Tragic SAP house fire takes life of Sylvia Ruud

By Mary Mergenthaler

Very early in the morning of Feb. 8, a house on the 2200 block of Buford Avenue in St. Anthony Park caught fire, killing longtime Park resident Sylvia Ruud.

Ruud’s husband, Tom Ruud, was unable to get his wife out of the home. A neighbor heard him calling for help and called 911 about 11:45 p.m. Police arrived just before midnight.

Officers were unable to get inside the house due to heavy smoke and heat. Firefighters and other emergency responders arrived quickly, but Mrs. Ruud had already succumbed.

Investigators said they didn’t find any working smoke detectors near where the fire started. They believe smoking was the cause of the fire.

Tom Ruud was taken to Regions Hospital with severe burns on his hands, sustained as he tried to get his wife out of the house.

Sylvia Christine (Lee) Ruud, 79, was born Sept. 11, 1944, at Midway Hospital in St. Paul. She grew up in Alaska, California and Brazil, the oldest of five children to Otis and Kathryn Lee.

She attended California Lutheran University, Augsburg University, the University of Minnesota and Luther Seminary. She married Tom Ruud and they moved into their home on Buford Avenue in the early 1980s.

Before retirement, Sylvia had been managing editor of Word and World, a theological journal at Luther Seminary, for more than 25 years. She was also production editor for the journal Dialog for eight years and did private editing as well.

Sylvia was highly intelligent and an avid reader dating back to when she was a 5-year-old. She had hundreds of books and generously loaned them out, encouraging others to read. She was a gourmet cook, who loved reading cook books as well.

She had a strong interest in languages and studied Latin, Greek, Hebrew, Norwegian, Italian, Portuguese and many others on her own and with a group of friends.

Throughout her life, Sylvia also studied various philosophies, religions and psychologies and considered herself a Buddhist. She was very creative and artistic in a variety of ways starting at a young age. Her siblings were amazed at her drawings and other art, like the clothes she made for her Ginny doll and castles made from brown paper.

Institute dispels myths about human trafficking

By Christie Vogt

Human trafficking is more common than people expect and often occurs in ways the public doesn’t imagine.

So says Andrea Kittleson, anti-trafficking program manager at the International Institute of Minnesota in St. Paul.

Human trafficking, which includes labor trafficking and sex trafficking, is a crime in which a person uses force, fraud or coercion to get another person to provide labor or commercial sex. From agriculture to hotels, nail salons, cleaning services, child care and construction, trafficking occurs in a variety of industries.

Kittelssen’s comments came in January during Human Trafficking Prevention Month, a presidential proclamation in effect since 2010 that aims to educate the public about how to recognize and prevent human trafficking.

At the institute, 1694 Como Ave., foreign-born survivors of trafficking can access resources to secure housing, health care, job training and other services, depending on each client’s needs and goals.

“Trafficking survivors are of any age, any gender, any race or ethnicity,” Kittleson said. “It is happening in Minnesota, and it’s not always happening the way that we think.”

Because of the hidden nature of the crime and other barriers to data collection, reliable statistics about human trafficking are difficult to access, Kittleson said.

In her experience, Kittleson has found labor trafficking to be more common than sex trafficking, despite the latter often receiving more public attention.

Traffickers use many techniques to gain and maintain control over their victims, Kittleson said. This can include lying or making false promises, using threats of harm, withholding victims’ immigration or identity documents, or claiming the victim owes the trafficker a debt, often one in which the amount or timeline continues to change.

Due largely to movie portrayals and misinformation on social media, there is a misconception that trafficking situations are always “extreme” or involve violent kidnappings, Kittleson said.

“You can have force, fraud or coercion without physically kidnap-ping or moving someone,” she explained. At the institute, there have been cases in which individuals believed they had been hired for legitimate jobs, but then unknowingly became part of a trafficking situation.

“Human trafficking is not as sensational as it’s always portrayed to be,” Kittleson reiterated. “That’s what makes it so easily hidden.”

Micaela Schuneman, the institute’s senior director of immigration and refugee services, noted another common misunderstanding: that traffickers are always strangers to their victims.

“Often we see that people knew...
District 10 Community Council

Reprising Blizzard Breakfast

There was no snow in early February when District 10 held its second annual Blizzard Breakfast at the North Dale Recreation Center. The mild winter put a kibosh on skating and snowshoeing, but there was still plenty of fun to be had for more than 400 people who attended the event, said District 10 executive director Shevek McKee.

“Thanks to the volunteers from Bethel Lutheran who provided the titular pancake breakfast, our own D10 Neighborhood Relations volunteers and leaders, all of our local makers, and the wonderful staff at North Dale Rec,” he said.

If you attended and had any feedback, or want to be more involved in future events, please email organizer@district10comopark.org.

The next District 10 community event is the April 20 Regional Parks Cleanup Day at the Como Pavilion. For further information, check out District10ComoPark.org/Events.

Como monthly socials

The District 10 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 further details, check out the District 10 weekly newsletter at District10ComoPark.org/D10Social.

Community blood drives

District 10 partners with the American Red Cross and the Como Zoo & Conservatory to host community blood drives at the zoo. The next drive is from 9 a.m. to 3 p.m. Wednesday, March 8. Space is limited, reservations required. There are also opportunities to volunteer at the check-in table. The drives are split into two shifts of two volunteers each, 9 a.m. to noon and noon to 3 p.m. Find registration and more details at District10ComoPark.org/BloodDrive.

Seeking District 10 board candidates

District 10 is seeking candidates for several seats on its board of directors. These positions typically serve two-year terms. To get on the ballot, fill out an application at District10ComoPark.org/Elections.

Seeking District 10 community meetings schedule

• March 6, 7 p.m.
• March 19, 7 p.m.
• April 1, 7 p.m.

District 10 meetings are hybrid on Zoom and at the Como Street Car Station, 1224 Lexington Parkway. You can find meeting details at District10ComoPark.org. All District 10 community meetings are open to the public and include time for community members to bring topics up for discussion.

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

District 12 Community Council

New Volunteer Network

In partnership with the Creative Enterprise Zone, St. Anthony Park Community Foundation and 4th in the Park, District 12 has launched the St. Anthony Park Volunteer Network.

The new initiative is designed to make it easier for community members to volunteer and serve local organizations.

The Volunteer Network is an online, one-stop hub to find all the ways people can serve in St. Anthony Park. From joining boards and committees, to volunteering for annual events, to simply sharing your voice through local initiatives, there’s a way for everyone to contribute to the community.

For more information, go to http://sapcc.org/volunteer-network.

Kasota Ponds clean-up

The annual Kasota Ponds volunteer clean-up event is scheduled for 10 a.m. to 2 p.m. Saturday, April 13. Located off Highway 280, Kasota Ponds make up three of only four water bodies in St. Anthony Park, which are home to a variety of wildlife including turtles, migratory waterfowl, fish, songbirds, and some mammals.

In 2023, volunteers removed around 2,200 pounds of trash and recyclables.

Volunteers are encouraged to dress appropriately for the weather and wear suitable shoes for walking on uneven surfaces. If you’d like, remember to bring insect and tick repellent. Work gloves, safety vests, and trash bags will be provided.

Besides helping clean up the ponds, volunteers will have the chance to hear educational presentations.

Sign up at http://bit.ly/KasotaPonds. In case of inclement weather, the rain date will be 10 a.m. to 2 p.m. Sunday, April 28.

Environmental Committee leader

District 12 needs a chair person for its volunteer Environmental Committee, whose activities include advocating for clean air and water and organizing local clean-ups.

Prior experience is not required, just an interest in advocating for the community and six to seven hours to volunteer each month.

For further information or to apply, please email info@sapcc.org.

Semi-trucks on city streets

St. Paul has fully enacted a semi-truck parking ban on city streets. Fines are currently $150 and will increase to $250 on July 1. If you see semis, detached trailers or full tractor trailers parked on a city street in St. Paul, please report it to the police non-emergency number, 651-291-1111.

For parking enforcement, you will need to cite the location, length of time the truck(s) have been on the street, a description of the vehicle, and if you have it, the license plate.

Upcoming meetings

SAPCC committee meetings are open to the public. If you are interested in attending an upcoming committee meeting or want more information, please email info@sapcc.org.

• Land Use Committee: 7 p.m. Thursday, March 7
• District 12 Board: 7 p.m. Thursday, March 14
• Environment Committee: 6:30 p.m. Wednesday, March 27
• Transportation Committee: 7 p.m. Tuesday, March 28
• Equity Committee: 7 p.m. Thursday, March 28

Submitted by Hailey Dickinson, District 12 communications coordinator.

Como and St. Anthony Park community councils news

Community Council

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The election ends April 15. For further information on serving on the District 10 board, go to District10@district10comopark.org.

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Submitted by Hailey Dickinson, District 12 communications coordinator.
By Anne Holzman

After serving on the Falcon Heights City Council from January 2020 to December 2023, Yakasah Wehyee chose not to run for re-election, citing personal matters. Still, Wehyee is likely to reappear sometime again on the public scene, noting her two-year-old son that she hopes to spend a little more time with now that he doesn’t have to attend city meetings.

Wehyee said he grew as a leader during his four years on the council. “One of the things I’ve learned,” he said, “is you’ve got to know when to be aggressive and when to sit back” because there’s already a majority in agreement. “My ultimate contribution has been to bring us closer to realizing our vision of making us a more welcoming community,” Wehyee said.

Wehyee said another accomplishment was witnessing the opening of Amber Union, a 125-unit apartment complex in the southwest corner of Snelling and Larpenteur avenues. “The Amber Union development was something I was very proud of,” Wehyee said.

Wehyee also got involved in the Community Engagement Commission assisting immigrants as a Human Rights Day theme and bringing the Just Deeds movement to Falcon Heights. Just Deeds assists homeowners in identifying and removing racist covenants from their property records.

Moving the tournament indoors was something I was very proud of,” Wehyee said.

Wehyee said the opening of Amber Union is already under development, and removing racist covenants from property records is something he is working on.

