Lanna Thai opening in St. Anthony Park

By Scott Carlson

When Karta Thai recently closed its doors at 2295 Como Ave. to focus on its Roseville location, regulars of the St. Anthony Park restaurant lamented the news. After all, many customers in the Park had grown accustomed to enjoying the cuisine of the Asian eatery. But not to fear, a similar-themed restaurant has taken the old Karta Thai's quarters: It's called Lanna Thai.

At press time, Lanna Thai was scheduled to debut on July 16, coincidentally the day co-owners Dan and Apple Tersteeg got married in 2016. “All of this must have happened for a reason,” Dan said about the serendipity of that calendar date. Lanna Thai will have a wide variety of native dishes including what the Tersteegs say is authentic Thai cuisine, i.e., often spicier food.

Why a Thai restaurant? “I love to cook Thai and for people to eat my food,” Apple said. Dan, an environmental consultant, said he will spend time helping his wife run the restaurant.

Lanna Thai is named after the northern region of Thailand where Apple said she spent most of her growing up years. Dan said starting their own restaurant this summer is fortunate since “Apple’s mom and dad (that’s where she met Dan, her future husband) to manager.” Dan and Apple Tersteeg are co-owners of the new Lanna Thai restaurant in St. Anthony Park. The restaurant is occupying the space of the former Karta Thai. Photo by Lou Michaels.

Dan and Apple Tersteeg are co-owners of the new Lanna Thai restaurant in St. Anthony Park. The restaurant is occupying the space of the former Karta Thai. Photo by Lou Michaels.

Due diligence development period extended at Luther Seminary

By Rosalind Ding

Will Luther Seminary see its lower campus property get redeveloped for residential housing? Seminary officials hope so, after they recently amended two agreements with local developers pertaining to the timelines for meeting due diligence periods.

Originally, the Seminary board of directors paused the sale of its lower western campus property, extending their due diligence period to this summer to receive development offers. But in June, the Seminary announced that its due diligence period with United Properties to seek reconstruction of its lower western campus. The Tersteegs bought the St. Anthony Park Karta Thai from Terry Spotts and Sandy Khunsiri, Dan Tersteeg said.

For Dan, this isn’t his first contact with St. Anthony Park. He earned two science degrees while attending the University of Minnesota-St. Paul campus. “Attending college at the St. Paul campus is what made me familiar with this neighborhood,” Dan said. “Actually, I used to park on the street right in front of the house we live in now!”

Dan and Apple Tersteeg are co-owners of the new Lanna Thai restaurant in St. Anthony Park. The restaurant is occupying the space of the former Karta Thai. Photo by Lou Michaels.

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Lanna Thai is named after the northern region of Thailand where Apple said she spent most of her growing up years. Dan said starting their own restaurant this summer is fortunate since “Apple’s mom and dad (who are from Thailand) are staying with us for the summer. It is their first trip to the U.S. to see (4-year-old grandson) Siam.”

Apple is happy to have them (her parents) around to spend time with Siam, and also happy to be able to cook with her mom and get the authentic family sauces and recipes for the restaurant,” Dan said. “Many of the Lanna Special dishes on the menu are dishes she grew up with.”

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Starting in 2019, the Seminary announced its campus redevelopment plan to sell about 15.5 acres of its western site to developers for building more affordable housing. The Seminary partnered with Inland Development Partners (IDP), a Wayzata-based land developer, seeking to build 600 to 800 housing units for senior or affordable housing.

This plan, however, was controversial with many people in the community because it affected the Breck Woods, a small natural sanctuary in the neighborhood. In January 2022, the Seminary stated it had reached a mutual agreement with IDP to pause this sale due to “changes in the environment, including the increased cost to redevelop the site and changes in policy, including the rent control ordinance recently passed in the city of St. Paul.”

In that statement, IDP decided the development plan was “not currently economically viable,” and the Seminary agreed. As a result, the Seminary said it is studying the best way to move forward in the current business environment.

In May 2018, the Seminary’s board approved a future sale of the lower campus for its overall campus redesign to reinvest its mission to the Christian communities. The Seminary has also contacted Master Properties and several other developers to seek reconstruction of its lower western campus.

Restoring Gullixson Hall exterior

Meanwhile, the Seminary is currently restoring the exterior of Gullixson Hall, one of its major campus buildings. According to a statement issued in June, the Seminary has hired Advanced Masonry Restoration, a local masonry contractor with more than 25 years of experience, to maintain the physical integrity of Gullixson Hall and prevent

Luther Seminary to p. 5
Como and St. Anthony Park community councils news

District 10 Community Council

Como Community Blood Drives

District 10 partners with the American Red Cross and the Como Zoo & Conservatory to host community blood drives at the zoo. The next drive is from 9 a.m. to 3 p.m. Tuesday, Aug. 1. Space is limited, reservations required. You can find the link to sign up at District10ComoPark.org/BloodDrive.

Free summer meals in Como

St. Paul Public Schools is offering free summer meals to kids 18 and under, or those over 18 with disability enrolled in a school program. The nutrition services food truck will serve meals from 4:30 to 6 p.m. Monday through Friday through Aug. 18 at McMurray Fields.

Find more information and additional locations and times at SPPS.org/Page/44317.

Self-guided Como tree trek

If you missed the District 10 Environment Committee’s tree trek where community members can learn how to identify and appreciate the multitude of different tree species living in Como Park, the self-guided tour is available anytime!

The Tree Trek program has created and installed tree tags on numerous trees around Como Park for self-guided tree treks. Find out more at district10comopark.org/tree-trek.

Free electronics recycling

Ramsey County residents looking to get rid of computers, televisions, cell phones and other electronics now have a free and easy way to recycle them. Ramsey County has partnered with Repowered to refurbish or recycle unwanted electronics, keeping toxic metals like lead, mercury and cadmium out of the environment. All data from electronics dropped off at Repowered will be physically destroyed or electronically wiped.

The electronics collection site is located at: Repowered, 860 Vandalia Street in St. Paul. Learn more about Ramsey County’s electronics recycling program and check which items are accepted at RamseyCounty.us/Electronics or call 651-633-EASY (3279), answered 24/7.

District 10 community meetings

- Environment Committee: 6 p.m. Wednesday, Aug. 2
- Neighborhood Relations Committee: 7:15 p.m. Wednesday, Aug. 2
- Land Use Committee: 6 p.m. Tuesday, Aug. 15
- District 10 Board: 7:15 p.m. Tuesday, Aug. 15

District 10 meetings are hybrid on Zoom and at the Como Street Car Station, 1224 Lexington Parkway. To find meeting details, go to District10ComoPark.org. All District 10 board and committee meetings are open to the public.

Submitted by Shereek McKee, District 10 Community Council executive director.

District 12 Community Council

New community organizer

St. Anthony Park Community Council District 12 has named Richard Gordon as its new community organizer.

Originally from Los Angeles, Gordon said his last organizing job was with The Nature Conservancy. “I am a firm believer in the power of building community,” Gordon said. “I’m happy to be able to do that with the St Anthony Park Community Council!”

Gordon succeeds Jessica Willman, who recently resigned her post. “Richard will be working with the committees to organize upcoming events, helping to manage the tenant organizing VISTA this fall, and making new connections throughout the neighborhood,” said Kathryn Murray, executive director of the St. Anthony Park District 12 Community Council. “Richard can be reached at organizer@sapcc.org.”

Pollinator garden watering help

The new pollinator garden at the corner of Raymond and Robbins in south St. Anthony Park is already in full bloom and continues to need consistent moisture as it gets established.

If you have an hour to spare, please consider signing up to help water the plants in August and September. More information and a link to the sign up can be found at sapcc.org/pollinate.

