The beat goes on

Women's Drum Center aims to 'drum positive energy into the world'

By Judy Woodard

It relieves stress. It calms as well as energizes. It's rhythmic; it's social; it doesn't take much in the way of training or equipment; it's easy to master, but capable of challenging the proficient. It makes satisfyingly loud noises, but it is usually performed while seated in comfort.

Engrossing, mesmerizing. But mostly, say its devotees, it's fun!

"It is the ancient art of drumming, taught and performed daily at the Women's Drum Center on University Avenue.

The center recently celebrated its 25th anniversary and, on an early winter night, board chair and drumming instructor Bettie Seitzer and some of her beginning students gathered in a circle on the basement of the center's headquarters in the Dow Building, 2242 W. University Ave., to demonstrate the deeply resonant psychological benefits of thumping on gracefully shaped West African drums called djembes (pronounced JEM-bay).

After preliminary stretching exercises, Seitzer led the women in a solid, metronomic two-handed thump-thump-THUMP routine.

Then came a call-and-response with Seitz setting the pattern, while the students imitated her motifs. The women's drumming synchronized immediately, and soon they were looking at each other with the pleased expressions of individuals who rediscover each week how much greater the sum can be than the parts.

Seitzer didn't stop there. This may be a beginner's group, but she has more sophisticated rhythms in mind. Pretty soon, half the group was pounding out the rhythm of an old commercial jingle "Cockoo for Cocoa Puffs." Seitzer calls it a mnemonic, and the musical situation got really interesting when she set the other half of the group to work on a different, contrapuntal jingle to the beat of "Sittin' in the kitchen, just eatin' pancakes." Soon a sophisticated, syncopated, mesmerizing soundscape rose from the small circle of drums.

This was not just fun. It was music. Seitzer explains that the words are relatively recent additions to what are traditional West African rhythms.

"With the djembe," she says, "there's a really rich tradition of West African music."

It was because of that tradition and others that the Drum Center was founded a quarter century ago to make drumming available to women.

"It was started," says Seitzer, "by a group of socially active women, connected to the women's rights movement. Men had taken over drumming and there were no opportunities for women in the rhythm section of pop culture.

The center remains the only registered, women-focused drumming enterprise in the nation. Still, over the years as the founders moved on, the center has become less overtly political. It now offers regular educational drumming sessions now. Although it continues to sponsor performance groups and nurture professional drummers, the center has also added classes for women who have no persuasive ambitions beyond having a good time.

Groups from the center perform at the annual Minneapolis "Breast Cancer Walk and lots of fundraisers."

Bettie Seitzer (far right) leads a Tuesday night drumming circle in the basement of the Dow Building on University Avenue. Photo by Mike Krivit

The little village that still can

By Roger Bergerson

Twenty years after WCCO-TV rated Lauderdale the best place to live in the Twin Cities metropolitan area, how are things going for "the little city that could"?

That's what a group of citizens and officials will be asking in 2017 as they begin to craft a comprehensive plan to define Lauderdale's wants, needs and path forward for the next decade or more.

At this point, there appear to be a couple of Cs on the city's report card, some solid Bs and an As when it comes to "works well with others."

"We provide a higher level of service at a lower cost than most other communities in the metro," according to Mayor-elect Mary Gausch, "and a lot of that has to do with being creative at partnering."

Don't forget to look in on your neighbors.

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End of an era
Como Park's hockey program merges with Johnson High School.

Page 18

A hero's story
Vietnam vet awarded Silver Star.

Page 3

...and all through the house

We hope readers enjoy this illustration of local wildlife gathering on a winter's night with a good book and a group of friends. St. Anthony Park artist and author Janet Lawison created a series of illustrations called "The Neighbors" that depict whimsical scenes from around the 'hood featuring a cast of animals spotted frequently in these parts: squirrels, rabbits, deer, turkeys. You can see more of Lawison's work at www.janetlawsonstudios.com. Speaking of Little Free Libraries, Falcon Heights neighbor and U of M professor Steven McCarthy has been named the 2017 Book Artist by the Friends of the St. Paul Public Libraries for a project in which those little libraries played muse. Go to page 20 for find out more.

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**Como Park**

The District 10 Community Council meets at 7 p.m. on the third Tuesday of each month at the Historic Streetcar Station, 1224 N. Lexington Parkway. Here’s how to connect: 651-644-3889, district10comopark.org or District 10 Community Council on Facebook.

Keep using those blue bins

Big changes are coming to St. Paul’s recycling program in January. Here’s a rundown of changes to expect in your neighborhood after the first of the month:

- Distribute full-size recycling carts to your home. Every residence will get a 64-gallon cart to start with.
- You’re welcome to trade for a smaller or larger cart to more accurately fit your needs.

