Victorian-style garden returns to Como Park

By Roger Bergerson

The first in a series of formal gardens to be established around the Visitor Center and the Marjorie McNeely Conservatory in Como Regional Park will open early this summer.

The Centennial Garden will serve as a focal point for observances to celebrate the 100th anniversary of the conservatory and pay tribute to those who worked to get it built and subsequently become a Twin Cities landmark.

“The design of the Centennial Garden harkens back to several legacy gardens in Como’s past,” explained Michelle Furrer, director and campus manager of the Como Park Zoo and Conservatory.

These included “garden rooms” near the conservatory that featured fountains, arbors and plantings. It was a style of garden, Furrer said, that was representative of the English Victorian era that the conservatory evoked.

Horace Cleveland, the renowned landscape architect who shaped the early park, favored the concept of a “landscape park” as an escape from city life.

Frederick Nussbaumer, early park superintendent, also was a disciple of the school of picturesque landscaping, but recognized the importance of recreational facilities and tried to balance the two concepts.

Furrer noted that the construction of the Visitor Center about 10 years ago eliminated the M'Knight Garden near the conservatory. While plans called for formal gardens to be established on what became lawn areas, funding did not become available until recently.

Support for the Centennial Garden included $272,000 from the Minnesota Arts and Cultural Heritage Fund, as well as a $160,000 contribution from Como Friends, a nonprofit organization.

The garden will provide a natural gathering place for daily visitors, as well as a relaxing setting for after-hours events, Furrer said.

Observances of the Conservatory centennial will kick off on June 19 and continue through Nov. 8.

Roger Bergerson writes about community news and history regularly in the Bugle.
Como Park
The District 10 Como Community Council meets at 7 p.m. on the third Tuesday of each month at the Hi St. Anthony Senior Center, 1214 N. Lexington Parkway. Contact 651-644-3889 or www.district10comopark.org.

District 10 chair reflects on his two terms on the district council
I took over as chair of District 10 in February 2010. Immediately there were pressing organizational needs involving the general and operational health. I was fortunate to have a board full of members willing to step forward to help make difficult decisions and take the steps needed to regain organizational stability and the trust of the community at large.

By the end of 2010, we instituted a new more efficient staffing model and completely updated our employee handbook, which brought it up to current standards. These efforts dominated my first calendar year as chair of District 10. However, with all of this going on I am proud to say we still had strong work being done by our committees, dealing with issues from staffing model and completely new ways of doing things.

As my second full term and time as chair ends, I am thankful for the dedication of the Como Woodland Outdoor Classroom. What had been a 17-acre natural area in the heart of St. Paul, is now on its way to becoming a healthy forest and a great outdoor classroom for all ages.

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Author’s Peace Corps work is foundation for book

By Kristal Leebrick

Stephen Snook spent 15 years writing his first book of fiction, One Degree South, published in 2014 by Shipwreckt Books. The story—a tale of love, witchcraft and political turmoil in Africa that’s based on Snook’s experience serving two terms in the Peace Corps in Gabon—“never let me go,” he said.

“I understand why the Greeks thought of the Muses in the way they seemed to have, namely that writing comes from somewhere it is something from outside as much as from within.”

Snook, the son of a retired Luther Seminary professor who spent his high school years in St. Anthony Park, describes his early years as fairly conventional. His family moved from New York to Minneosta when he was a teenager. He and his three siblings attended Murray High School. After graduating in 1972, he attended the University of Minnesota.

After college, he felt compelled to “go somewhere as different as possible from what I grew up knowing.” He joined the Peace Corps “to challenge myself by doing the toughest job you’ll ever love.”

He met his wife, Rosina, in Gabon, and after his Peace Corps service ended, he worked in Zaire (now Congo) building rural health centers. He left there to attend graduate school at the University of Florida, where he received a doctorate in political science in 1996. He and his family returned to Africa, where he led a project in Ghana assisting the electoral commission administrator elections and working with local governments to help them do a better job of delivering needed services to citizens, he said.

The family moved to South Africa, then to Guinea, and in 2009 settled in Vermont, where Snook now works for Tetra Tech, a company that helps developing countries address water, environment, energy, infrastructure and resource management challenges. He still travels extensively to Africa.

One Degree South is described as a “swapping tale of love, politics and witchcraft set in the oil-rich nation of Gabon just as the Cold War ends. The U.S. relationship with African dictators suddenly changes and election fervor, which dominates the headlines in African capitals, sweeps through the remotest of tiny villages.”

Snook’s work in Gabon more than 30 years ago is the foundation for the book and his connection to the book’s publisher, Shipwreckt Books of Lanesboro, Minn., which is owned by another former Peace Corps volunteer, Tom Driscoll.

One Degree South is available at M. Iawer Book’s, 2238 Carter Ave. You can also find more about the book at www.stephensnook.com or go to www.shipwrecktbooks.com.

Muffuletta server stars in independent film

The Center makes its Minnesota debut this week at Minneapolis St. Paul International Film Festival

By Kristal Leebrick

Matt Cici had just returned from five long weeks in South Dakota working on a film crew when he opened his computer and saw a posting for a paid acting role in a feature film that was to be made in Minnesota.

“It was perfect timing,” he said.

Cici, a waiter at Muffuletta, 2260 Como Ave, landed the starring role in The Center, a 72-minute feature film that portrays a young college graduate at a dead-end job on a search for meaning in his life. He joins a self-help group, where he first finds hope but then finds the group is a cult with many secrets.