Rethinking I-94

Minnesota Department of Transportation representatives will attend the August District 12 Transportation Committee meeting to give an overview of the initial alternative options for the future of the I-94 corridor between Marion Street in St. Paul and Hiawatha Avenue in Minneapolis.

This includes the south edge of St. Anthony Park and the Highway 280 interchange.

The meeting will be broadcast on Zoom at 7 p.m. Tuesday, August 29 with the I-94 topic first on the agenda. Visit sapcc.org/event for the link or email Richard at organizer@sapcc.org.

Seeking board member candidates

The District 12 Community Council has open seats that need to be filled. Whether you live, work or own a business in the north or south sections of the neighborhood, we have an immediate place for you!

Potential board candidates are invited to attend a meeting to see if they might be a good fit. Application deadline is Oct. 28. Contact kathryn@sapcc.org for more information or visit our website at sapcc.org/candidates.

Join the Equity Committee

Are you passionate about equitable community engagement? Want to make a difference? Join the SAPCC Equity Committee! The committee has been focusing on tenant rights and food equity.

New members are needed to help organize events and engage with other community members. The Equity Committee meets on the last Thursday of every month, currently via Zoom. All meetings are open to the public. Visit the council’s website at sapcc.org to learn more.

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. For ongoing updates and meeting changes, follow along on Facebook @ST.AnthonyParkCommunityCouncil.

- Land Use Committee: 7 p.m., Thursday, Aug. 3
- District 12 Board: 7 p.m., Aug. 10
- Environment Committee: 7 p.m., Wednesday, Aug. 23
- Transportation Committee: 7 p.m., Tuesday, Aug. 29
- Equity Committee: 7 p.m., Thursday Aug. 31

Submitted by Kathryn Murray, District 12 executive director.
Parishioners from five churches appeared together in the recent St. Anthony Park 4th of July parade with a shared goal: To raise money to feed hungry, local families in an initiative titled 4th For Feeding Families. Collectively called the St. Anthony Park Faith Communities, clergy and volunteers from St. Matthew’s Episcopal, St. Anthony Park United Church of Christ, Centennial Methodist, St. Anthony Park Lutheran and The Church of St. Cecilia walked the parade route together.

Daniel Ruen, co-pastor at SAP Lutheran Church, described the parade, “We marched as a joyful, intercultural, intergenerational witness, dressed in balloon animal hats, our church t-shirts and waving ‘This 4th for Families’ signs.” At the time of Bugle publication, 4th For Feeding Families had raised just over $1,000 of a potential $2000 matching challenge. All money collected was given to Every Meal, a Roseville based non-profit that fights child hunger.

Every Meal distributes food to students at many neighborhood schools including SAP Elementary, Murray Middle School, Brimhall Elementary, Falcon Heights Elementary and Como Park Senior High. According to the SAP Faith Communities, the St. Anthony Park Community Foundation was the fiscal sponsor for “this first-ever fundraising component to the parade.” The Foundation’s role as fiscal sponsor included managing donations, which enabled them to be tax deductible as the Foundation is a registered non-profit organization.

Foundation Executive Director Julie Dreschler told the Bugle, “Our community has a strong history in identifying gaps and local needs and works together to address these issues. This [fundraiser] is no different, but the unique thing is they aren’t doing it in isolation, in their own faith community. They are all working together and there is real power in working in partnership.” Marie Lister, a member of the 4th in the Park committee and parade coordinator, said the committee was “excited to add a community fundraising aspect to the 4th in the Park festivities. This is such a beloved community event and our planning committee is always looking for more ways to improve it and connect with more people.”

“When the group of faith leaders contacted us about setting up this fundraising component, we thought this was a great opportunity to support the community in a new way.” Lister said she hopes this partnership will continue into the future. Ruen expressed similar hopes.

Parishioners from five churches marched together in the recent St. Anthony Park Fourth of July parade. Their goal: Raise money to feed hungry local families. The initiative is titled 4th For Feeding Families. Submitted photo by Dannel Ruen.

“With a shared goal: To raise money to feed hungry, local families in an initiative titled 4th For Feeding Families. Collectively called the St. Anthony Park Faith Communities, clergy and volunteers from St. Matthew’s Episcopal, St. Anthony Park United Church of Christ, Centennial Methodist, St. Anthony Park Lutheran and The Church of St. Cecilia walked the parade route together.”

By Sarah CR Clark

Lauderdale: Walsh Pond trail work

By Anne Holzman

Lauderdale is on a slow path to improving a small natural area on its northeast corner, possibly adding a trail and a short stretch of boardwalk to connect the edge of Walsh Lake with the end of Pleasant Street. But any plans might not take shape until next year. Due to a lawsuit settled some 30 years ago, Lauderdale owns four unbuildable lots along the west edge of the pond that form a small southern portion of Walsh Lake. Most of the lake is on the Midland Hills golf course to the north. Neighbors have been casually maintaining the pond shoreline inside Lauderdale city limits. But the staff and City Council are interested in restoring natural vegetation and opening up the area for public use.

The city of Roseville owns the land on the south and east sides of the lake, so any habitat restoration would likely be done with its cooperation. There is no public access cost the north edge of Lauderdale’s lots. At its June 13 council meeting, City Administrator Heather Butkowski said she has asked Ramsey County about applying for Legacy Amendment funding to tackle invasive species near the lake. She learned the city would need to commit to an intended use of the area before applying, which led to the proposal for a trail.

Butkowski and city consulting engineer Kellie Schlegel presented a sketch of a trail running along the lakeshore. Public access would be where Pleasant Street dead-ends at the southern edge of the lake. Schlegel estimated total cost of the trail project to be about $34,000, including trail construction ($30,000), a boardwalk ($400) and additional costs for design and administration. She said the trail would likely be gravel and the choice of materials for the boardwalk would affect the price.

Butkowski said habitat restoration would cost about $50,000. Council member Jeff Dains said he was aware that neighbors on adjacent lots would likely have the opportunity to buy the city’s land. “My opinion is, we don’t sell public land,” Dains said.

Responding to the overall trail plan, council member Sharon Kelly said, “I like the idea of improving our natural amenities.” The council was scheduled to walk through the area on July 11. Butkowski told the Bugle she expects this to be a long-range plan, possibly to be considered by a new environment commission that the council may establish next year. “The commission might recommend a small trail to a bench, at a fraction of the cost,” Butkowski stated in an email. “I don’t see anything happening in this arena for some time.”

Anne Holzman covers Lauderdale government news for the Bugle.

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

By Scott Carlson

Welcome new Bugle board members!

It’s the start of a new year for the Park Bugle. Oh, you won’t see any one breaking out the champagne bubbly or staging any New Year’s parade for us. But July I marked the start of the Bugle’s 2023-24 fiscal year. With that passage of the calendar, we have had a turnover in the Bugle’s board of directors.

Transitioning off the board was Josh Bercrora, who brought energy and creative ideas to the Bugle during his six years. Among Josh’s contributions was updating our planning process and instituting something called the “transaction organizer.” We expect this tool will help the Bugle survive and thrive in the changing media landscape and the years to come.

Several people are continuing their terms on the Bugle board. Our new chair person is Helen Warren. Other board members continuing are Rosann Cahill, Kristin Wiersma, Steve Plagens, Beth Bretjd, Michelle Christiansen and Jane Turk.

Meanwhile, the Bugle is welcoming three new board members. Here is a brief rundown on our newbies and their backgrounds. Jennine Duda is a resident of the Como neighborhood and a longtime administration and finance manager for the Minnesota State Fair.

“My interest in local newspapers goes back to my high school days,” Jennine says. “I got my start in the working world with a job as the local sports reporter for the community newspaper in mound, Minnesota ("The Laker"). During college and after graduation, I spent a dozen years in national magazine publishing, both consumer and business-to-business.”

