



A slippery problem

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January 2024

Viability of local events threatened by dearth of volunteers

By Christie Vogt

The shortage of volunteers to serve in neighborhood nonprofits and community groups has been a longstanding issue, says Julie Drechsler, executive director of the St. Anthony Park Community Foundation.

Recognizing this need, the foundation awarded grants in 2023 to the Creative Enterprise Zone (CEZ) and St. Anthony Park District 12 Community Council to support volunteer engagement and management.

“We have a long history of dedicated volunteers that service St. Anthony Park in a variety of ways, and they are vital to our community,” Drechsler said.

While the grant project is still in its initial stages, stakeholders were set to begin convening in December to identify volunteer needs and develop a shared approach. Participants include representatives from the foundation, CEZ, 4th in the Park Committee, St. Anthony Park Arts Festival, the library and the Park Bugle.

Meanwhile, community leaders continue to sound the alarm that the sustainability of these events depends on neighbors stepping into volunteer roles.

The Arts Festival, for example, was nearly canceled in 2023.

“They could not find a director, and someone threw my name out,”

Anna Gaseitsiwe said. “They came and asked me, and I said, ‘Well, if the alternative is we’re not going to have it, then yes, I’ll take it on.’” Gaseitsiwe is also the owner of The Makery, a creative design studio in St. Anthony Park.

The 4th in the Park celebration has also struggled to fill leadership roles. Colleen Healy, a 4th in the Park Committee member and longtime St. Anthony Park resident, said the committee is always looking for new members, but it’s “hard to find the worker bees who are willing to meet monthly and put in that time to make it happen.”

Some committee members have been serving for over a decade and would like to “pass on the baton,” she said, but there is no one willing to pick it up for the next leg.

4th in the Park is the only Fourth of July parade in St. Paul and one of the longest-running parades in Minnesota, having celebrated its 76th event in 2023. The Arts Festival, now in its 55th year, is also



The signature St. Anthony Park Arts Festival, held each year in early June, depends on the contributions of volunteers. Submitted photo St. Anthony Parks Arts Festival.

a longstanding neighborhood tradition.

Despite being loved and appreciated by the community, events like the Arts Festival and 4th in the Park are “very fragile,” Gaseitsiwe said.

Both events are run entirely by

volunteers, and while day-of volunteers aren’t as difficult to find, it has been a significant challenge to secure people for planning committees and leadership positions that require a longer commitment.

Dearth of Volunteers to p.13

Roberta ‘Bobbi’ Megard

By Mary Mergenthal

Roberta ‘Bobbi’ Ann Megard, who led a life of civic and local community service, has died at age 87.

The long-time St. Anthony Park resident passed away on Nov. 16, 2023.

Born in Boise, Idaho, Megard grew up in Hermiston, Oregon. She was a graduate of the University of Oregon and earned a master’s degree at Indiana University. Her 43-year career spanned positions from teaching government and economics in high school to a life-long participation in local government.

Bobbi was president and executive director of the St. Paul League of Women Voters from 1983 to 1985. Bobbi’s passion for her beloved neighborhood led to her becoming a community organizer for the St. Anthony Park Community Council until 1993.

Megard later ran for St. Paul City Council for Ward 4 and was elected in 1993, serving two terms.

Setting her sights even higher, Megard entered the race for St. Paul mayor twice, in 1997 and 2001. After city government, Bobbi returned to education as an ad-

junct professor at Metropolitan State University in political science. She then went on to become executive director of Kids Voting St. Paul until 2007.

Alice Hausman, former Minnesota state representative whose district included St. Anthony Park, called Megard “a smart, creative thinker and a skilled problem solver. She was also a strong leader and her voice provided clear direction that got us through the difficult moments.”

Michael Russelle, a current District 12 board member, called Megard “a lioness” who made numerous contributions as the council’s executive director. He noted her staunch opposition to plans in the 1980s to widen Cleveland Avenue between Como and Larpenetour avenues.

“She did not want the neighborhood to lose its easy walking connection to the University of Minnesota (St. Paul) campus and did not want the increased traffic and speeds that a four-lane road would support,” Russelle said.

“When the decision was made to replace the eight-decade-old iron bridge, she was adamant that the new structure be limited in width



Roberta ‘Bobbi’ Megard. Submitted photo.

to two vehicle lanes, which would impede road widening on Raymond as well.

“I think she would have been ready to lie down in front of a bulldozer, if necessary,” Russelle recalled. “I don’t know how she did it, but the city built a two-lane bridge and Cleveland Avenue is still a two-lane road.”

Ellen Watters credits Megard for inspiring her professional career in local policy development.

“She encouraged me to run for the District Council Board, where I quickly felt a deep engagement in local policy development,” Watters recalled. “As head of District 12, Bobbi was the source for all the important intel on what was happening in the neighborhood.”

Roberta ‘Bobbi’ Megard to p.17

CITY FILES

Como and St. Anthony Park community councils news

District 10
Community Council

District 10 reprises 2023

The District 10 Community Council thanks everyone who helped with work in serving the Como neighborhood in 2023.

By the numbers, District 10 published 52 Friday newsletters in 2023 and held 57 hybrid monthly board and committee meetings with nearly 600 attendees.

It also coordinated 20 community events that attracted more than 4,000 attendees.

"We're pumped to invite everyone back in 2024 to these mostly annual events around the neighborhood," said Shevek McKee, District 10 executive director. "We welcome you to get involved with us in 2024."

District 10 monthly socials

The Como Community Council is putting down the gavel once a month for a social gathering. This agenda-free meet-up will vary in time and location, but will generally happen on the second Wednesday each month. For details, check the District 10 weekly newsletter or

its website at District10ComoPark.org/D10Social.

Join Como Woodland
Advisory Committee

The Como Woodland Outdoor Classroom is looking for four to five individuals to join its advisory committee.

Advisory committee members work with St. Paul Parks and Recreation staff to care for the Como Woodland Outdoor Classroom, document the flora and fauna in the woodland and promote the woodland by offering educational tours.

The Advisory Committee meets roughly monthly throughout the year to take part in stewardship activities and to plan educational events.

Those interested or who have questions can contact Britt Forsberg at brittmforsberg@gmail.com.

Taking neighborhood
honor roll nominations

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.

The District 10 office must receive nominations by **Sunday, Jan. 7**. Tell us who you are nominating and why. The District 12 Como Community Council board then selects three nominees to recognize for 2023.

Submit your nominations by email to district10@district10como.org.

District 10 meetings schedule

- **D10 Como Community meeting:** First Wednesdays. Jan. 3 and Feb. 7, 7 p.m.
- **D10 Como Community meeting:** Third Tuesdays. Jan. 16 and Feb. 20, 7 p.m.
- **Como Blizzard Breakfast at North Dale Recreation Center:** Saturday, Feb. 3, 10 a.m.–12 p.m.

D10 meetings are hybrid on Zoom and at the Como Streetcar Station, 1224 Lexington Parkway. You can find meeting details at District10ComoPark.org. All D10 community meetings are open to the public and have space for com-

munity members to bring topics up for discussion.

Submitted by Shevek McKee, District 10 Community Council Executive Director.

District 12
Community Council

Winter sidewalk care reminder

With winter here, District 12 Transportation Committee members are reminding people that if they own a residence or business, they are responsible for clearing the adjacent sidewalk within 24 hours of each snowfall — or sooner, if possible.

If you have a fire hydrant or a bus stop in front of your place, please clear that to the street and sidewalk too.

St. Paul climate dashboard,
environmental resolutions

The St. Paul Climate Dashboard is due for its five-year update in 2024.

Now is a great time to review the dashboard and suggest goals the city hasn't included. Review the dashboard at climateaction.stpaul.gov.

Additionally, take a moment to

download and review the Climate Action Plan. What are your personal resolutions to help achieve these goals and build a more resilient, equitable city?

Access the Climate action plan at bit.ly/SPClimateAP.

Upcoming meetings

St. Anthony Park Community Council committee members discuss a variety of issues at their monthly meetings. All meetings are hosted via Zoom.

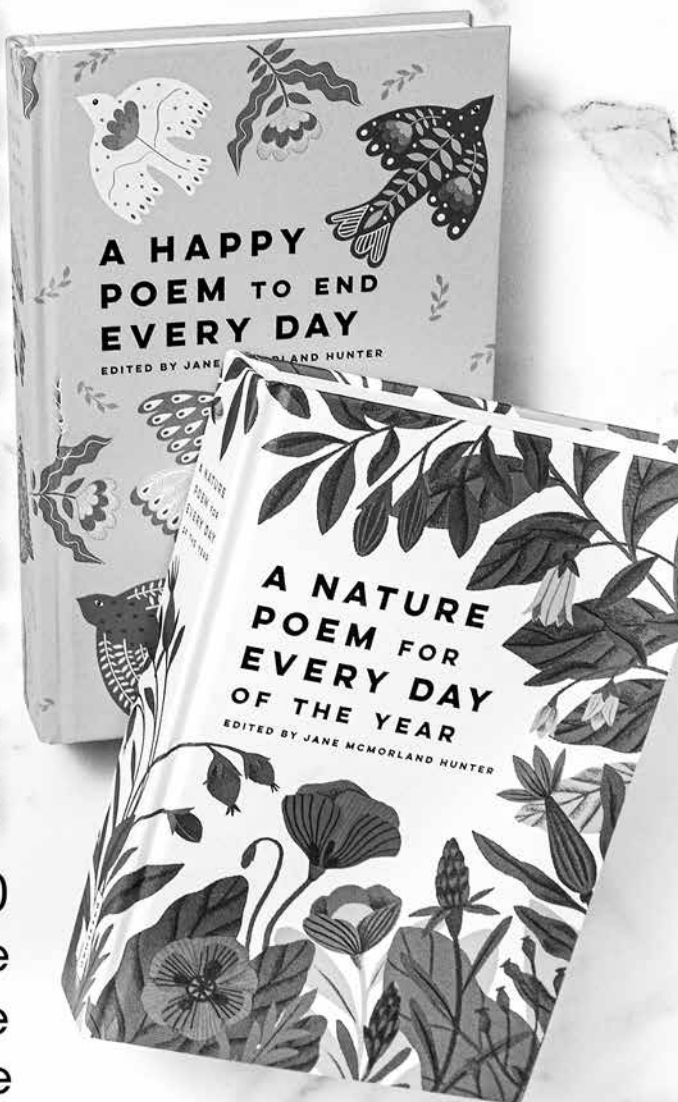
- **Land Use Committee:** Thursday, Jan. 4, 7 p.m.
- **District 12 Board:** Thursday, Jan. 11, 7 p.m.
- **Environment Committee:** Wednesday, Jan. 24, 6:30 p.m.
- **Equity Committee:** Thursday, Jan. 25, 7 p.m.
- **Transportation Committee:** Tuesday, Jan. 30, 7 p.m.

SAPCC committee meetings are open to the public. Visit sapcc.org/ event for more information about each meeting.

Submitted by Hailey Dickinson, District 12 Outreach and Communications Coordinator.

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Community park renovation gets rolling

By Anne Holzman

Plans are shaping up for a new building and refreshed grounds at Falcon Heights Community Park. The old building, closed for several years due to its poor condition, is slated for demolition later this winter. The city has been setting aside capital funds to replace it and is putting together financing for that and other improvements expected to total \$2.5 million to \$3 million.

City Administrator Jack Linehan told the Bugle that applications for grants are in the works, which will affect the scope of the project.

The park, a little over 15 acres, is at the southeast corner of Cleveland and Roselawn avenues. In addition to the building, the park has community gardens, tennis and basketball courts, a baseball field and a walking trail.

Linehan told the Parks and Rec-



Falcon Heights plans to demolish this weathered building and erect a new one at Community Park. Photo by Lou Michaels.

reation Commission at its Nov. 6 meeting that he expected the project to start moving quickly. Engineering consultants WSB presented four possible park layouts. HCM Architects offered a mix of

building styles and layouts for the commission's consideration. At the meeting, some citizens voiced interest in including space for disc golf, soccer and a splash pad. Some people urged the city

not to change areas that "are working."

At their Dec. 4 meeting, the commissioners reviewed public survey data and prepared recommendations to take to the City Council's Dec. 6 workshop.

Linehan said the council would likely settle on a preliminary plan during December or early January.

Once the preliminary plans are chosen, city staff will seek bids on the work and return to the council in the spring with bids and more detailed plans. He said more public input would be sought at that point.

Linehan said skating has not been available at Community Park for several years, but there will be an ice rink and mobile warming

house at Curtiss Field again this winter as weather permits. ■

Anne Holzman is a Bugle freelance writer who covers Falcon Heights government.

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Falcon Heights to renew police contract with Ramsey County Sheriff

By Anne Holzman

After negotiations with St. Paul Police fell apart, Falcon Heights city officials have worked out a one-year extension of their contract with the Ramsey County Sheriff's Office for police services in 2024.

