson in July. Mary Thao brought her “Manicare by Mary” manicure and pedicure skills to The Green Room in October.

By Sarah CR Clark

St. Anthony Park resident and artist Regan Golden has hit a new high in her burgeoning career with her first solo museum art show this fall. And her work has been inspired by her local experiences.

“Grow Closer” is a large-scale, multi-media collage installation that was on exhibition at St. Olaf College’s Flaten Art Museum.

The pieces created for Golden’s “Grow Closer” are the result of several processes and mediums including paint, stacked glass, scanners, photography, vinyl, silk, and gouache, a kind of reworkable opaque watercolor paint.

In her artist’s statement, Golden noted that her work is inspired by vanishing urban forests, locally, the Kasota Ponds-Bridal Veil wetland.

“My process is informed by the fragmentation of the site itself. I cut apart my horizontal landscape photographs of the site and mash these together with vertical botanical images I create from collected plants. My images are about the resilience of this urban forest, as well as its fragility and dissolution.

Regan Golden stands in front of her mixed media collage titled, “Winter: You Are a Season In and Of Yourself” a part of her solo art show, “Grow Closer” at the Flaten Art Museum. Photo by Jeremy Lundquist.
Juried art show returns

After a two-year hiatus, St. Matthew’s Episcopal Church will host its “Celebration of Community Art Show” this coming February. This is the church’s 23rd annual juried show, which will begin on Feb. 12, with an opening reception at 6 p.m., and will run through April 1.

The show is open to artists age 18 and older from St. Anthony Park and surrounding communities who wish to display their work in the Undercroft Gallery of St. Matthew’s Church, 2136 Carter Ave. All styles and media are welcome. Categories for this show include oil, acrylic, watercolor, photography and other (such as sculpture, pottery, textiles, and carving.) Work must be ready to hang or display with a limit of two pieces of art per artist.

Registration and drop-off time for art submissions is 9:30 a.m. to 12:30 p.m., Feb. 4 at the church. The call for artists closes March 1, 2023.

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SAP history series looks at schools

By Mary Mergenthal

Augsburg University art history professor Kristin Anderson will continue her monthly St. Anthony Park history series with a talk on “Our Schools.”

The free lecture is scheduled for 7 p.m., Tuesday, Jan. 10, at St. Anthony Park Lutheran Church, 2323 Como Ave. The session will be also available online on Zoom.

Anderson, who grew up in St. Anthony Park and is still a resident there, will discuss the variety of educational offerings in SAP’s history, from Mrs. Weltzin’s preschool in her Chelmford Street home to higher ed institutions like Luther Seminary and the University of Minnesota.

Call for Artists

The online application is now open!

We welcome applications from artists of all mediums and encourage artists of all backgrounds to apply.

Submit yours at www.sapfest.org

The call for artists closes March 1, 2023.
Up close and personal with the saw-whet owl

The call of the northern saw-whet owl is described as toot-toot-toot and can go on for hours.

One reference describes the call as incessant. I used to think that this breed of owls got its name from the sound a crosscut saw makes as it works through a tree trunk.

But I recently read that its call is more reminiscent of the sound made while sharpening such a saw by hand with a whetstone, one saw tooth at a time. That makes more sense to me.

I first heard a saw-whet in July 1999 on Briar Island, Nova Scotia, Canada. I was on a birding trip with a couple of friends and our journey took us to the southern tip of the Bay of Fundy.

We stayed at a lodge set in a scrub spruce forest. The sun was just going down. I decided to call my wife Jean to check in with her. There was no phone booth, just the black phone and coin box attached to the cinder block wall on the outside of the building.

We chatted briefly, both excited to be doing okay, kids and cats all accounted for, when suddenly, off in the distance, I heard that toot-toot-toot! That’s a saw-whet owl!” I shouted into the phone. Jean didn’t say anything.

A day later, I took Jean over to where the owl was calling. It was fellow birder Val Cunningham who spotted a set of eyes looking down at us from a tangle of vines and leaves along the trail. There was the cutest little owl, very calm, probably trying to get some sleep before a night of activity.

A day later, I took Jean over to the same spot and the owl was still in the same location. So, she got to see one, too.