**Falcon Heights**

The Falcon Heights City Council meets on the second Thursday of each month at 7 p.m. in Falcon Heights City Hall, 2077 W. Larpenteur Ave. Contact information: 651-792-7600 or falconheights.org.

City commissions have vacancies

The City of Falcon Heights is seeking nominations of residents who have made outstanding contributions to the neighborhood for the city’s Neighborhood Honor Roll.

If you’d like to, but if you want to get rid of it, the city will set up drop-off sites in January where bins will be collected and recycled.

**District 10:**

Welcome, new board members

Community members have elected four directors to fill vacancies on the District 10 board: Erin Dooley, elected to represent Sub-District 2 through April 2018; Adina Massoudi, elected to represent Sub-District 4 through April 2018; Adina Massoudi, elected to represent Sub-District 4 through April 2018; and included residents, local business owners and business designers who have been appointed by the mayor and approved by the City Council. Commissioners serve a three-year term and are eligible for two terms.

Interested? Learn more at www.falconheights.org, click on “City Government” and then “City Commissions.”

Contact City Hall with questions, comments or concerns: 651-792-7600 or mail@falconheights.org.

**St. Anthony Park**

The District 12 Community Council meets on the second Thursday of each month at 7 p.m. at Fargo Community Learning Center, 2455 University Ave. The council offices are located at 2935 University Ave., Suite 300. Contact information: 651-649-5992, www.sapcc.org.

It’s Honor Roll time again

The St. Anthony Park Community Council is looking for nominations of residents who have made outstanding contributions to the neighborhood.

If you’re shopping at Amazon . . .

Instead of through the regular Amazon website. Learn more here: smile.amazon.com/ch/41-1304811.

**Joy of the People**

The Joy of the People/South St. Anthony Park Co-op Preschool is looking for nominations of residents who have made outstanding contributions to the neighborhood.

For more information and participant registration, please visit sapcc.org/event/sap-progressive-dinner or send an email to progressive diner sap@gmail.com.

**Mailbox goes missing!**

If you’ve tried to mail letters at the mailbox on Cate Street, just north of Como Avenue next to Park Service, you know that the box is gone. The U.S. Postal Service (USPS) removed it in November.

With the opening of the new Como Station at the corner of Downwell and Como avenues, the USPS is consolidating collections in the 55108 ZIP code area, USPS spokesman Pete Nowacki said.

“As a result, the St. Anthony post office is closed. Any mail delivered there will be delivered to the new Como Station,” he said.

The two mailboxes in front of Flurin’s Hardware, where the Como Station used to be, will be removed after that box at the new post office is installed.

The new Como Station has 24-hour lobby service and customers can drop off their mail inside anytime of the day, Nowacki said.—Kristal Lebrick
'Reluctant soldier' awarded Silver Star

Unarmed Army medic Ken Hughes' heroism during Vietnam War battle recognized nearly 50 years after incident

By Kristal Leadbrick

Forty-seven years after Ken Hughes was hoisted out of a Vietnamese jungle by helicopter with bullet wounds in his left arm, right shoulder and chest, the former Army combat medic has been awarded for his valor during an intense firefight on March 3, 1969.

Hughes—now a family practice physician and a resident of St. Anthony Park—was given the Silver Star on Nov. 10 at a ceremony in Washington, D.C. Hughes was shot in the left arm, but before they could cover the wound, both were hit with a volley of AK-47 fire. Hughes' friend was shot in the lower body, and Hughes took another bullet, this time to the right shoulder. The bullet made its way into his chest.

Hughes eventually died alone to what remained of his company. There, he was attempting to save the only remaining medic. "Since I was technically still his boss, he asked for advice, both about me and the company. He wouldn't need CO status because I believed in the mission. But he wouldn't, or couldn't." Hughes eventually made it alone to what remained of his company. There, he was attempting to save the only remaining medic. "Since I was technically still his boss, he asked for advice, both about me and the company. He wouldn't need CO status because I believed in the mission. But he wouldn't, or couldn't."

Hughes refused morphine so he could give advice on how to handle some of the other soldiers' injuries. Hughes and two other seriously injured men were rescued that night when a helicopter dropped a cable and basket through the jungle canopy:

A reluctant soldier

Hughes, who grew up in Excelsior, Minn., was 20 years old and a "very reluctant soldier" when he was drafted into the U.S. Army in April 1968 during the height of the Vietnam War. "I had serious ethical qualms about being a soldier," he said. A self-described pacifist, he applied for conscientious objector (CO) status while in basic training. He was dubbed "Nature Boy" for his love of the outdoors.