The previous one-year contract was set to expire on Dec. 31.

City Administrator Jack Linehan said the county board might not approve it until sometime in January, but he does not expect an interruption in services.

Linehan told the Falcon Heights City Council at its December budget hearing that the city's proposed levy increase was "almost entirely attributed to the increase in the

2024 police contract," which was set at \$1.7 million, an increase of about \$387,000 (29.5%) over 2023.

Linehan told the Bugle, "Both parties are understanding that the city is continuing to try and find a new partner as soon as April 1 or as late as December 31, 2024."

Falcon Heights is one of seven suburban cities contracting with the sheriff's office for services including patrols, enforcement of

city ordinances, animal control, community outreach and crime investigations. The other six cities all share borders; the sheriff's office has said Falcon Heights has to pay at a higher rate because the distance makes it harder to share services. ■

Anne Holzman is a regular freelance writer for the Bugle.

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The Park Bugle is a monthly non-profit community newspaper serving St. Anthony Park, Lauderdale, Falcon Heights and Como Park. The Bugle covers community news and promotes the exchange of ideas and opinions in these communities. The Bugle strives to promote freedom of expression, enhance the quality of life in the readership communities and encourage community participation.

Opinions expressed in the Bugle by the editor, writers and contributors do not necessarily represent the opinions of the board of directors, Park Press, Inc. Copyright 2023, Park Press, Inc. All rights reserved.

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EDITORIAL

From the desk of the editor

By Scott Carlson

A golden anniversary

As we begin the New Year, 2024 is especially significant for the Park Bugle: This year our community non-profit newspaper celebrates its 50th anniversary.

As the first sign of that milestone, we have a new Bugle nameplate that draws upon our familiar graphic (see our front page).

Over the past 50 years, the Bugle has grown in production and stature. Our first issue, published in July 1974, was only eight pages with a heavy mix of local ads and a smattering of community news. The front page included a story on residents petitioning for a stop light at Como and Doswell avenues, plus a schedule of Fourth of July events.

These days, the Bugles are typically 16 to 20 pages with each edition a strong mix of government, school, sports, feature and editorial news. Commentaries and community-submitted writings are a mainstay.

Our breadth and depth of stories are meant not merely to inform readers but turn them into neighbors.

So why has the Bugle survived when so many other newspapers have folded in recent years?

I believe our longevity is due to a blend of strong news writing, good stories, solid advertising support and an amazing base of business and individual donors. We are also armed with a small but mighty staff of freelance writers and a handful of editorial and advertising pros who work part-time for this publication.

The Bugle really helps to create community.

Over the years, the Bugle also has been recognized for its editorial excellence. Just this month, we learned the Bugle is a winner in five categories of the Minnesota Newspaper Association's Better Newspaper Contest for 2023. We expect to learn full details in mid-January.

In upcoming issues of the Bugle, we will look back at past decades to reprise the stories and creative people who have produced this newspaper.

We also plan to take time to celebrate our publication's milestone. For example, plans are already underway to hold a wine and cheese reception to say "thank you" to advertisers who support the Bugle.

Look for other Bugle events and stories in the months ahead.

As we celebrate the Bugle's mile-

stone, we still intend to keep our eye on the ball, continuing to produce informative and entertaining print and website news that appeal to a broad array of readers.

To help keep us on track, we plan to launch a Readers Council, which will serve as a sounding board to find out what kinds of stories are resonating with readers and how we can reach more people. Currently, we are still accepting applications. People interested in learning more about the council should contact Bugle board presiding officer Helen Warren at hbwarren65@gmail.com.

Yes, this is not the time to rest on our laurels. The next Bugle deadline (for our February issue) is only a month away! ■

Scott Carlson is the managing editor of the Bugle.



The elementary view: An icy problem

By Sammy Schroeder
and Silvi Leanio
Commentary

Editor's note: On the first snowy recess of this school year, second grade students Silvi Leanio and Sammy Schroeder discovered their favorite play area was covered in slippery ice. While no one was hurt that day, the two friends were concerned for their classmates.

Their concern was compounded when, after the same snowfall, a car slid into the building at Como and Doswell avenues.

"We like big, exciting things to happen in the neighborhood," Schroeder said. "But not big things when people could get hurt."

They wrote up some ice safety tips for Bugle readers to consider this winter.

Ice safety at home By Sammy Schroeder

To prevent falling on ice at home, put pet-safe salt or grit on the ground. If possible, shovel frequently to scrape off the ice.

Also, to be extra safe, install lights by your walkway to see the ice at night. Never look away from the ground if it's very icy. If you're in a car, drive slow and keep an extra, good eye on the road.

Ice safety at school

By Silvi Leanio

On icy days, for school children who are playing on the playground, the rocks-and-logs play area and other recess areas present a major problem; they could slip, fall and get hurt.

Every student should be safe. So if you are a teacher, custodian or another person who can help, please ask students to stay off of icy

areas. Salt icy areas down. Whatever you do, please help keep our friends safe.

Despite their concerns about ice, both Leanio and Schroeder enjoy winter. "It's my favorite season because there are no mosquitos," Leanio confessed.

"In the summer I want winter, and in the winter I want summer," explained Schroeder, giggling. Both girls enjoy snow fort building and (ironically?) ice skating. ■



Sammy Schroeder and Silvi Leanio demonstrate, with stage-falls, the dangers of slippery ice. Photo by Anne Schroeder.

Sammy Schroeder and Silvi Leanio, second-grade students at St. Anthony Park Elementary School, wrote this with assistance from Bugle freelance writer Sarah CR Clark.

Bugle deadlines

Here are our Bugle deadlines for the next three issues.

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 with the holiday season also potentially slowing up deliveries.

Bulk drop-offs of the paper around town are usually completed two to three days after publication.

February

Copy/ad deadline: Jan. 10
Publication: Jan. 23

March: Wellness Guide

Copy/ad deadline: Feb. 14
Publication: Feb. 27

April

Copy/ad deadline: Mar. 13
Publication: Mar. 26

COMMENTARY

Free from fossil fuels: A family's journey

By John Horchner

I first suspected there was something we could do about climate change after receiving monthly utility bills with disturbing charts comparing our home's energy use to our neighbors.

Initially, I ignored these figures, thinking that these neighbors were just mythical people, paper ghosts who really didn't exist in real life.

However, at a recent gathering of my friends at Manning's, our local casual burger joint, Mark Thieroff told us there was indeed something we could do. By equipping his home with solar panels and electric heat and water pumps, Mark said his family had reduced its energy use by two-thirds.

Our skeptical gathering at Manning's became a hub of debate. Aaron, Antonio, Derk, Jonathan, Michael, Rob, Sergei, all of them, at various points, voiced objections.

The big question was whether an electric heat pump was really able to work in our cold Minnesota climate. Mark explained it had a backup system, a heating strip — “like on a toaster” — inside the air handler. If the temperature drops below a certain prescribed setting (some units go to -15 F), the less efficient auxiliary heat kicks in.

Considering his home's purchased electricity comes from Xcel Energy, where up to 50% of power

sold to consumers comes from renewables like wind, and his onsite solar contributes back to the grid, he's not just cutting down on energy use; he's actively supporting the transition to more environmentally sustainable sources of power.

His family kicked fossil fuels. Best of all, their story isn't an outlier. It could be a template for all of us to follow.

Turn of the 20th century

But first, let's look back to another transition time in home energy use, the turn of the 20th century and the time of Dave Lennox of Marshalltown, Iowa.

Lennox is widely remembered for his contributions to the evolution of his company's coal gravity-fed furnaces. According to legend, he took to demonstrating their durability by jumping up and down on one in front of startled customers.

Or consider Alice H. Parker, a New Jersey African-American woman, who revolutionized home heating, and whose story seldom got the recognition it deserves. It was Parker's innovative patent, awarded in 1919 for the first natural gas furnace designed for homes, that demonstrated how heat could be transferred from an exchanger and controlled and distributed through a system of ducts throughout the home.

Parker's invention helped lay the groundwork for the widespread use of natural gas, modern central heating systems, zone heating, thermostats and forced air to safely warm our homes and enable us to stop using coal.

What struck me most about Alice Parker was that she grew up in the time before both the Civil Rights Movement and the Women's Liberation Movement. Her journey couldn't have been easy, but her determination and ingenuity enabled her to see her invention through.

Back to Wilson's home project

Now that we are in the midst of another energy transition, this time away from fossil fuels, let's turn back to the story at hand.

I knew that Mark's wife, Rhona Wilson, ran marathons, and Mark cheered her on. Maybe that has something to do with their ability to see their home renovation and electrification project through to completion.

My next meeting with Mark was at our local bakery, the Finnish Bistro. The conversation naturally gravitated toward their motivations.

I learned their journey was spurred not just by a general concern for the environment, but by their immediate, tangible experience — not much different from mine — the feeling that we had to do something about the wildfire smoke that had been engulfing our neighborhood.

Mark recalled when the air outside was thick with fog and smoke from distant wildfires. That crisis had literally arrived at his doorstep, compelling him to seal his home from the polluted air.

One time this coincided with the COVID-19 pandemic, trapping

him in what became an uncomfortably warm, un-airconditioned workspace.

Later, the Wilsons' gas range caught fire, which Mark took as another omen.

Finally, they'd been discussing enlarging the house to make more space when their in-laws visited. Getting rid of the pipes that were hastily layered throughout the basement would open at least a foot of wall space all around the perimeter.

As with most home improvement projects, none of this was easy or speedy, but Mark seemed truly happy with the results. And I compared our home's energy use with that of Mark and Rhona's.

Comparing the energy results

I used the EPA's Home Energy Yardstick, a tool designed to measure and compare household energy efficiency by entering the sum of a year's worth of utility bills and answering a few basic questions about the home.

Even leaving out the solar energy that their home gives back to the grid, the Wilsons home scored impressively on the EPA's scale, which ranges from zero to a hundred.

My home, in stark contrast, lagged by 90 points on this 100-point scale. This revelation was difficult to digest.

As my mind wandered through the technicalities of Mark and Rhona's home's transformation, which included solar panels, an electric heat pump for heating and cooling, an electric hot water heat pump, an EV charger and even an induction oven, I realized they had achieved these changes without suffering any personal discomfort.

This approach underscores the fact that sustainability isn't about deprivation; it's about making

Tackling Climate Change, One Home at a Time

Sponsored by: St. Anthony Park Library and Transition Town

When: Thursday, Jan. 11, 6:30–7:30 p.m.

Location: In-person at the St. Anthony Park Branch Library auditorium, 2245 Como Ave.

Zoom link: sapbla.org

smart choices that align environmental goals with personal needs.

“It takes a lot of research to get ahead of things breaking down,” Mark told me, “but if you've made a plan...”

If you've planned, Mark said, you wouldn't need to resort to replacing one fossil fuel appliance with another and getting locked in for the next 10 or 15 years out of panic or pressure after something breaks.

This sounded reasonable. Moreover, I couldn't let a 90-point gap between our two homes stand.

The electrification of our heating, cooling, air-purifying and dehumidifying systems via a single, highly efficient electric heat pump will require a major transition, one no less significant than what one of the previous owners did when they transitioned our home from coal to natural gas.

Nothing is easy, but Mark and Rhona are not mythical neighbors portrayed on a graph on a utility bill. They live right around the corner from us, and their home was built not long after ours, more than 100 years ago.

If we too end up kicking fossil fuels, this time we will have a real neighbor to thank. ■

John Horchner is a professional writer who lives in St. Anthony Park.



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Hampden Park Co-op leader reviews year

By Catherine Reid Day

More than 55 member/owners of the Hampden Park Co-op recently gathered for their annual meeting at the Urban Growler, celebrating their group's successes in 2023 and electing new board members.

Meeting guest speaker Angie Pierach offered an inside look into her new restaurant and farm stand on Raymond Avenue, Herbst Eatery and Farmstand, sharing thoughts about the power of community and local food.

If you've been to the restaurant or farm stand you know the ways they turn local produce into tasty treats. Angie talked about the challenge of making quick changes to menus when they rely on food from Amish farmers with no email or phone service.

She also spoke about their commitment to community, including offering a share of profits to local non-profit organizations such as the Creative Enterprise Zone.

During the business portion of our annual meeting, I shared some of the ways our co-op has worked to provide excellent fresh food for the community and overcome pandemic challenges.

General Manager Matt Hass shared some successes including the transition to a new point of sale system that will improve the customer experience. He announced that sales reached a record high last year. The team is eager to expand its reach to neighbors and local workers.

New members elected to our co-op board were: Crosby King, Rose Shannon, Delonna Darsow, Cody Triplett, Nancy Laskaris and Francis Bulbulian. Theresa Ener serves as staff representative to the board. Mark Chapin and I are serving another one-year term on the board.