My latest encounter with a saw-whet owl came at the home of my friend, Tim Canfield, of St. Anthony Park, in March 2013. He called one evening to say he had an owl in a fir tree near his house, did I want to come over and see it? Well, yah!

It’s the cut that counts!

Not so with the saw-whets.

Those bird banders netted two owls that night, one of which flew into the nets a second time. So that WAS my next encounter with saw-whet owls!

And I learned a lot: about using black light to detect feather wear, migration paths, their cute little feet (and big talons!), their gorgeous, wide eyes, and much more. I’ve still got more to see!

Clay Christensen writes and lives in Lauderdale.

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Emerson String Quartet
FINAL SEASON TOUR
Sunday, February 12 • 4:00 PM
Pre-concert Talk with the artists at 3:00 PM
Saint Anthony Park United Church of Christ
2129 Commonwealth Ave. • St. Paul, MN 55108

"...the New York-based Emerson String Quartet is the finest such ensemble in the world."
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Jean Browne
Jean Margery Browne, 101, for- merly of Cheshire, England, died peacefully Oct. 22, 2022, Jean was born to Violet and Douglas Robin- son in Derbyshire, England, on Aug. 29, 1921. Jean was outgoing, energet- ic, and always fun to be with. In 1942, she joined the Women’s Royal Army Corps Auxiliary Territorial Service. She was trained as a pre- dictor assisting the gunners with the vital information on the height and range of enemy aircraft.

During this time, she suffered some damage to her right eye, eventually losing vision in that eye. She became an enthusiastic Army physical training instructor throughout the war. After the war, she resumed secretarial work and married Joe in 1947.

In midlife she and Joe spent several years running a small ho- me near Manchester. After Joe’s death, Jean determined that travel- ing across the pond to visit her three girls in the U.S. would be more challenging. It was time for her to come home, too.

In 2014, she moved in with Cer- ida and Don McColl in St. Paul. In addition to being welcomed into their circle of friends, she made her own friends through St. Timothy Lutheran Church. Contributions in her memory may be made to Salem Cemetery. Memorials to the Minnesota Department of Natural Resources. Makaria TBD.

Mark Limburg
Mark Peter Limburg, died Nov. 15, 2022. Mark was born in Sioux Falls, South Dakota, April 25, 1963, to James and Martha (Ylvisaker) Limburg. He was baptized and confirmed at Our Savior’s Lutheran- Church in Sioux Falls.

Mark graduated from Augustburg College in Minneapolis, majoring in history and philosophy. He con- tinued his studies in music theory and piano tuning at the University of Minnesota and MacPhail School of Music.

Throughout his life, Mark served the church through music and was a member of Como Park Luther- an Church. He also played guitar and keyboard for many other con- gregations in the Twin Cities area, often accompanied by talented friends and colleagues.

Beyond his frequent contribu- tions to worship services, Mark headlined concerts at the Mall of America’s holiday stage and played at other prestigious regional and international venues.

During his final days, Mark was working on a new project that he had hoped to complete with a spe- cial dedication to his grandfathers: “To Stanley Limburg, who taught me to play, and to J. W. Ylvisaker, who taught me to pray.”

Mark was preceded in death by his parents: his father, James Limburg, and his uncle, Jack Clifford; his wife, Anna; and his sister, Patty. Mark is survived by his mother, Martha Limburg, his sister Kristi (Limburg) Berkland (Dann) and his brothers David (Laure Limburg and the late Linda) and Jeff (Debbie Kaiser). The ser- vice of remembrance is scheduled in July in Longville, Minnesota.
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PARLOR GRAND PIANO from Marshall High School and the University of Minnesota. He spent the majority of his career at Northwestern National Bank in the trust department. His career at Northwestern National Bank in the trust department.

John Murdoch
John R. “Jack” Murdoch, 92, of Lake Como, Minnesota, died Nov. 3, 2022. He was survived by wife Donna; children Jennifer and Burton; and was well-liked by his coworkers. He retired from Baird and Associates in 2009 and continued to support and care for his daughter Jennifer for many more years.

Robert Teeter
William “Bill” Teeter, 87, died at the St. Anthony Park Home after a long battle with Parkinson’s. Bill grew up in the Prospect Park area of Minneapolis. He graduated from Northfield High School and the University of Minnesota. He began his career at Northwestern National Bank in the trust department.