On joining the Bugle board, Jennine says, “The Bugle’s mission statement of ‘transforming readers into neighbors’ resonates with me because a sense of local connection is more important than ever. I believe I can provide strong fundraising support and fiscal oversight to help the paper continue the mission of bringing people together through our collective stories.”

Connor Nelson has been a renter in St. Anthony Park since 2020. Connor has a degree in media production and political science. He has worked in commercial freelance film and television for 10 years and works on Election Day as an election judge.

Connor says he enjoys hiking to work and loves reading the hyperlocal journalism of the Park Bugle while sippimg on a chai tea at the Finnish Bistro.

Seth Richardson is a lecturer at the University of Minnesota Hubbard School of Journalism and Mass Communication, teaching introductory and intermediate reporting. Previously, he worked as the lead politics reporter at The Plain Dealer in Cleveland, the Reno Gazette-Journal and The State Journal. Register, primarily covering state and national politics throughout his decade in newspapers.

Our new Bugle copy editor takes the “rains” on Fourth of July

New Bugle copy editor takes the “rains” on Fourth of July. New Bugle copy editor Bill Brady encountered the rains in his quest join staffers at the 2023 SAP Fourth of July parade. See his commentary in the Bugle website at parkbugle.org.

A thank you

Thank you all so much for your participation in this year’s Fourth of July parade and celebration! It was a busy morning and I really appreciate your patience and flexibility as we waited out the rain delay and started the parade 30 minutes late. I’ve heard from so many people that this was the best parade yet! And that is all thanks to you!

Here’s hoping next year’s Fourth is dry and 75.

Take care and be well,

Marie Lister
St. Anthony Park

Grateful for Brasel Spirit award

If I’d realized I could/should have given a speech, here’s what I’d have said:

Of course, I’m deeply grateful to the St. Anthony Park Foundation for this award. But let’s be clear: Anything I’ve done in this neighborhood is because I thought I saw a need.

• The students at the elementary school didn’t have a music teacher in the ‘70s and early ‘80s. So, though hardly trained, I tried to use my enthusiasm to encourage them to love singing. Kathy Malchow at the piano made that possible.

• Same at St. Anthony Park Lutheran Church. In the mid ‘70s, there was no children’s choir. So, I started one for grades 1 to 3. As those kids aged, I started one for grades 4 to 6. When those singer asked, “What next?” I started a junior-senior high choir. What fun we had on those Wednesday afternoons and evenings. The late Carol Sceon and Michelle Christiansen at the piano made that possible.

• Ditto with 4-H Club. I’d learned so much in my active rural 4-H career. There was no club for my girls here, so Mary Nelestein and I started the Northern Lights 4-H Club. Upward and onward with demonstrations, Share-the-Fun presentations, learning Robert’s Rules of Order, County and State Fair for a good number of Park kids.

• If written a bit for the Bugle, but when the editorship opened up, I glad accepted and enjoyed it greatly.

After it came time for me to resign, the obituary position opened up, so I accepted that I believe readers deserve to remember neighborhood friends and family, and also remember to meet former neighbors posthumously. I’ve tried to be faithful to that commission.

• Because of those endeavors, other writing/editing and family responsibilities, I never had time for community groups like those planning the Fourth of July activities. Thankfully, others did that on all of our behalf, just as they continue to do today. We can all be grateful and we’ve all richly blessed because of them.

Gratefully,
Mary Mergenthal
St. Anthony Park

(Editor’s note: Mary is a former editor of the Park Bugle. Last month we reported that she was named a co-recipient of this year’s Michael Brasel Spirit of the Park Award, given by the St. Anthony Park Community Foundation.)

Response to “Wake up DFL”

The July issue included a commentary by Jon Schumacher (“Wake up St. Paul DFL!”) in which he chastised DFL members for a low turnout at this year’s convention. Schumacher asked, “Why do we care so much about the future of our schools but fail to participate in electing those who run them?”

That question would be relevant if he cited election figures, but he did not. He cited numbers for participation in the process of determining party endorsements.

Perhaps the reason many people place a low priority on party endorsements for city council and school board races is because those elections are nonpartisan. If no party designations appear by candidate’s names, why should party endorsement matter? Could it be that party leaders don’t trust voters to make up their own minds?

Schumacher seems to lament the fact that “more candidates are say- ing no to the question of whether they will drop out if ‘they don’t win the DFL endorsement.’” I’d call that a win for democracy.

Dave Healy
St. Anthony Park

Letters to the Editor

Here are our Bugle deadlines for the next three issues. As always, we appreciate when writers and readers submit their articles early.

Please note our publication dates represent when the newspapers go out for delivery. Mail distribution of the paper may take up to several business days.

Monday: Back to school
Copy/ad deadline: Aug. 9
Publication: Aug. 22

Tuesday: Food and drink guide
Copy/ad deadline: Sept. 15
Publication: Sept. 26

November
Copy/ad deadline: Oct. 11
Publication: Oct. 24
School news around town

Compiled by Sarah CB Clark

Northeast College Prep
New leadership

During this past Fourth of July parade, North- east College Prep co-found- er Erika Sass marched the route on stilts. It has been 10 years since Sass started the award-winning kinder- garten–through–eighth-grade school. “Our goal was to close the op- portunity gap, and every year Northeast College Prep has been outperforming the city and state averages for similar student pop- ulations,” Sass reported to parents this spring. After a decade of dedication, Sass is welcoming a new executive director for the school. On July 1, Andrea Halverson, most recently an administrator at the DaVinci Academy of Arts and Science, will serve as Northeast College Prep’s executive director. Halverson said, “I am a strong believer that education is the key to success and every student deserves the highest quality education we can possibly provide, regardless of their background.” Yoora Brander, community out- reach coordinator for Northeast College Prep, said, “Sass has been focusing on a smooth transition of leadership, and after the fall will consider her next steps.” Located near Highway 280 and East Hennepin Avenue, Northeast College Prep is a diverse school with no ethnic majority. There are 14 different primary languages spoken by students and their families.

Submitted by Yoora Brander, Col- lege Prep community outreach coordinator.

Twin Cities German Immersion School Enrollment 2023-24 info
Twin Cities German Immersion School has spots open for the 2023- 24 school year in kindergarten and fourth- through seventh-grades. Enrollment is open to any child who resides in a Minnesota school dis- trict. German language proficiency is not a requirement to enroll.

German language proficiency is a skill that can benefit students of all abilities. Research has shown that second language proficiency has a positive effect on first lan- guage skill development and that immersion students perform as well as or better than students in a monolingual setting. TCGIS offers individual German support to stu- dents who join in later grade levels.

If you are interested in enrolling, please visit tcgis.org, email info@ tcgis.org or call 651-492-7006 for more information.

Submitted by Mary Zimmerman, communications coordinator

Luther Seminary from p.1

water damage. The project work is expected to be completed by Fri- day, Sep. 8.

According to the statement, this restoration work will help improve the exterior facade of Gullixson Hall, including cleaning the entire facade, window sealant replace- ment, stone repair or replacement as needed, and approximately 5% repointing. Gullixson Hall and the library will remain open to the public during this project. In 2016, the Seminary sold 4.5 acres of land across from its Como Avenue building to HealthPartners to build a replacement clinic. The Seminary agreed with the senior housing developer Ecumen on 1.6 acres of land at Luther Place and Como Avenue to build a 49- unit co-op called Zvago in 2015. Greenway Village purchased five apartment buildings from the sem- inary on Eustis Street in 2014.

Rosalind Ding is a UMN senior maj- oring in Applied Economics and Journalism.

 тогда, через 11 лет, зона была открыта для пуб

city and state averages for similar student pop-

SCHOOL NEWS

AUGUST 2023 • PARK BUGLE 5

School news around town

Northeast College Prep is celebrating a transition in leadership. School co-founder Erika Sass (on the left) will move on to new adventures as Andrea Halverson became executive director on July 1. Photos courtesy of Yoora Brander.