The film will have its Minnesota debut on Wednesday, April 22, at 7:30 p.m. at St. Anthony Main Theatre, 115 S.E. Main St., Minneapolis, as part of the Minnesota St. Paul International Film Festival. The Center will have a second showing on Friday, April 24, at 9:20 p.m. A question-and-answer period with the film’s cast and crew will follow each showing.

Jonathan Demme (producer of Silence of the Lambs) and Charlie Griak (executive producer of The Center) premiered The Center at the 2015 Cinequest Film Festival in February.

The Center is a sweeping tale of love, politics and witchcraft set in the oil-rich nation of Gabon just as the Cold War ends. The U.S. relationship with African dictators suddenly changes and election fervor, which dominates the headlines in African capitals, sweeps through the remotest of tiny villages.

Charlie Griak, who grew up in M Kenton, said he got his acting start at Osseo High School doing one-act plays. He spent two years at North Hennepin Community College and in community theater in M Kenton and the Anoka area. He spent his last two years in college at Hamline University, where he also did some theater and received a degree in communications studies and film studies.

Griak has experience in front of and behind the camera and has directed and made his own feature films. “When writing and directing you are very much involved in acting,” he said. Directors and writers need to understand the skills brought into acting to do their job, he said.

Cici will be part of the panel discussions following the film’s showing this week. The film has garnered some positive press, including an upcoming feature in the fashion magazine Marie Claire, which named Cici “best dressed” at Cinequest in February.

To learn more about the film, go to www.thecentermovie.com. To learn more about the Minnesota St. Paul International Film Festival, go to http://mspfilm.org.

MAY 2015 ■ PARK BUGLE 3
Improving urban public education—eight ideas from a veteran teacher

By Bill Leslie

It’s hardly news that less than half of the kids in Minnesota and St. Paul public schools are proficient in reading and math. Education experts have weighed in on this topic, but we haven’t often heard the perspective of classroom teachers. What follows are eight ideas for improving urban education; they’re based on what I learned from 34 years of teaching in public and private schools.

1. Provide one year of free preschool for all children from low-income families. Critics of urban public schools rarely acknowledge that many kids come to kindergarten already a year or more behind. “How is that possible?” you might ask. If prospective kindergartners have not been read to at home, they’re behind. If they do not know that letters represent sounds and that numbers represent numerical values, they’re behind. Preschool for everyone would help level the kindergarten playing field.

2. Cut district administrative costs to the bone, use the savings to pay for preschool and intensive reading instruction. Some years ago, I worked in a quasi-administrative capacity with St. Paul Public Schools. It was my observation that there were roughly four levels of administration between the superintendent and the principals. I don’t think this situation has changed. Would anyone notice if we cut two of these levels? I doubt it.

3. Make reading an absolute priority. To succeed in any academic subject (and to become knowledgeable citizens), students must learn to read. Starting in second grade, students who are significantly behind in reading should be put in small, intensive reading classes (no more than 10 students per class) for half of every school day until they catch up.

4. Make it easier to remove underperforming teachers (and principals). Most teachers work hard and do a fine job, but there are some who do not. Under the current teacher union agreement with the St. Paul Public Schools, it takes a principal at least one year of observations, documentation and meetings to remove an underperforming teacher (the equivalent of part-time job). Let’s give underperformers three months to improve their craft; if significant progress is not shown by the end of this time period, termination should immediately follow.

5. Layoffs (when necessary) should be based more on teacher quality and less on teacher seniority. It’s unconscionable to put anything other than teacher quality first when it comes to deciding which teachers should stay and which ones should go. Many districts now require principals to evaluate teachers several times a year—a huge waste of staff time.

6. Limit standardized testing to one week each school year. Students improve when they show up for school, stay at the same school and have good instruction. Students are not helped by spending a month each year on standardized tests.

7. Allow teachers to take ownership of their instruction. Unfortunately, many school districts now take a top-down, “stick to the script” approach to supporting instruction. Successful schools value teacher input and encourage teachers (and students) to be creative, take risks and think outside the box.

8. Pay bonuses to teachers who serve in lower-achieving schools. Higher-achieving schools tend to attract the most highly regarded teachers; lower-achieving schools too often are left with inexperienced teachers and high staff turnover (a double whammy for students). To keep top teachers at lower-achieving schools, let’s make it worth their while by paying a $10,000 annual bonus.

Urban teachers are practical, they work very hard, and they know a lot. They know that some urban kids need a preschool boost if they are to succeed in higher grades. They know that excellent teachers and principal leadership matter. They know that focused, sustained, small-group instruction matters. Improving urban education is not an impossible task. Let’s make it happen.

Bill Leslie taught at St. Anthony Park Elementary School from 1999 to 2013. He is retired and now lives in Roseville.
Donate your gently used books, CDs and DVDs to library book sale

The St. Anthony Park Library Association is seeking donations for its annual book sale to be held during the St. Anthony Park Arts Festival on Saturday, June 6. The association is looking for books, CDs and DVDs that are in good condition. Textbooks, magazines, cassette tapes and VHS tapes will not be accepted. Please leave your donations at the book cart in the lower level of the St. Anthony Park Library, 2245 Como Ave. (outside the auditorium). If your books are in boxes or bags, there is no need to remove them. Just place the bags or boxes on or near the cart inside the library. Please don’t put your donated items in the library’s book return.