We thanked three outgoing board members whose terms expired: Sherman Eagles, Kate Gray and Rick Macpherson. Rick and Sherman will continue to serve

on committees including work on governance, bylaws and long-range planning.

Our new board first met on Nov. 22 to review key areas of focus for 2024, including expanding our reach to the community through marketing and communications, reimagining our spaces and addressing energy efficiency and care for the building (purchased by the co-op in 2009) and mortgage refinancing.

All board members will attend a board training session in January to educate themselves on policy governance standards.

All meeting announcements are posted in the co-op on the bulletin board near the entrance. Board meetings are held on the fourth Tuesday of the month at 6:30 pm. All are welcome.

Catherine Reid Day is president of the Hampden Park Co-op and wrote this article for the Bugle.



SCHOOL NEWS

School news around town

Compiled by Sarah Clark

St. Anthony Park Elementary School

Submitted by Principal Karen Duke

Third-grade family science night

More than 60 third graders and siblings attended. Families participated in large group science presentations and hands-on experiments. Supplies provided by the St. Anthony Park School Association and an EcoLab teacher grant.



SAP science teacher James Schrankler demonstrated Bernoulli's principal with the help of two students at the school's third-grade family science night in early December. Photo by Sarah CR Clark.

After-school choir performs

About 50 students in the third through fifth grades' Extended Day Learning (EDL) program performed at the Mall of America on Dec. 18 as part of its holiday music festival. They were led by our new EDL choir teacher, Jane Blackwell.

Blackwell is a long-time music educator who has taught at the K-12 and college levels. She recently retired from teaching full-time and is pursuing a doctorate degree in organizational leadership.

Wolf Ridge fundraiser: Nature calendars

Carrying on a long-standing school tradition, this year's fifth graders will spend the week of June 3, 2024, at Wolf Ridge Environmental Learning Center near Minnesota's North Shore. Students will learn about the ecology of the area and participate in group activities.

The fifth graders are selling wall calendars to help support the trip. "A mere \$20 buys 12 months of beautiful nature photography by renowned local photographer Bob Berlute," said principal Karen Duke. Call the school office to purchase a calendar.

SAP students have been journeying to Wolf Ridge since the 1970s. "I went as a SAP student in 1977 and 1978," Duke said.

School choice

The application deadline for all St. Paul Public Schools is Feb. 9. SAP Elementary will hold its annual open house for prospective families on Monday, Jan. 22, from 8 to 10 a.m. Small-group tours are available on Tuesdays and Fridays; see the school website for more information.

Murray Middle School

Submitted by Principal Jamin McKenzie

Murray students participate in MN Junior Winds Honor Band

Band and orchestra director Denae Olsen took five Murray students to the Minnesota Junior Winds Honor Band on Nov. 11 at Edina High School. Students were nominated to participate and all were accepted into the honor band.



Five Murray student musicians participated in the Minnesota Junior Winds Honor Band. Photo courtesy Jamin McKenzie.

Musicians received their music a month before the performance and practiced at home and school. On Nov. 11, the honor band rehearsal began at 8:30 a.m. By 3 p.m. they were ready to give an amazing concert.

A recording of the concert can be found here: youtube.com/watch?v=Wc8FcZqoeBk.

Twin Cities German Immersion School

Submitted by Paige Yurczyk

TCGIS open house

The community is invited to visit the Twin Cities German Immersion School's open house on Saturday, Feb. 3, from 9:30 to 11:30 a.m. This event welcomes prospective families, future learners and community members to immerse themselves in the school's atmosphere.

School tours are scheduled for 10 and 10:30 a.m.

The school cafeteria will have coffee, German treats and activities designed for kids and parents.

Tours for prospective families

TCGIS applications for the 2024-25 school year are now open through Feb. 23. German language proficiency is not a requirement to enroll at Twin Cities German Immersion School.

Prospective students and their families can take an hour-long tour to learn more about the school.

Tour dates are:

- Friday, Jan. 19, 10 a.m.
- Monday, Jan. 29, 10 a.m.
- Saturday, Feb. 3, 10 a.m.
- Thursday, Feb. 15, 3:30 p.m.

More information can be found at tcgis.org/school-tours.

TCGIS celebrates DSD 1 Exam with esteemed guests

On Dec. 4, TCGIS welcomed several esteemed guests — including Michael Ahrens, Consul General of the Federal Republic of Germany, (Chicago) — as they celebrated 49 recently graduated TCGIS students who passed the first Deutsches Sprachdiplom exam (DSD1).

Passing this internationally-recognized language proficiency exam opens numerous opportunities for TCGIS students, including possibly attending a German university.

In a significant milestone for TCGIS, 84% of last year's eighth-grade students passed the DSD1 exam, earning an intermediate-high ranking in language proficiency. ■

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

Como Park High School news

By Eric Erickson

Como's Junior ROTC program tops in the region

The Marine Corps Junior Reserve Officers Training Corps at Como Senior High School was established 28 years ago.

Since 1995, thousands of Como students have participated in the program as committed cadets who work to better themselves and their community.

A strong foundation for consistent excellence over many years has resulted in Como being recognized as the top-ranked program for 2023 in Region 4 of the Marine Corps Reserve Association (MCRA). This was a first for the Como Senior High School program.

The MCRA "Eagle Globe and Anchor Award" for Outstanding Unit was announced and celebrated by past and current cadets on Nov. 10 at the annual Marine Corps Birthday Ball.

Region 4 of the MCRA spans 20 states and includes more than 60 other Marine Corps JROTC programs.

Landaverde Guillen is region's top cadet

Anthony Landaverde Guillen is the Commanding Officer of Como's JROTC. He was awarded the Legion of Valor Bronze Cross for Achievement, the highest individual honor in the region.



Como's award-winning Marine Corps JROTC. Submitted photo.

Criteria include academic class rank in the top five percent, exemplary military leadership and demonstrating leadership in scholastic, community and interscholastic athletic activities.

Landaverde Guillen leads Como's color guard team along with most of the drill teams, and has volunteered in dozens of school and community events. He's part of the school's soccer and wrestling programs and also somehow manages a fast-food restaurant.

"Anthony is a top performer in all our initiatives," said Sgt. Major James C. Kirkland. "His leadership in and out of the corps is exemplary, inspirational and representative of what all cadets strive to be."

English students see U.S. Poet Laureate

Suzanne Myhre's College in the Schools (CIS) Introduction to Literature classes attended a read-

ing by Ada Limón, the 2022 U.S. Poet Laureate, at the University of Minnesota.

Limón read 12 poems from her collection in *The Hurting Kind*, many of which were previously studied in class. Students received copies of her book and participated in a question-and-answer session.

Robotics fundraiser at Urban Growler

All are welcome to the Urban Growler on Saturday, Jan. 13 from 2 to 6 p.m. for a fundraiser featuring raffle items, a silent auction and two live bands.

Tickets are \$20 with proceeds supporting the Cougar robotics program. Participation in robotics at Como is high with 40 students involved this year. ■

Eric Erickson teaches social studies at Como Park Senior High School and is a Bugle freelance writer.

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TRANSITION TOWN

This is a monthly column from Transition Town — All St. Anthony Park, the neighborhood-based group working for a local response to climate change: a smaller carbon footprint and a stronger community. Learn more about Transition Town at TransitionASAP.org.

Addressing the climate is priority one

By Tom Lucy

For over a century much of the science behind climate change has been understood. Yet, throughout all that time, little to no action was taken to address the core problem: Ever-increasing fossil fuel emissions that are warming our planet.

This lack of action and vision has led our planet to the precipice of disaster.

In 2019 a very loud alarm bell was rung, reminding us how little time we have left. Scientists from across the planet and leaders in the United Nations told us we have a little over 10 years to dramatically reduce emissions if our goal is to avoid the worst possible consequences. *That means we only have until 2030.*

While this warning made big headlines, we still saw limited action. And the debate still raged as to whether any action should be taken at all.

So where are we, four short years



later? Well, we are in a somewhat better place.

We've seen more aggressive actions taken to address climate. Nationally, there's the Inflation Reduction Act, the largest U.S. investment in climate ever. At the state level, we have seen even more ambitious plans. Minnesota's last legislative session passed a commitment to a carbon-free electric system by 2040.

At a more local level, cities are stepping up. In 2022, the city of St.

Paul declared a climate emergency and St. Paul Public Schools passed a resolution to divest financially from fossil fuels. As a career employee of SPPS, I am proud to be part of a district that has begun to take action on climate.

Let's respond on the scale of the challenge: While this is all good news, the truth is we need to act quicker and more boldly: 2030 is only seven years away. Why would we continue to be OK with a step-by-step approach to a problem whose solution requires wholesale societal change?

There is likely no single answer to that question. But maybe it's because people, groups and governments still treat climate action as an additional thing we can get to if we have time.

At the state level, we want to address the issue, but then we allow fossil fuel infrastructure like the Line 3 pipeline. As a city, we passed a Climate Emergency resolution,

yet taking action on climate is rarely mentioned by our mayor and City Council.

Then at a school district level, SPPS for example, individual departments push toward sustainability but their efforts are often afterthoughts to District initiatives as a whole.

There are always serious problems that leaders have to face, and climate can feel far away. But that's the crux of it: Climate might feel far away, *but it is not.*

What's more, the consequences will only worsen the slower we act. For schools, the worse climate change becomes, the more stress our children will face and the more their learning will suffer.

Climate touches *everything*, and we need to own up to that as individuals, groups and governments. We owe it to ourselves, and more important to our kids, to examine every decision we make through the lens of climate.

Time is running out. ■

Resources

The UN's 2019 report on the climate emergency
tinyurl.com/un-2019

City of Saint Paul 2022 declaration of a climate emergency:
tinyurl.com/stp-emergency

Sahan Journal article on SPPS divestment from fossil fuels:
tinyurl.com/spps-divestment

Tom Lucy is a husband and father to three kids. He is a St. Paul Schools social worker and a proud member of the St. Paul Federation of Educators for over 20 years. Tom is passionate about the issue of fighting the climate crisis and making our children's future safe and equitable for all.

Bugle fundraiser update

As the Bugle's annual fall fundraising campaign concludes at the end of December, our healthy operations are greatly buoyed by the solid support we receive from scores of individual and business donors.

As of Dec. 13, the Bugle had received \$42,478.00 in donations for fiscal 2023-24.

Thanks to everyone for your financial support and confidence as the Bugle strives to pro-

duce great journalism that informs readers and supports the communities of St. Anthony Park, Como Park, Falcon Heights and Lauderdale.

Even though the fall campaign has concluded, you still can give online at parkbugle.org or with a check sent to The Park Bugle, PO Box 8126, St. Paul MN. 55108. Every gift matters. We appreciate donations being made anytime of the year.

Donors who contributed to the Bugle from Nov. 16 to Dec. 13 are:

Individuals

Lynn Abrahamsen
Laura Adrian
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Kyle Anderson
Anonymous
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Library Corner
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St Anthony Park Branch
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LIBRARY CORNER

Book giving guide 2024 for winter reading

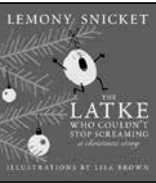
By Bryn Manion

Here are some suggestions to fill the quiet hours of winter or to help you find just the right present for your loved ones during this frosty, snowy time of the year.

Books for the winter season: Ours is a multi-faith family. These are some of the books we pull out every year to read together.



In *Small Things Like These* by Claire Keegan, bravery hinges in a single moment, a decision to break from the norm. May we each have a moment of clarity and determination that matches the father in this story.



Our children get a kick out of *The Latke Who Couldn't Stop*

Screaming by Lemony Snicket and *Hershel and the Hanukkah Goblins* by Eric Kimmel.



The Shortest Day by Susan Cooper, illustrated by Carson Ellis and *The Return of the Light: Twelve Tales from Around the World for the Winter Solstice* by Carolyn McVickar Edwards help our family celebrate the long nights and inevitable lengthening days to come.



I am also a great fan of Jane Yolen's marvelous *Owl Moon*, illustrated by John Schoenherr. It pairs well with any of the many full moon walks offered by our local parks in the winter.



Books to give:



James Turrell: A Retrospective is back in print as of this July, and it is a stunning gift not only for those who admire Turrell, but for anyone who has gasped at a sunset, played with a shadow during an eclipse or walked into a sunlit room in January and felt transformed by light.

Turrell was raised Quaker and brought to his art his life experiences in aviation, science and psychology. All of it informs his visionary installations, including his outrageous, genius-or-madman work-in-progress, Roden Crater. Perhaps this book will inspire a trip to see Sky Peshier at the Walker or an epic road trip in 2024 to experience as many Turrells as possible?