After grad school, Bill worked at Piper Jaffray for more than 40 years, where he was a managing director. He retired from Baird and Company as senior vice president. Bill enjoyed spending time in nature and on many Minnesota lakes, especially when he would take his brothers and children on special trips.

In 1986 he moved in with his mother after he and Lynn separated, then subsequently divorced. His mother was a great support as he adjusted to the change. For a man who adored fatherhood, the custody arrangements of the ‘80s must have been difficult as he could only parent Jennifer every other weekend.

Tommy and his mom made the best of their time with Jennifer, taking her on family road trips, eating meals together and even playing Nintendo.

Then, as Tommy’s mother aged, he continued to support and care for her in her home until just after she turned 102 in 2020, when she moved to Lyngblomsten to receive skilled nursing care.

He then stayed in his home until May of this year. He died the same day. Tommy’s mom lived to be 103.

The family home to ready it for sale.

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Next deadline: Jan. 11, 2023.
Como Park Cougars sports review and preview

By Eric Erickson, Sports analysis

Here is a review of the fall sports season and preview of Cougar high school winter sports.

Fall sports review
Freshman swimmer to state
The Como girls swimming season usually ends at the section meet in the first half of November.

But the 2022 fall season had an extended run after freshman Aleia Lueck qualified for the state meet.

The result brought joy to the entire team as they celebrated the achievement and continued to train with Lueck as she prepared for state.

Lueck entered the Section 4A meet with a goal of setting a personal record in the 50-yard freestyle. When she touched the wall with a time of 24.99 her primary goal was reached, with the bonus of qualifying for state!

At the University of Minnesota Aquatics Center for her state debut, Lueck’s swim nearly matched her personal record in the 50-yard freestyle. Photo by Koua Yang.

Another Cougar highlight from the Section 4A meet was the performance of the 200-freestyle relay team. Junior co-captains Sophie Warner and Mia Trifilette-Simons, along with Lueck and fellow freshman Harriet Miller, earned 7th place medals in the finals. Their season-best time was just 1.5 seconds off the school record.

With everyone returning next season, the team hopes to break more school records and qualify more swimmers for the state meet.

Volleyball to section championship
As previously reported in the Bugle, the Como girls volleyball team rose to the top of the St. Paul City Conference and earned a share of the championship along with Central and Highland.

The post-season concluded with an exciting run through the Section 4AAA Tournament and all the way to the championship match. The Cougars surprised the No. 2 seed, which allowed them to host both the quarterfinal and semifinal rounds on their home floor in front of their enthusiastic student section.

They defeated Harding 3-0 in the quarterfinals. The semifinal versus Hill-Murray was a dramatic 3-2 comeback victory. The Cougars surprised the No. 1 seed Mahtomedi by winning the first set before falling 3-1 in the championship match.

Boys Basketball
There will be many new faces on the Cougar varsity team this winter. Junior sharpshooter Mason Aarness is the lone starter available from last year’s team that finished 10-2 in the city conference. Senior Levi Nichols was expected to start again but is unfortunately out for the year following surgery for a torn ACL suffered during football.

Out of the void, first-year varsity players will have an opportunity to lead. Senior Oliver Pletch and sophomore Dejuan Jones have potential to contribute significant scoring and rebounding. They’ll be encouraged by Nichols whose commitment to the team will be apparent with his presence on the bench.

Boys Swimming
Six swimmers who represented Como in the state meet last season are back for the Cougars, led by senior captains Gabe Sapienza and Zig Isaacson.

Other state swimming veterans include senior Charlie Power-Theisen and juniors Kai Sackett, Kyle Kosiak and Oskar Helgen.

There are three relay events in high school swimming and Como aims to repeat as state qualifiers in all three distances. With experience and depth, the Cougars also hope to earn a second consecutive conference championship — something they accomplished last season for the first time since 1999.

Nordic Skiing
A community effort to support and equip any interested skier is holding its momentum as the Cougars prepare for a fun winter. The roster boasts 45 skiers, with 30 receiving all their equipment (skis, boots and poles) from donors.

Boys captain Liam Schwie and girls captain Sophie Warner will lead a group who is collectively young, evidenced by two-thirds of the team being sophomores, freshmen or middle schoolers.

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