The money raised from the sale goes directly toward library programs and facility improvements. The library association helps fund the children’s Summer Reading Program, improved landscaping around the building, and such activities as the February Silent Movie Night and weekly story times.

SAPAS to host June fundraiser at Giggle’s at state fairgrounds

By Michelle Christianson

Organizations often talk about “raising funds and raising friends,” and that’s exactly what the St. Anthony Park Area Seniors board intends to do with its first-ever fundraising event on Sunday, June 14, from 3 to 6 p.m. A $35 ticket will get you food and beer (and other beverages) at Giggle’s Campfire Grill on the Minnesota State Fairgrounds, as well as music, a silent auction and information about the activities the organization sponsors. There will be at least 35 craft beers from local breweries to sample.

Music in the Park season ends with Brazilian guitar duo concert

The Schubert Club’s Music in the Park Series 2014-15 season will conclude with Brazilian-born guitarist Sérgio and Odair Assad in the Schubert Club auditorium. They have worked with such renowned artists as Yo-Yo Ma, Nadja Salerno-Sonnenberg, Paquito D’Rivera, Gidon Kremer and Dawn Upshaw. They have created a new standard of guitar ensemble playing come from a family rich in Brazilian musical tradition.

The Assad brothers have set the benchmark for all other guitarists by their innovation, ingenuity and expression. Their artistry and ensemble playing come from a family rich in Brazilian musical tradition. They have worked with such renowned artists as Yo-Yo Ma, Nadja Salerno-Sonnenberg, Paquito D’Rivera, Gidon Kremer and Dawn Upshaw.

Tickets will be available at a limited number of local businesses, including Tim & Tom’s Speedy Market and Stout’s Pub, and online at the group’s website soon. Local businesses, including the University of Minnesota golf course, are also donating items and services for the silent auction, and local musicians will provide music. This is an event not to be missed.

SAPAS is a vibrant organization serving more than the very elderly or homebound, ” says board member Katherine Eklund. Besides health care, rides to appointments and Meals on Wheels, SAPAS offers exercise classes, respite support for caregivers, social outings and much more. (You really must see their website sapasinc.org) They are also focusing on issues of housing and community building.

Because state and grant funds are shrinking, a new source of income was needed to supplement individual and corporate donations. Expenses, including those for staff, facilities, administration, communication and supplies continue to grow.

Tickets will be available at a limited number of local businesses, including Tim & Tom’s Speedy Market and Stout’s Pub, and online at the group’s website soon. Local businesses, including the University of Minnesota golf course, are also donating items and services for the silent auction, and local musicians will provide music. This is an event not to be missed.

The festival also includes a silent auction and a limited quantity of food and beer (and other beverages) at Giggle’s Campfire Grill on the Minnesota State Fairgrounds.

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Free with the ticket and the food is an abbreviated version of the menu Giggle’s offers during the fair. Just as important as the food and drink is the opportunity for neighbors to meet and learn about the important work SAPAS does.

“We want people to know that SAPAS is a vibrant organization serving more than the very elderly or homebound,” says board member Katherine Eklund. Besides health care, rides to appointments and Meals on Wheels, SAPAS offers exercise classes, respite support for caregivers, social outings and much more. (You really must see their website sapasinc.org) They are also focusing on issues of housing and community building.

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Murray from 1 previously served as principal at much, or any, repercussion for their position since last year, having Collins has done at Murray. Sayles-Adams is proud and everyone is on the same page.” during all-school assemblies so that Foundation course and reinforced the right direction, she said. have also helped move the school in new behavioral intervention staff and Lens Urban Mentoring, input from a program, a partnership with New added recreational and movement rest of the students.” better classroom experience for the individual student,” Collins said. could all work together,” Sayles-Adams she was very transparent, and she can all do things for the kids, and that goes a strong school.” Murray staff looked at data about which kids were struggling most, at what time of the day, days of the week, etc.,” he said. The environment has improved, Mill said, but he is still frustrated with the district’s upper administrators decisions and with what appears to be lack of action on the part of the school board. “The school board works for us; they are supposed to be our voice,” he said. “At this point it seems they are busy defending past poor choices.” But he acknowledged that everyone seems to have the students’ best interest at heart. “I feel that these are all passionate people who care about the kids, about doing the right things for the kids, and that goes a long way with me,” he said. “But I come from a business world where you are held accountable for poor execution. Were the teachers and local administrators given the resources they needed to succeed?” Sara Vele-Morganston is one parent who was happy at Murray last year and still is. She has one daughter at Murray and another at Laura Jeffrey Academy. “It was just a matter of fit,” she explained. “My Murray student is enjoying it so far and has not seen too many of the problems we were having.” Last year we were just trying to keep the wheels on. It’s all relative,” Mills said. “My son used to report fights, the police being called in, this was normal to him last year. This year, it’s completely different. This year, it’s good, and now the conversation can turn to how to make it great.” Louis Seeba relates as both a parent and an SPPS school board member. “At the board we are often the recipients of complaints, but I have to say that this year we have barely gotten any,” she said earlier this winter. “If you flash back a year ago, parents were worried about sending their kids here. My metaphysical last year was ‘you give us a chance.’ I see what I planned and I know what we are moving forward.” Seeba is grateful for the faith that parents have shown in Murray. “I haven’t heard of anyone who stated they did not choose that choice.” When asked why so many changes were implemented at once, Seeba was candid. “I have to say that I didn’t agree with all of the changes at once,” she said. “The changes definitely impacted the middle schools the most.” “My seventh-grade is reporting that it is better this year, but honestly she did complain much last year. She has a pretty high threshold of chaos,” Seeba joked. “Murray administration and staff are miracle workers to be where we are now at Murray. I am a parent and I want to do what’s best for my kids, but I really want to do what’s best for everyone, and I believe in public education. We’ve got this, and it’s getting better.” It is unanimous is clear. It was a mess last year, but it does seem to be getting better. Perhaps Seeba put it best: “Things are improving at Murray,” she said. “Whether that is thanks to leadership at the district or in spite of it is up for debate, but things are improving nonetheless.”
MAY 2015 PARK BUGLE