Our neighborhood in St. Anthony Park teems with gardeners. In *Soil: The Story of a Black Mother's Garden*, poet and scholar Camille

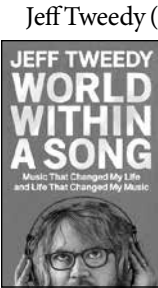


T. Dungy recounts the seven-year odyssey to diversify her garden in the predominately white community of Fort Collins, Colorado. Dungyweaves together gardening, social justice, motherhood and environmental advocacy with her poetic sense of language. She connects readers to a sense of the holistic profundity gardening gives us, our children and humanity.

Musicians have been incredibly prolific authors in the last year:



Dolly Parton brings us some tacky, glitzy fun with *Behind the Seams: My Life in Rhinestones*. This is a memoir told through vignettes and photos — perfect for all Dolly fans. And really, who isn't a Dolly fan?

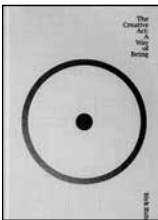


Jeff Tweedy (Wilco) has a gem of a gift book with *World Within a Song*, where he escorts readers through 50 songs that changed his life. He delves into the connective power of music, the community and shared experience it affords, as well as the unique personal self-exploration it provides each of us. The book includes songs by the Replacements, Mavis Staples, the Velvet Underground, Joni Mitchell, Otis Redding, Dolly Parton and Billie Eilish.



Similar to Parton and Tweedy, Willie Nelson's *Energy Follows Thought* is a retrospective of his songs and life. He dips into 160 of his songs and dishes on his collaborations with Patsy Cline, Waylon Jennings, Ray Charles, Merle Haggard, Ray Price and Dolly Parton with wisdom, kindness and intelligence.

Lovers of *The Artist's Way*, *Writing Down the Bones* and Lammott's own *Bird by Bird* should like adding Rick Rubin's



The Creative Act to their book shelves. Rubin is the founder of Def Jam Recordings and has produced a variety of artists from Adele to Black Sabbath, Johnny Cash to Jay-Z.



And just for fun, why not pick up a copy of the *Taylor Swift Little Golden Book* for your favorite Swiftie? Not a Swiftie but still have a sense of humor? Little Golden Books has put out several fun kitschy books featuring The Beatles, The Golden Girls, Bob Ross, Dolly Parton, Betty White, the Bee Gees, Willie Nelson, Grumpy Cat, Lucille Ball, Bruce Springsteen, The Rock, and Ruth Bader Ginsburg.

Happy reading to you all! ■

Bryn Manion lives in St. Anthony Park and wrote this column for the Bugle.

St. Anthony Park Library events

St. Anthony Park Library kicks off 2024 with a calendar filled with familiar and favorite programs as well as special events. Unless specified, registration is not required.

Library closings in January

The library will be closed on Thursday, Dec. 7, for staff training, and on Monday, Dec. 25, and Tuesday, Dec. 26, for the Christmas holiday.

Special events

"The Box King," a puppet show by Seth Eberle: Friday, Jan. 5, 10:30 to 11:30 a.m. "The Box King" is a family show exploring what happens when two very different kingdoms, one led by an organized queen and the other by a forgetful king, merge. The tale is told with hand-carved marionettes and a transforming cardboard box. Seth Eberle is a Minneapolis-based puppet artist.



Seth Eberle is scheduled to present "The Box King" puppet show Jan. 5 at the St. Anthony Park Library. Submitted photo.

2nd Thursday Forum: Tackling Climate Change, One Home at a Time: Thursday, Jan. 11, 6:30 to 7:30 p.m. Join Marty Ruddy, founder of Terra Firma Building and Remodeling, and architect Terry Olson for an informative and practical discussion about steps you can take to be more climate aware when considering home construction, renovation and home energy use, while making the most of government incentives. Hosted by Tim Wulling of Transition Town-ASAP; the forum is co-sponsored by the St. Anthony Park Branch Library Association and TransitionTown-ASAP. The program will take place in the library's auditorium. For a Zoom link, contact sapbla.org.

Holiday light recycling

Broken strings of holiday lights can be recycled at any St. Paul Public library through Monday, Jan. 22. At the St. Anthony Park Library, you'll find the "Holiday Light Recycling" bin in the lower level. Please note that cord adaptors, battery packs, plastic rope lights and CFL lights are NOT accepted.

Ongoing programs

Adult Book Club: Monday, Jan. 22, 6:30 to 7:30 p.m. Join library staff and fellow book lovers in the library's auditorium for lively conversation and refreshments.

Stop in or call the library at 651-642-0411 for more information or to pick up a copy of the book *Lab Girl*, a memoir by Hope Jahren, who is an award-winning, best-selling author and strong

public advocate for women and girls in science. Jahren spent her childhood in Austin, Minnesota, and completed her undergraduate education in geology at the University of Minnesota-Twin Cities.

Indoor Family Storytime: Tuesdays 10:15 to 10:45 or 11:15 to 11:45 a.m. The same storytime is offered twice each Tuesday in the library's auditorium and features stories, songs, rhymes and puppets. Storytime is designed for children ages birth to five, their caregivers and siblings.

Fun Lab: Wednesdays 2:30 to 3:30 p.m. Hang out in the library's auditorium and make cool stuff: crafts, science experiments, engineering projects, video games and more. This STEAM drop-in program is designed for ages 7 to 11.

English Conversation Circle for adults: Thursdays 4 to 5:30 p.m. Free English practice at the library with members of the University of Minnesota Retirees Volunteer Center and the Partners in English program. All levels of English language skill are welcome.

Shake Your Sillies Out! playtime: Fridays, Jan. 5, 12 and 19, 10:30 to 11:30 a.m. Story, stretching, movement and lots of fun in the library's auditorium for children ages 2 to 5. Adults must remain with their children for the duration of the playtime.

Submitted by Alisa Mee, SAP Library associate; compiled by Kathy Henderson, Bugle freelance writer.

The St. Anthony Park Branch Library Association
presents the
2nd Thursday Forum

Tackling Climate Change,
One Home at a Time



Join us for an informative and practical discussion on steps you can take to be more climate-aware when planning home renovations, construction, and home-energy use, while making the most of new government incentives.

Co-sponsored with TransitionTown-ASAP

Featuring

Marty Ruddy, co-founder Terra Firma
Terry Olsen, Architect and Homeowner
Tim Wulling, Moderator, TransitionTown-ASAP

January 11, 2024 | 6:30–7:30 pm
Library Auditorium | 2245 Como Ave.

More information can be found at sapbla.org.

Dishing up food resolutions for 2024

By Jenni Wolf

Motivation is often high in the month of January.

Maybe it's all the resolution talk, the readiness to get back to some structure and routine after what can feel like a chaotic holiday stretch or perhaps just the start of a fresh year.

Whatever it is, I say let's lean into it!

A very common topic for my clients during this time of year is the desire to change up what they are cooking at home for dinner. It can be easy to fall into the 'ho-hum' routine of tacos, spaghetti and other easy dinner repeats. That can feel boring and lead to more unplanned, less-balanced meals and more eating out.

So, if you are feeling motivated to change up your dinnertime routine, read on below for tips to get some fresh and tasty meals on the table for 2024.

First, be realistic. I know I've shared this tip before, but I am sharing it again because it is so important! We want habits and changes to stick, so slow and steady is the way to go.

Be realistic about your family's needs — does it make sense to try one new meal each week? Two or three? Think through how many nights you are eating dinner at home and what is best for your family's schedule.

Try a new recipe source. The web is filled with new recipe ideas,



Pasta is a great place to try something new — swap out the sauce, herbs and protein for endless options. Photo by Jenni Wolf.

to me almost an overwhelming amount, so sometimes I find it helpful to look elsewhere. Ask a friend to share their favorite evening meals, subscribe to a new magazine, snag a restaurant take-out menu to make "copy-cat" dishes at home or check out some cookbooks from a public library — I think the St. Anthony Park branch has the best selection. Keep a notebook of recipes you'd

like to try or snap a photo so you can easily refer back to the recipe while cooking.

Get the family involved. If you have others at home, ask them to select a recipe each week. This takes some of the pressure and mental load off you, invites new flavors and combinations to the table that you might not think to pick and can help get others interested in cooking. It also helps to create balance by supporting a wider variety of food at mealtimes coming from different sources of input.

Take inventory. Check out what is languishing in the back of your pantry or freezer. Make note of



Dried cherries were something I grabbed on a "grocery store field trip" and inspired a new kale salad. Photo by Jenni Wolf.

these items and use them as a starting point to plan a new meal. Talk about efficiency — you'll be enjoying a new meal idea while also preventing

food waste. Have a box of bread crumbs hiding on the top shelf from last year? Let that inspire a new baked pasta dish with a crunchy, crispy top. Have an old loaf of bread in the freezer? Make a baked French toast casserole — everyone loves breakfast for dinner!

If you've cleaned out your backstock, it's time to take a slow stroll through the grocery store. I often encourage my clients to browse the grocery store when they are not in a rush, do not have kids in tow and do not have to pick up a full week's worth of food. I call it a "grocery

field trip" where the purpose is to explore a new store, aisle or just a new item on the shelf.

When you give yourself time and are more relaxed (i.e., not trying to cross off a 30-item grocery list in a crowded store on a Sunday), you are more likely to discover something new and feel inspired to try including it in a meal at home. This will make it easier to change things up. When I can, I like to stroll smaller stores (like Tim & Tom's Speedy Market!) that may offer a different selection of ingredients and items from those in my typical Cub or Aldi. Again, it helps to beat boredom.

We've got a lot of dinners to eat in 2024 — 365 to be exact! Which tip are you going to try first?

Here's to happy cooking and feeling excited about dinnertime again in 2024! ■

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



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Not to scale.

Langford outdoor hockey tournament marks 65th anniversary

By Bill Brady

The final weekend of January marks the 65th anniversary of Langford Park Hockey's Winter Classic invitational — a celebration of the sport the way it was meant to be played: outdoors, in the elements, on rinks lovingly tended by volunteers.

"Outdoor ice is what we are about," proclaims the LPH website in describing the four smooth sheets outside Langford Park Rec Center, a place where, "Through your earmuffs you hear the distinct sounds of sharp blades on hard ice, frozen pucks against snow-backed boards, the coach's whistle and the rumble of a nearby train."

That description would make Norman Rockwell proud, and the invitational is a chance for LPH to share its unique atmosphere with other teams in the area.

The 2024 field includes two teams representing the Edgcombe Hockey Association, two from the City of Lakes Titans program in Minneapolis and one each from the St. Paul Capitals and Roseville. Organizers were seeking an eighth team to fill out the field as of this writing.

The weekend gets underway with three squirt-level games (mostly fourth and fifth graders) on Friday, Jan. 26, starting at 4:30 p.m. Each squad is guaranteed at least three games as they move through to the championship game at 5 p.m. Sunday. Other events include a Mite Jamboree (second and third graders) on Saturday and a Mini Mite Scramble (age 4-first grade) on Sunday.

A storied past

Though the participants and dates of the earliest Winter Classics are lost to history, ("Record keeping is not our strength," LPH Board President Laura Mays wryly noted), we know the tournament dates back to before LPH was LPH. In its earliest incarnation, players wore uniforms bearing the acronym STAPA, in honor of then-team sponsor the St. Anthony Park Association.

At some point in the 1970s, "A playground worker unilaterally switched the logo to Langford," according to a post by local resident Roy Magnuson on the Langford Park Hockey Facebook page. "There was some pushback from association members until an informal poll of the kids revealed a 100% concurrence that since the playground was Langford Park, that's what the unis should say."

There was a point when the Winter Classic was both a hockey and a basketball tournament. That changed in 2021 as COVID put the pause on anything indoors, though the hockey tournament continued



outdoors. "Truthfully, it was crazily overcrowded trying to do both tournaments simultaneously," Mays said. "It is also nice to use the indoor gym as hockey locker rooms."

It takes a village

The aforementioned ice sheets used for the tournament don't just make themselves. They are the work of volunteers made up primarily of parents of current players, some parents of former players and a few folks with no parental connection who just think there's nothing bet-



The Langford Park Hockey classic will celebrate its 65th anniversary in late January. These photos were taken from the 2023 classic depicting the Squirts division. Submitted photos from Langford Park Hockey.

ter than spraying fire hoses full of cold water under the moonlight on frosty winter evenings. (Don't knock it till you've tried it).

"The Ice Crew is still a neighborhood favorite and what we brag about the most," said Mays. She singled out Pat Renner as one of the key leaders, along with neighborhood hockey dads like Ryan Courtney and her husband, Daniel Mays.

"But what's really cool are the community members who don't have kids who help," she said. "One neighbor lives across the street from the rink and just enjoys the process and the camaraderie."