Hughes eventually used the G.I. Bill to attend college and went on to receive a medical degree from Oregon Health and Science University School of Medicine. After his medical training, he joined the Army Reserve 644th Regional Support Group, and Sen. Amy Klobuchar. Photo courtesy of Ken Hughes

Ken Hughes shares a laugh after he received his Silver Star with Col. Dominic Wibe, regional commander of the Army Reserve 644th Regional Support Group, and Sen. Amy Klobuchar. Photo courtesy of Ken Hughes

When Hughes woke up in the Pleiku hospital the day after being lifted from the jungle firefight, he learned that nearly half of the 100 men in his company were killed in the fight. He spent two weeks in Pleiku, was then flown to Cam Ryn River for extensive surgery, was then taken to Camp Zama, Japan, for more care, and then to a hospital in San Francisco, where he had one more surgery. After he recovered, he was assigned briefly to a unit at Fort Lewis near Tacoma, Wash., until he was medically discharged.

During his recovery, Hughes eventually used the G.I. Bill to attend college and went on to receive a medical degree from Oregon Health and Science University School of Medicine. After his medical training, he joined the Army Reserve 644th Regional Support Group, and Sen. Amy Klobuchar.

Summer of 2017 will bring transportation challenges along Como and Raymond avenues in St. Anthony Park

By Kristal Leadbrick

A triumvirate of construction projects will converge in the Raymond and Como Avenue area of St. Anthony Park next spring and close portions of both streets through the summer and into next year.

As soon as the weather allows in the spring, crews will be back on Raymond Avenue finishing the resurfacing and realignment project between Como and Energy Park Drive that began late last summer. The project engineer.

And when the 2016-17 school year ends on June 9, crews will break ground on a $12.6 million remodel of St. Anthony Park Elementary School, south of Como Avenue at Scudder Street. That remodel will increase classroom space, add a new cafeteria and main entry, more restrooms, more natural light and an expanded second floor.

St. Paul Public Schools will hold an open house in mid-February to discuss the project and how it may affect transportation issues on the surrounding streets.

"We've heard concerns about parking, vehicle traffic, cyclists and pedestrian safety in the area," said project manager Todd Lanson. The St. Anthony Park Community Council's Transportation Committee will help facilitate a discussion at the February meeting to generate ideas about how the project will affect transportation in the area during the road construction next summer and later, as the school incurs its enrollment.

"We'll be sharing our first efforts at a plan to manage construction traffic and parking at that meeting as well," Lanson said. The date and time of that meeting will be available in the next issue of the Bugle.

Como Avenue has been slated for repaving because the street scored 12 out of 149 arterial streets that needed work, based on a "pavement condition index and average daily traffic," said Barb Mundahl, the city's project engineer.

The street was originally paved in 1921 and was last paved in 1960. The sidewalk along the street were installed in 1969.

Work will include adding new concrete curbs and gutters, new pavement, concrete driveway aprons, utility upgrades, new sidewalks and Americans with Disabilities Act-compliant pedestrian ramps,

Roads closed to 7

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My first job was waiting tables at a restaurant in a small farming town in the Red River Valley of North Dakota. The place had three owners in the short time I worked there. The first was a pair of eccentric identical twins who grew up in the town, then went off to pursue a career in vaudeville. They returned later years and tried their hands as business owners in their hometown. They always wore three-piece suits and bowties and helped bust tables when it was busy. They taught me that no matter how crazy it was during a Sunday morning, after-church rush or a Tuesday night when the women's book club at the bookstore was in full swing, the bar was bustling. It was imperative to acknowledge people and let them know that you know they are there. Even if you can't meet their needs right then, let them know you plan to soon. A good second owner came along within months of my firing. Stan, a New Yorker now flipping burgers on the windy streets. His move had something to do with his oldest daughter and the Air Force base just 14 miles west of town. He was a widower of a pack of boys at our school and knowledgeable of good food. Stan introduced "smorgasbord" to the community, and his Sunday spreads were fantastic: baked ham, real toasted rye, real mashed potatoes, carrot cake, and sour cream and raisin pie. He was a skinny little man with a thick East Coast accent who measured out six teaspoons of sugar into each cup of coffee he drank. He was often gruff and a bit formidable.

I don't have the recipe, but that evening he called me into the kitchen to pick up an order, and just as he was about to slide a pancake on to a plate, it slipped off the spatula and onto the kitchen floor. He picked it up without missing a beat, put it on the plate I was holding, looked me in the eyes, and said, "The floor is clean." I knew not to say a word, just walk through the swinging kitchen door and deliver that food to the customer now.