The news that civic leaders are mounting an effort to bring a World’s Fair to Minnesota in 2023 calls to mind similar aspirations of a century ago.

In the early 20th century, the area around today’s intersection of Como and Raymond avenues in St. Paul consisted of woods, water and pasture, the latter used by the dairy herds from the nearby St. Paul campus of the University of Minnesota.

Between 1908 and 1909, the State Fair acquired 90 acres of this land, installed a new entrance gate at Como (then Langford Avenue) and Raymond and began dredging what was envisioned as a series of channels and lagoons stretching all the way to the new grandstand. With gasoline-powered gondolas plying the waters, it was to be an attraction to rival the canals of Venice, the centerpiece of officials’ hopes of hosting a World’s Fair.

Unfortunately, it proved impossible to maintain the levels in the water features and within a few years they were filled in to create the Midway entertainment area. But the dream didn’t die and business leaders were probably encouraged by the success of San Francisco’s widely acclaimed Panama Pacific International Exposition in 1915, a fair celebrating the opening of the Panama Canal.

In 1919, several officials with the St. Paul Association, the predecessor of the Chamber of Commerce, announced that they hoped the fairgrounds would be the site of a World’s Fair in 1925. St. Paul would not try to finance the project on its own, they cautioned, but would seek federal and state funds as well.

However, many businessmen who belonged to the association expressed serious reservations, pointing out that Chicago, Ill., St. Louis, Mo., and Buffalo, N.Y., which had financed earlier fairs, were still trying to pay off the losses incurred. There is no indication that these plans went any further, but, as it has been observed, history has a way of repeating itself.

Roger Bergerson writes about history and community news regularly in the Park Bugle.

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A signature piece to Kountoupes’s business, Harvest Moon Edible Landscapes, is its Full-Service Kitchen Garden package, which includes planning the garden, all the materials you need, weekly maintenance and the harvest from the garden delivered to your door each week.

If you just need a little something to get you started, Harvest Moon has garden kits that include the compost and soil, mulch, plants, seeds, installation labor and an hour of coaching time “and boom: instant garden,” Kountoupes said.

Kountoupes also consults with would-be gardeners to help them turn their yards into edible landscapes. The impetus for her four-year-old business is her deep-seated desire to help people connect more with their land by taking advantage of nature’s systems and growing food.

She thinks of herself as a “garden educator,” and that’s pretty much how she began in the business.

Kountoupes came to the Twin Cities from Oberlin, Ohio, in 1989 to attend Macalester College, where she took courses in environmental studies and Spanish. After college she lived in Costa Rica for a while, working on organic farms and researching sustainable agriculture. She also met Marty Ruddy, a fellow Macalester grad who was in Costa Rica serving in the Peace Corps. Ruddy and Kountoupes moved back to Minnesota, married and now live in St. Anthony Park, where Ruddy grew up.

After returning to Minnesota, Kountoupes worked as program director for Farm in the City near Dunning Field in the Midway area. Farm in the City is a children’s horticulture and environmental art education program that began in the 1990s.

“It was so great,” she said. “We were basically not only doing community gardening with kids, but also doing cooking as part of the program and art. It was giving [the kids] such a sense of place. They were all from the neighborhood over by Dunning Field.

“To me, it was absolutely a life-achieving, gratifying thing to see these kids connect with the earth, and so from then on, I was kind of sold on that.”

She went back to school at the University of Minnesota, where she received an interdisciplinary degree in environmental education and sustainable agriculture with a focus on gardening with children.

She worked in an Extension program on schoolyard ecology

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**By Kristal Leebrick**

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explorations and wrote curriculum on how to get kids outside in the garden “and what to do with them out there,” she said. But then, “I got sick of writing in front of a computer and wanted to get back in the garden again.”

Kountoupes began working with the Permaculture Research Institute (PRI) in Minneapolis, helping low-income residents grow food in their own yards.

“PRI gardeners would descend on a yard, build a 10-by-10 garden, maintain it, take care of it, show people how to do it and harvest it,” she said.

Eventually she and co-worker, Krista Leraas, decided to create a business, Harvest Moon Backyard Gardening, doing similar work.

“We knew there was a demand and it was such an amazing thing that we were doing,” she said. The business was created in January 2011, the same month Kountoupes gave birth to her second child, Georgia, whose name comes from the Greek word for “someone who works in the earth.”

The business name changed to Harvest M moon Edible Landscapes this year, and Kountoupes is now the sole proprietor.