"We have many kids who 'live' at the rink," Mays said. "Their pickup games are a unique part of our program. "It really demonstrates this beautiful unity of different aged kids, different skill levels of kids — but they all toss their sticks in a pile and select teams by separating the sticks and then off they go — self-refereeing and helping the little ones play with the bigger kids. It's truly magic to watch."

Local vendor support

The hot chocolate flows copiously for Winter Classic spectators, as does the Dogwood Coffee, supplied by "Coach Dan" Anderson,

a neighborhood resident and former hockey coach. He is among many local establishments that provide refreshments at the tournament.

Last year's big hit was a special "Winter Classic Sausage" specially made for the event by the meat department at Speedy Market. Rest assured, it will be back this year, among many other tasty treats.

And since it's their 65th year, they'll be staging a "Winter Classic Dance-Skate" on Saturday evening to close out the night.

"We'll be pumping out tunes to boot dance on ice, or skate around and dance on skates!" Mays said. "It should be a fun event, even for non-hockey people."

For more information about the Winter Classic, including how you can volunteer, consult the LPH website, langfordparkhockey.com/winter-classic-2024.

Bill Brady, the copy editor for the Bugle, is a former Langford Hockey parent and Ice Crew volunteer. His son, Nick, played in the LPH program in the late aughts and early teens.

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EVENTS AND MORE

Compiled by Kathy Henderson

Bell Museum

The Bell Museum is located at 2088 Larpenteur Ave. W. at Cleveland Ave. Regular admission, \$15-\$12; free for University of Minnesota students with ID; reduced prices for qualifying guests, as well as waived admission for Indigenous peoples. bellmuseum.umn.edu.

Winter Solstice Solar Observing:

Saturday, Dec. 30, noon to 2 p.m. The sun is at its lowest point in the sky during this season, so the Bell Museum is celebrating with solar telescopes available in the Learning Landscape. This in-person event is included in regular admission.

"Secrets from a Forest" guest: Minnesota Youth Symphonies: Saturday, Dec. 30, Sunday, Dec. 31, Saturday, Jan. 6, and Sunday, Jan. 7, from 1:30 to 3:30 p.m. In-gallery performance by the Minnesota Youth Symphonies to celebrate the new planetarium show "Secrets from a Forest."

Women's Drum Center

Drumline Camp Level 1, a four-part drum series for women, takes place on Mondays, Jan. 22 and 29 and Feb. 5 and 12, at 2242 University Ave. W. Led by Jo Klein, participants are invited to cut loose with toms, snares and bass drums to explore this popular style of ensemble performance.

Have fun learning stick drum tips and techniques. No experience is necessary. Drums are provided. Fee: \$60. Registration required: womensdrumcenter.org.

Como Zoo and Conservatory

Holiday flower show: Continues through Sunday, Jan. 7, at the Marjorie McNeel Conservatory, 1225 Estabrook Dr. Regular hours, 10 a.m. to 4 p.m. A voluntary donation of \$4 for adults and \$2 for a

child is appreciated, which helps care for plants and animals.

Music Under Glass: Various Sundays and Wednesdays from Jan. 7 through Feb. 7 from 4:30 to 6 p.m. in the tropical garden at the Marjorie McNeel Conservatory, 1225 Estabrook Dr. No reservations required. Note: These concerts are standing-room only; no chairs available.

Scheduled: Sunday, Jan. 7, New Riverside Ramblers (Cajun dance music); Sunday, Jan. 14 TBA; Wednesday, Jan. 17 Mary Cutrufello (roots-rock singer-songwriter); Sunday, Jan. 21 The Bad Companions (roots-rock quartet); Wednesday, Jan. 24 The Sudden Lovelys ("aggressive folk" duo); Wednesday, Jan. 31 TBA; Sunday, Feb. 4 Andrea Lyn (musician, singer-songwriter); Wednesday, Feb. 7 Switchgrass (bluegrass). Updated schedule at comozooconservatory.org/como/winter-music-series.

Senior Strolls: Time set aside at the Marjorie McNeely Como Conservatory, 1225 Estabrook Drive, exclusively for ages 55 and older. Senior Stroll, a self-guided walk-through of Como Zoo and the Marjorie McNeely Conservatory, on Tuesday, Jan. 2, from 9 to 10 a.m. Senior Sunset Stroll, Marjorie McNeely Conservatory only, Tuesday, Jan. 23 from 4:30 to 6 p.m. Check-in at the main Visitor Center entrance. Admission is free. Reservations required: comozooconservatory.org/como/senior-strolls.

Gibbs Farm

Winter craft series: Dried orange garlands: Saturday, Jan. 13, from 10:30 a.m. to 12:30 p.m. in the Gibbs Farm's red barn, 2097 Larpenteur Ave. W. Cozy, casual crafting to create a winter wall hanging with dried oranges, wood-

en beads and winter greenery. All supplies and tea, hot chocolate or a cranberry orange mocktail provided. This project is best for ages 12 and older; all children should be accompanied by an adult. \$30. Registration required: rchs.com/event/dried-orange-garlands.

Como Park Ski Center

Weather permitting, "Mount Como" is scheduled to operate on various days and times through Monday, Feb. 19, at 1431 Lexington Parkway N. The ski center features two rope tows, a 150-foot vertical drop on 15 skiable acres, over 5K of groomed cross-country trails, lessons for all ages and skill levels, and ski and snowboard rentals. The chalet is located inside the golf course clubhouse. Hours vary, are weather-dependent and subject to change. Also, a St. Paul/Ramsey County mutual cross-country ski pass is required for ages 13 and up. Purchase online or in person.

Find details at stpaul.gov/departments/parks-and-recreation/

activities-events/winter-activities/downhill-skiing-snowboarding.

Senior activities

St. Anthony Park Area Seniors kicks off the new year with a mixture of in-person, virtual and hybrid activities. Unless specified, registration is not necessary.

In-person activities include:

- **Tai Ji Quan: Moving for Better Balance:** Tuesdays and Thursdays, Jan. 9, 11, 16, 18, 23, 25 and 30, from 2 to 3 p.m. The Legends at Berry (senior living building), 777 Berry St.
- **Card-making class:** Wednesday, Jan. 10, from 9:30 to 10:30 a.m. Centennial United Methodist Church, St. Anthony Park Campus, 2200 Hillside Ave.
- **Exercise:** Fridays, Jan. 12, 19 and 26, from 1 to 2 p.m. Lauderdale City Hall, 1891 Walnut St.
- **Blood pressure clinic:** Tuesday, Jan. 16, from 3 to 3:45 p.m., Seal Hi-Rise, 825 Seal St.

- **Game Day:** Tuesday, Jan. 25, from 10 a.m. to noon. Centennial United Methodist Church, St. Anthony Park Campus, 2200 Hillside Ave.

January hybrid:

- **Caregiver Support Group:** Thursday, Jan. 4, from 10 to 11 a.m. In person at St. Anthony Park Lutheran Church, 2323 Como Ave., or call the office at 651-642-9052 for Zoom link.

Virtual: Call the office at 651-642-9052 for connection instructions.

- **Chair Yoga:** Mondays, Jan. 8, 15, 22 and 29, from 9:30 to 10:30 a.m.
- **Lunch Bunch:** Wednesday, Jan. 3 and 24, noon to 1 p.m.

St. Anthony Park Library

SAP Library events and activities can be found on the Bugle's new Library Corner page (page 9).

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

SAP early 1900s history talk set Jan. 9

By Mary Mergenthal

Free monthly presentations discussing the St. Anthony Park neighborhood's architecture and history continue at 7 p.m., Jan. 9.

This latest monthly program will focus on buildings constructed circa the 1910s.

Sponsored and hosted by St. Anthony Park Lutheran Church,

2323 Como Ave., and presented by Augsburg University professor Kristin Anderson, the monthly talks are scheduled on the second Tuesday of each month. Afterward, there will be treats and time to visit.

In addition to the in-person session at the church, readers can also access the talk live online, with a recording available for one week after the session.

Use the SAPLC YouTube channel at bit.ly/Sap-history. You can also get to the church's YouTube channel by clicking through from saplc.org to the Worship link, and then to the livestream link. ■

Mary Mergenthal is a former Park Bugle editor and is currently the newspaper's obits editor.



The H. W. Strickler house, from *The Western Architect*, January 1914. Photo is out of copyright.



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Como Zoo puts new spark in sea lion show

By Jack O'Connor

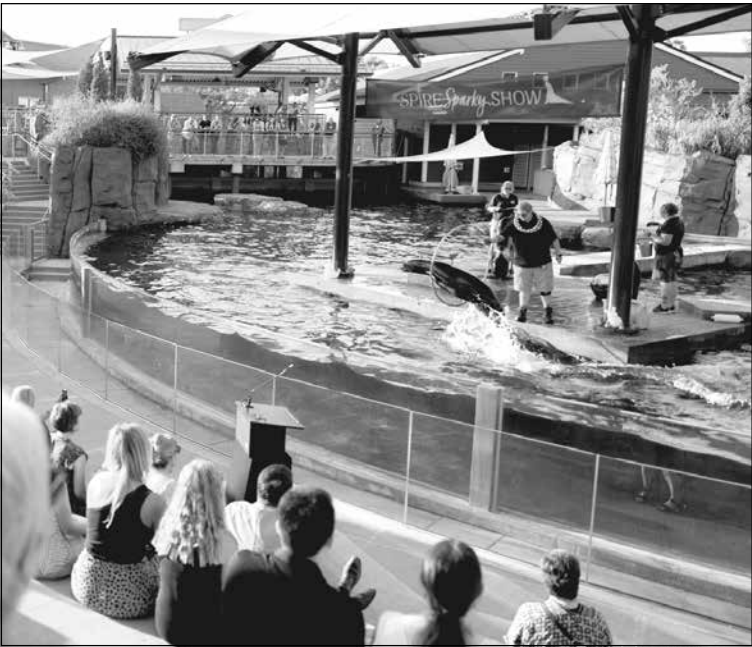
Como Zoo's 67-year-old sea lion show is changing to emphasize educating and entertaining people while keeping the animals safe.

What began as a single sea lion traveling act has transformed into a multi-sea lion act that balances fun for the audience with care for the animal.

Senior zookeeper Allison Jungheim said the current show ensures not only that the sea lions are healthy, but that audiences can enjoy and learn from the show.

"We try to focus on the behaviors that we need to maintain proper care for the animals, but also adding in a little bit of the fun behaviors for the public," Jungheim recently told the Bugle. "We want to make sure the show is both fun and educational."

The show was paused for five years as renovations to the sea lion exhibit were delayed by shipping



The "Sparky the Sea Lion" show has been a popular mainstay at the Como Zoo for decades. This photo was taken in 2022. Photo by Como Friends.

issues, construction problems and the pandemic before returning in 2022.

In the show's history, there have been seven sea lions with the title of "Sparky," with Subee currently

holding the title. Subee's co-stars are Poppy and Niko.

The sea lions are trained three times a day using positive reinforcement where correct behaviors are rewarded.

Each show is different, Jungheim said. The shows are catered to the medical needs of the Sparkys.

"We might be putting in eye drops or eye ointments. We might be brushing their teeth," Jungheim said. "We may lay them out and have them stay still while we rub them all down and make sure that they don't have any cuts or abrasions."

Spinning, waving to the crowd, catching fish and jumping through a hoop are a few of the activities guests can expect to see from the sea lions.

The shift toward a more educational show began in 2001 when the zookeepers took over the show after former director Norm Bing retired.

The previous Sparky the Sea Lion was almost entirely "entertainment behaviors," Jungheim said. The current show includes some of that. But educating the audience and having the sea lions do things that they do in the wild is now also a part of the show.

"While the old sea lion show had a lot of fun behaviors, it really did not have any kind of real focus on education," Jungheim said. "It's not just all fun and blowing a trumpet or something. It's more natural behaviors that they would actually do in the wild."

The Sparky the Sea Lion show takes place daily at 11:30 a.m. and 2:30 p.m. in the KSTP Amphitheater in the Como Harbor. ■

Jack O'Connor is a third-year student at the University of Minnesota majoring in journalism and political science. In his free time, Jack enjoys listening to music and hanging out with his cats.

St. Anthony Park Lutheran adds outdoor food pantry

By Mary Mergenthal

Seeking to address food needs of the homeless, the youth of St. Anthony Park Lutheran have established a Little Food Pantry which offers free nonperishable food to anyone in need, no questions asked.

Dan Morlock, former member of the SAPLC Youth Commission, came up with the idea about six years ago. He was touched by the needs of homeless people he'd encountered and struggled with how his church could help them.

The regular food shelves within the church simply didn't reach the real need of the homeless. They were unknown to many in need

and difficult to access. Morlock suggested piggybacking on little free libraries. The committee liked the idea.