By Bill Brady

A winter that wasn’t cast’s pall over Langford Park Hockey’s outdoor identity

“Outdoor ice is what we are about,” says the website for Langford Park Hockey. But this winter has been so mild that the rec center’s three outdoor skating rinks opened for only 10 days of the entire season. Even the 6.9-inch snowfall on Valentine’s Day came too late — the city had already returned the necessary equipment to storage for the year.

“We lost weeks of outdoor evening practices,” said LPH Board President Laura Mays. “We also lost the main winter school break activity. I wasn’t sure what to do with my kids. They usually burn 8-10 hours of energy racing around with my kids. They usually burn out this year I bought a small igloo to keep the equipment warm but visible,” added: “Mother Nature had a lot of heat and just dumped it on the ice.”

Moving the tournament indoors was a non-starter — it would have been too expensive even if space was available. The City Council moved the tournament indoors, and it was a non-starter.

“Outdoor ice is what we are about,” says the website for Langford Park Hockey. But this winter has been so mild that the rec center’s three outdoor skating rinks opened for only 10 days of the entire season. Even the 6.9-inch snowfall on Valentine’s Day came too late — the city had already returned the necessary equipment to storage for the year.

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By Scott Carlson

Bugle snags MENA honors

The Minnesota Newspaper Association recently named the Park Bugle as the recipient of five awards in the group’s 2022–23 Better Newspaper Contest. For our scrappy band of freelancers and regular staffers, the Bugle’s fine showing is a testament to the talent and spirit de corps of our team members to our community monthly.

Here is a recap of the MENA awards presented to the Bugle, which competed in the class of “non-multi day publications with circulation over 7,000”.

• Second place in Typography and Design: Eddie Hofmester and Wendy Holdman

• First place in advertising excellence: Sonia Ellis and Eddie Hofmester

• Second place in self-promotion: “House” ad: Wendy Holdman

• Second place in best advertisement: Sonia Ellis, Eddie Hofmester and Wendy Holdman

• Second place in hard news: Courts/crime coverage — Gustav Demars and Scott Carlson

These awards reflect our staff’s talent and dedication to produce high-quality journalism for you, our readers.

In a special honor, the MENA welcomed me as one of five new inductees into its Half Century Club. The club recognizes members for 50 years of service to the newspaper profession. I am reticent to tout my own horn, so you can read more about my award from Bugle board presiding officer Helen Warren on this page.

The awards presentation took place in early February at the MNNA’s latest annual convention in Brooklyn Center.

In the professional division, there were several hundred contestants vying for honors in more than 30 newspaper categories. The vast majority of those winners were from commercial newspapers with far more resources and revenue than the Bugle.

But there is a pride and esprit de corps that powers the Bugle. As we celebrate our 50th anniversary this year, we believe the Bugle is the glue that connects people in our community, sharing news and information that turns readers into neighbors.

We look forward to serving you each and every month. And thanks for your ongoing support.

Scott Carlson is the managing editor of the Bugle.

Some words about your editor

By Helen Warren

A half century, 50 years, is more than half a human lifetime. Besides living and breathing, most of us fill our time on earth with a craft or doing. We keep doing what we do because we know how to do it and because it pays the bills. If we are lucky, it also brings a sense of achievement or pleasure that keep us going.

Recently, the Minnesota Newspaper Association inducted Park Bugle editor Scott Carlson into its Half Century Club. Scott has been a professional journalist for 50 years.

After nearly 20 years as a business reporter for the St. Paul Pioneer Press, Scott has served in a variety of positions assisting commercial firms, non-profits and government agencies to clarify and effectively advertise their products and interests.

Like many journalists, Scott has learned to navigate the “jig economy” contracting his services to organizations on a freelance basis. He’s been the editor of the Park Bugle for five and a half years.

Scott’s experience demonstrates that longevity does not result from doing the same thing in the same way for decades. Instead, you generate staying power by learning to adapt, to experiment, to try new things. Resilience in the face of fundamental change is what members of the Half Century Club have in common.

As he has weathered 50 years of turbulence, Scott has relied on anchors, enduring principles that keep him upright and steady. He puts his faith in well-told stories, grounded in fact and animated by human interest. He’s judicious about his choices as a writer and editor.

He also has what my father, an Associated Press editor, used to call “a healthy disrespect” for powerful, overbearing people and organizations. He’s curious about people’s motives and conscious of their vulnerabilities. He doesn’t confront or pity them. He asks them simple questions, the ones his readers have on their minds.

And he reports the answers fairly and fully as he can. He lets his readers decide what to think about them.

Fifty years is a big milestone. Let’s wish Scott the best as he looks ahead to the next issue of the Park Bugle.

Helen Warren lives in St. Anthony Park and is the presiding officer of the Park Bugle board of directors.

By Kathy Henderson

March 14 is Pi Day and the St. Anthony Park Library Association will be participating in the holidays. Nope, that’s not a typo. It is pi (the math number) not pie, although both sound the same and Pi Day often becomes a lighthearted excuse to eat pie.

According to NASA, “The ratio of Earth’s circumference to its diameter is equal to pi, which is often rounded to 3.14.” Thus, pi is an easy connection to the 44th day in the third month, March 14. Give this a try: Take an empty soup can or a pie plate and measure the distance around it (circumference). Measure directly across it (diameter). Divide the circumference by the diameter. The result, 3.14. The diameter fits three times around the circumference with a little left over.

Pi is not one of those concepts left behind and forgotten when junior high math class is over. As a mathematical constant number, pi is used in real-world science, architecture, manufacturing, engineering, farming and more.

However, in case you think Pi Day is just a commercial strategy to sell pies, its creation goes back to physicist Larry Shaw, who celebrated the first Pi Day in 1988. In 2009, the U.S. House of Representatives officially recognized March 14 as National Pi Day, promoting math and science learning.

At St. Anthony Park Lutheran Church, 2223 Como Ave. A Pi/Pie Day forum, sponsored by the Library Association, is scheduled to start at 6 p.m. There will be pie jokes, poems and songs to share.

Pi Day will also include pies judged, plus more pies to share. A children’s (and adult) art table will feature creative pies. And neighbors are invited to bring a pie to share. Pie contestants should bring their baked goods to the church by 5 p.m.

Kathy Henderson is a freelance writer for the Bugle. Rita La Dow, of the SAP Library Association, contributed to this report.
Theater is a “Wonderland” for Como Senior High student

By Ben Wagner

Como Park residents attending the Children’s Theatre Company’s upcoming production of Alice In Wonderland might see a familiar face in their programs.

Como Park Senior High School sophomore Harriet Spencer is a member of the Student Ensemble as well as the White Rabbit under-study and double. Alice In Wonderland is her second production with CTC.

Harriet’s first acting experience came in first grade production of Three Little Pigs, but her first official production was with the Rosetown Playhouse in fourth grade. The stage offered her a place to tap into some of the more spontaneous aspects of her personality.

Although the preparation for Alice in Wonderland is intense, Spencer says the opportunity to share that with other people, “is intense, a world that wasn’t my own and an eccentric soul and I needed a place to let that energy out,” Spencer said.

Since then, she’s appeared in productions such as Little Women and Disney’s Frozen Jr with the Youth Performance Company as well as Corduroy, her first production with CTC.

Spencer said performing in Frozen Jr was her “it moment,” the time when she realized that acting was something she really wanted to pursue.

“I loved the idea of stepping into a world that wasn’t my own and sharing that with other people,” Spencer said. “It just really made me happy.”

“Poetry contest returns for another year

By Scott Carlson

Get ready dear readers. Spring is just around the corner.

And that means the Bugle is conducting its 14th annual poetry contest in conjunction with National Poetry Month in April.

In a world of constant flux and uncertainty, poetry offers the chance to quiet our souls, to pause and reflect.

This year we are asking contestants to draft poems drawing inspiration from the words “civility” and “gratitude.” The deadline for all poems, which must be submitted by email, is 5 p.m. Friday, March 8.

The contest is limited to one entry per person. Deadline to receive entries is Friday, March 8.

• The contest is open to all Bugle readers. Current Bugle employees, Park Press board members and their families are not eligible to enter.
• Send poems to editor@parkbugle.com

Poems will be judged anonymously by a local poet. So, sharpen those pencils, fire up your laptops or whatever tools you use to compose and let the poetry flow.

“Always sort of felt like I was an eccentric soul and I needed a place to let that energy out,” Spencer said.

“Poems can take any form you choose,” Spencer said. “I always sort of felt like I was an eccentric soul and I needed a place to let that energy out,” Spencer said.

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“In the subject line of your email, please put in the words “Poetry contest entry.” And please send all poems via email.

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Public Service Announcement~

Traditionally we’d be talking about the spring real estate market. However, in the wake of the February house fire tragedy on Buford Avenue, my thoughts are with the family, friends, and neighbors of the victims. Please take a few minutes to check and change out your smoke detector batteries. Home inspectors commonly recommend changing the batteries annually.

Stay safe.

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Stay safe.
By Janet Wight

In January, Holly Menninger took the helm as executive director of the University of Minnesota’s Bell Museum after serving a brief stint as interim director of that natural history facility on Larpenteur Avenue.

In her new post, Menninger is charged with implementing the museum’s strategic plan, which includes deepening its service across the state.

“We want to make sure the Bell is accessible, and that everyone in the Twin Cities and beyond feels welcome coming through our doors,” she said.

To this end, the Bell will provide 15,000 science and nature kits to be used in social service organizations, libraries and schools throughout the state this year.

Menninger said she is especially proud of being producer for the planetarium production Secrets From a Forest.

“It is a beautiful story of a Stradivarius violin that has deep ties to nature,” she said. “This well-received program will return to the Bell in mid-November.

Another new Bell Museum program is a partnership with indigenous communities to learn more about their traditional ecological and astronomical knowledge, Menninger said.

Menninger’s new role at the Bell Museum has been several years in the making.

Prior to moving to Minnesota six years ago, she was the director of public science at North Carolina State University.

Menninger, who grew up in Cincinnati, landed a position at the Cincinnati Museum of Natural History in a program designed for teens interested in science called LABRATS (Learning About Biodiversity Research and Teaching Science). This was her first real job and provided a wealth of experiences including greeting visitors, leading hands-on activities, giving presentations and even supervising birthday parties.

These roles helped Menninger gain confidence in public speaking and engaging with people despite her shy nature at the time, she said.