The MAKERY

More at ChromaZone.net

MINNESOTA STATE FAIR

August 24 - Sept. 4, 2023
Why the winds of change may power Minnesota now

By John Horchner

Let me begin with one more story about my time in Pittsburgh.

This would be 2009, the same year Pittsburgh hosted the G20 summit, a big deal for any city, but epic for a city the size of Pittsburgh.

In his closing remarks for the gathering, President Barack Obama said of Pittsburgh, "It serves as a model for turning the page to a 21st-century economy, and a reminder that the key to our future prosperity lies not just in New York or Los Angeles or Washington — but in places like Pittsburgh."

Prior to this, Obama heralded Pittsburgh as a center of "green technology" and, at the time, there was a strong movement toward energy efficiency and started a website for energy efficiency in the state of Pennsylvania and was wondering when all the programs they were talking about were going to get started.

I was called about my time in Pittsburgh. I was asked what I was calling from. I said the magic word, "Pittsburgh," and added how Obama had made several trips to the city. She said someone would call back from. I said the magic word, "Pittsburgh." She said someone would call back from Obama.

I was invited to the White House for our part, I decided on a consultant I'd listed on our website. His home scored in the lower part of the rankings, but I was pleased to know that now may be the right time to move to a new wind farm or to operate a coal power plant.

Ross said that of late "the economic winds are at our back rather than in our face, and we have opportunities to keep moving even if there are people undermining policy."

In regards to policy, Aaron Klemz, Chief Strategy Officer for the Minnesota Center for Environmental Advocacy, told me that "it will not be a one-time battle." To meet the new Carbon Free Standard (CFS) law that was passed in Minnesota in February and mandates 100% carbon-free electricity by 2040, "it will be 20 years to zero emissions."

Should people prepare for these changes? Is it for real this time?

Joel Haskard, co-director of Clean Energy Resource Teams, is helping businesses, industries and consumers in Minnesota take advantage of the government's programs. He responded to my question by email:

"The $730 billion Inflation Reduction Act bill is historic in how it is going to transform U.S. manufacturing in the clean energy industry. There are going to be a lot of jobs created all over the country."

"But for homeowners, what you need to know is that 2023 is a great year to be planning energy projects and upgrades for 2024 when these rebates and tax credits (along with recently-passed clean energy incentives in the Minnesota legislature) come into effect."

Let's hope this time he's right.

John Horchner is a professional writer who lives in St. Anthony Park.
Como students discover the wonders of the Big Apple

By Eric Erickson

Thirty-one students from Justin Mann’s social studies classes at Como Park Senior High School spent five days experiencing Manhattan’s culture, arts and history, while interacting with the diversity of the city’s neighborhoods.

Mann’s New York City odyssey was years in the making. After encouraging participation and partnering with EF Education Tours, he emerged with an excited, willing and able group from Como. Accompanied by six other adult chaperones, they returned to St. Paul on July 1 with memories made and stories to share.

After flying into Newark, New Jersey, Como’s explorers took a chartered bus through the Lincoln Tunnel and into Midtown Manhattan for an Italian dinner, before a 100-story elevator ride up to “The Edge.” The newest observation deck in the city provided a panoramic view of the city before a 100-story elevator ride up to the Metropolitan Museum of Art. The evening light was a visit to the Metropolitan Museum of Art, the American Museum of Natural History, a walk through Central Park and later a journey up onto the Brooklyn Bridge before boarding a late flight back to St. Paul.

“The New York experience was very enjoyable because we did so much in those five days,” said Denise Schana, a rising senior. “The chaperones put their time and effort into making the trip memorable for everyone.”

The city revealed itself as Mann imagined it would, opening minds and expanding the worldview of his students.

“Experience has taught me that travel best rewards discovery and learning,” Mann said. “I feel it was important to take the students to New York so they could step outside the classroom collectively and experience the wonder of a megapolis firsthand.”

Eric Erickson teaches social studies at Como Park Senior High School and is a regular Bugle freelancer.
At monthly Transition Tap; neighbors sip, ideas bubble up

By Allie Rykken

At a Transition Town meeting about a decade ago, I joked that getting together to talk about climate solutions, while it sounded like a good time to me, could be intimidating or “not fun” to some folks, and that maybe we needed a monthly brewery outing to balance things out.

I learned that suggesting an idea often means taking the lead on it, but that was a happy lesson because we’ve had many wonderful Transition Tap gatherings since.

This summer, the Tap meets from 5 to 7 p.m. on third Fridays at Bang Brewing. And we’re inviting guests to come talk about a climate topic they specialize in.

In June, Matt Privratsky from Nokomis Energy joined us. His accomplishments include co-founding the women’s soccer club Aurora FC, but he also knows a whole lot about electric vehicles (EVs). About a dozen folks came to the Tap to ask questions and talk about the future of the industry, and here are a few takeaways.

EVs: An informal Q & A

Q. Electric cars have a mixed image. They seem kinda flashy and expensive, and manufacturing them extracts a whole lot of minerals and materials, particularly for those big batteries. And the charging? Are they worth the fuss?

A. Electric cars are reaching a tipping point where they make economic sense to serve the average consumer. They also make climate sense, emitting just a quarter to a third of the carbon pollution of gas-powered cars, and industry leaders are working on using more common metals in EV manufacturing.

The extraction for EVs is small compared to the extraction for fossil fuels, and materials are recyclable. On the cost front, government rebates are in place for EV buyers, as well as lower rates from Xcel Energy for overnight charging.

There are a growing number of models, such as a Ford F150 truck, and affordable options with faster charging, like the $30,000 Chevy Equinox coming out with a 300-mile range.

Electric cars get less wear and tear than gas-powered ones, which means less maintenance. Some, such as the Hyundai Ionic 5, have the capability to transfer energy to the grid. The vehicles also have a smoother ride with a lower center of gravity.

Q. What’s the deal with EVs, the electric car-sharing program?

A. Successful! Reports say it’s very usable, has progressive pricing, is intentional about serving marginalized communities and is expanding to include charging stations.

Bonus facts: The EV trend isn’t just for cars — fleets of electric school and city buses are coming. And for everyone who breathes, the air will be remarkably cleaner. You’ll smell the difference on our streets!

What’s on tap next?

After our July guest Betty Lotterman shares about her car-free, low-waste, garden-rich lifestyle, the Tap will welcome:

• Local food discussion: the success and challenges, on Aug. 18.
• Christine Baemler, University of Minnesota professor and co-creator of Backyard Phenology, on Sept. 15.

We’ll meet at Bang Brewing, 2320 Capp Road, 5 to 7 p.m. Bang serves organic beers and other beverages; artisan pizzas are baked on site. Check the TT–ASAP Facebook page for updates. All are welcome!

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$75 value. Offer valid for new accounts only now through Sept 1, 2023. $50 Drive Credit is valid on trips until used or expired.

Join today at EvieCarshare.com/EVSpot

Charging station for electric car. Photo by Pat Thompson.

Monthly Transition Tap gatherings at Bang Brewing are hosted by Transition Town — All St. Anthony Park. Look for the Transition “T” sign on the table. Photo by Mindy Krakinen.
When Cooper’s Hawks nest in your neighborhood

By Clay Christensen

For the past several weeks, I have not been seeing as many birds at my feeders as I usually do. When I refilled my feeders the other day, I noticed the platform feeder looked like it had hardly been touched. The oriole/hummingbird feeder, with nectar and grapes ready to go, had little activity beyond the few bee marks left in the jelly the first day I filled it.

And I think I know the reason. There’s a pair of Cooper’s Hawks that have built a nest in the neighborhood.

Cooper’s Hawks are accipiters, birds that hunt other birds. The word accipiter comes from a Latin verb meaning “to seize.” There are tales of a Cooper’s driving a prey into a window they don’t see. The technique used by Coopers: drive the prey into a window, then nab elusive prey.