Harvest Moon uses the concept of permaculture, a term coined by two Australian men in the late 1970s, Kountoupes said. “It means permanent agriculture,” she explained. “It’s about gardening mimicking natural systems.”

“Nature already has these ecological systems going. Trees go up and shade plants grow underneath them. Leaves fall and form mulch. Why are we taking everything out— including all systems—and planting and replacing with fertilizer and chemicals rather than letting it do its own work?”

Permaculture “keeps pollinators in the system, keeps worms in the system, keeps mulch in the system, keeps shade in the system,” she said. “Nature already invented all the systems for us, so we either tap into it or copy it. It’s way more economical and sustains itself and is more permanent that way.”

For example, Kountoupes counsels clients with shady backyards to plant under trees food that naturally grows “understory,” like tomatoes and peppers in the shade can grow the sun-loving plants that food integrated into your life.”

That’s another aspect to permaculture, she said. “Don’t put too much work into your garden way over there. Put it by the house so you are more likely to go out and use it. It’s less work to get that food integrated into your life.”

Folks with an abundance of shade can grow the sun-loving plants like tomatoes and peppers in containers that can be moved into the sun. Or try growing items that need specific soil conditions—think blueberries—in large containers. They get the soil they need and are out of reach of rabbits.

Harvest Moon has partnered with Minneapolis synagogues Shir Tikvah and Seward Montessori School to create community gardens. At Seward, the garden was planted by students in spring and during the summer the harvest went to a local food shelf. Kountoupes would love to see St. Anthony Park Elementary School tap into land around the school to plant a “food forest,” where students can learn about horticulture and community.

Part of growing food is connecting it to your community by sharing the harvest, the said. “You can’t help building community by working the land and growing your food.”

Business Briefs

Como Dockside grand opening

After months of planning and hard work, Como Dockside is just about ready for its close-up. Through May, the newly remodeled restaurant will be open with limited hours due to outdoor construction. St. Paul Parks and Recreation will be busy building additional outdoor seating and improving the patio and paths, all work that has to wait until May due to weather limitations.

The much-anticipated lakeside service window should be open by Memorial Day weekend, according to co-owner Jan Oulman.

Inside the gleaming new space, food service will gradually ramp up in May as new staff gets trained in and more hours, such as breakfast service, are added.

“We want to make sure we move slowly into this so we are confident in our ability to deliver,” Oulman said.

A grand opening is planned for Sunday, May 31. Details and hours will be added to Como Dockside’s website, www.comodockside.com, as they become finalized. — Alex Lothner
April 23 gathering will launch Roseville alzheimer’s project

By Warren Wolfe

A public gathering at Roseville City Hall, 2660 Civic Center Drive, Thursday, April 23, will start a summer-long project aimed at helping people in the area build new skills and confidence so they can better assist people with Alzheimer’s disease.

Called Roseville ACT on Alzheimer’s, the volunteer-led project seeks to deepen knowledge about Alzheimer’s and dementia among families, neighbors and businesses, to reduce the stigma often associated with dementia and increase services for area families dealing with those conditions.

The kick-off event will be 1-3 p.m. in the City Council chambers. Organizers will introduce a series of programs that will start the following week. In addition, those at the event will see videotaped interviews with local people discussing the impact dementia has had on their families.

ACT activities this year will focus on eight main areas by experts April 28-May 21 and again in the fall, a series of four movies about people coping with dementia, and opportunities for volunteers to help expand programs serving area families dealing with dementia.

The project is the most ambitious one undertaken by the Roseville Alzheimer’s and Dementia Community Action Team (Roseville A/D), a collaboration of several dozen community members, city and school officials, business leaders and service providers. Roseville A/D was organized in 2013 to help the city prepare for increasing numbers of residents with dementia diseases.

While the ACT project is focused on Roseville, “the same information and resources are relevant to people wherever they live,” said Sara Barlos, a co-founder of Roseville A/D. “Our programs are free and open to everyone. We encourage anyone interested or concerned about dementia to attend.”

Part of statewide effort

Roseville ACT is one of 34 projects statewide intended to help create dementia-friendly communities. That concept focuses on building awareness, education and skills that those with dementia can continue to live as independently as possible as part of the community, helped by families, friends, neighbors and businesses.

The project received a national award in March from the Family Caregiver Alliance.

“We need to learn how to face our discomfort and talk with each other about dementia,” said Lee Nygaard, a volunteer with the project and director of development at Arthur’s Residential Care in St. Paul. “I’m convinced that awareness will help people realize that there are ways each of us can help people with Alzheimer’s and their families.”

Tells by local experts

A series of eight presentations by local experts will begin April 28 for four weeks.

On Tuesdays, April 28-May 19, 6:30-7:30 p.m., presentations will focus on dementia and the healthy brain at the Fairview Community Center, 1910 W. County Road B.

On Thursdays, April 30-May 21, 1-2:30 p.m., speakers will discuss caregiving issues and techniques at Roseville City Hall.

Expanding services

In addition to the educational programs, Roseville ACT is seeking volunteers to help expand two services for area people with dementia and their families. Both will train volunteers before they start.

The Gathering, coordinated by Lyngblomsten, needs volunteers to help in its day program at Centennial United Methodist Church in Roseville. It provides activities and social stimulation for people with early to mid-stages of memory loss and offers a caregiving support group. There are 20 clients on its waiting list.