Fascinated by science and research, Menninger pursued a degree in biology. Initially, she had no intention of working in a museum, and instead envisioned a career as a professor at a small college.

However, Menninger’s future plans dramatically changed in 2004 due to the emergence of cicadas brood X. This was the beginning of social media and the 24-hour news cycle, and there was a media frenzy surrounding the emerging insects.

As a doctoral student at the University of Maryland, Menninger was tapped to do a live interview on CNN to discuss the omnipresent cicadas, followed by many additional television appearances. During this time, she realized she relished the opportunity to connect people to science.

“That was the pivot point: to focus on public audiences in various dimensions and thinking about how we can use science and nature to help make people’s lives better,” she said.

Menninger was evaluating new career opportunities when she decided to pursue a position at a university-based museum. This appealed to her since museums have a special role to play as bridges to the wider community. Working at the Bell gave her the ideal opportunity to help connect scientists and the public, which would emerge as her professional sweet spot, she said.

Building things also interests Menninger, and she has often been the first person in specific roles. She enjoys being part of something new, and her first position at the Bell was fittingly in a newly-created job in a brand new facility.

Outside of her job, Menninger is active in the community, volunteering at Falcon Height Elementary School in several capacities.

She is the co-leader for Family Service Night, an annual event which allows students and family members to complete service projects that promote equity, increased awareness and benefit local non-profit organizations.

In her personal time, Menninger enjoys canning. Menninger’s specialties include tomato and strawberry jams along with dilly beans. She also enjoys knitting baby hats when she has some spare time.

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

Later, Sylvia was talented at creating miniatures and her finely detailed pen and ink drawings were seen in several publications. Cards of her drawings of landmarks in St. Anthony Park and St. Paul were sold at the former Bibelot.

Mrs. Ruud was a generous and kind introvert. She loved living across from Murray Middle School, as she enjoyed seeing Murray students coming and going.

She loved animals. She had a cat early on and then numerous dogs. Beagles Doug and Annie died by her side in the fire.

She is survived by her husband, poet and author Tom Ruud; sisters, Becky (Paul) Hirdman, St. Anthony Park; Elizabeth Lee, Ellensburg, Washington; and Solveig Lee, Whithby Island, Washington. She is also survived by nephew Colin (Traci) Hirdman, and niece Kara Hirdman.

Mary Margenthal is a former editor of the Bugle and is currently the newspaper’s obituary editor.

For a list of obituaries in previous Bugle issues, please visit the littlewineshoppe.com.

Jim Bownik was recognized for 25 years of service to the City of Lauderdale with a proclamation and refreshments at the Feb. 13 City Council meeting. As an assistant administrator, he has performed many tasks over the years, including regular contact with the Park Bugle about city business and events. —Anne Holzman
Dr. Paulsen’s students learn tumbling skills (forward rolls, back- ward rolls), and also practice handstands, cartwheels and roundoffs. They experience both handstands, cartwheels and somersaults. “They experience both handstands, cartwheels and both tumbles and cartwheels,” Tsui said. “I love watching students overcome their fears,” Paulsen added. Books bring libraries together SAP Elementary students recently hosted librarians from the SAP branch of the St. Paul Public Library in their school library. Tina Tsui, SAP Elementary’s librarian and management education assistant, said the librarians’ visits were a part of the Minnesota’s Youth Reading Awards (MYRA). “It is exciting to see our kids talking about these MYRA books and having a chance to vote for their favorite ones,” Tsui said. “The nominees are a really diverse set of books that kids might not have discovered by themselves.” Laura Christopherson, children’s specialist at the SAP Branch Library, met with students in kindergarten through second grade in January and read MYRA-nominated picture books to each class. “This was my first time going to SAP Elementary for Storytime and it was a joyous experience,” Christopherson said. “It was such a pleasure to go to the school and reach out to young readers that aren’t already regulars at St. Anthony Park Library!” Terre Meath, library associate at the SAP Branch Library, worked with third through fifth grade students and summarized each of the 10 MYRA-nominated chapter books. “The kids seemed really interested and engaged as I told them about the books,” Meath recalled. “They had good questions for me and were comfortable commenting on books they had read.” Meath and Christopherson weren’t the only people to notice the students’ enthusiasm. Tsui said, “After the book talks, I’ve had waiting lists of students hoping to check out each nominated book. Even the picture books!” Students will vote for their favorite MYRA-nominated books in March. Tsui expects to know results in time for a celebration in April.

Annual fourth grade puppet show
In January, 84 fourth-grade students participated in an eight-day artist-in-residency program. Students worked with artists from Hinter Hands to build larger-than-life puppets, elaborate paper mache masks and the set and props for a puppet show. The title of the show, performed on Jan. 19 for all SAP Elementary students and families of fourth graders, was titled “Plantzilla” and was based on a book of the same name by Jerdine Nolen. Funding for the residency was provided by St. Anthony Park School Association and a grant from the St. Anthony Community Foundation.

Murray Middle School Submitted by Jamin McKenzie and Stefanie Folkema. Activity Day
On Jan. 25, 400 Murray students participated in Activity Day, a more-than-20-year-school tradition. “The goal behind Activity Day is to observe a mid-year celebration where students and staff can have fun together and enjoy a part of a positive community,” said Murray principal Jamin McKenzie. For this year’s Activity Day, all Murray students were invited to attend one of four field trips. Badlands Snow Park (snow tubing), Grand Slam (arcade, batting cages, bumper cars, laser tag, mini-golf, ninja course), ice fishing, and Skateline (rollerskating).

Two teams go undefeated by Sarah CR Clark
Murray Middle School is celebrating perfect records posted by its volleyball A-team and girls’ basketball teams this season. Marshall Little, Murray’s athletic director, coached the volleyball team, which was not only undefeated (14-0), but won every set of each game. Asked what he was most proud of about his team, Little pointed to their cockiness. Meanwhile, girls basketball coach Gabe Gravert concluded his first season at Murray, overseeing an 8-0 record. Gravert said his favorite moment of the season came in the team’s closest game, against Hidden River Middle School.

Student makes good on bet Submitted by Paige Yurczyk
In January, sixth grade TCGIS history teacher, Herr (Mr.) Tabisz made a unique deal with his students. If they collectively achieved the highest average grade on their history test, he would shave his head. The students embraced the challenge,forming study groups and collaborating to prepare for the test. To everyone’s surprise, the sixth graders not only exceeded their own expectations but also got the highest average score on the test in comparison to every previous cohort (83%).

True to his word, Tabisz arrived at school the next day with a bald head. School spokesperson Paige Yurczyk said, “Tabisz’s commitment to his promise highlights the extraordinary efforts TCGIS educators are willing to make to inspire and motivate their students.” Sarah CR Clark lives in St. Anthony Park and covers school news for the Bugle.
SCHOOL NEWS

Como High School news

By Eric Erickson

Academy of Finance

Sophomores studying Introduction to Business within the Academy of Finance (AOF) program at Como recently took a field trip to the Minnesota State Board of Investment (SBI).

The SBI visit was an opportunity for the Como students to present their creative business ventures in front of their mentors who represent a variety of businesses and institutions around the Twin Cities.

Collaboration was ongoing throughout the first semester as mentors worked with Sumaya Mohamed’s students at Como once every three weeks, offering guidance, insight, and support for their developing business plans.

The presentation format was patterned after “Shark Tank,” the popular reality TV series. Students made their mentors an offer for a stake in their company before pitching details of their new business ideas. In turn, the business experts gave the students feedback on their entrepreneurial plans.

After the presentations, students learned about investment banking from a few industry experts. The day concluded with students touring the Minnesota State Capitol.

Performance

The performance of The Jungle Book is scheduled for 7 p.m. on March 15 and 16 in the Como High School Auditorium. About 40 students in the cast and tech crew are working hard and having fun at their after-school rehearsals in preparation for the shows.

Ticket prices are $5 for students and $7 for adults.

Human trafficking from p. 1

their trafficker, which is one of the reasons why it can be such an insidious crime," Schuneman said. “People don’t necessarily realize they’re being trafficked when it starts because it’s someone they trust. That’s another reason why it is underreported and underprosecuted.”

Human trafficking is also under-reported because, in some cases, survivors are unaware that their rights are being violated. Kittleson said. “With foreign-born survivors, limited English language skills can also hinder their ability to advocate for themselves, she noted.

Physical isolation also plays a role in keeping trafficking hidden. Schuneman added. The institute has seen labor trafficking cases, for example, where survivors were living on the farms where they were working.

Discerning consumers can help thwart traffickers’ efforts, Schuneman said. She uses home projects as an example, noting that the people working on your roof could be trafficking victims.

“It’s one thing that people can have on their radar when they’re hiring contractors,” she noted. “You’re looking at a bid, and you wonder, ‘Gosh, why is this one bid so much lower than other bids?’”

Several years ago, the institute encountered a case where a contractor failed to carry workers’ compensation insurance and was thus underbidding all its competitors. Ultimately, the contractor was found to be trafficking its workers as well.

“The attorney general’s office has made (investigating) wage theft the priority,” she said, in addition to the federal Office for Victims of Crime and the Office on Trafficking in Persons.

If you or someone you know may be a victim of human trafficking, the institute (651-377-8602) can connect you to appropriate resources. The National Trafficking Hotline can also direct victims to services or accept reports of suspected trafficking, call 1-888-373-7888, text 233753 or visit humantraffickinghotline.org.

Christie Vogt is a regular contributor to the Bugle.

Eric Erickson teaches social studies at Como Park Senior High School and is a regular contributor to the Bugle.

Winter concerts

Kate Miller, a second-year Como teacher, directed the winter instrumental concert in January with three bands and one orchestra in performances. The beginning band made its stage debut, which is a huge accomplishment for new musicians, while the jazz band and advanced band “dug into some challenging music and the orchestra resurrected after a multiple-year hiatus,” Miller said.

“I’m proud of my students’ performance and cherish the time I have to work with them.”

The Como choirs held their winter concert in the Como Auditorium on Jan. 24. A variety of popular selections and diverse genres were featured under the direction of first-year Como teacher Huy Tran.