John Seppanen offered to design the pantry and recruited Nico Zbacnik to help with building it, along with some youth from the congregation.

John prepared the pieces for the pantry, based on his design, while Ingrid Bollman, Molly Zbacnik and Greta Seppanen (along with Nico and John) got together this fall to build the pantry.

Bugle readers who would like to contribute nonperishable food (think food that will not freeze!), can bring it to the Luther Place church entrance during regular weekday office hours. (Toothbrushes, hygiene products and soap are also welcome.)

Please place your food inside the Luther Place entry or on the shelf by the offices there. Alternatively, all are welcome to join in 9:30 a.m. services any Sunday and put food contributions on the inside shelves at the Como end of the gathering room, next to the church sanctuary, for later addition to the outside pantry.

Picking up food items: If you need food (boxed or bagged items that will withstand outdoor temps any season), simply walk up to the food pantry on the patio in front of St. Anthony Park Lutheran, at Como Avenue and Luther Place. Just open the door and take what will help you. ■



Shown with the St. Anthony Park Lutheran outdoor Food Pantry are Molly Zbacnik, Greta Seppanen and Ingrid Bollman. The idea for the outdoor pantry and a fair bit of the labor was the result of these young people and others from the church. Photo by John Seppanen.

Dearth of Volunteers from p. 1

In addition to planning the Arts Festival, for example, committee members are tasked with raising funds to put on the event each year. Many people assume the library funds the festival — a misconception that has hindered the group's fundraising efforts, Gaseitsiwe said.

"The whole purpose of the festival," she explains, "is to be a fundraiser for the library. What happens every year is that because we have to raise all the money to put the festival on, we then essentially spend all the money we raised from the previous year to put on the next year's festival."

The annual Saint Anthony Park Library Branch Association Book Sale, which takes place at the same time as the festival, is another event that needs volunteer help, Gaseitsiwe added.

"If we don't have people in the community stepping up to fill these roles, then these traditions, these beloved events ... they're not going to happen," Gaseitsiwe says. With increased awareness of the issue, Gaseitsiwe hopes more people will come forward to participate.

"One thing that makes St. Anthony Park so special," Healy reflected, "is that people know each other here. I know every single person up and down my street. Being involved in neighborhood events and being involved in the place you live enhances relationships between neighbors. I just think it makes it more enjoyable to all work on a project together and then just see it come to fruition." ■

Christie Vogt is a St. Paul-based freelance writer and a regular contributor to the Bugle.

Mary Mergenthal is a former Bugle editor and is a member of St. Anthony Park Lutheran Church.

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THE BIRDMAN OF LAUDERDALE

Feeding winter birds

By Clay Christensen

As we continue into winter, many of us are thinking about feeding the birds. Minnesota winters can be tough. The birds seem to be needy and I, for one, want to help them survive any way I can.

Typically, during winter, we'll see black-capped chickadees, house finches, house sparrows, mourning doves, blue jays, crows, white-breasted nuthatches, American goldfinches, European starlings, dark-eyed juncos, white-throated sparrows and downy, hairy and red-bellied woodpeckers.

These don't all show up on the same day! Some of them are seasonal. For example, the white-throated sparrows may come in September and October and then be gone until spring.

For feeding my birds, I mix equal amounts of safflower seed and shelled black oil sunflower seed. I like shelled sunflower seed because I don't have to worry about all the shells that pile up beneath the feeders. The shells have a toxicity that prevents other plants or grass from growing beneath feeders with sunflower shells dropping down.

All the birds love sunflower seed. On the other hand, house sparrows don't seem to like safflower seed. That's a plus in my book!

I buy 30-pound bags of each of the two seed types. I store them in small garbage pails with locking

lids. I haven't bought bagged seed mixes for years because they often have a lot of "filler" seed, like wheat, oats, sorghum and rice.

I feed shelled peanuts in a squirrel-proof feeder. More about squirrel-proof feeders in a bit. Woodpeckers enjoy peanuts. I don't know how they can get the nut out of that little square mesh hole, but they do!

I also feed suet. I buy suet cakes that fit into a suet feeder cage. This suet has been rendered and doesn't melt at warmer temperatures. I've found a brand that includes roasted peanuts, oats, corn, almonds, pecans and walnuts. Yes, there are some oats in there, as filler, but the birds love it.

Bird feeders

There are a variety of feeders for delivering seed. I have a large fly-through feeder, a tray with a roof built over it, so the birds can see 360 degrees around them and get away in several directions. The feeder is on a pole that has a squirrel baffle — a pyramidal cone — on it. It amuses me to see a squirrel look up at the feeder, start up the pole, get to the baffle ... and it can't see the feeder anymore! Down it goes.

I also have several tube feeders. Over the years, I've upgraded to a brand that advertises itself as squirrel-proof. They're designed on a central rod that's spring loaded. If a squirrel jumps on the feeder, the outside slides down, closing

the feeder holes, and it can't get any seed.

In general, foiling squirrels is always on my mind when feeding birds. They are endlessly resourceful. After all, squirrels have all day with nothing to do but try different approaches to getting at that bird seed.

Foiling squirrels

I used to spray vegetable cooking oil on the pole of one of my feeders. That was fun while it lasted, but I learned that putting any substance on the pole can be harmful to birds. If they brush against it and get it on their feathers, they can't get rid of it. That can have a bad effect on their flight ability, warmth and waterproof condition. It probably makes them smell funny, too.

My birding buddy, Val, says that water is almost more important than food. Years ago, I tried to rig up my own warming apparatus consisting of a light bulb in a tall can under a bowl of water. Did not work well. There are better ideas.

Pet stores often sell heaters used for outdoor dog bowls. They can be used to keep your bird bath from icing up. You'll need to scrub off the bird droppings occasionally.

Now I have a bird bath that has a built-in heater in the base. It comes on when the temperature drops to 40 degrees or below. In the winter, I have to carry a bucket of water out to refill it. I scrub it out with a big brush, rinse, refill and it's ready to go. I don't use any chemicals; that would just require more rinsing.



Downy woodpecker on suet cage. Photo by Clay Christensen.

All these winter bird baths that depend on an electrical heater should be connected to a GFCI outlet to protect you and the birds from shocks. It trips the circuit if there's a short on the line.

Since you've got water close to electricity, GFCI is recommended. It may be required, for all I know.

I hope this encourages you to

start winter bird feeding or to expand what you're doing now. The birds will certainly appreciate it.

As for the squirrels, they can go dig up all the acorns they stashed while messing up your lawn! ■

Clay Christensen, a longtime birder, lives and writes in Lauderdale.

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SAP piano teacher installed in Steinway Hall of Fame

By Anne Holzman

Piano teacher and church organist Jean Krinke has St. Anthony Park roots that reach deep and wide.

She married a neighborhood boy, moved in with him on his childhood street and raised five children. She gave countless piano lessons and played the organ at St. Anthony Park United Church of Christ for some 30 years.

When the former Linnea Home on Como Avenue was converted to condominiums, Krinke saw an opportunity. She and her husband, Lambert Krinke, bought two units—one to live in, and the other for a piano studio. They moved in 2007 and Jean continues to teach today.

The studio contains two pianos made by Steinway. Much of her journey has involved her favorite piano maker, Krinke said.

In October, Krinke traveled to New York to be inducted into the Steinway Hall of Fame.

Schmitt Music sales representative Sue Freeman Dopp nominated Krinke for the honor and traveled with her to New York. The two toured the Steinway factory in Queens, visited the showroom in Manhattan and enjoyed a banquet with other honorees.

Dopp said the company holds the Hall of Fame awards every other year and asks sales representatives to nominate “a teacher who is well established and has very high standards for teaching to align with the high standards that Steinway has.” She said the award also recognizes “someone who values the Steinway brand.”

Born Jean Titus, Krinke grew up in St. Ansgar, Iowa, and took les-



Jean Krinke, a long-time piano teacher, was recently inducted into the Steinway Hall of Fame. Photo by Anne Holzman.

sons half an hour away in Mason City during junior high and high school.

Music was a family affair: Jean’s mother played piano and organ while her father played clarinet and saxophone. They also ran an accordion studio, and that was Jean’s first instrument, at age four or five, she said. Later she learned clarinet and alto sax.

Jean studied piano and organ at Eastman Conservatory in Rochester, New York, where her accordion experience came in handy as

she was hired to run an accordion band. Meanwhile, her father joined the faculty of Concordia College in St. Paul and her parents moved.

She has two siblings, a sister who is also a pianist and organist, and a brother who has experimented with many instruments and currently plays electric bass in a country-western band.

Back home with her parents in St. Paul after graduation, Jean met and married Lambert Krinke, who had grown up on Scudder Street in St. Anthony Park. In

1966, they bought the house next door, where they raised five children. Two daughters still live in the neighborhood with their families.

In addition to teaching and playing organ at St. Anthony Park UCC, Krinke also took piano and organ lessons at the University of Minnesota for many years to keep improving her own skills.

Jean has long been active in the Minnesota Music Teachers Association, serving on committees and encouraging students to participate in annual theory and performance competitions.


She spoke proudly of her participation in developing exam materials for Minnesota. “Other states use us as a resource,” she said.


As a member of a second professional organization, the National Federation of Music Clubs, Krinke helps with an annual piano festival offered by the Burnsville chapter.

Krinke shared fond memories of her many piano students from decades of teaching. She said she currently has a student whose father she once taught. She gets together with another former student to play duets for fun.

“I invest a lot in my students, and my students invest a lot in me,” she said. “When families come in, I feel connected.” ■

Anne Holzman is a regular freelance writer for the Bugle.








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VOICES: **Mao Lee**

By Sarah CR Clark

Mao Lee has been a teacher at St. Anthony Park Elementary School for 23 years and currently teaches second grade.

Lee has lived in St. Paul for more than 40 years and proudly considers herself Minnesotan. She was born in Laos and in the aftermath of the Vietnam War her family, among many other Hmong families, migrated through the jungle to safety in Thailand before coming to the United States.

Lee is bilingual, speaking both English and Hmong.

She met with me to talk about Hmong New Year, which was celebrated on Nov. 25 and 26.

Q: When is Hmong New Year?

Lee: Hmong New Year usually happens the weekend after Thanksgiving and goes on for about two days. Here in St. Paul, there is a big celebration at the River Center. It's usually on the weekend so people have the days off to attend and celebrate.

Traditionally our New Year's happened after the fall harvest so we could share an abundance of food with the ancestors.

Q: What are some traditional ways to celebrate Hmong New Year?

Lee: Traditionally the *noj peb caug* (which means New Year) celebration is done in the house. Most families or clans have a shaman

who will come, but in my personal family my dad will lead the ceremony.

They will first kill a chicken as an offering. Then there is a bowl with rice and eggs in it and they bring that, with some burning incense, to the door of the house. They open the door and then my father will say some words to thank the ancestors for the luck, wealth and health that has happened in the past year and then he will welcome each family member.

Each egg in the bowl is for each family member and he'll name all of us, welcoming us into the house with blessings for the new year. He'll make good offerings to the healer spirit and the wealth spirit. Once that is done, each person in the family eats their own egg.

The eggs, which are usually boiled, are like the souls of the people in the family. After the meal is finished, my dad will take a branch with some leaves — like an olive branch — and he'll go to each family member's house and he'll sweep their door. He'll sweep all the good luck in and sweep all the bad luck and evil spirits out.

While he does that, my mother ties spirit bracelets on family members in each household who still follow Hmong Shaman traditions. The bracelets are made of black, white, and red cotton threads and they are to ward off evil spirits.

Q: What is your favorite way to celebrate Hmong New Year?

Lee: My favorite way is to sit around the table, all together, to eat all the food that was prepared. Like the eggs and the chicken and whatever other food is cooked for the table. I like to visit with family members and watch the kids run around. Just having the family together.

Q: Do you go to the Hmong New Year River Center events?

Lee: I've gone in the past and haven't been in the last few years. I go to people watch. I love just looking at the different and new styles of traditional clothing that are sewn. That's what I love the best. The beautiful sequins, the jingling coins, intricate designs, beading and sequins put together. A lot of those outfits are hand sewn and take months to finish. ■

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



Mao Lee, wearing traditional Hmong clothing, joyfully celebrates Hmong New Year each November with her family. Photo courtesy of Mao Lee

Bugle project recognizes gratitude

By Laura Adrian

In the spirit of Thanksgiving, the Park Bugle's November Gratitude Project brought the community together, showcasing the warmth and appreciation that define our neighborhood.