P.S. I understand it is a peer-support program of Wilder Caregiver Services that matches current caregivers of people with dementia and former caregivers who have been away from caregiving for two years.

Other Roseville A/D projects

Before starting the project, Roseville A/D helped launch a series of smaller projects aimed at helping people in the area learn more about Alzheimer’s and dementia that included public presentations and dementia-screening clinics.

It also worked with the city to create a dementia-information section on the City of Roseville website—believed one of the few in the nation.

The work of the Roseville volunteers will not end with the ACT project, according to co-founder Barlos, who is active in many community efforts, including a study of whether or not a Roseville block-nurse program for older and disabled people should be reestablished.

For more information about the Roseville ACT on Alzheimer’s, go to the Alzheimer’s and Dementia Information page at www.rosevilleact.org or call 651-672-1858.
Spring brings the brief return of the yellow-rumped warbler

I'm hoping this column hits the streets at about the same time as its subject, the yellow-rumped warbler. Warblers in general are quite small, 4 to 6 inches in length, colorful and melodious. They're the birds that most northern bird watchers long to see each spring.

As warblers migrate through, one of their favorite foods is caterpillars. So when I see inchworms hanging down from my neighbor's oak tree, I tune my lens and look and listen for warblers.

There are nearly 30 species of warblers on the Minnesota Ornithologists Union's checklist. Several of the species nest here in the metro area, but most breed in northern Minnesota and on up into Canada. We get them passing on their spring and fall migrations. Identifying warblers in the spring requires gathering and assimilating several views, trying to get a good look at the head, wing, body and tail, then putting it all together into a composite, a memory, so you've got to follow them on their forays and try to get a look at as many different parts as you can.

The male yellow-rumped warbler is predominantly blue-gray with a yellow patch on the top of his head, on his shoulders and, of course, on his rump, which is especially nice adaptation, this retrograde reflux. The yellow-rumped warbler's digestive tract does a retrograde reflux that moves its food from the intestines back up into the gizzard for further processing, and can do so several times if necessary.

And there's a higher concentration of bile in the gallbladder and intestine and a slower digestive tract does a retrograde reflux that moves its food from the intestines back up into the gizzard for further processing, and can do so several times if necessary.

But when it's too cool for bugs, they use the food sources they found in the spring, the Woodview Open Space at Larpenteur Avenue and Mackubin Street, especially in the 60s parking area near the lake. (Remember, dogs have priority in this area; observe from outside the fence if pups are playing.)

The yellow-rumped is one of the last warblers to leave in the fall. It's the most abundant wood warbler. It's the most abundant wood warbler because it has a long way to go. Maybe you'll get a chance to identify one of these Butter Butts this spring.

Clay Christensen lives and writes in Lauderdale.

Woody biomass harvesting topic of May Audubon meeting

Dr. Michael Rentz will present "No Free Lunch: Ecological Impacts of Woody Biomass Harvesting" at the next St. Paul Audubon Society meeting Thursday, May 14, at 7 p.m. The talk will be held at Fairview Community Center, 1910 W. County Road B, Roseville. The event is free and open to the public. A social time begins at 6:45 p.m.

Rentz will present the findings of his Ph.D. research on the impacts of woody biomass harvest on small mammals and forest plants.

Rentz is a life-long Minnesotan who recently moved south of the Minnesota border to take a faculty position at Iowa State University.

They even chase insects over water, often right near the shoreline.

Like many other warblers, yellow-rumped warblers do some fly-catching, darting out to snatch an insect. They even chase insects over water, often right near the shoreline.

So when I see inchworms hanging down from my neighbor's oak tree, I tune my lens, look and listen for warblers. There are nearly 30 species of warblers on the Minnesota Ornithologists Union's checklist. Several of the species nest here in the metro area, but most breed in northern Minnesota and on up into Canada. We see them in passing, on northern Minnesota and on up into Canada. We get them passing on their spring and fall migrations. Identifying warblers in the spring requires gathering and assimilating several views, trying to get a good look at the head, wing, body and tail, then putting it all together into a composite, a memory, so you've got to go out to them on their forays and try to get a look at as many different parts as you can.

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Lavene Carney
Lavene C. Carney, 88, Como Park, died April 27. She was preceded in death by her husband, Frank. “Kind” Nub” in 2003, and brother, Gordon Kapanu. She is survived by sons, Michael (Ginger) and David (Arlene); four grandchildren; many great-grandchildren; and sister-in-law, Chloé Ann Kapanu.

Marion Hoff
Marion Hoffmeister. Mass of Christian Burial was celebrated April 9 at Holy Childhood in Como Park, with interment at Roselawn Cemetery.

Dorothy Green
Dorothy A. “Dottie” Green, 80, of Como Park, died April 7. She was preceded in death by her husband, John (Patricia); Barbara (William) Johnson and Dennis (Audrey) Bennett; six grandchildren; eleven great-grandchildren; and sister, Donna Hoffman.

Lawrence Green
Lawrence P. Green, 88, Como Park, died April 4. Law was preceded in death by his wife, Dorothy; five siblings; and two grandchildren. He is survived by his children, John (Linda) and James (Karen); four grandchildren; and four great-grandchildren.

Laverne Carney
Laverne Carney, 88, Como Park, died March 27. She was preceded in death by her husband, Martin. Mass of Christian Burial was celebrated March 19 at Holy Childhood, with interment at Fort Snelling National Cemetery.