When I worked evenings, I often waited on a fellow named John who lived in the Violin Hotel, a run-down two-story building that was, yes, painted violet and just a quick walk from the cafe. I suspect it was a boarding house for many guys like John, men living out the end of their lives alone. John was old. His hair and beard were long and dirty and his fingernails in decay from not being washed. He had a trim. At first he scared me, but then, we started talking to each other.

I wish I could recall all the stories he told me about his life on those slow nights when he sat at the counter, stretching out his last cup of coffee and sharing the tales of his youth. He was kind, and seemed generally interested in learning about me, a stir-crazy teenager with great plans to blow town that as soon as I graduated from high school. John had made a meager living working on other people's farms and now, here he was, a man with little money and seemingly quite lonely.

The first time I waited on him, Stan called me into the kitchen to tell me that I was to change only 25 cents for his coffee. John could order a no-no, non-milk, no-sugar, no-cream cup of coffee—for a quarter. Stan couldn't afford to give him the meat for free every night (though once in a while he did), but he gave the guy a pretty heaping hot meal and a little dignity for two bits.

On a freezing Saturday morning he called me into the kitchen to pick up an order, and just as he was about to slide a pancake on to a plate, it slipped off the spatula and onto the kitchen floor. He picked it up without missing a beat, put it on the plate I was holding, looked me in the eyes, and said, "The floor is clean." I knew not to say a word, just walk through the swinging kitchen door and deliver that food to the customer now.
Thank you for supporting the Park Bugle

We have raised $29,000 toward our $37,000 goal for the Park Bugle’s 2016-17 fund drive. Thanks to the Park Bugle readers listed below who have contributed.

This list reflects those who gave through Dec. 9. We’ll publish more donors in the next issue. The nonprofit Bugle relies on tax-deductible donations to help defray the newspaper’s annual operating costs. If you still want to donate, we still have $8,000 to go. If you can donate online or by clicking the green DONATE NOW button on the right side of the page, or send a check to Park Bugle, PO Box 8126, St. Paul, MN 55108. Thank you!

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Terra Firma Building & Remodeling
Ten New Year’s resolutions for zero waste

By Pat Thompson

Do you want to lose 10—of accumulated plastic bags? Are you serious about kicking the habit—of buying tools you’ll rarely use? Are you ready for a committed relationship—with your new blue recycling cart?

If you answered yes to those questions, you can be a zero waste (ZW) hero in 2017. Your small, everyday choices are easier on the earth and your wallet, too. This year, resolve to reduce, reuse and recycle.

Reduce

1. Join the St. Paul Tool Library, opening soon at 755 N. Prior Ave. (north of Menard’s off University Avenue). For $55 a year, you will get access to tools and workshop space. Why buy when you can share? To learn more about the St. Paul Tool Library visit www.stpaultoollibrary.org.

2. Invest in your health. Why buy when you can share? To learn more about the St. Paul Tool Library visit www.stpaultoollibrary.org.

3. Just say no to Styrofoam! Egg cartons, for example. Even clear plastic ones are preferable, since they’re recyclable. A better choice is the classic gray “formed paper” cartons, ripped up and composted after your 12-egg omlette. Best of all, refill those cartons with bulk eggs from Hampten Park Co-op, or share them with chicken-owning friends.

Reuse

4. Bring your own containers. You’ll recognize ZW heroes by the water bottle they tote to the office, the mug they bring to Bruegger’s, the go-to container they whip out after a meal at Foxy Falafel. (Did you know the Minnesota Department of Health endorses bring-your-own takeaway containers?) And, of course, ZW heroes bring bags, tubs and bottles to the food co-op for everything from pasta to peanut butter to laundry detergent.

5. Shop at thrift, consignment, vintage and reuse stores. Some great options include TurnStyle in Roseville, Goodwill in St. Paul and Roseville, Practical Goods (on Selby Avenue near Fairview Avenue), Habitat for Humanity’s Restore in New Brighton near 35W and at Minneapolis at 2700 Minnehaha Ave.), the Repair Lair on East Lake Street in Minneapolis, Succotash on Romaine Avenue and MidModMen and Classic Retro at Pete’s on University Avenue. There are so many, so close, with more here: www.reusemn.org.

6. Take broken items to a Fix-it Clinic. Learn from skilled volunteer fixers. These monthly sessions aren’t just for electronics and small appliances—you can bring clothing, gardening tools, toys and more. Locations rotate between Ramsey and Hennepin Counties. Links to both are at TransitionASAP.org/zero-waste.