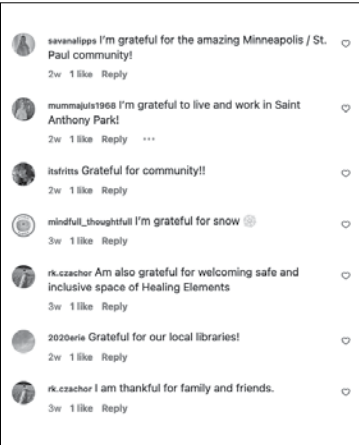
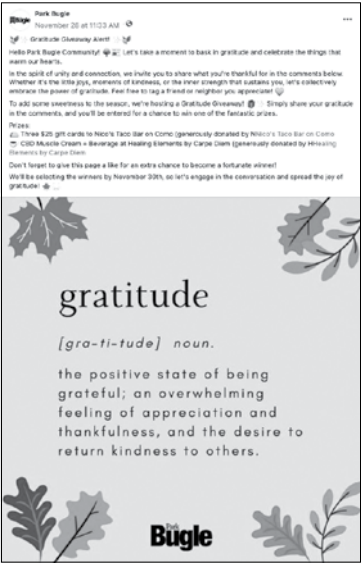
As the Bugle social media specialist, I initiated this project to encourage residents to reflect on what makes our community special.

Between Instagram, Twitter and Facebook, we received an inspiring 20 submissions, each a snapshot of the diverse elements that people hold dear.

From the beauty of snowfall to the cherished local libraries, the entries painted a vivid picture of the shared love for this vibrant neighborhood.

The stakes were high, thanks to generous donations from Nico's Tacos and Healing Elements. Nico's contributed three \$25 gift cards, and Healing Elements added a touch of relaxation with hand-crafted CBD lotion and a complimentary beverage.

Using a random number gen-



Social media posts from the Bugle's November Gratitude Project.

erator, we selected the lucky winners from the pool of contributors, ensuring a fair and exciting process. The expressions of gratitude ranged from the joy of community to appreciation for caregivers, adding depth to the collective tapestry of thanks.

Here are our winners: Ann McCormick, Karen Larson, Anne Sisel and Katherine Robinson.

The November Gratitude Proj-

ect not only celebrated the positive aspects of our community but also highlighted the businesses that make St. Anthony Park special. As we continue to navigate the seasons and share in the spirit of gratitude, let's remember the small joys that bind us together in this wonderful neighborhood. ■

Laura Adrian is the social media specialist for the Bugle.

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Artistic swimmer Parliament makes a big splash

By Janet Wight

Among senior swimmers, St. Anthony Park resident Claudia Kutzler Parliament is an elite competitor.

In October, Kutzler Parliament captured first place in the 80-89 age group Solo Free Final at the USA Artistic Swimming Masters Championship in Oro Valley, Arizona.

Parliament, a retired professor of applied economics at the University of Minnesota, has decades of experience in this sport, formerly known as synchronized swimming.

She attended St. Louis Park High School in the late 1950s and early 1960s, when there were few athletic opportunities for girls. The Surfbelles synchronized swimming team was one of the few options, she said. She won the solo event during the first state high school competition held in 1961.

As an undergraduate at the University of Minnesota, Parliament joined the aquatic league, a non-competitive synchronized swimming club. Many years later,



Claudia Kutzler Parliament shows off her medals from the USA Artistic Swimming Masters Championship. Photo by Jay Weiner.

in 1991, a group of former Surfbelles organized a show to celebrate the career and retirement of their

beloved coach, Sally Callahan. Parliament learned about the Masters program during preparation for the show and was inspired to return to the sport.

Artistic swimming has long been a family affair for Parliament and her two sisters, Bonnie Kutzler Buxton and Joanne Kutzler. All of them have extensive experience in the sport both as skilled participants and coaches. Parliament and Buxton won the masters duet competition in 1993, and the three sisters have also done trios.

Kutzler provided the choreography for Parliament's award-winning solo this year. It was performed to a classic version of Irving Berlin's 1954 song "Sisters," sung by Bette Midler and Linda Ronstadt, an appropriate choice for the close-knit Kutzler clan.

Parliament explained it is challenging to write good routines, as special talent is required to ensure that all of the elements and require-

ments are included within the confines of the music.

Since artistic swimming scores are based on a combination of execution, artistic impression and difficulty, technical proficiency is essential.

In order to prepare for the rigors of competition, Parliament's training regimen includes weightlifting, hiking and Pilates, in addition to her frequent sessions in the pool.

Parliament also leads an exercise class in her cooperative senior housing community to encourage other members to stay active.

"It is amazing what you can accomplish if you put your mind to it. Find something that you really like and pursue it with vigor," she advised. ■

Janet Wight lives in the Como Park neighborhood and is a regular freelance writer for the Bugle.

Roberta 'Bobbi' Megard from p. 1

Working with her, I learned about land use and transportation and how the neighborhood could influence decisions."

Watters noted, "One of my fondest memories working with Bobbi was lobbying at the State Capitol for the Highway 280 sound wall. It was seen as highly unlikely that we could get funding, but a small group persevered and we did. Bobbi gave us the tools and the knowledge to get that done.

"Later I worked with Bobbi as she represented the neighborhood on the City Council while I ran the Midway Chamber of Commerce."

Bobbi's leadership earned her many distinguished awards through the St. Paul LWV, St. Paul Chamber of Commerce, Ramsey County Bar Association and the Midway YMCA. She served on the YMCA's community board both as a member from 1998 to 2011 and as chair from 2003 to 2005.

Bobbi and her late husband, Bob, were avid travelers. Their adventures took them to Iran, England, China and, most often, Mexico, where they spent over two decades in their retirement years appreciating the people, language and culture. During the summer, she enjoyed trips to the North Shore to read, relax and spend time

with family. She loved cooking and hosting holiday gatherings, as well as enjoying the arts by supporting the Guthrie, Minnesota Orchestra and Minnesota Opera.

Bobbi was preceded in death by husband Robert "Bob," parents Roy and Georgia McNeal; brothers Roy "Bo" McNeal and Henry "Hank" McNeal; one grandchild and one great-grandchild. She is survived by children Jason; Allison; Rachel (Jeff) Tranberry; six grandchildren; five great-grandchildren and brother-in-law Stuart.

Memorials can be made online at lwvmn.org, or checks may be sent to League of Women Voters Minnesota, 546 Rice St., Suite 200, St. Paul, MN 55103. Please make checks payable to League of Women Voters Minnesota with 'Roberta Megard Memorial' in the memo line, or YMCA of the North, 1761 University Ave. W., St. Paul 55104 c/o Megard /Tranberry Endowment Fund, attention David Dominick.

Information about a celebration of Bobbi's life will be forthcoming. ■

Mary Mergenthal is a former editor of the Park Bugle. Bugle managing editor Scott Carlson contributed to this report.


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Live stream on YouTube Channel: bit.ly/3nWjlDD
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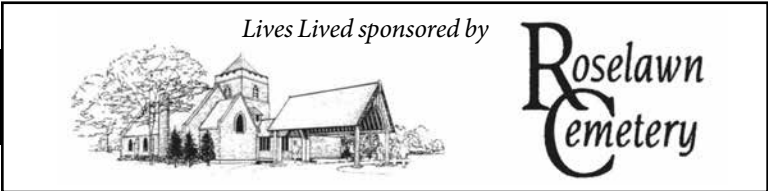
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LIVES LIVED

The Park Bugle prints obituaries free of charge as a service to our communities. Send information about area deaths to Mary Mergenthal at mary.mergenthal@gmail.com or call 612-670-8510.



This month we remember a 90-year-old woman whose south St. Anthony Park team won the St. Paul All-City Softball Championship in 1949 and an 88-year-old woman who taught children to read for 25 years.

Joan Berg

Joan Elizabeth Berg, 88, of Eagan, died Nov. 29, 2023. Joan was born Aug. 29, 1935, to Eleanor Peterson in St. Paul. She graduated from Murray High School in 1953. After high school, Joan met Walter Berg and they wed in 1957. They relocated to south Minneapolis where they raised their five children. Joan worked as a school secretary at St. Albert the Great Catholic Church grade school. After retirement, she and her husband moved to Tempe, Ariz. After Walter's death in 2000, she met and spent the rest of her life in the company of Francis Belinski. They spent many years together traveling as snowbirds between Arizona and Minnesota. They recently relocated to Eagan, where Frank's five children live. Joan was predeceased by her mother Eleanor, husband Walter, sister Charlotte; her son Peter; and two grandchildren. She is survived by her children Michael (Ginger) Berg, Sue (Joel) Jensen, Walter (Cathy) Berg and Patricia (Trini) Vega, as well as 15 grandchildren, 31 great-grandchildren, and three great-great-grandchildren. Mass of Christian Burial was celebrated.

Gordon Beseth

Gordon Beseth, 91, of Roseville, died Nov. 13, 2023. Gordy grew up in the Como Park area and graduated from Murray High School in 1950.

As a teenager, he enjoyed ski jumping around the metro, exploring Como Park and sneaking into the State Fairgrounds with friends. At 17, Gordy joined the Naval Air Reserves and served for 12 years, concurrently attending Dunwoody and completing his carpentry apprenticeship. Gordy worked as a carpenter for 25 years and later became the chief building inspector for the city of Roseville. Gordy played in softball and volleyball leagues, enjoyed golf and loved spending time with his children and grandchildren at his cabin on Lake Des Moines in Wisconsin. After retirement, he volunteered at St. Timothy Lutheran and at "The Gathering," providing respite care for people with Alzheimer's. Gordon was preceded in death by his parents Ingwald and Gunda; and brothers Bob (Mabel) and Al (June). Gordy is survived by his wife of 70 years, Dee; children Sherry (Dan) Fisher, Barb (Al) Pendergrass, Bonnie (Todd) Peterson, Sandie (Randy), Patti, and Matt (Amy); 14 grandchildren; and six great-grandchildren. A celebration of life was held at St. Timothy Lutheran Church, with interment at Roselawn Cemetery. Memorials preferred to the family, who will contribute to the Alzheimer's Association.

Mary Erickson

Mary E. Erickson, 90, of Crystal, died Oct. 21, 2023. Mary was born in Chicago on May 13, 1933, and moved with her family to St. Paul when she was young. As a teenager, she played softball and basketball in city leagues. Her neighborhood soft-

ball team in south St. Anthony won the St. Paul All-City Championship in 1949. She graduated from Murray High School. Mary was also a gifted artist; she and her husband Robert spent many hours creating wood carvings, with Robert carving and Mary painting. They enjoyed travelling to art fairs and won numerous awards for their carvings. Mary loved the outdoors; camping, sailing, skiing with her family and tending her garden. She was preceded in death by her husband of 60 years, Robert, and her oldest son, Carl. She is survived by her children Barbara, James, Stephen, Dawn and Curtis; 14 grandchildren and 10 great-grandchildren. Interment was held at Fort Snelling National Cemetery. Memorials to the Salvation Army or Bethel University.

Shirley Espeland

Shirley Jean Espeland, 88, was born to Floyd and Jennie (Vander Pol) Wassink in May 1935 in Edgerton, Minnesota, where she was raised. She graduated from high school in 1953 and began her college education at Northwestern College in Orange City, Iowa. She graduated from Augustana College, Sioux Falls, South Dakota, in 1957. Shirley then began her 25-year career as a teacher serving in Bloomington, Manitowoc (Wisconsin), Roseville and Redwood Falls. She lived in St. Anthony Park for the past 22 years. Shirley married Loren J. Espeland in June 1960, in Valders, Wisconsin, where Loren was serving his seminary internship. She was preceded in death by her parents, husband Loren (September 2015) and brother David. Shirley is survived by children Mari (Ken Dahlberg), of St. Anthony Park, and Leif (Ann); and five grandchildren. Other survivors include her siblings Von, Lloyd (Virginia), Wayne, Roxie, Rachel, and Curt (Ronna). Her funeral service was held at St. Anthony Park Lutheran Church, with interment at Fort Snelling National Cemetery. Memorials preferred to the St. Anthony Park Lutheran Church Organ Fund or Lutheran World Relief.

Jean Forsberg

Jean Evangeline Forsberg (née Hubred), 85, of Lauderdale, died Nov. 22, 2023. Jean was born in Erdahl Township. Her birth-mother died when she was born, and she lived with her grandparents until her father remarried when she was five years old. She then moved to Elbow Lake, where she grew up. She graduated from Elbow Lake High School in 1955. She attend-

ed Concordia Moorhead for one year, leaving school due to financial concerns. She started her career as a secretary at Lutheran Welfare of North Dakota. Jean met Harold Forsberg in 1957. They married Aug. 1, 1959, in Elbow Lake. The couple settled in St. Paul and Jean began working at the University of Minnesota Department of Psychology. She worked there for more than 50 years and continued her commitment to her career, working well beyond her "retirement." Harry and Jean's daughter, Julie, was born in 1966. That same year, they built the Lauderdale home where she lived for the remainder of her life. Jean was fiercely dedicated to her family, as well as her numerous hobbies. She was passionate about traveling, visiting a variety of places in Europe and across the United States. Jean was an avid reader with an expansive vocabulary that assisted her with her other passions for word games and puzzles. Jean was very tech-savvy, spending a lot of time on her Kindle and keeping up with the family on Snapchat. Her checkbook was always balanced to the penny, and she loved animals, as evidenced by her many pets through the years. She was dedicated to her church and to her exercise groups. She was proudly 100% Norwegian. Jean was a happy individual with a notable sparkle in her eyes. She could make everyone laugh and loved to spread her light to others. Jean was preceded in death by her parents; husband; and siblings, Arlyne and Omer. She will be dearly missed by her siblings, Earl and Gail; daughter, Julie (Dave); and two grandchildren. Her service has been held at St. Anthony Park Lutheran Church, with interment at Union Cemetery.