Cooper’s Hawks are accipiters, birds that hunt other birds. The word accipiter comes from a Latin verb meaning “to seize.”

Cooper’s Hawk. Photo by Clay Christensen.

I was walking my pup, Rocky, down the street for his afternoon walk when I saw a Cooper’s Hawk fly across the street. The hawk was flying low to the ground, carrying something. This was just about 200 feet ahead of us.

As I watched, another critter came from the same direction, zipped across the street and headed toward where the hawk had gone. It was followed by another Cooper’s Hawk. What was going on?

My neighbor, Tyler, who owns a large silver maple tree in their front yard, had been having an animated argument about some prey one of them had caught. One fled with the prize, apparently a baby bunny. The other critter I’d seen was a rabbit chasing after the first hawk! Tyler said the Cooper’s Hawks had been having an animated argument about some prey one of them had caught. One fled with the prize, apparently a baby bunny. The other critter I’d seen was a rabbit chasing after the first hawk!

The male often uses a single kek-kek, about four per second. The female uses a kek-kek, about four per second. The male often uses a single kek-kek, about four per second. The female uses a kek-kek, about four per second. The male often uses a single kek-kek, about four per second.

A squirrel could be a dangerous catch; they’ve got teeth and could bite off a hawk’s leg if given the opportunity. But the exercise of chasing one around a tree helps when it comes to trying to nab elusive prey.

Another neighbor, Kiera, was on her knees planting flowers in her front yard, when she heard and felt a bird fly right over her head. It was a Cooper’s Hawk, chasing a blackbird. She heard a thump and thinks the bird hit the neighbor’s window. That’s a common hunting technique used by Coopers: drive the prey into a window they don’t see.

There are tales of a Cooper’s driving a bird into the windshield of a parked car.

I can recognize a Cooper’s Hawk in flight because it’s all business. They fly lower than most birds, below the tree line, making a direct flight from point A to point B. No meandering, and very fast. It says, “I’m gonna go kill something!”

And they fly back with their victim in the same way: low, direct, and fast.

Describing how Coopers dispatch their victims makes me a little queasy. They lay the prey bird on its back and then stand on its chest, suffocating it to death. I just think how horrible it must be to slowly die facing a Cooper’s Hawk looking down at you, I guess that’s Nature, red in tooth and claw.

The Cooper’s call is a kek-kek-kek-kek, about four per second. The male often uses a single kek-kek, about four per second. The female uses a kek-kek, about four per second.

When I hear any of this kek-ing, I start looking for Cooper’s — and hoping any nearby prey are too.

Cooper’s Hawks are accipiters, birds that hunt other birds.

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Cooper’s Hawks are accipiters, birds that hunt other birds. The word accipiter comes from a Latin verb meaning “to seize.”
Spicy Feta replaces The Naughty Greek

By Janet Wight

Spicy Feta, a new Mediterranean-style restaurant on University Avenue in south St. Anthony Park, opened its doors this past June in space previously occupied by The Naughty Greek.

The new eatery has also replaced two other Naughty Greek locations — one on Snelling Avenue in St. Paul and the other in Capel Tower in Minneapolis.

Local entrepreneurs Yaham Sadozai (CEO) and Chris Amundson (COO) are the owners of Spicy Feta. Sadozai is from the Shakopee/Prior Lake area while Amundson grew up in Edina.

After meeting six years ago at a mixed martial arts gym in Eden Prairie, they became training partners and fast friends despite their different professional backgrounds.

Sadozai brings a wealth of restaurant expertise to Spicy Feta. He and his family have owned Ariana Kabob & Gyro Bistro in St. Louis Park for the past 10 years.

Meanwhile, Amundson built his career in the race car industry, focusing on manufacturing standards and creating efficiencies through process automation.

Sadozai said he had been wanting to expand into a new brand and share his passion for Mediterranean fare. He had always admired The Naughty Greek and learned a great deal about cuisine and branding from it.

Since Amundson already proved himself as a hard-working restaurant employee and strategic thinker, Sadozai felt that Amundson would be the right person to help him build this vision.

Angelo Giovanis, owner of The Naughty Greek, built and nurtured a close-knit team during his seven years in business. Growing up in Greece around his parents’ restaurants, he was happy to finally fulfill his dream of bringing authentic Greek recipes to the United States, he said.

“My parents are getting older and I wanted to spend more time in Greece. Running restaurants was becoming a lot more difficult coming out of the pandemic,” Giovanis said. “The support we received over the past seven years was amazing and I am truly grateful for being able to serve this community.”

The new owners appreciate the family atmosphere created by Giovanis, which is rare in the restaurant industry, Amundson said. They want to provide a professional environment so that employees can grow their careers. Most of the 35 to 40 employees from The Naughty Greek are now employed by Spicy Feta.

Sadozai and Amundson were able to quickly launch their new restaurants with knowledgeable and dedicated staff members making the rapid turnaround possible, they said.

Spicy Feta’s featured dishes include: brown butter lebneh (a yogurt dip with seasonal fruit, honey, spices, pistachios and molasses), donor wraps (fresh Lebanese flatbread with choice of protein, French fries and assorted toppings) and loukoumades (Greek doughnuts with whipped feta mousse, honey, feta, pistachios and cinnamon).

Signature or build-your-own custom bowls are also available. These contain Greek orzo pasta, pickled vegetables, an array of toppings and choice of house-made sauce.

PEOPLE IN YOUR NEIGHBORHOOD: Peter Lindstrom

By Gwen Willems

How do you challenge yourself after serving on the Falcon Heights City Council for eight years and as mayor for another 11 years?

What Peter Lindstrom did was join the 17-member Metropolitan Council’s policy-making board in 2019, when Minnesota Gov. Tim Walz appointed members with local government experience.

“It’s the large number of local officials on it that, Lindstrom said, has made the Metropolitan Council the most diverse in its history. The current board is “the most diverse ever, in every meaning of the word, so lots of different experiences are brought to the table,” Lindstrom explained. “This is a huge advantage in formulating policies that work for everybody.”

The council’s Environment Committee, of which Lindstrom chairs, addresses such things as sewer policy and planning, environmental reviews, wastewater facilities and treatment, water supply and federal and state regulations.

PEOPLE IN YOUR NEIGHBORHOOD: Peter Lindstrom

The Met Council’s Waste Water Control Commission treats 250 million gallons of wastewater daily, resulting in “water going into the (Mississippi) river that is cleaner than river water itself,” Lindstrom noted.

Created in 1967, the Met Council is “a regional solution for regional problems.” At that point, “the Twin Cities was second in urban sprawl, behind L.A.,” Lindstrom said.

With staff support, the Metro Council coalitions — including seven counties and 181 cities and townships — has tackled transportation, wastewater treatment, water supplies, housing, planning, parks and community development among many issues.

The Met Council is now starting its next 10-year regional comprehensive plan. Population is forecast to increase significantly in the seven counties and those residents will need transit, wastewater treatment services and housing.

Lindstrom added, “We’ve also just completed a Climate Action Plan that looks at ways to reduce our own climate impact.”

Besides serving on the Metropolitan Council, Lindstrom has a full-time job in clean energy at the University of Minnesota.

“I love my job,” Lindstrom said. “Every day I get to help local governments and schools be more energy efficient and use renewable energy. That matches up with my Met Council work.”

Lindstrom is married and has two children. His oldest son is taking after his father, serving as a youth representative on the Falcon Heights Community Engagement Commission.