Geraldine Kohlen
Geraldine Kohlen, 90, Como Park, died March 2. She was preceded in death by her husband, John; son, Jeff; and two great-grandchildren. She is survived by her children, John (Patricia); Barbara (William) Johnson and Dennis (Audrey) Bennett; six grandchildren; eleven great-grandchildren; three great-great-grandchildren; and sister, Donna Hoffman.

Frances Reiter
Frances Reiter, 51, died March 12. She was a compassionate nurse and teacher.

Geraldine O’Donnell
Geraldine O’Donnell, 90, Como Park, died March 7. She was a lifelong member of Holy Childhood. Interment was at Calvary Cemetery.

Donna Poland
Donna Poland, 81, of Lauderdale, died on March 23. Born in Bowling Green, Ohio, Donna spent most of her adult life in St. Paul, raising her family and working. She earned her bachelor’s degree from Bowling Green State University and earned her master’s in food science from Michigan State.

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The Park Bugleprints our promise of charge as a service to our communities.

Send information about area deaths to Marcy Mor generalized at manda@mgmenghatala.com or call 651-644-1650.

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Venue information is listed at the end of the calendar. Send your events to calendar@parkbugle.org by Wednesday, May 6, to be included in the June issue.

2 SATURDAY
Adoption Fair, CHLSS, 9 a.m.–noon. Register at chlss.org.

3 SUNDAY
District 10 Sunday Series: Como Woodland Outdoor Classroom, 1:30–3 p.m. Meet at the Joyce Kilmer Memorial Fireplace (west of the Como Pool), or Midway Picnic Pavilion in case of rain. Call District 10 at 651-644-3889 for more information.

5 TUESDAY
Babysitter story time every Tuesday, St. Anthony Park Library, 10:30–11 a.m. and 11:30 a.m.–noon.

St. Anthony Park Garden Club program, “Growing Grapes,” St. Matthew’s Episcopal Church Fellowship Hall, 7:30–8:30 p.m. Business meeting, 6:30 p.m.; social time, 7 p.m. Contact Sandie Kelsey, kids005@umn.edu or 651-645-9053 with questions.

6 WEDNESDAY
English Conversation Circles, every Wednesday, St. Anthony Park Library, 4–5:30 p.m.

St. Anthony Park Book Club, will discuss “Orphan Train” by Christina Baker, St. Anthony Park Library, 6:30–8 p.m.

St. Anthony Park Library closed for staff training.

7 THURSDAY
St. Anthony Park Library closed for service training.

St. Anthony Park Elementary School plant sale, 8 a.m.–4 p.m.

Fidgety Fairy Tail, a family-friendly theater production that reimagines myths and legends to reduce misunderstandings around mental health disorders. CHLSS, 6:30 p.m.–7:15 p.m.

8 FRIDAY
Preschool (ages 3–5) story time, every Friday, St. Anthony Park Library, 10:30–11:30 a.m.

St. Anthony Park Elementary School plant sale, 8 a.m.–4 p.m.

Light by the Lake at Como Dockside, Como Lakeside Pavilion, 6–12 p.m. A benefit for Como Park Senior High School’s boys soccer program. Music, food and drinks. Buy tickets at comeoscore.com.

11 MONDAY
Minnesota Waiting Children Information Session, CHLSS, 6–8 p.m. Learn about adopting children who live in foster care.

A author Craig Lang will moderate a panel of five area residents who claim to have experienced extraterrestrial alien contact, Spirit United Church, 3204 S.E. Como Ave., 7 p.m.

14 THURSDAY
Preschool Mandarin Chinese story time, St. Anthony Park Library, 10:30 a.m.

St. Anthony Park Senior Cinema Series: “Into the Woods,” St. Anthony Park Library, 2–4 p.m.

18 MONDAY
Community story time, O’Icos Campus Center, Luther Seminary, 7 p.m. Social time begins at 6:30 p.m.

Twin Cities Chef’s Table with food writer Stephanie Meyer, St. Anthony Park Library, 7–8 p.m.

Free showing of documentary on UFOs, Spirit United Church, 3204 S.E. Como Ave., 7 p.m.

21 THURSDAY
Learn Chinese folk dancing, St. Anthony Park Library, 10:30 a.m.–12:30 p.m.

22 FRIDAY
Co-ed drum circle, Women’s Drum Center, 6:30 p.m. Cost is $10 at the door. Drums provided.

23 SATURDAY
St. Anthony Park Library closed through Monday, May 25, for Memorial Day weekend.

26 TUESDAY
Community Blood Drive, St. Anthony Park Library, 2–3 p.m.

St. Anthony Park Library, 10:30 a.m.–11:30 a.m.

Free Senior Blood Pressure Clinics
St. Anthony Park Area Seniors:
Wednesdays, St. Anthony Park United Methodist Church, 11:30 a.m.–noon

Cpr and Falcon Heights Block Nurse Program
Third Thursdays, Arbor Pointe Senior Apartments, 10–11 a.m.