Sandra Frenger

Sandra M. Frenger died Nov. 22, 2023, after a courageous battle with Alzheimer's. Sandy was born in St. Paul, attended Holy Childhood Catholic School and graduated from St. Agnes High School in 1964. She went on to nursing school at St. Joseph's Hospital, where she would eventually work for many years while raising her family. Sandra was preceded in death by parents Herman and Lorraine Floetl; brother, George Floetl; and son-in-law Howard Barefoot. She is survived by her husband of 57 years, Robert; as well as children, Brian, Tammy (James) Sampson, Kimberly, and Todd (Kim), and five grandchildren. Memorial service has been held, with interment at Fort Snelling National Cemetery. Memorials preferred to the Down Syndrome Association.

Karl Gerebi

Karl Gerebi, 90, of Falcon Heights, died recently. He is survived by children Liz, Ken, and Nick (Lynn) Gerebi, and six grandchildren.

Mary Ann Hawkins

Mary Ann (O'Connor) Hawkins, 88, was born on the family farm in Benson, Minn., on March 16, 1935. She died Nov. 5, 2023. Mary Ann graduated from Benson High School in 1953 and St. Teresa's College in Winona in 1958. She married Dick in 1960. She was preceded in death by son Michael; parents, John and Ethel (McQuaid) O'Connor; brother Jim (Betty) O'Connor; and in-laws Jack Shekleton, Dan Hawkins and Joan Hawkins. She is survived by her husband of 63 years, Richard (Dick); children Mary (Jim) Wappes, Kathleen (Kelvin) Oscarson, Ann-Marie (Tom) Magee, Jim (Heather), and John (Theresa); 19 grandchildren and siblings Margaret Shekleton and Pat (Joanne) O'Connor; Mass of Christian burial was celebrated at the Church of the Holy Childhood in Como Park. Memorials to Michael Hawkins Scholarship Fund or Jack's Basket (celebrating children with Down syndrome).

Curtis Johnson

Curtis Earl Johnson, 89, died Nov. 25, 2023. He was born Aug. 2, 1934, in Decorah, Iowa, to John and Bessie Johnson. Curt always assumed he would be a farmer like his father, until one day his dad said, "I think you should go to college." That changed Curt's life. Graduating from Mabel (Minnesota) High School in 1953, he went on to get his bachelor's in history from St. Olaf in 1957 and a master's of art in history from the University of Iowa in 1964. Curt started his teaching career in Renville and Albert Lee, then moved to Roseville in 1965, where he taught at Alexander Ramsey and, later, Roseville Area High School, until 1993. Curt taught English, history and American studies. But he really enjoyed his involvement with the debate program. Along with teaching, in 1975 Curt and Mary opened Heritage II, a Scandinavian gift store in St. Anthony Park. The store lasted for 39 years, with other stores in the Signal Hills Shopping Mall, White Bear Lake and Excelsior. Curt was preceded in death by his two sons, Bjorn and Rurik. He is survived by his wife of 66 years Mary (Gunelson); daughter Rannveig (Dennis) Polinski and two grandchildren. A celebration of life service was held at St. Timothy Lutheran Church.

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Lives Live from p. 14

Janice Keran

Janice M. (Godfrey) Keran, 87, longtime Como Park resident, died Nov. 24, 2023.

She was preceded in death by husband and high school sweetheart, Richard; parents Leonard and Emma Godfrey; brother Gerald Godfrey and son-in-law Daniel Carlson. She is survived by children, Patty Carlson, Tom (Tammy), Jimmy, Danny (Bonnie); nine grandchildren; and four great-grandchildren.

Mass of Christian Burial was held with interment at Fort Snelling National Cemetery.

Matthew Koester
Matthew John Koester, 40, died Oct. 27, 2023, of what was likely a heart attack. He lived in St. Anthony Park and Como Park for much of his youth.

Matt was born in Princeton, Minnesota, on Oct. 16, 1981. He graduated from Concordia Academy in Roseville, where he met his future wife, Stephanie Perkins. Steph and Matt formed a close friendship playing in the Concordia Academy band, where Matt played trombone and Steph played flute. After graduating from

high school, Matt attended Waldorf College for two years and then earned his bachelor's in urban studies at Augsburg College in Minneapolis.

Matt and Steph were married on Aug. 25, 2007. They built a loving home together in Forest Lake where they lived with their two cats and their dog. Matt worked as a custodian at Hope Academy in St. Paul for many years, and recently took a new position at North Branch Area Public Schools.

Matt was a Boy Scout and earned the Eagle Scout rank. He loved going to the State Fair and traveling on family vacations. Matt and Steph loved spending time with their pets, and enjoyed taking road trips to Minnesota's North Shore and western national parks. Matt was ever loyal to his family and friends, and he was known for his goofy humor and love of puns.

Matt is survived by wife Stephanie, parents Nancy and Craig Koester, sister Emily and his grandmother. He is also survived by his mother-in-law and father-in-law, Sherri and Bill Perkins.

Matt Koester's life was short, but he was blessed with a loving

wife and family, home and work. He will be deeply missed.

Miles Locketz
Miles H. Locketz, 89, of Minnetonka, died Nov. 19, 2023.

Miles grew up in St. Paul and graduated from Murray High School, and with honors from the University of Minnesota business school. He was a certified public accountant in Minneapolis for 56 years and a partner with local and national public accounting firms. He was one of the early CPAs to earn the subspecialty designation of Accredited in Business Valuation (ABV). In his early years, he often spoke at seminars on tax and business valuation subjects.

Miles was preceded in death by parents Jacob S. and Charlotte M. Locketz, sister Carolrhoda Locketz Rozell, and his wife of 61 years, Sandra. He is survived by his son Jeffrey (Judy) and daughter Renee (David) Segal; four grandchildren; and one great-grandson.

Miles' family extends special thanks to the family of the anonymous kidney transplant donor in 1996. This provided him 27 years of additional life with his family.

Funeral services were held at

Minneapolis Jewish Cemetery. Memorials to the Adath Jeshurun Congregation Heshed Fund or the donor's favorite charity.

Lynette Marten
Lynette J. Marten, 88, died Dec. 1, 2023, of Alzheimer's. She was a long-time Roseville resident.

She was valedictorian at Patrick Henry High School and graduated with high honors from the University of Minnesota, where she received her bachelor's in foods and nutrition and master's in experimental foods. She reigned as Miss North Minneapolis in the Aquatennial and was crowned Minnesota Royal Queen at the university.

She served as an instructor of foods and nutrition at the U for six years. She later became an administrator in the Roseville School District, and then for 22 years in the University Extension Service. She was co-recipient of the Minnesota Extension Service Dean and Director's Cultural Diversity Award, and was awarded the Honorary State FFA degree. She was active as a volunteer in the community and at Como Park Lutheran Church.

Upon retirement, Lynette be-

came a student of piano performance. She enjoyed good music, drama and art, and was active in many community service activities.

She is survived by her husband of 62 years, Gordon C. Marten; daughter, Kimberly J. Marten; and son-in-law, Jack S. Levy.

A private celebration of life will be held at a later date. Memorials preferred to the University of Minnesota Foundation (Gordon and Lynette Marten Fellowship Fund) or Como Park Lutheran Church (music program).

Beverly Tillberry-Freitag
Beverly Gail Tillberry-Freitag, of Como Park, was born Oct. 23, 2023, and died Oct. 26, 2023.

Beverly is survived by her loving parents, Kendra Tillberry and Jordan Freitag; her grandparents, Kimberly and Thomas Tillberry, and Jacquelyn Curtis and David Vegafria; uncle Paul Tillberry and aunt Stevie (Aris) Karampelas; and great-grandparents Gail and Ralph Cox, Margery and Gerald Freitag, and Jerry Curtis.

Celebration of Life has been held. Memorials will be used to honor Beverly's legacy.



Cougar sports review and preview

By Eric Erickson,
Sports analysis

Here is an update on a fall sport and a look ahead to the winter sports season at Como Park Senior High School.

Lueck places fourth at state swim meet: Como Park sophomore Aleia Lueck qualified for her second consecutive state swim meet when she won the 50-yard freestyle at the Section 4A Meet in November. She qualified for the 100-yard backstroke as well when she finished third in a highly competitive section.

At the Minnesota State Meet one week later, Lueck set personal records in both events, earning two fourth-place medals.

Lueck's year-round commitment to swimming, in-season training, athleticism and competitive drive have yielded elite results in high school competition with two seasons still in front of her.

"State was really exciting," Lueck said. "Fourth place is so much better than I've ever done before and I really only started getting good like two years ago.

"I've become more motivated, and teammates always rooting for me helps a lot. Everyone on the team did really awesome and we



Como sophomore Aleia Lueck finished fourth in the state for both the 50-yard freestyle and 100-yard free. Photo by Christina Ward.

had a big team which made everything more fun."

Winter Sports

Girls basketball: The Cougars have the skills and depth to extend their 82-game conference winning streak and secure a 10th straight St. Paul City championship.

Strong senior leadership provided by captains Alice Wagner-Hemstad and Greta Seppanen, along with inspiration from injured junior captain Cece Davis, will ensure the team puts in the work for non-conference success as well.

"There's a lot of positive energy," Wagner-Hemstad said. "We have

a lot of younger girls so everyone's working hard and putting all they've got into it."

As the Bugle went to press, Como was 5-0 in non-conference play with a starting line-up featuring the two senior captains plus senior SaySay Hinton, junior Makyia Kenney and freshman Naijiona Shaw.

Boys basketball: Senior captain Mason Aarness was the leading scorer in the St. Paul City Conference last season, averaging 18 points per game. He's excited for his fifth year of playing for the Cougars (having been a varsity player as a Murray eighth grader). "I'm looking forward to playing all the conference teams one more time and competing," Aarness said. "Everyone's engaged in practice and committed. We're ready for a good season."

Key players on the Cougar roster include senior Zalaen MacCallum, juniors Ja'hari Hill and Dashawn Robinson, and sophomores Contrell Jenkins, Kavanaugh Lissimore and Hezekiah Bradshaw.

Boys swimming: Senior captains Kai Sackreiter and Kyle Kosiak are aiming to compete in another state meet.

Last year, Sackreiter placed 10th

in state for the 50-yard freestyle and made the finals in the 100 free. Kosiak and Sackreiter were part of a relay team at state that earned fourth place in the 200 free and ninth place in the 400 free.

Senior Oskar Helgen is another state meet participant with goals of getting back. Last season he helped the 200 medley relay team and the 400 free team qualify for state. Fellow seniors Garrett Seppanen and Adi Toe, along with sophomore Joey Schumacher who is a rising talent, figure to be prominent point-earners for the Cougars this season.

"Overall, we've got a great environment," Kosiak said. "We've got like 20 people, and with everyone working hard together every day, I think it's going to be a fantastic season."

Nordic skiing: The Cougars have a new head coach, Heather Norton-Bower, who brings a decade of Nordic ski coaching experience to the program. Norton-Bower is also in her first year as a science teacher at Como.

Sophomore Henry Simmons qualified for the state meet last season, hopes to do it again and is serving as the boys' captain. Senior Sophie Warner is the captain for the girls. They are assisted by Nor-

dic leaders Anna Lovat, Wil Finlay and Niko Turnure.

"I feel very lucky to work with them and all the Nordic athletes," Norton-Bower said. "They have been a very welcoming group!"

The collective group is a mixture of experienced and novice skiers who are over 30 strong in total. The team was able to purchase two pairs of roller skis for dryland training.

Norton-Bower explained that while a few Como athletes own roller skis, most don't because they are expensive. Giving more athletes access to the equipment will help the skiers develop their skills.

Wrestling: Senior captain Will Stiles has wrestled deep into the section tournament the past couple of seasons, narrowly missing state qualification. A three-sport athlete, he's training to be at his best in the 160 lb. division.

There are 25 wrestlers in the program, including eight girls. Minnesota added girls wrestling as a sanctioned sport with their own competitive divisions, and the Como coaching staff is thrilled to have new participants. ■

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



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