Human trafficking is also under-reported because, in some cases, survivors are unaware that their rights are being violated. Kittleson said. “So if, as a consumer, you have doubts, you can make a report to the attorney general’s office.”

Community members can also help combat trafficking by spreading awareness about the issue, Kittleson added. “Think before you share,” she cautioned about social media content, and confirm that the information is from reputable organizations.

Safe Harbor is one local example of a legitimate source of information, she said, in addition to the federal Office for Victims of Crime and the Office on Trafficking in Persons.

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

In March and April, your donations will support the Murray Middle School PTO.

Find out more about the PTO at www.givemn.org/Murraypto.

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Step 2 Drink delicious coffee

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“The two musicians become much more than a duet.” — Columbus Dispatch

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Wellness guide around the neighborhood

By Kathy Henderson

It’s March, and according to media reports, this is the time when New Year’s resolutions earnestly made to improve fitness and mental health start flailing.

The good news is the Bugle’s circulation territory of St. Anthony Park, Como Park, Falcon Heights and Lauderdale is brimming with ways to improve one’s health and well-being. They’re enjoyable ways you may already be doing or could be easily incorporated into your type. What’s more, they are all backed by science and research.

One disclaimer: The Bugle’s wellness guide is for general interest and does not provide medical advice. Individual reactions, be it to song, nature or art, may vary. What may generally prove positive to improving health and well-being is not necessarily universal.

Community Sing

Colorful Nordic sweaters and heavy L.L. Bean parkas were the fashion statement on a rare frigid January evening as around 75 people filled the seats in the community room at St. Matthew’s Episcopal Church for the monthly community sing, led by popular singer/songwriter Ann Reed and well-known Twin Cities pianist Dan Chouinard.

Buoyed by coffee and cookies, the singers were having fun. Smiles were exchanged, bodies bounded in their seats, shoulders rhythmically shifted, hands clapped and booted stomped to songs reflecting the season.

What most people probably didn’t realize was Ana Smith having fun, being part of a community sing was contributing to their physical health and emotional well-being.

“I don’t know the physical and psychological stuff, but I do know how I feel,” Reed said. “When I am having a bad day, once I start singing, it makes me feel better.”

Chouinard also acknowledged his personal experience of community singing and well-being.

“If you want to be part of the monthly Community Sing, but are unable to get to St. Matthew’s at 7 p.m. on the third Monday of the month (March 18), you can still sing along with the crowd or catch up later via Reed’s YouTube channel at youtube.com/544ared/streams.

When their monthly songs are determined, Chouinard posts the lyrics on his website at danchouinard.com/calendar.

Recharge with nature

Whether looking to Western scientific knowledge, Indigenous environmental and cultural knowledge or a collaborative blend (two-eyed seeing), few will dispute that being in nature, as well as viewing nature, benefits one’s physical, emotional and even spiritual health and well-being.

The long list of attributes includes: physical activity, kinship land connection, a sense of awe, sensory experiences, healthy aging, socialization and engaging with community, increased life satisfaction, decreased stress, anger and fear, and reduced blood pressure, heart rate and muscle tension.

When it comes to connecting with nature, Bugle land is known for its tree-lined streets, garden enthusiasts and proximity to the landscaped grounds and gardens of the University of Minnesota’s St. Paul campus. There are also various local parks, from Como Park with its zoo and conservatory to Lauderdale’s Skyview Park.

Further, this area has some unique nature connections not found elsewhere in the city. They include the US agricultural fields, the Bell Museum’s dioramas and Gibbs Farm with its farmstead, heritage apple orchard, restored tall-grass prairie and Dakota medi- um and crop area.

Another unique but often overlooked connection to nature can be found on the U’s St. Paul campus in the College of Biological Sciences’ Conservatory and Botanical Collection.

Open to the public weekdays only since late last fall, this collection of Somali plants collected under glass in the region. Looking closely into section to find plants that could be easily mistaken for rocks!

Although the Conservatory is a teaching resource, the signage in each biome is self-explanatory so you don’t have to be in the company of a professor to learn which each room represents and the names of the plants located there. As the Conservatory’s biomes in January contained flowering plants, turning greenery, assorted cactus, natural light, fragrant scents, and benches for sitting, Chouinard was asked if he thought people could seek out the Conservatory as a recharge room.

Following an enthusiastic yes reply, he immediately added with a laugh that he really didn’t know the official definition of what architecturally makes up a recharge room. (Basically, a multi-sensory, nature-filled, immersive environment that reduces stress and anxiety and builds resilience.)

Do not expect this learning environment to replicate the Como Park Conservatory. Students may be watering the plants in the morning, so pathways and benches could be wet. There is very limited metered parking along Gortner Avenue and the Gortner Avenue Parking Ramp is three blocks away.

Abundant art benefits

Just as Bugle readers may benefit from living in an area with so many opportunities to connect with nature, there’s an unfor-tential home run when it comes to art, some of it even connecting art with nature.

For example, art and nature in the neighborhood (p. 13)

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Jared Rubinstein, curator of University of Minnesota Conservatory & Botanical Garden. Photo by Kathy Henderson.

MARCH 2024 • PARK BUGLE
By Kathy Henderson

Reading fiction boosts health, well-being

When it comes to reading to support your health and well-being, typical recommendations might include classics such as the Mayo Clinic Family Health Book or perhaps one of those self-help books to motivate or maintain a healthy lifestyle.

But did you know that there’s a long list of health and well-being benefits that come from reading fiction, your personal choice of fiction, even if it is true crime fiction?

There are enough science-based, peer-reviewed journal research studies to support that statement that the University of Minnesota-Adolphus College in 2019, focusing on the positive effects of reading on health.

In the U’s hybrid course, students “learn what happens cognitively while we read, how people around the world and throughout history have used literature for healing and how you can use literature for your own well-being,” according to the course flyer. “Reading has many benefits,” Olson said. “There is plenty of research on how reading can help us reduce stress, anxiety and blood pressure, and how reading can aid us in sleep readiness and prevent cognitive decline.”

For example, in her book “The Art of Mindful Reading: Embracing the Wisdom of Words,” bibliotherapist Ella Berthoud wrote, “Research has shown that reading provides as much relaxation as meditation, and just six minutes reading can de-stress more than listening to music, drinking tea or going for a walk.”

“Reading can contribute to our well-being in other ways, too,” Olson added. “It can be a way to learn and to understand or process our emotions. Reading stories can help us find or explore purpose, hope and vocation, as can telling our own stories.”

Reading fiction can build more empathy for a situation than reading about it in a published report or professional journal.

Academic researcher Rosemary Marshall succinctly noted, “Metaphorically walking a mile in the characters’ shoes can transform judgement into understanding.”

Reading is never truly a solo act, according to the course flyer. “We can start their own children’s book club, or teachers can use them to check out, ‘she said. ‘Families select the book they want to read according to their interest and availability. The February selection was the historical fiction work “West with Giraffes” by Lyn-da Rutledge.

Mee also provided the names of the top five fiction books checked out of the St. Anthony Park Library in 2023: “Demon Copperhead” by Barbara Kingsolver, “Lessons in Chemistry” by Bonnie Garmus, “I Have Some Questions for You” by Rebecca Malkaai, “Hello Beautiful” by Anne Napolitano, and “Saturday Night at the Lakeside Supper Club” by J. Ryan Stradal.

Crime fiction, such as the popular “I Have Some Questions for You,” might be discounted as frivolous or easily predictable entertainment, also has a solid role in a reader’s health and well-being. Studies show that among its value to readers are catharsis (safely feeling and processing emotions), distraction and sense of closure.

The positive benefits from reading fiction don’t differ if one selects print, e-book or audio book format. Stevie Shively, who taught the “Healing Words” course last fall, encourages her students to try all three. ■

Kathy Henderson lives in St. Paul and is regular freelancer for the Bugle.

The St. Anthony Park Library’s adult book club “has been going on for many years, with only a break for Covid,” Mee said. Members select the book they want to read according to their interest and availability. The February selection was the historical fiction work “West with Giraffes” by Lyn-da Rutledge.

“The positive benefits from reading fiction don’t differ if one selects print, e-book or audio book format. Stevie Shively, who taught the “Healing Words” course last fall, encourages her students to try all three. ■

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Wondering: What does wellness mean to you?

By Jenni Wolf

Have you noticed the term ‘wellness’ being used more often lately? On packaging, in advertisements, on social media, in the news? I can think of several companies and products that have swapped out an old name or tagline to include the new “wonder word.” Wellness marketing, the advertising of products and services with the promise of good health, is on the rise — and for good reason. We want to be well, wouldn’t we?

But are those claims and promises actually true? Or are they just a way to get us to contribute more to the ever-growing wellness industry?

The global wellness industry brought in $5.6 trillion in 2022, up more than 64% in just 10 years. And the market is expected to grow by another 57% by 2027.1, 2

Let’s pause to reflect on what wellness means to us as individuals, so we better discern what we are looking for in this vast market. What do you want to prioritize when it comes to your wellness? Wellness is often defined by eight dimensions: physical, intellectual, emotional, social, spiritual, vocational, financial and environmental wellness.

When I think about my own wellness goals, I pick a few categories to focus on. And because I am a dietitian, I find it helpful to focus on physical wellness, which encompasses food and nutrition habits.

Being fed and nourished makes it a lot easier to concentrate on all the other wellness dimensions because your emotional regulation and cognitive functioning are better.

So, what does wellness mean when it comes to food and nutrition? As a dietitian I would tell you it means eating in a timely and frequent manner throughout the day. It means eating all of the food groups at most meals and respecting your hunger and fullness cues. It means drinking adequate fluids each day, taking vitamins and minerals that might be difficult for you to get enough of, enjoying your food and being flexible with food choices.

But if you asked me as an individual, my definition of wellness might differ or be more specific. I might choose to purchase more frozen vegetables if I struggle to prepare fresh ones before they spoil.

And my sister might do the exact opposite because she has more time to cook fresh vegetables and does this regularly. So, it might be a helpful and “well” choice for her to purchase a produce subscription box.

But that wouldn’t be a choice that currently supports my wellness needs. Instead, I would forgo clicking on the ads that infiltrate my inbox or social media feed and, instead, go to my local store and score a couple bags of frozen peas.