7. Commit to your new, blue recycling cart. There are so many, so close, with more here: www.reusemn.org.

8. Keep plastic bags out of the waste stream. Please don’t put them into your blue cart; they’ll gum up the works at Eureka Recycling. But do save them separately and take them to Hampten Park Co-op, or near the entrance at 928 Raymond Ave. Any kind of plastic film is OK, including grocery sacks, cling wrap and flexible packaging. Make sure they’re clean.

9. Use due diligence when discarding electronics. If your computer or other device has some life in it, Free Geek may be interested (located in the Seward neighborhood of Minneapolis). If it’s really dead, make sure it gets recycled responsibly. For more info, visit the Recycling Association of Minnesota, www.ram-mn.org.

Recycle

10. Compost your food waste. If you have a yard, consider starting your own bin. Or take a weekly bag of food waste to the county’s Midway Yard Waste site on Pierce Butler—with the added advantage that there, you can include bones, fat, compostable tableware and other home-generated waste. (In two sizes) make it even easier. It is open weekdays December to March and five days a week April to November.

Best of all: share your ZW discoveries with neighbors. How can we scale up these practices for greater impact? Visit the ZW action page at TransitionASAP.org/zero-waste for more links or ideas. To get in touch with other heroes in the making, email ZeroWaste@TransitionASAP.org.

Letters from 4

_tea_ with a cup of tea?_ A recent article mentioned the tea with a cup of tea?_ A recent article mentioned the tea with a cup of tea?_ A recent article mentioned the tea with a cup of tea?

Come home to University Grove...

Classic Mid-century home in the heart of an architecturally designed community has a new price for the new year. Open floor plan with five bedroom suites and two baths. 1572 Fulham $499,000.

Nancy Meeden
Coldwell Banker Burnet
Office: 651-282-9650
Mobile: 612-790-5053
nmeeden@cbburnet.com

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Of mice and bird seed

Two winters ago, as my wife and I pulled into the garage at night, we watched to see if a mouse ran up the fueled badminton nets leaning against the steel shelves in the back corner of the garage. “Look, there he goes! So cute!”

I thought I saw some mouse nest material up where the wall met the roof and assumed it was headed back to safety. If the weather forecast was for a bitter night, I’d put four or five peanuts on the shelf to help the mice make it through the night. I felt like their giant benefactor. Those were “my mice,” and I was going to make sure they survived the winter.

I lived in this Disneyque fantasy until one event opened my eyes. I’d occasionally pick up birdseed for my friend and store it in the back compartment of my car until I’d see her again. One morning, as I opened the hatchback door, I found mouse droppings on the car seat back there. (I think mice must poop more than any other critters on earth.) They reveal their presence by those little black “caraway seeds.”

Mice were getting into my car. That couldn’t be good. My neighbor, Jim, said we should check the cabin air filter. Sure enough, there were a couple of holes nibbled through it.

The mice had smelled the birdseed in the hatchback compartment. I decided I’d have to do something to stop them. And from then on, anytime I stored seed in the car, it was in an airtight metal container.

I bought a keep-alive trap to use for catch and release. I read online that captured mice had to be released at least 100 feet from where they’d been caught. I’d be better off than that; I took the captive all the way to the end of the block, to the edge of the golf course. I estimated that was more than 400 feet. I was sure I was not going to have any repeat offenders.

I kept getting a mouse nearly every night. I kept a tally sheet on the wall and logged 83 mice that winter. I suspected that our garage door wasn’t sealing tight enough. The rubber seal does touch the floor, but it doesn’t squeeze out at the ends of the door. The floor is bowed. The mice had nibbled their way through the end of the seal, but until the door was leveled under the door, replacing the seal was only a temporary fix. I invited my contractor friend, Tim, to come over and offer a solution to my mouse-invasion problem. Tim surveyed the garage and advised me that I had to clean out the accumulated junk before he could figure out where the mice might be getting in.

Over the summer I filled a trailer with old fishing rods, a stack of shingles, a box of pipes I’d saved from when I quit smoking 20 or 30 years ago, flower pots,+ muddy books, those badminton nets... the process was very therapeutic.

While I was wiping the top of the steel shelving, I noticed some gnawing on the top edge of a fibberboard wall panel behind the shelves, the only fibberboard panel in the garage. I blocked the holes with a length of a 2x4.

Now the process of leveling the floor could begin. We had a concrete guy come; he suggested a trough under the door. The floor was high in the center, low at the ends. When he was done, we had a garage-door mechanic come and adjust the door to lower completely. And then, the door sealed all across in length.