Gwen Willems lives in Falcon Heights and is a Bugle freelance writer.
**Water consumption guide**

<table>
<thead>
<tr>
<th>Age</th>
<th>Daily Adequate Intake</th>
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<tr>
<td>1-3 years</td>
<td>4 cups</td>
</tr>
<tr>
<td>4-8 years</td>
<td>5 cups</td>
</tr>
<tr>
<td>9-13 years</td>
<td>7-8 cups</td>
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<tr>
<td>14-18 years</td>
<td>8-11 cups</td>
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<td>13 cups</td>
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<tr>
<td>women, 19+ years</td>
<td>9 cups</td>
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<tr>
<td>pregnant women</td>
<td>10 cups</td>
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<tr>
<td>breastfeeding women</td>
<td>13 cups</td>
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</tbody>
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Table source: National Academy of Medicine; The Academy of Nutrition and Dietetics; The Mayo Clinic.

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**Staying hydrated in the summer heat**

*By Jenni Wolf*

With the warmest, muggiest days of summer still on the way, now is a good time to talk about hydration. Don’t get me wrong, hydration is important to monitor year-round. But we see an uptick in dehydration symptoms during the warmer, summer months.

Here’s what you need to know to stay hydrated and keep feeling your best:

**Water makes up an average of 60% of our body weight, meaning we need a lot of it. But just how much?**

Water is found in both fluids and foods, meaning both eating and drinking helps us to meet our needs each day. On average, we get about 20% of our water needs met by eating a wide variety of foods, leaving 80% of our needs to be met by fluids.

This works out to be about nine 8-ounce cups of fluids for adult women and 13 cups for adult men. Larger bodies, need more fluid; women and 19+ years for men, 13 cups for adult men.

Larger bodies, need more fluid; women and 19+ years for men, 13 cups for adult men.

8-ounce cups of fluids for adult

by fluids.

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by fluids.

This works out to be about nine

8-ounce cups of fluids for adult

women and 13 cups for adult men.

Larger bodies, need more fluid;

kids and smaller bodies need less.

What about caffeinated fluids?

I heard those are dehydrating.

What about caffeinated fluids? I heard those are dehydrating.

Too much caffeine — we are talking about the equivalent of 3 or more cups of strong brewed coffee may increase urine production, but only in the short-term, and has not been shown to lead to significant dehydration. So, counting beverages like tea, coffee, and caffeinated soda towards your water needs for the day is A-Okay.

How can I tell if I am getting enough water? What are some signs of dehydration?

The best way to track your fluid intake is to notice your urine color. Urine should be similar in color to lemonade in individuals that are adequately hydrated and will be darker in color, like Mountain-Dew or orange juice, in those that are dehydrated.

Note: some medications and supplements can also affect urine color. Other signs of dehydration include headache, fatigue, dizziness, and confusion.

It is important to continually assess for signs of dehydration, especially when participating in sports or other activities where sweat rates may be increased, when spending time in a more humid or high-altitude environment or when pregnant or breastfeeding.

What are some ways to increase fluid intake?

• Carry a water bottle with you when you leave the house. Getting in a few sips while you run errands or shuttle around the kids will help add up to meet your daily goal.

• Stick in a straw. You are likely to take in more volume per sip through a straw compared to just taking a glug from the glass or bottle.

• Try using an app to track water intake. This can be a fun way to be intentional about hydrating. Some apps will even give you a reminder to get drinking!

• Serve a beverage with every meal.

• Keep a full glass of water on your nightstand and drink it right away when you wake up.

• Take advantage of fresh summer produce. Did you know fruits like melons and berries are more than 90% water?

• Add flavor enhancers like fresh citrus slices and herbs to your water or mix different beverages together (sparkling water + OJ is super refreshing) to keep things interesting!

Jenni Wolf, a registered dietitian, writes about food and nutrition for the Bugle.

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**Watermelon is a hydration powerhouse, containing 92% water and helping you stay hydrated! Photo from Jenni Wolf.**
Como residents star in Circus Juventas’ “Excalibur”

Como residents Jacy Johnson Becker, Lilla Chermak and Lydia Westerlund are part of the 65-person Circus Juventas cast bringing King Arthur’s “Excalibur” legend to life this summer. Get ready to experience a large-scale, professionally produced show that includes displays of contemporary circus artistry featuring both acrobatic and aerial acts. This imaginary trip to medieval London promises new thrills with knights in combat and dragon riders.

“Excalibur” runs from July 28 through Aug. 13 at Circus Juventas’ air-conditioned, permanent big top located at 1271 Montreal Ave. The Saturday, Aug. 5 matinee at 1 p.m. will have ASL and AD interpretation. Ticket prices range from $25 to $50 and are available online at circusjuventas.showare.com.

Becker, Lilla Chermak and Lydia Como residents Jacy Johnson Becker, 15, a student at Avalon High School, performed as a dragon rider. Circus Juventas has never had a show at this scale with fire, thus his training for “Excalibur” included fire safety.

Lydia Westerlund, 18, a recent graduate from the St. Paul Conservatory for Performing Arts, can be seen performing straps in the summer production. This will be Chermak and Westerlund’s final show with Circus Juventas.

Women’s Drum Center

The Women’s Drum Center, 2242 University Ave. W, is offering hand drum basics, a beginning hand drum class, on Monday, Aug. 14 from 5 to 6 p.m. Instructor Jo Klein focuses on having fun with class members, playing djembes to explore pulse and rhythms. No drumming experience necessary. Drums provided $15 per person. Register at womendsrumcenter.org.

Kiwanis fundraiser

The Kiwanis Northeast Metro Golden K Club’s annual peanut campaign fundraiser continues through Sept. 12. For every $50 (tax deductible) donation, donors receive a box of 48 individual 1 oz.-size packets of peanuts. The fundraiser helps support Kiwanis community initiatives focused on children and youth well-being and food insecurity.

Contributions can be mailed to Northeast Metro Golden K Foundation, 2660 Civic Center Drive, Roseville, MN 55113 or can be dropped off at the Roseville Skating Pavilion, 1360 Lexington Parkway N.

Mandolin Orchestra

Minnesota Mandolin Orchestra, 2200 Hillside Ave. Streaming online: facebook.com/sapapersi. Virtual activities include:

• Chair yoga: Mondays, Aug. 7, 14, 21 and 28, 9:30 to 10:30 a.m. Call the office at 651-642-9052 to see if space is available.

• Caregiver support group: Thursday, Aug. 3, noon to 1 p.m. Call the office at 651-642-9052 for connection instructions.

• Lunch bunch: Wednesdays, Aug. 16 and 30, noon to 1 p.m. Call the office at 651-642-9052 for connection instructions.

St. Anthony Park Library

Due to a space shortage, program listings for the St. Anthony Park Library do not appear in the August issue of the Bugle. To see the complete listing of SAP library programs for the month of August, check out the Neighbors story on the Bugle’s website at parkbugle.org.

Music in the Park

Como Lakeside Pavilion continues its summer Music in the Park roster with an assortment of music performances during August at the Deck and Paddle, 1360 Lexington Parkway N.

The St. Anthony Park Community Band returns for a free concert on Tuesday, Aug. 29, from 7 to 9 p.m. The complete August schedule with links to individual bands is available online at dockandpaddle.com/calendar.

• Celebration Brass Quintet, Monday, Aug. 7, 7 p.m.

• Harmonic Relief Adult show choir, Tuesday, Aug. 8, 7 p.m.

• The Minnesota State Band, Wednesdays, Aug. 9, 16 and 30, 7 p.m.

• Lakeside Guitar Festival, Friday, Aug. 11, 6 to 9:30 p.m. and Saturday, Aug. 12, 10 a.m. to 3 p.m.

• Como Pops Ensemble, Sunday, Aug. 13, from 3 to 4:30 p.m.

• Kenwood Symphony Orchestra, Monday, Aug. 14, 7 p.m.

• North Star Chorus, Tuesday, Aug. 15, from 6:30 p.m.

• Jessie Street Band, Aug. 20, 7 p.m.

• Sing United, Aug. 21, 6:30 p.m.