Nutrition and health are personal and full of nuance, and the same goes for wellness choices. Don’t get caught up in the term, the appealing colors and fonts, or the promises. Instead, step back and check in with yourself to see what are your actual wellness needs.

I hope this encourages you to move forward with the things that are going to best support you. Cheers to being well! ♦

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

Sources
2 The Global Wellness Institute™. globalwellnessinstitute.org

A variety of foods can contribute to wellness. Photos by Jenni Wolf.

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Canine flu has abated, but vet says keep your dog’s guard up

By Bill Brady

More than 100 cases of canine flu were reported in Minnesota in 2023, including five in Ramsey County.

Fortunately, the highly contagious influenza peaked during the summer, with no new cases reported to the state Board of Animal Health since August.

That’s a relief if you’re a dog owner, especially one who likes to take Daisy to the dog park or to the doggy daycare. It doesn’t mean, however, that you can let your dog’s guard down.

“We could certainly still see outbreaks in the future,” cautioned Megan Schommer, veterinarian and co-owner of St. Francis Animal Hospital in Roseville. “Social dogs especially can bring on themselves due to troubles that their ‘best friends’ can be exposed to.”

Moreover, canine flu is only the most recent and most potent scare. Communicable illness always pose concern, from respiratory bugs that spike in the colder months to troubles that their “best friends” can bring on themselves due to their curious natures. “Dogs are the ultimate opportunists!” Schommer said. “If your dog is a social butterfly, it is extra important to keep up on preventative medications.”

These include vaccines, which protect against diseases your pet can be exposed to when interacting with other dogs or with wildlife, heartworm preventatives, which fight intestinal parasites, and flea/tick medications, which protect against infections spread by mosquitoes and other buggy annoyances. Besides infectious ailments, dog owners must always be alert to troubles that their “best friends” can bring on themselves due to their curious natures. “Dogs are the ultimate opportunists!” Schommer noted. Especially when the opportunity involves engulfing something orally, they seldom pass it up, and they can move at lightning speed.

“The most worrisome items for dogs to put in their mouths are indigestible items like rocks, anything that might carry bacteria such as dead animals, and stool from other animals,” Schommer warned. “Twigs and small sticks are generally safe, but larger sticks can be sharp enough to cause damage to gum tissue or cause an intestinal obstruction.”

And then there is, of course, the biggest doggy no-no of them all: chocolate.

“Every year, we see a number of dogs with chocolate toxicity who managed to ingest an entire box of, say, Valentine’s chocolates,” Schommer said. “Keep them as far away from that as you can. Remember that dogs have an excellent sense of smell and can usually tell that there is something yummy inside a box, even if it is well wrapped.”

Just like us, dogs need to return to outdoor activity gradually in the spring after being less active in the winter. Schommer recommends the doggy daycare. It doesn’t mean, however, that you can let your dog’s guard down.

U of M Mini Medical School back

By Kathy Henderson

When the University of Minnesota launched its Mini Medical School program 25 years ago, it was a series of hands-on sessions at the Moos Tower on the East Bank campus.

The initiative attracted a sizeable audience of mostly faculty and staff and their family members. “Dogs are the ultimate opportunists!” Schommer noted. Especially when the opportunity involves engulfing something orally, they seldom pass it up, and they can move at lightning speed.

“The most worrisome items for dogs to put in their mouths are indigestible items like rocks, anything that might carry bacteria such as dead animals, and stool from other animals,” Schommer warned. “Twigs and small sticks are generally safe, but larger sticks can be sharp enough to cause damage to gum tissue or cause an intestinal obstruction.”

And then there is, of course, the biggest doggy no-no of them all: chocolate.

“Every year, we see a number of dogs with chocolate toxicity who managed to ingest an entire box of, say, Valentine’s chocolates,” Schommer said. “Keep them as far away from that as you can. Remember that dogs have an excellent sense of smell and can usually tell that there is something yummy inside a box, even if it is well wrapped.”

Just like us, dogs need to return to outdoor activity gradually in the spring after being less active in the winter. Schommer recommends the doggy daycare. It doesn’t mean, however, that you can let your dog’s guard down.

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ST. ANTHONY PARK DENTAL CARE

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Update: Donations to the Bugle keep climbing

By Scott Carlson

Two months into 2024, donor contributions to the Bugle keep climbing as the newspaper marks its 50th anniversary and celebrates winning five awards at the Minnesota Newspaper Association’s Better Newspaper Contest.

As of Feb. 14, the Bugle had received 853,121 in donations for fiscal 2023-24. The newspaper’s healthy operations are greatly buoyed by the solid support of scores of individual and business donors.

Donors who contributed from Jan. 10 to Feb. 14, 2024:

**Individuals**
- Keith & Grace Dyrd
- Thomas Erickson
- Bjorn & Britt Gangeness
- David & Kathryn Gilbertson
- Kristina Halvorson
- Erik Haugo

**Business**
- Mary Boyd-Brent
- Mike Blandford
- Judith Bailey
- Anonymous
- Individuals

Thanks to everyone for your financial support and confidence as the Bugle strives to produce great journalism that informs readers and supports the communities of St. Anthony Park, Como Park, Falcon Heights and Lauderdale.

Have we made a donation yet? There is always time to help your community.

You 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 made any time of the year.

**Wellness in the neighborhood from p. 9**

come together at the Bell Museum beyond the dioramas, as the exhibit “Moments of Memory: Minnesota Landscapes Painted from Life” continues through May 26. Meanwhile the U’s “Introduction to Drawing” students escaped their West Bank classrooms to sketch at the U’s Conservatory in January and the Bell Museum in February.

The Art Loft at bored Gifts and Goods, 2276 Como Ave., features different artists each month. Its March artists are Kathy Daniels and Mark Hakomaki.

In her artist statement Daniels says she draws “what I know and love, trees or more precisely, parts of the tree — leaves, the bark (especially the bark), the root system as well as the over story, and the ever expansive tree environment.” Hakomaki’s cows and sheep that boldly look out at you from their canvas pastures are a delight, but don’t let them deter you from exploring his works of flowers, landscapes and urban scenes.

The Lawson Art Gallery in the U’s St. Paul Student Center hosts assorted artists in solo or team shows throughout the year. The gallery attendant said that each March the Student Unions & Activities’ Art and Culture team puts out a call to artists to apply to have their work displayed at any of the U’s three gallery spaces during the next school year. March 8 is the deadline for 2024-25.

Attending a community sing at St. Matthew’s? Don’t overlook the artwork lining the walls in the community room there.

Head outdoors to view the Creative Enterprise Zone’s dramatic murals that can be found on various buildings in south St. Anthony Park. A CIZE mural map and artist statements are available online at https://www.creativenterprisezone.org.

And don’t be surprised if readers already have June 1 marked as opening day for the popular St. Anthony Park Arts Festival. Artist application deadline is March 1.

Registration filled fast for adult watercolor art classes that were launched in February at the St. Anthony Park Library, with more classes scheduled for March. Students in Luther Seminary’s Mindful Sketching Club combine art and faith each week. “The club started in the fall of 2022, after I gave a presentation to our Luther Seminary community about the role of art in our spiritual life,” said Steve Thomason, associate professor of Spiritual Formation and Discipleship.

“Our practice is simple,” he explained. “We read a scripture (usually the Psalm from the daily lectionary) and then sit in silence for 15 to 20 minutes to draw. We spend the last few minutes sharing our drawings and experience of the process for any who want to share.” Thomason also has a YouTube video that provides easy-to-follow instructions for anyone interested in trying the various sketching techniques that the students may be using https://www.youtube.com/watch?v=G0lp8w4Vyw.

Healing impacts

The science studies related to engagement with art — creating and viewing — abound with evidence of its healing assets. A small sample includes pleasure-related responses and overall positivity, aesthetic appreciation, wonder, awe, happiness, optimism, contentment, relaxation, distraction, social bonding and preservation of culture and personal identity.

Studies also report that art can open one up to new viewpoints; challenge current thinking, confront fears, raise awareness, unite people and causes, and stimulate problem-solving and insight.

Physically, researchers say, art can positively affect breathing, heart rate, brainwaves, posture and muscle tension. Another off-quart ed 2016 study by researchers at Drexel University, Philadelphia, champions that spending 45 minutes creating art — no matter the skill level, no matter the art materials used — can reduce stress-related hormones.

However, positivity isn’t guaranteed. Art, presented in any medium, can also be tricky because it’s so individualized and feelings are so complex.

Respecting personal preferences and interpretations, Lawson Art Gallery posts “Welcome Patrons. The exhibition can contain images that may cause strong reactions.”

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

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Hybrid activities:
- Wills and estate planning: 10 to 11 a.m. Saturday, March 2. In-person presentation at Centennial United Methodist Church, St. Anthony Park Campus, 2200 Hillside Ave. Streaming live at facebook.com/sapusers.
- Caregiver support group: 10 to 11 a.m. Thursday, March 7. In-person meeting at St. Anthony Park Lutheran Church, 2323 Como Ave. or via Zoom. Call the office at 651-642-9052 for Zoom link.
- Virtual: Call the office at 651-642-9052 for connection instructions.
- Chair Yoga: 9:30 to 10:30 a.m. Mondays, March 4, 18 and 25.
- Lunch Bunch: Noon to 1 p.m. Wednesdays, March 13 and 27.
- Boreal Art Loft
  Local artists Kathy Daniels (trees) and Mark Hakomaki (nature and urban scenes) are the boreal Art Loft's featured artists during March. The show runs through March 29 during regular store hours: 10 a.m. to 5 p.m. Monday through Saturday, and 10 a.m. to 4 p.m. Sunday, at 2276 Como Ave. shop boreal life.

Community Sing
Musician Dan Chouinard and singer-songwriter Ann Reed will lead a community sing-along at 7 p.m. on Monday, March 18, at St. Matthew’s Episcopal Church, 2161 Carter Ave. All singing abilities welcome. Free.

Women’s Drum Center
Djembe Improvisation and Soloing: Unlock your rhythmic expression at the Women’s Drum Center’s new two-part workshop with Dan Eingeberth. The series begins with a 7 p.m. session on Saturday, March 6 and 13, at 2242 University Ave. W. Registration required: womensdrumcenter.org. Limited space, some drumming experience suggested.