That next winter, I mentioned my mouse situation to some friends. “How far do you take them for release?” Liz asked. I mentioned my 400 foot distance. “That’s not enough,” she said. She and her companions at Minnesota’s Department of Natural Resources had performed an informal experiment. By marking the mouse before release, they determined that it had to be taken at least a quarter of a mile to prevent its return. Mouse invasions stopped—until this fall. I found some mouse droppings and brought out the live trap again. I caught a few, until one afternoon when I saw a panel of sunlight coming under the frame of the side door. There was a hole there, a gap in the construction. Time for the steel wool. I packed steel wool into the gap. That solved the problem.

Leak the be a lesson. Store your bird seed in varmint-proof containers, metal with tight-fitting tops. You don’t want to see those caraway-seed calling cards all over the place.


Roads closed from 3 lanes-styles street lightig with LED lights, sodded boulevards, removal of all ash trees, dead trees and stumps, and planting of new trees on the boulevards. The project will also assessment rates for 2017 by the end of February. Once rates are set, a public hearing on the project will be held, said Mundahl, and that will probably be in March.

The project is scheduled to be finished by Oct. 31. Phase 2 of Como Avenue construction will be from Commonwealth to Eastis Street in 2018. Phase 3 will be from Eastis Street to Emerald Street and the city limits in 2020.

You can find out more at www.spaud.gov/departments/public-works/road-construction/como-avenue-paving-project.
For decades, a World War II-vintage airplane sat next to the nondescript building in Lauderdale, something of a curiosity to those passing the intersection of Highway 280 and Larpenteur Avenue.

Occasionally, in the dark of night, a simulated bolt of lightning and zap the plane, adding to the mystique about the place.

The plane was a Lockheed RB-37 bomber, the U.S. Army's version of the Navy PV-2 Ventura. It was one of a group of such planes originally intended for use by the British through the Lend-Lease Act, but never sent overseas.

The adjacent building was home to the Lightning and Transients Research Institute, founded by University of Minnesota faculty in the 1940s to study lightning's effects on power lines and transformers. Following World War II, the researchers moved to Lauderdale and turned their attention to aircraft, ocean-going vessels and, eventually, early computers.

In that postwar era, military and commercial aircraft were flying higher and faster than ever before in adverse weather conditions, according to Noel Allard, chairman of the Minnesota Aviation Hall of Fame.

“High static buildup on aircraft bodies caused such things as St. Elmo's Fire, a form of electrical glow, resulting in rolling balls of lightning along the wings and cockpit canopies,” Allard said. “This didn't just spook the crew, it interfered with radios and early radar gear, knocking out navigational components and making radio communication impossible.

"On other occasions, lightning might even punch a hole in the metal skin of the aircraft."

Taking over a former Northern States Power substation, the institute contracted with airplane manufacturers such as Lockheed and Boeing and helped develop federal standards for aircraft and electrical component shielding.

In addition to the RB-37, there were also nose cones and other aircraft parts used in the testing scattered around the grounds.

"Critical parts of the plane, such as various radio components, were subjected to strikes of as much as 200,000 amperes, 10 times the power of the average lightning stroke," Allard said. "There were also 700,000-volt charges to determine the effects of DC current generated in snowstorm clouds by static electricity."

The research institute went out of business sometime in the 1970s, and today the site is an Xcel Energy substation.

What about the old bomber, which, as it turns out, is the last of its kind?

Initially it was displayed at an aircraft museum in Pueblo, Colo., but today has a permanent home in the National Museum of the U.S. Air Force at Wright-Patterson Air Force Base, near Dayton, Ohio.

Visitors to the research institute recall its three-story arrays of transformer coils and capacitors—Allard likened the setting to Dr. Zharkov's laboratory in the Flash Gordon movies—and the trolley-like device that could be rolled out a door to send lightning-like bolts at the RB-37.

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Six-toed girl is burglar suspect
(who also had an “unusually long” thumb)

Pastor smashes film machines that show actor losing pants

Sleepes 18 hours in rain; doesn’t hurt him a bit
Lauderdale from 1

Lauderdale has a population holding steady at about 2,500. The city contracts with outside entities for its water supply (St. Paul), snow plowing (Ramsey County), police (Village of St. Anthony) and fire protection ( Falcon Heights).

Big projects completed
In the 2000-2004 period, the city undertook a major public works program in the form of new sewers and water lines and street and alley paving. More recently, the sewer system was lined to extend its life.

The Metropolitan Council has designated Lauderdale as among the municipalities out of compliance with the council’s initiative to keep stormwater or groundwater out of the sanitary sewer system because of the needless cost incurred in treating “clean” water.

But Heather Burkowski, city administrator, one of five city employees, is hoping that the large-scale improvements the city has made will get Lauderdale off that list.