• Beer Choir, Thursday, Aug. 24, 6:30 p.m.

• Rich Lewis Band, Saturday, Aug. 27, 6:30 p.m.

• St. Louis Park Community Band, Sunday, Aug. 27, 3 p.m.

• Bavarian Musikmeisters, Sunday, Aug. 27, 3 p.m.

• Minnesota Mandolin Orchestra, Monday, Aug. 28, 7 p.m.

Senior activities

St. Anthony Park Area Seniors will host a mix of in-person and virtual activities in August.

In-person activities include:

• Blood pressure clinic: Tuesdays, Aug. 15, 3 to 4:30 p.m., Seal Hi-Rise, 825 Seal St.

• Caregiver community gathering: Monday, Aug. 21, 9 a.m. to noon, St. Anthony Park Lutheran Church, 2323 Como Ave.

• Lunch at the House of Wong restaurant: Wednesday, Aug. 2, 11 a.m. to 12:30 p.m. Meet at the restaurant, 1135 Larpenteur Ave. W.

• Exercise class: Thursday, Aug. 3, 2 to 3 p.m., Lauderdale City Hall, 1891 Walnut St.

• Judo: Mondays, Aug. 13 and 27, 7 p.m. at the Como Lakeside Pavilion, 1360 Lexington Parkway N.

August hybrid presentation: Passing on Personal Possessions, a presentation that features the insightful video “Who Gets Grandmas Yellow Pie Plate?” Discussion and a piece of pie follows. Tuesday, Aug. 1, 2 to 3 p.m. in person at Centennial United Methodist Church. St. Anthony Park campus, 2280 Hillside Ave. Streaming online: facebook.com/sapapersi.
International Institute hits milestone with nursing assistant program

By William Rohda

The International Institute of Minnesota recently announced it has reached the milestone of training 3,000 certified nursing assistants.

The institute, 1694 Como Ave., has been operating since 1929 with a mission to help immigrants and refugees achieve self-sufficiency and full membership in American life. The institute works to ensure its programs are linguistically and culturally accessible to all communities it serves.

To achieve this goal, the nonprofit provides workforce development and education programs. It also offers, among other things, citizenship classes, immigration assistance and housing and medical services.

Institute executive director Jane Graupman was one of the people charged with creating the nursing assistant program 33 years ago. Today, that program is one of the institute’s most popular workforce programs. It has trained new Americans to meet critical employment demands in nursing homes, hospitals and other medical facilities requiring certified nursing assistants.

The nursing program has adapted over the years to improve its effectiveness. According to Graupman, almost all graduates who take the Minnesota certified nursing assistant test pass.

The institute recognizes that many of its students are new to English and modifies its program to last longer than other programs in the state. The additional time allows the students to learn all the new medical terminology and become comfortable with their work environments after graduation.

“The practice labs contain the necessary supplies and equipment used on the job. They also simulate a real working environment with personal items one might see, such as hand-drawn artwork from children or photos of family members. Combining experience and knowledge helps prepare the students to use their expertise in a new working environment.”

Valerie Geary, the nursing instructor at the institute, has been one of the people passionately helping teach students the skills required to excel as a nursing assistant.

Graupman said there’s a lot of instruction on American work culture in the program. Students learn about non-verbal communication and the fast-paced work environments they will encounter.

The students themselves come from many diverse backgrounds. According to Geary, they have trained men and women from over 50 countries throughout the life of the program.

Geary contended the institute’s students stand out from other nursing assistants because of their innate caregiver mentality. “They just have these really special abilities to want to make somebody else comfortable, happy and cared for,” said Geary. “And I think that’s just really special about our students.”

After completing the nursing assistant program and passing the state test, the institute helps graduates find jobs. According to Graupman, virtually everybody who wants a job gets a job.

The institute also helps its graduates continue their medical education. Graupman noted that 700 of the graduates have gone on to become registered nurses.

The nursing program at the institute offers two different tracks, a seven-week program and an eleven-week program. Both programs are free to students.

“Many of the graduates who go on to become registered nurses are men and women from over 50 countries throughout the life of the program. The institute offers two different tracks, a seven-week program and an eleven-week program. Both programs are free to students.”

According to Graupman, the institute holds about 10 classes annually, with about 16 students in each session. On average, the institute trains 100 nursing assistants a year.

During her time at the institute, Graupman said one of the biggest things she’s learned while working with people from around the world is how alike are human beings. “There are just so many impulses that we all share,” she said. “All the differences that people try to create are really, really silly.”

William Rohda is a senior at the University of Minnesota studying journalism.
This month in “Lives lived,” we remember two men who each worked for the municipal bond firm of Juran and Moody Inc. for 45 or more years.

Albert Anderson

Al was born and raised in St. Paul. He graduated from Murray High School in 1950 and from Hamline University in 1954. He served in the U.S. Army from 1954 to 1956. Following his military service, he worked at JM Co. and then joined the municipal bond firm of Juran and Moody Inc. in St. Paul, where he worked for over 40 years. He is survived by wife Joyce; and daughters Jill Beck and Dan (Craig) Anderson, four grandchildren and brother Jerry (Judy) Anderson. Preceded in death by his parents Albert R. and Hel- en (Churchward) Anderson; sister Joanne Renstrom; and brother-in-law Robert Renstrom. Memorials preferred to Incarnation Lutheran Church in Shoreview or donor’s choice.

Bruce Anderson
Bruce D. Anderson, 91, of Minne-
apolis, died June 2, 2023. He was born on Dec. 24, 1931 in St. Paul. He graduated from Murray High School and earned a doctorate in education from the University of Minnesota.

After graduating from the U of M, Bruce began a 46-year teach-
ing and administrative career at his alma mater, where he was also the official game time for the Go-
pherd football and basketball teams, including time for the 1992 Final Four at the Metrodome, featuring Mar- kus and the Minnesota Golden Gophers. He was predeceased in death by his parents, Marjorie and Wendell (DeBoer) Anderson, both in 2014. They were members of St. Anthony Park United Church of Christ. He is survived by Alice, his wife of nearly 60 years. Wendell held various positions at the St. Paul campus of the University of Minnesota. Memorials to the Arc Minnesota.

Robert Baehr
Robert Baehr, 71, Falcon Heights, died April 29, 2023. Bob will be remembered for his wicked sense of humor. He was predeceased in death by parents, Betty and Paul Baehr. He is survived by sister, Barb Moline; lifetime friends and fellow hunters and fishermen, Jim Otterkill and Jon Edstrom, who shared a lifetime of adventures.

Wendy DeBoer
Wendy Diane DeBoer was born June 16, 1959, in St. Paul, and died May 19, 2023, at her home in Maplewood. She was the fourth of five children born to Wendell and Mar- jorie (Rockwell) DeBoer. Her first name was chosen after she arrived on her father’s 55th birthday.

She grew up in St. Anthony Park, but moved into a group home for the developmentally disabled when she was 15. Despite limited verbal abilities, Wendy’s favorite activity was listening to pop music and watching musicals.

Wendy worked at a day activity center for more than 30 years, ret-
ing age 59. She enjoyed getting together with family for holidays and special events and looked for- ward to weekend visits with her parents every two weeks until their passing.

She is survived by her four siblings: Steve (Gail) DeBoer of Rochester, Minnesota; Dave (Elis-
a) DeBoer of Manchester, Mis-
souri; Shari (Leonard) Dubas of Waterville, Minnesota; and Bob (Kate) DeBoer of St. Paul. She was preceded in death by her parents, Marjorie and Wendell DeBoer, both in 2014. They were members of St. Anthony Park United Church of Christ. She is survived by her husband, Dan and Paul Baehr. He is survived by sister, Barb Moline; lifetime friends and fellow hunters and fishermen, Jim Otterkill and Jon Edstrom, who shared a lifetime of adventures.