Lawson Art Gallery
Artistic Tapestry: Connecting Voices, Forms and Human Nature: Works by emerging artists Analeine Marie Jordi-Beaver (textiles), Lary McKnight (polymer clay), Alice Blessing (virtual portraits) and Wynn Davis (mixed media and graphite pencil). Exhibit runs March 7 to April 12 during regular gallery hours: 11 a.m. to 4 p.m., Monday–Wednesday and Friday, 11 a.m. to 6 p.m. Thursday, at the University of Minnesota St. Paul Student Center, 2017 Buford Ave.

St. Anthony Park Garden Club: Jennifer Olson, president of the Friends of the Wild Flower Garden, will present “Eloise Butler and Her Garden” at the St. Anthony Park Garden Club’s March meeting.

The historic garden is located in Theodore Wirth Park, Minneapolis. Established in 1907, it is the oldest public wildflower garden in the United States. The evening begins with a 6:30 p.m. club business meeting, followed by a 7 p.m. social and 8:30 p.m. program on Tuesday, March 5.

In-person at St. Anthony Park Lutheran Church, 2323 Como Ave. (enter from Luther Place) or via Zoom. Email sapgardencg@gmail.com for the link.

SAP history series next up March 12
By Mary Mergenthal
Free monthly presentations focusing on St. Anthony Park’s neighborhood architecture and history continue Wednesday, March 12, at St. Anthony Park Lutheran Church, 2323 Como Ave.

The latest monthly program will focus on buildings constructed in the 1940s and ’50s. Sponsored by the church 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, the talk can also be accessed live online, with a recording available for one week afterward.

Use the SAPL.CS youtube channel at Bit.ly/Sap-history.

Mary Mergenthal is a former editor of the Bugle.

World Day of Prayer
St. Anthony Park Lutheran Church will observe the World Day of Prayer with a prayer service in the church sanctuary at 10 a.m. on Friday, March 1, at 2233 Como Ave. Fellowship and light refreshments will follow. All are welcome.

Como youth baseball league forming
The sound of “Play ball” will be heard once again in the Como Park and St. Anthony Park area this summer.

Registrations are now being accepted for Como Ball, a non-profit youth baseball and softball association. Its goal is to return quality and affordable youth baseball and softball to the Como Park, Hamline-Midway, North End, St. Anthony Park and Frogtown neighborhoods.

Games will be scheduled from mid-May through July at various ballfields in or near Como Park. The in-house program is for ages 7 to 12 and costs $100; the travel program is for ages 13 to 15 and costs $250.

For more information, visit www.comofootball.com or email comosball23@gmail.com.

Roseville Community Band
Did you play an instrument in high school or college and want to start playing again? Join the Roseville Community Band. You do not need to live in Roseville to play in the band.

The band rehearsals are from 7:30 to 9 p.m. on Monday nights at the Roseville Middle School, 15 E. County Road B2. Band member- ship details at https://www.roseville communityband.org/.

No fooling! SAP Library book sale donations begin April 1
This is NOT an April Fool’s Joke.

Starting Monday, April 1, the St. Anthony Park Branch Library Association will accept donations of new and gently used material for its annual book sale.

The book sale will take place at the library, 2245 Como Ave., on Friday, March 31 and Saturday, April 1.

Donations process
- Please don’t bring any damaged or damaged items to the library before April 1.
- During regular library hours, items may be delivered to the door at the lower level of the library.
- Please do not leave donations outside the library building or place them in the book drop.
- If you have more than two boxes of books, please e-mail annualbooksaleapla@gmail.com to ensure that your donation can be accepted.
- Larger donations may also be brought to one of the drop-off events listed below.

Donation drop-off events
There will be three donation drop-off events, where you may drive (or walk) up and drop off your materials outside the library.

These events will be from 1 to 4 p.m. on the following Saturdays: April 20, May 4 and May 18.

Some items not accepted
The Library Association will not accept some items including DVDs, CDs, VHS tapes and text books. St. Paul Public Library discards and magazines or material in soiled or damaged condition.

For further information contact the Library Association Book Sale Committee at annualbooksalesapla@gmail.com.

Contributed by Susan Dean, chair, St. Anthony Park Branch Library Association Book Sale Committee.
By Marilyn Benson

Over a small latte at Mim’s Cafe a few weeks ago, I perused a new book, Heidi Roop’s Climate Action Handbook. Having followed the climate change issue for many years as a member of Transition Town — All St. Anthony Park, I have moved from sorrow, to hope, to frustration, to despair and around again to hope.

Roop’s book is a hopeful book. It begins with an overview, reminding us that the impact of global warming is everywhere, and that we humans are part of the cause — and can be part of the solution. But she does not berate — instead, she invites us to act and to act now.

Roop is director of the University of Minnesota’s Climate Adaptation Partnership and an assistant professor of Climate Science and Extension specialist.

Her book’s subtitle, “A Visual Guide to 100 Climate Solutions for Everyone,” lets us know what format to expect. Each topic is presented by a single page of text, across from a graphic that illustrates the issue and presents further information, often statistics. I noted many solutions that I have adopted.

Action 30: Composting. My husband Tim and I have composted our food scraps and yard waste for years in two big wire cages that tucked neatly into our back yard.

Action 10 to 14 focus on transportation, specifically cars. Having had access to a car since adolescence, it took me a while to let go of our second car, my beloved Volvo station wagon.

We now drive an electric car and are fortunate to have an extended family who recently lent us a Prius to drive to the North Shore this past December. However, not yet are there enough reliable charging stations in greater Minnesota.

Action 15: Fly less, fly economy. A difficult one. Knowing that just 1% of the global population is responsible for 50% of CO2 emissions from commercial aviation, I struggle in deciding whether to fly to see a college friend in Los Angeles and my grandson in Boston. Other categories, “Actions around the home,” “Shopping and consumer choices” and “Food and farming” invite us to make choices for the climate that are often personal.

“Civic and community engagement” reminds us of ways we can take action in our community by engaging with elected officials and policymakers. The 100 solutions provide more than we can absorb in one sitting. The book is a reference resource and perhaps also can be a daily reminder, especially if I leave it accessible on my kitchen counter. Or good to read with others and discuss.

Marilyn Benson, a resident of St. Anthony Park and a member of TransitionASAP.org, has worked as a pastoral psychotherapist and continues a small practice of spiritual direction.

By Mary Morris Mergenthal

St. Anthony Park Lutheran Church will sponsor a free Welsh hymn sing/Cymanca Ganu at 2 p.m. Sunday, March 10, in the church, 2323 Como Ave. Sign Welsh hymns and enjoy Welsh food.

Karen Jones Wojahn, a retired music and choir director from Winold, will lead the event. She is a trustee for the Welsh North American Association, a member of the St. David’s Society of Minnesota and a newsletter editor for the Minnesota Welsh Association.

Wojahn has played organ for the annual Minnesota Welsh Hymn Festival for many years and plays the harp in her spare time. During the annual North American Festival of Wales, Karen performs many vital duties.

SAP General Church organist Joshua Lindgren will accompany the program. Those who attend and sing will sit in voice part sections. Photocopies of the Welsh hymns will be available. Most singing will be in English, though expect Wojahn to teach a bit of Welsh as well.

Catherine Salovich Victorsen of Lauderdale will perform on the harp. (The harp is the Welsh national instrument.) She was the solo principal harpist from 1984 to 1999 for the Regensburg Philharmonic Orchestra in Regensburg, Germany. Catherine won the 1999 North American Welsh Eisteddfod Instrumental Competition and has attended the Tanglewood and Aspen Music festivals. Currently, she teaches harp at Bethel University, Hamline University and the University of Northwestern in St. Paul. Catherine maintains an active teaching studio and is a professional freelance musician in the Twin Cities.

The hymn singing is free, but donations are appreciated. Credit card donations, cash or checks payable to the church will be welcomed.

Any further questions, please contact Mary.

Catherine Salovich Victorsen

Welsh Hymn Sing/Cymanfa Ganu

Sunday, March 10, 2:00 p.m.

Karen Jones Wojahn, director.
Cathy Victorsen, harpist.
Joshua Lindgren, organist.

Free — Donations welcome.

Welsh cakes a Welsh tea follow. (About 5 p.m.) Welsh leek soup (with meat or vegetarian).

While soup reservations are not required, if you hope to stay for that, please notify Mary Morris Mergenthal to help with planning.

Contact Mary Morris Mergenthal, mary.mergenthal@gmail.com or 612-670-8510 (calls/texts), for reservations or any event questions.

Mary Morris Mergenthal lives in St. Anthony Park and is a former editor of the Bugle.

U of M author offers tips for climate action

By Marilyn Benson

MARCH 2024 • PARK BUGLE

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Join The Good Acre’s Farm Share and get 18 weeks of fresh, local produce starting in June.

www.thegoodacre.org

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www.thegoodacre.org
Our birdman nearly flew the coop!

By Clay Christensen

Since the beginning of winter, I’ve been questioning whether I’ve pretty much finished with birds, bird watching, writing about birds and so forth.

I belong to a small group of friends who go out birding every Monday morning. But this year, I’ve decided to go on hiatus, skipping the Monday morning birding. For me, it involved getting up on birding; I’ve been focusing on birds in the neighborhood. Still, though, some things get me upset. For example, house sparrows! They’re not native birds. They were brought here from England. They’re not native birds. They set. For example, house sparrows!

Speaking of sparrows, I got a mailer from my local hardware store: Help Feed Winter Birds. It came with a large fold out about owls, illustrating things such as the shape of their eyeballs and feather design for quiet flight. I always thought that quiet flight was important for them as hunters, but it may be so the owl doesn’t get distracted by its own wing sounds while it’s listening for its prey. The prey itself is usually under a foot or more of snow, so they’re not going to hear an owl gliding in.

My buddy, Tim Canfield, stopped by with a chickadee nest box he built from some of the lumber he’s accumulated over the years. It’s a very interesting design, well built and rather large, about two feet tall. He’s wondering if some organization would be interested in using it as a door prize or a fund raiser.