Do other major infrastructure needs loom?
“We’re in pretty good shape and are putting money aside,” Gaasch said. “We’re in pretty good shape and are putting money aside,” Gaasch said. “T o some degree, it’s a question of identity,” he said. “We don’t have our own police or fire, the only really distinguishing event is the annual Halloween party. I don’t know if anybody would want us, but I think we ought to be willing to at least look at [annexation].”

Gumnit says it’s a legitimate concern, although, “residents, I believe, would overwhelmingly say that they love independent Lauderdale.”

“I don’t see what annexation would get us at this point,” Gaasch said. “We’re resilient, adapt for change and provide a good quality of life. Our citizens have a real relationship with their city.”

Who was Lauderdale, anyway?
When the area previously known first as Prospect Hill and then Rose Hill was incorporated as the Village of Lauderdale on Jan. 21, 1949, the naming acknowledged a gift given a half-century earlier.

In the pioneer days, the Gibbs School on what is today the southwest corner of Larpenteur and Cleveland avenues (where the new Bell Museum of Natural History and Planetarium is being constructed) was the only one around.

That remained the case until 1894, when William Lauderdale donated land in Rose Hill for a new school.

Lauderdale was born in New York in 1830. He came to Minnesota in 1852 with his wife, Mary, and two children, originally settling on a claim near Lake Calhoun.

He had a veterinary business, briefly raised dairy cattle and later dealt in real estate, owning the western half of the city that now bears his name.

If you’re interested in learning more about Lauderdale’s past, History of Lauderdale (1974) by Gloria Tow Rauschmeyer is available in the reading room in the Minnesota History Center.

And, if you go to www.ci.lauderdale.mn.us and scroll down to Gift Shop, there is information on how to order a city history that was published in 2000 to celebrate Lauderdale’s 50th anniversary. A companion video, a production of CTV North Suburbs entitled Lauderdale—Our Memories—50 years of History, can be found at vimeo.com/142439662—Roger Bergerson
Drum center from 1

Drum center from 1 says Seitzer. They also have outreach programs called Health Rhythms and Energy through Drumming, which bring their beat to seniors and schools. And then there are some less obvious benefits. “Drumming builds confidence and happiness,” says Seitzer, who works as a project manager for a local bank when she’s not laying down a beat. “Women really develop a sense of pride in themselves when [they] see weekly progress. We don’t always feel that in our daily lives.”

At times, drumming can have a therapeutic effect on both audiences and performers. “All through the [presidential] campaign, people were so sick of the hate-mongering,” Seitzer says, “and then they would come in and say, ‘It feels so good to drum.’”

Although Seitzer acknowledges that she played in a “bluegrass band after college,” she insists, “you need absolutely no training to start. You don’t even need to own a drum.” The center provides djembe and other drums to its students during class time. Seitzer says she’s never been much of a TV watcher, so when a friend gave her a gift certificate to an after-work Drum Center class six years ago, “I was hooked in the first five minutes.”

As her skill increased, she moved up to teaching. “I like being with a group that makes music,” she says. “It just enriches my life. I’m a teacher by nature.”

Her students, who range in age from 30 to late middle age, bring varying levels of musical preparation to the class. No matter, says Seitzer. She compares the first steps in drumming to “rhythm time in kindergarten” and says, “this is a safe place to try.”

Kathy, 64, a retired professor of nursing, comes from Fridley for the weekly session. “It’s the one place I have no responsibilities,” she says, “I can laugh; it’s fun—a good stress reliever.”

Fellow student Karen, 58, from the Longfellow neighborhood of Minneapolis, says she “likes the sense of community” in drumming. Minneapolis resident Claire, 30, who began the class just a few weeks ago, said of her first time, “It felt very mindful in the moment.”

Adds Kathy, “I expected to like it, but I really like it.” As the class embarks on more complex, syncopated drumming patterns, Seitzer notes that drumming is “brain exercise” as much as “learning muscle movement and muscle memory.” She thinks that all students begin because they’re looking for a “nonstressful way to have fun,” but some may not leave it at that.

The center offers additional classes like Women Who Groove, Brazilian Festival Drumming and a workshop called Drumming through the Chakras. The truly committed student may go on to Drum Heart, a small ensemble that maintains a busy performance schedule and is open on the basis of a successful audition and the director’s approval.

Does the center have any big-picture goals beyond having rhythm-based fun? “We want to drum positive energy into the world,” says Seitzer. You can reach the Women’s Drum Center at 651-206-7617 or check out the website at www.womensdrumcenter.org for more information.

Judy Woodward is a reference librarian at the Roseville Library and a frequent contributor to the Park Bugle.
Silver Star from 3

a residency, he moved back to
Minnesota to practice.