Elizabeth Solberg
Elizabeth Louise “Betty Lou” Sol-
berg, of Roseville, died June 24, 2023. She was a graduate of Wash-

Betty was predeceased in death by her husband Robert and parents Bertram and Marguerite Schmuck. She is survived by her sons Gary (Karen), Greg (Sue), and Katie (Jerry) Long. Memorials to the Michael J Fox Foundation, St. Timothy Lutheran Church.

Rosemary Stahl
Rosemary (Stahl) Stahl, 80, of Minnetonka, died July 13, 2023. Rosey was born in St. Paul and raised in Falcon Heights. –She was 1997 graduate of Rose of Lima Elementary and a 1961 graduate of Our Lady of Peace High School. Rosey was a 1963 graduate of Minneapolis Lutheran Nursing pro-
gram. She was employed by St. Jo-
sepH Hospital in St. Paul and Pillars Hospice in Oakdale in the Health East Medical Network.

She was predeceased in death by parents Lewis (Bud) and Irene Rustad, brother Thomas and sis-
ter Theresa. She is survived by her husband of 56 years, Ted; four children; grandchildren, and one great-grandchild.

Ruby and Ted have been pa-
riarchers at St. Olida Catholic Community in Shoreview since 1976. She has been active in many parish ministries including the for-
mation of the prayer shawl knitting ministry; past member of the pro-
diener ministry supporting the homebound parishioners; active member of the pro-life ministry in support of the unborn and ex-
pectant and new mothers. She was instrumental in forming and main-
taining Monday Eucharistic Ado-
rion at St. Olida.

Memorials in Rosey’s honor to Prelaude Memory Care Volunteer Program, 4650 White Bear Park-
way, White Bear Lake 55110.

Ruby Sturr
Ruby Marje Starr, 89, died May 30, 2023. She was born in Minneapo-
is, the second daughter of Stanley and Agnes Kroon. Ruby grew up in Minneapolis, graduating from North High School. She attended St. Olaf College and the University of Minnesota, where she received her bachelor’s degree in occupa-
tional therapy (OT).

Our Lady of Peace High School.

She stayed active in state OT associa-
tion and CEO before retirement. Roger took pride in serving as a

Community of Christ:
She was preceded in death by

Of Christ for nearly 60. Following his military ser-
vice, he worked at 3M Co. and then moved to the Green Village Senior home living cooperative, then a mem-
ory care facility in 2020.

She loved her time at church, as a ZCOMO volunteer and at KTCA TV.

She was predeceased in death by son Daniel and husband William. She is survived by three children: William (Linda), Robert (Reene), and Susan (Kevin, de-
ceased); nine grandchildren and eight great-grandchildren.

Combines gray side service for

Arlene Gall
Arlene Marilyn Gall, 91, died May 12, 2023.

And her husband was held at

Arlene was a long-time member in

memories at Holy Family Hospice in Oakdale in the Health East Medical Network.

She was predeceased in death by

Abbe and her husband was held at

At Roselawn Cemetery.

Memorials to Our Lady of Peace

and she attended Our Lady of Peace High School, then from the Univer-
sity of Minnesota where he received degrees in business and finance. Roger’s first job after college was with Juran and Moody, Inc. where he spent his entire career of more than 35 years, culminating as pres-
ident and CEO before retirement. He was instrumental in the devel-

ded for her three great-grandchild

Ruby was a member of Beth-
any Baptist Church, where she

Ruby was a member of Beth-

memories at Holy Family Hospi-
tant in state OT association and
care of Christ for nearly 60. Foll-
lowing his military service, he
orked for over 40 years. He is

survived by wife Joyce; and daugh-
ters Jill Beck and Dan (Craig) An-

brother Jerry (Judy) Anderson. Pre-
eced in death by his parents, Ma-
rage and Wendell DeBoer, both in 2014. They were members of St. Anthony Park United Church of Christ. She is survived by her husband, Dan and Paul Baehr. He is survived by his wife of 56 years, Ted; four children; grandchildren, and one great-grandchild.

Ruby and Ted have been pa-
riarchers at St. Olida Catholic Com-
munity in Shoreview since 1976. She has been active in many parish
ministries including the for-
mation of the prayer shawl knitting ministry; past member of the pro-
diener ministry supporting the homebound parishioners; active member of the pro-life ministry in support of the unborn and ex-
pectant and new mothers. She was instrumental in forming and main-
taining Monday Eucharistic Ado-
rion at St. Olida.

Memorials in Rosey’s honor to Prelaude Memory Care Volunteer Program, 4650 White Bear Park-
way, White Bear Lake 55110.

Ruby Sturr
Ruby Marje Starr, 89, died May 30, 2023. She was born in Minneapo-
is, the second daughter of Stanley and Agnes Kroon. Ruby grew up in Minneapolis, graduating from North High School. She attended St. Olaf College and the University of Minnesota, where she received her bachelor’s degree in occupa-
tional therapy (OT).

Our Lady of Peace High School.

She stayed active in state OT associa-
tion and CEO before retirement. Roger took pride in serving as a

Community of Christ:
She was preceded in death by

Of Christ for nearly 60. Foll-
lowing his military service, he
orked for over 40 years. He is

survived by wife Joyce; and daugh-
ters Jill Beck and Dan (Craig) An-

brother Jerry (Judy) Anderson. Pre-
eced in death by his parents, Ma-

Summer Reading-opoly challenge

By Kathy Henderson

Are you a summer reading enthusiast who’s missing those library summer reading challenges of your youth, the kind where you tracked books and won prizes?

Then you are the kind of person who will be excited to learn about Summer Reading-opoly. Offered by University of Minnesota Libraries, this fun take-off on the familiar Monopoly game board is designed to promote pleasure reading among students and other community members, enticing them to try different genres and reading experiences.

And just like those children’s reading programs, submitting entry forms to the U by Sept. 10 brings the possibility of prizes, too.

The Summer Reading-opoly board, instructions and entry forms are available to pick up in the U’s libraries, including the Magrath Library on the St. Paul campus, 1984 Buford Ave., or can be downloaded at libguides.umn.edu/funreading.

However, there’s more to summer pleasure reading than just having fun tracking what you’re reading around a game board. The U’s fun reading site also lists health and wellbeing benefits of pleasure reading, such as “improves vocabulary” and “encourages critical thinking.”

More information on “Reading for Stress Relief” is available via U’s Earl E. Bakken Center for Spirituality and Healing at takingcharge.umn.edu/reading-stress-relief.

In a recent email exchange, Ashley Keys described how a team of U library assistants, known as the Summer Reading Coordinators — Keys, along with Becky Adamski, Molly Bostrom, Rachael Clark, Carmen Elwell, Lacie McMinn, Al Miller and Alee Schmierer — were inspired by a library game viewed on Pinterest. They brainstormed through Zoom and emails to adapt the popular board game, creating specific summer reading genres and activities within property sets.

“They brainstormed through Zoom and emails to adapt the popular board game, creating specific summer reading genres and activities within property sets.”

With the game board, the thought was to design with what made sense around campus,” explained Adamski, the board’s graphic designer, in an early July email. Adamski has been contributing her design talents to the program since it was launched with a “Library Book Bingo” game card in 2015.

“I think everybody has their own personal favorite challenges on the board,” Keys wrote, “but something that really stands out this year is the Scooter Activities, which we have in place of railroads. Some of the activities here include visiting a Little Free Library or an independent bookstore, so it definitely pushes people to do other things besides read.”

While Adamski declined to claim any square as her favorite, she admitted her “favorite items on the board are Goldy (Goldy Gopher, the U’s beloved mascot) as Mr. Moneybags and Goldy’s Adirondack chair. Both give the board a sense of character.”

Kathy Henderson lives in St. Paul and is a freelance writer for the Bugle.