There have been a couple reports of a pair of barred owls at the Lauderdale Park. I think they’re nesting there. They can be heard calling to each other in the evening.

As a contributor to the Cornell Lab of Ornithology, I receive their quarterly magazine “Living Bird.” The last issue had some great articles in it. Hunting by Hearing Birds in the Big City, and a great photo spread of bird pictures from their Macaulay Library archive.

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Then, I’ve been seeing my male cardinal right at dusk. I call our cardinals Carl and Carla. So, this would be Carpcular Carl, meaning he shows up at dusk and dusk. It’s thought that these times of low light may mean fewer predators nearby (like Cooper’s hawks) because visibility is reduced.

So, these and other events have rekindled my interest in birds, bird watching, reading and writing. I must confess I’m hooked. I always turn to see a bird in the sky when I’m walking my dog, trying to identify it, wondering where it’s headed, what it’s up to. I long for the return of spring, morning bird song, and rare migrants passing through my little slice of habitat. It’s coming!

American robin. Photo by Linda Krueger.
By Rita La Doux

The St. Anthony Park Library lost a dear friend recently — the graceful white oak that had stood on the front lawn more than 150 years. We all remember the towering tree on the library’s building. It stood in that spot since even before the library was built in 1917.

In recent years pitted woodpeckers were chipping away at the tree. Then, over successive years, the tree’s foliage began dying out on its upper branches, although it didn’t show any signs of oak wilt.

By last summer, June 2023, the audience at the St. Anthony Park Arts Festival music stage had to move across the lawn chashing shade that had once been provided by that majestic tree.

As sad as it was to admit it, it was time to take down the tree. The St. Paul Public Library arranged for the tree removal. It is a difficult expense to cover when libraries are stretched to pay for books and staff, but buildings and grounds are where those books and staff find their home. In this case, it was fortunate that funds were available to remove the dying tree.

A highly-skilled and careful crew from Hugo Tree Care removed the white oak on Jan. 30, just as children and families were gathering for Tuesday Storytime with Alisia Mee.

Watching the teamwork of the cutter — high in the tree with bucket and ropes and chainsaws — and the log loader on the ground with the giant claw, was the perfect activity to observe for young children taken with all things construction.

Max, the working arborist, piloted the bucket and did all the cutting. He has been cutting trees for five years. He coordinated the effort between the cutter in the bucket and the ground crew clearing space and using ropes to carefully and gently lower the huge branches to the ground. It seemed like an aerial ballet — Cirque de Chine.

We are fortunate to live in an urban forest — especially in the northern section of St. Anthony Park. Some parts of the neighborhood have old stands of oak and other hardwoods, but while other areas were planted — starting when developers began plowing up the streets and houses in the late 1800s. We must not take these stately climate-friendly shade-providers for granted.

Ben Halverson, a certified master arborist at Hugo Tree Care, emphasized we need to be more observant of our trees. That’s especially true in the last few years when the trees are under stress with mild winters followed by high heat and drought conditions.

This coming summer, trees will be particularly vulnerable. Be sure to water regularly and call in the experts for routine assessment and maintenance — trimming and up-keep — to assist in tree longevity.

When planting or replacing trees, Halverson recommends planting true quality hardwoods. They take longer but are worth it.

This summer, trees will be our official pie judge. Fair warning: Our host for the evening will be neighbor Adam Granger from the St Paul Pioneer Press, for the bakers in the crowd! Added fun, we will be hosting a pie-contest for the bakers in the crowd! We think Pi Day is a great excuse to come together, make some crafts, play some trivia games, eat pie, and spend time with your Children. We welcome. Our host for the evening will be neighbor Adam Granger. We are fortunate to live in an urban forest — especially in the northern section of St. Anthony Park.

The next generation will thank us. So and will the trees — with shade and beauty.

Rita La Doux is on the board of the St. Anthony Park Library Association.

St. Anthony Park Library events

Ongoing programs

Shake your sillies out! playtime: 10:30 to 11:30 a.m. Fridays, March 1, 8 and 15. Story, stretching, movement and lots of fun in the library’s auditorium for children ages 2 to 5. Little ones can jump, crawl, balance and twirl with activities specifically designed for them. Adults must remain with their children for the duration of the playtime.

Family storytime: 10:15 to 10:45 a.m. and 11:15 to 11:45 a.m. Tuesdays, March 5, 12, 19 and 26. 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 5; their caregivers and siblings.

Fun lab: 2:30 to 3:30 p.m., Wednesdays, March 6, 13, 20 and 27. Make cool stuff in the library auditorium: 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: 4 to 5:30 p.m. Thursdays, March 7, 14, 21 and 28. 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.

Adult book club: 6:30 to 7:30 p.m. Monday, March 25. Join library staff and fellow book lovers in the library’s auditorium for lively conversation and refreshments. Stop in or call the library (651-642-0401) for more information or to pick up a copy of the book.

Library Corner

Sponsored by St. Anthony Park Branch Library Association

Last chapter for an old friend

By Rita La Doux

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Those who remember this month include a St. Anthony Park man who was an internationally known Montessori educator and a Lauderdale woman who helped set the groundwork for the Children’s Center for the Performing Arts.

Michael Dorer
Michael James Dorer, 76, St. Anthony Park, died Feb. 6, 2024. Michael was born on May 1, 1947, in Minneapolis. He graduated from St. Thomas in Winona with a degree in education, and received Montessori certification at FCEIM in Bergamo, Italy. He received his Master’s from St. Mary’s in Winona, and his doctorate from Argosy University, Twin Cities.

Michael taught both children and adults as a Montessori educator. He trained countless Montessori teachers and consulted at schools and Montessori programs throughout the world. He served as president of the American Montessori Society, was a senior consultant with the Montessori Foundation and published several Montessori textbooks.

Michael and his family lived in the St. Anthony Park neighborhood for more than 30 years. Michael was survived by his wife of 50 years, Rose (Seiler); his half-sister, Frances; his children, Jacob, Benjamin, and Margaret; and four grandchildren.

In his memory, please consider planting a tree or supporting/volunteering at a local Montessori school in his honor.

Joseph Hamel
Joseph I. Hamel, Jr., 71, died Jan. 30, 2024. Joe was a life-long learner—absorbing with skills and hobbies. He was preceded in death by his parents, Joe and Katie Hamel. He is survived by his wife Margie (Schottler), children Alyssa, Joe, Ellen (Laura), and Peter; two grandchildren; and siblings Anne, Jerry, Kurt, Peggy (John) Magnuson, Nick (Mona), Patty, and Michelle (Kurt) Nottimier. Mass of Christian Burial was celebrated at The Church of St. Cecilia. A memorial fund has been established in Joe’s name. Contact Mueller-Bies for the link. (651) 487-2550, muellerbies.com

Alvin Lewis
Alvin Gerhard Lewis Jr., 89, died Jan. 24, 2024. He was born in Tacoma, Washington, the only child of Alvin Lewis Sr. and Beatrice (Rasmussen) Lewis. The family subsequently moved to St. Paul, where his father became pastor at St. Anthony Park Lutheran Church. Al graduated from Murray High School and attended Augsburg College in South Dakota. He graduated from St. Olaf College, where he majored in history. He then entered Luther Theological Seminary and was ordained by his father at St. Anthony Park Lutheran in 1960. Pastor Al was called to serve Evangelical Lutheran Church at Big Grove, and Crow River Grace Parish in Belgrade, Minnesota. He served there from 1960 to 1970. He next served in Renville at First Lutheran Church, where he stayed until 1986.

His last call was to Trinity Lutheran Church in Montevideo. He remained there until 1999. Pastor Al married Judy (Berg, et al) Lewis on June 7, 1981. She had three daughters; Sydney, Stacey Dangcilovich and Shelley Budke. They and their husbands survive Al, along with his grandchildren and 10 great grandchildren.

Al retired to Marine on St. Croix, where he lived with Judy until his death in 2008. From there he moved to Stillwater, where he lived until moving to Oak Park Heights. Memorials will be given to the churches Pastor Al served during his career.

Kevin Matthews
Kevin “KC” Collins Matthews, died Jan. 19, 2024, at his home in Falcon Heights. Born on July 24, 1946, he was the oldest of Al and Maudie’s 10 children.

A Phi Beta Kappa graduate of the University of Minnesota and a veteran of the U.S. Air Force, Kevin was in institutional in founding of the U of M Supercomputer Center. His career and experience in high performance computing and software engineering benefited several companies in the Twin Cities area. Kevin was an exceptional role model of integrity, generosity and compassion to many. He was preceded in death by his parents, Richard Allen (Al) and Joan Collins (Maudie) Matthews, brother Steve, and sister Mary Ellen.

He is survived by his wife, Mary Shafer; daughter Maggie; brothers Bill (Hannelore), Rick (Cindy Quehl), Sean (Stacie), Greg (Deb Varner), Mark, Dan, and Tony.

Memorials are preferred to the American Heart Association or Loaves and Fishes. A funeral Mass was celebrated at St. Francis Cabrini Catholic Church, with interment at Resurrection Cemetery.

Elizabeth Olson
Elizabeth “Liz” Ann (Peterson) Olson, St. Anthony Park, died Jan. 25, 2024, the day after her 81st birthday.

She was born in Stillwater and attended North Branch High School. Unfortunately, her studies at the U of M were interrupted by a major car accident. She later received her degree in Home Economics at the U.

She married Truman Olson, who hailed from Lauderdale.

She enjoyed working for many years with specially abled adults at the nonprofit Kaposia.

Liz was preceded by her parents Carleton and Evelyn Peterson; and husband, Truman. She is survived by her children Lisa (George) Sigstad, West St. Paul, and Jeffrey (Catherine), St. Anthony Park, plus grandchildren Alexander and Sean Sigstad.

She is also survived by siblings, Mary (Del) Johnson, Norman (Linda), Curt (Mark), (Candy), Steven (Laurie) and sister-in-law, Rachel Pfaffendorf.

Liz was an active at St. Anthony Park Lutheran Church as long as her health allowed her to participate. Her memorial service was held there Feb. 6.

Kristen Robertson-Smith
Kristen Robertson-Smith, 68, of Falcon Heights, died unexpectedly and peacefully on Jan. 1, 2024.