Fourth Thursdays, Falcon Heights Town Square Senior Apartments, 11 a.m.–noon

VENUE INFORMATION
Arbor Pointe Senior Apartments, 635 W. Maryland Ave.
CHLSS, Children’s Home & Lutheran Social Service of Minnesota, 1605 Eustis St., 651-253-2355
Falcon Heights City Hall, 2077 W. Larpenteur Ave., 651-644-5050
Falcon Heights Town Square, 1530 W. Larpenteur Ave.
Lauderdale City Hall, 1891 Walnut St., 651-631-0300
Micawber’s Books, 2238 Carter Ave., 651-645-3058
St. Anthony Park Elementary School, 2180 Knapp St., 651-293-8735
St. Anthony Park Library, 2245 Como Ave., 651-642-0411
St. Anthony Park United Methodist Church, 2323 Como Ave., 651-645-0371
St. Anthony Park United Methodist Church, 2320 Hillside Ave., 651-603-4946
St. Matthew’s Episcopal Church, 2136 Carter Ave., 651-645-3058
Women’s Drum Center, 2242 W. University Ave., www.womensdrumcenter.org

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Aikido Center settles into new digs above co-op

Students at the Twin Cities Aikido Center practice in the center’s new location above H Amanda Park Co-op, 2382 H Amanda Ave. Here, Kathy Aguilar-Downing and Vickie Slep work with students in the space that had been a ballroom dance school until recently.

The Aikido Center moved from its longtime location at 2390 University Ave. in late March after the building was sold to Ewerter Group, which owns C & E Lofts, 2410 University Ave. Representatives from Ewerter attended the March District 12 Land Use Committee to present plans to build new market-rate apartments where the Aikido Center, armored car company Loomis and Grennlin T Theatre had been housed, next to C & E Lofts.

The Aikido center opened for classes at the new location in early April. Founded in 1976 by a group of University of Minnesota graduates, the nonprofit organization opened on University Avenue in what had been a truck showroom; TAC has grown to be the largest Aikido group in the region, offering at least two adult classes per day, seven days a week, as well as two youth classes per week.

You can find out more at tcaikido.com.— Kristal Lebrink

M A Y 2 0 1 5  ■  P A R K  B U G L E 1 3
School News

The Bugle welcomes news about students and ships in the area. The deadline for the June issue is Wednesday, May 6. Send your news to parkbugle.org.

Avalon School
700 Clarance St., 651-649-5495
www avalon school.org

“Almost, Maine” at Avalon School
Local actor and director Charles Fraser is directing Avalon School students in “Almost, Maine,” which will be performed Wednesday-Friday, April 22-24, at 7 p.m. at the school.

Tickets are $6, but on Friday for $10. Patrons can attend the play and have dinner at 6 p.m. at the annual Gender Sexual Anxiety Allience Spaghetti Dinner.

Robotics team won regional
Team 2491 No Mythic brought home a first-place trophy from the North Star Regional competition April 4.

Avalon students on the team are Adam Thomas, Cian Fearn, Elizabeth Bender, Ethan Hawkins, Evan Tang, Gus Myran and Kallin Lingi-Macias. The team also received a Certificate of Excellence from the MInnnesota State High School Soccer Coaches Association. The award is given to just one male and one female soccer player in the state each year.

The Como Park Advanced Band received a Certificate of Excellence from the MInnnesota State High School Soccer Coaches Association. The award is given to just one male and one female soccer player in the state each year.

Avalon School’s Friday night will be open Como Dockside at the soon-to-open Como Dockside May 8.

Murray Middle School
2200 Buford Ave., 651-293-8740
www.murray.spps.org

The Como Park Advanced Band will perform Wednesday, May 6. Send your news to parkbugle.org.

Students raise money for Hold Your Horses
Twin Cities German Immersion School fourth-graders presented $615.22 to Janet Weisberg of Hold Your Horses in late March. The 14 students sold bracelets to earn the money to donate to the Independence, Minn., nonprofit, which offers equine-assisted services to people with disabilities.

Anne Boehm, school mental health coordinator, said the students chose Hold Your Horses because one of the students, Hadley Nilov, has a sister who receives services at the group’s facilities. Shown here are the students with Weisberg, Anne Boehm and Binh Tot, HTS assistant executive director.

SAPAS
Fundraising Event
Sunday, June 14
3:00-6:00 p.m.

Where:
Giggle’s Campfire Grill at the MN State Fairgrounds
$35.00 Advanced
$40.00 At The Door

Tickets include:
Craft beer, food, beverage, music and more. Come and join us for fun while supporting your area seniors!

For details on how to buy tickets, visit sapas.org. or call 651-642-9032.

Saint Anthony Park Seniors
The Original Long Aged Meat Market

Saint Anthony Park
SENIORS

Twin Cities German Immersion School celebrates its 10-year anniversary and host an open house at its new building on Saturday, May 16, 10 a.m. to 3 p.m. The event will include fun activities, and food and refreshments will be available for purchase. This free event is open to the community.

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Como baseball begins quest for championship repeat

Coming off a 2014 season that culminated with a conference championship, the Como Park Senior High School baseball team is ready to compete for another title. The Como Park baseball team is the softball, and the Como Park football team is the championship, the Como Park Senior High School baseball team is the softball, and the Como Park football team is the championship.

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The Como baseball team: front row (L to R), Chris Steinhoff, Alex Ventrilli, Jake Vandome, John Wenger, Alex Johnson, Jacobo Barnard and Jorge Mendobna. Top row (L to R): Coach Lenny Franco, Jackson Muehlbauer, Matt Klein, Patrick Kollias, Richie Guiner, Charlie Kray, Kevin Smith, Alex Forstrum, Nate Jackson and coach Matt Smith. Photo by Mike Krivit.

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