Kris worked for Hennepin County at a small vocational service program for the mentally ill. She retired as program supervisor. She was married in 1968.

Kris loved the outdoors and was an avid gardener, a voracious reader and a devoted library volunteer. She is survived by her husband John; son Tyler (Rose); daughter Alice; three grandchildren; and her siblings, Lynn, Jane, Bill and Ann.

Kris donated her body to the University of Minnesota Anatomy Bequest Program.

Please consider contributing to Ramsey County Library Friends (formerly Friends of the Ramsey County Libraries) at 4560 Victoria St. N., Shoreview, MN 55426, in her memory.

Marilyn Salovich
Marilyn Joanne (née Sandberg) Salovich, 94, died Jan. 12, 2024.

Born to Clara and Emanuel Sandberg. Marilyn was raised in Minneapolis. She graduated from Central High School there in 1947. She attended Gustavus Adolphus College, and then the University of Minnesota in 1951. She was an occupational therapist at the Michael Dowling School and then moved to Dallas where her husband, Edward, completed his residency in orthopedic surgery.

Marilyn was an avid golfer, loved music and art, was a Schubert Club President and busy woman! She was a member of Wesley Methodist Church and First Covenant Church in Minneapolis. Marilyn enjoyed to see to the groundwork for the Ordway Center for the Performing Arts.

Rachel Pfaffendorf, 91, of St. Anthony Park, died Feb. 13, 2024.

She was an occupational therapist at the Michael Dowling School and then moved to Dallas where her husband, Edward, completed his residency in orthopedic surgery.

Marilyn was an avid golfer, loved music and art, was a Schubert Club President and busy woman! She was a member of Wesley Methodist Church and First Covenant Church in Minneapolis. Marilyn enjoyed to see to the groundwork for the Ordway Center for the Performing Arts.

Community

Worship Directory

◆ CENTENNIAL UNITED METHODIST CHURCH—ST. ANTHONY PARK CAMPUS 2200 Hillside Avenue, 651-633-7644 www.centenniums.org Worship online and in person Sundays at 10:30 am Find us on Facebook: Centennial SAP for worship schedule. We’re in this together!

◆ ST. ANTHONY PARK UNITED CHURCH OF CHRIST 1123 Columbia Ave (at Chisolm), 651-446-7173 www.sapucc.org Sunday Worship: 10:30 am in person and via Zoom Easter: March 31, pancakes breakfast: 9:00 am Easter worship service: 10:30 am Real Church • Real People • Real Life

◆ ST. MATTHEW’S EPISCOPAL CHURCH 1878 Carter Ave (at Chisolm), 651-433-1275 www.stmatthews-ep.org Facebook: stmatthews-ep www.stmatthewsloxmi.org Sunday worship: 10:30 am | Faith formation: 9:15 am Wednesday: Easter Vigil: 12:00 noon followed by lunch Maundy Thursday: 7:00 pm | Good Friday: 7:00 pm

◆ ST. ANTHONY PARK LUTHERAN CHURCH 2323 Como Avenue West, 651-645-8731 Pastor Bill Rode and Pastor Daniel Rezn Weh, Facebook or Instagram: SAPLC Sunday worship: in person 9:30 am Live stream on YouTube Channel: bit.ly/StWPZPD Soup Supper every Wednesday in Lent: 5:00 pm Lenten Worship services Wednesday in Lent: 7:00 pm Ryan Berg Special Event: March 14, 7:00 pm Palm Sunday: March 20, 9:30 am Maundy Thursday: March 28, 2024 Good Friday: March 30, Stations of the Cross, 7:00 pm Easter Sunday: 8:00, 9:00 & 11:00 am (note time) Stations of the Cross Art Exhibit in sanctuary through Lent.

◆ ST. CECELIA’S CATHOLIC CHURCH 2357 Bayless Place, 651-644-4502 info@stcecilias.org, www.stcecilias.org Handicap-accessible Pastor John M. Hofstede Worship: Saturday 4:30 pm, Sunday 9:30 am We are online (on our website) Reconciliations: Saturdays: 3/9, 3/16, and 3/23, 3:15 – 4:15 pm Easter Week Worship Service: Good Friday: 3/28, 7:00 pm, Mass of the Lord’s Supper Good Friday: 3/29, 7:00 pm, Passion and Death of Christ Service Good Saturday: 3/30, 8:00 am, Easter Vigil (Conferences and Holy Saturday) Easter Sunday: 3/31, Mass 9:30 am

To add your place of worship to the directory, contact Roland Sateren at 651-468-4040 or roland.sateren@parkbugle.org

Lives Lived sponsored by:

Roseawn Cemetery
803 W. Larpenteur Ave., Roseville, MN 55113 (Between Lebanon & Dale) 651-489-1720 • www.roseawncrematory.com
MARCH 2024

Send your ad to classifieds@parkbugle.org or P.O. Box 8126, St. Paul, MN 55108. Ads are $1.10 per word. Phone numbers, email addresses and websites are considered two words. Add a box or art for $10 each.

Next deadline: March 13, 2024.

Milton R. Sherburne, 85, of St. Anthony Park, formerly of Mabel, Minnesota, died Jan. 5, 2024, at the St. Anthony Park Home. Formerly of Mabel, Minnesota, he was active in union affairs.

Milton was born Feb. 4, 1938, on the family farm near Mabel to Merten and Fannie (Watkins) Sherburne. He graduated from Mabel High School, received his bachelor’s degree from Hamline University and his master’s degree from Lawrence College in Appleton, Wisconsin.

Milton taught in high schools in North Dakota and Montana before moving to the Twin Cities and opening a landscape business. He later worked as a groundskeeper at Hennepin County Medical Center for many years until he retired in 2003. Milt was proud to serve as a groundskeeper at Hennepin County Medical Center for many years until he retired in 2003. Milt was proud to serve as a groundskeeper at Hennepin County Medical Center for many years until he retired in 2003. Milt was proud to serve as a groundskeeper at Hennepin County Medical Center for many years until he retired in 2003. Milt was proud to serve as a groundskeeper at Hennepin County Medical Center for many years until he retired in 2003. Milt was proud to serve as a groundskeeper at Hennepin County Medical Center for many years until he retired in 2003. Milt was proud to serve as a groundskeeper at Hennepin County Medical Center for many years until he retired.

Milt ran more than seven marathons in his 60s, took up horseback riding lessons in his 50s and learned to drive a motorhome in his 60s.

Milton suffered a stroke with multiple complications in October 2016, after which he lived at St. Anthony Park Home until his death. Milt was preceded in death by his parents, and siblings Francis Grohman, Myrtle Odegard, Alma Sherburne, Nola Newman, Helen Eide, Darol Sherburne, Priscilla Thompson, Neva Oppahl, Marvin Sherburne and Zelda Sagdalen.

Milton is survived by Kevin Lovejoy, his domestic partner of over 35 years, and dear friend Nancy Gallo.

Graveside services are scheduled for 1 p.m. April 26, in the Mabel Public Cemetery. The Mengis Funeral Home in Mabel is assisting with arrangements.
Aarness reaches 1,000-point milestone

By Eric Erickson,
Sports analysis

Como Park senior captain Mason Aarness drove the lane, maneuvered around two defenders and released his basketball shot with a soft touch.

When the ball fell through the net, the fans in the stands erupted, the officials stopped the game and Mason’s parents were called onto the floor to celebrate a rare achievement — 1,000 points in a high school career.

To reach that special milestone, a basketball player must be a prolific scorer for a couple varsity seasons or average double digits per game for several years. Aarness was the latter — and in his case, there were five years of Como varsity basketball beginning with his debut as a 5’-foot-2-inch Murray eighth grader.

He wasn’t scoring too much as a middle-schooler playing with the big boys. But Aarness was a fearless and pesky hustler.

“That’s what then first-year coach Donnell Gibson loved about Mason and why he saw so much potential in him,” Gibson said. “He had the skills but didn’t have the size,” Gibson said. “But I knew he was ready for varsity because of his love for the game and commitment,” Gibson said.

Four years later, Aarness is still fearless, but he stands at 6 foot 4 inches and uses his larger frame effectively to score, run the floor, defend and rebound. He’s a talented all-around player who led the St. Paul City Conference in scoring as a junior, averaging 17.9 points per game.

Aarness’ physical growth was accompanied by the evolution of his game and that put him in the position to reach 1,000 career points as a senior. Not that it was on his radar.

“The number’s not something I thought of until during this season when coach told me I was close,” Aarness said. “I kind of pushed it off because I was just enjoying playing in the flow of the game.”

That flow involves scoring when the team needs him to, while also being a point guard who distributes the ball and gets his teammates involved in the offense. Aarness is frequently double teamed by opponents. The scouting report on the Cougars is to stop number four.

Nonetheless, Aarness is averaging 17 points per game again this season. He’s also providing leadership to a young team whose core rotation of eight players includes three sophomores, two juniors and fellow seniors Jr Mzee and Zae MacAllum.

The entire team enjoyed the anticipation of Mason hitting the thousand-point mark, along with a loyal fan base of parents and students. The attention wasn’t anything Aarness needed or wanted, but he was flattered by the support and felt the love.

“It’s been nice to get a lot of congratulations from people. It’s been a new experience. It’s pretty funny. And really cool to see people supporting me. Especially my teammates. They’ve been really supportive throughout the whole season.”

Aarness is a three-sport athlete, but basketball is his favorite. He attributes that to the team’s camaraderie and the energy of a crowd in a gym. With his credentials, he’s been an obvious all-conference selection for a couple years.

However, cross-country running is his most decorated sport. Aarness was an All-State runner in both his junior and senior year and has competed in three state meets with the Cougars. In the spring, he’s a track star who has earned All-Conference in the 1,600- and 3200-meter races.

In the classroom, Mason takes several college-level classes and is a straight-A student. The confidence to succeed, and the ethic to work hard, have been bolstered by his basketball experience.

“Sports has this amazing thing of finding a personality and letting it blossom,” Gibson said.

“From eighth grade to now, Mason’s continued to make strides from sport to sport on and off the court. You can put him in any room and any setting, and he’ll fit right in. I’m truly proud of what he’s accomplished.”

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