Four years ago, while watching
the inauguration ceremony for Pres.
Barack Obama’s second term,
Hughes began thinking again about

The inauguration “was near the
Vietnam [Memorial] Wall,” Hughes
said. He went online and found a
virtual wall and looked for the nam es
of the men who were killed in the
Plei Trap Valley incident.

The connections he made by
going over the names of the deceased
led him to Buddy Williams, or
retired Lt. Col. Felix Williams, the
only officer to survive the operation.

When the two men met up,
Williams asked Hughes if he was ever
recognized for his heroism in the
1969 battle. Hughes told Williams
he received the Purple Heart while in
the hospital. “That really stinks,”
Williams said. It wasn’t enough.

It was Williams and Hughes’
cousin John Gritz, a retired colonel from
the Special Forces, who
contacted Klobuchar’s office last
January to initiate the Silver Star
decoration.

“When anybody named Buddy
calls my office, it goes right through,”
Klobuchar joked at the aw ard
ceremony. In September, Klobuchar’s
office received confirmation that the
Silver Star had been approved.

Williams and Gritz attended the
ceremony, along with two other
soldiers who were part of Hughes’
company—Company A, 3rd
Battalion, 8th Infantry, 4th Infantry
Division—in 1969, Paul Mims and
Sam Jones.

Williams is “the fellow who kept
my company together that night,”
Hughes said. “Sam Jones—Sgt. Sam
Jones—stood in the middle of the
night with his back to the enemy to
tie me onto the cable.” Jones was
missing in action for days after the
operation. Mims rotated out of the
field the day before the action,
Hughes said. It was 43 years before
Hughes met up with the three men
again.

As Hughes accepted his Silver
Star on a sunny, unusually warm
Novem ber afternoon, he looked
around the crow d, which included
an A rm y color guard and dignitaries
from the M innesota A rm y Reserve
and M innesota Dept. of Veterans
A ffairs, and said, “We are
surrounded by heroes.”

He used to refer to the U .S.
A rm y as the A rm y, he said, but now,
“for the first tim e in m y life, I call it
my A rm y.”
JANUARY Events

Visit information is listed at the end of the calendar. Send your events to calendar@parkbugle.org by Wednesday, Jan. 18, to be included in the February 2017 issue.

2 MONDAY
St. Paul Public Librarians are closed.

3 TUESDAY
Community Blood Drive at St. Anthony Park Lutheran Church, 2323 Como Ave., 2-7 p.m. Sign up online at redcrossblood.org, use code SAPL, or call Joy at 651-644-8833 and leave a message.

4 WEDNESDAY
English Conversation Circles, every Wednesday, St. Anthony Park Library, 6-7 p.m. All are welcome. No registration required.

5 THURSDAY
Campfire Support Group, first Thursday of each month, St. Anthony Park UCC, 10:15-11:30 a.m.
Breakman Support Group, last Thursday of each month, St. Anthony Park UCC, 10:15-11:30 a.m.
Preschool story time in Mandarin Chinese, St. Anthony Park Library, 10:30-11:30 a.m.
Dialogues Townswomen meets every Thursday, Northeast Research Studios, 1992 Fedwell Ave., 11:30 a.m.-12:30 p.m.

6 FRIDAY
Walking at Lauderdale Park 6:30-7:45 a.m., for adults, free. SAPS blood pressure check; St. Anthony Park Library, 2 p.m.

10 TUESDAY
Baby and toddler story time, ages 0-2, siblings welcome, Tuesday, St. Anthony Park Library, 9:30-10 a.m. and 10:30-11 a.m.

12 THURSDAY
St. Anthony Park Area Seniors cinema series, “Sully,” St. Anthony Park Library, 2-4 p.m. All welcome. First.

13 FRIDAY
SAPS Come Day, City College, 10 a.m.-noon. No charge or registration required.
Preschool story time, every Friday (except Dec. 6), St. Anthony Park Library, 10:30-11:30 a.m.

16 MONDAY
Mamas Lutenin King Day, St. Paul Public Librarians closed.
Community Sing, Olson Campus Center, Luther Seminary, 6:30 p.m. singing, 7:30-8 p.m. sing, the event is free, but a hat will be passed for our music leaders and to make the sing possible. Children welcome. Co-sponsored by the District 12 Community Council.

20 FRIDAY
SAPS Come Day, City College, 10 a.m.-noon.

22 SUNDAY

27 FRIDAY
Eco Fun, St. Anthony Park Library, 12-2 p.m. School-age children, no registration required.
Co-ed Drum Circle, Women’s Drum Center, 6:30-7 p.m. $10 at the door. All levels of experience are welcomed and encouraged. Drums provided.

31 TUESDAY
Behind the Curtains with Park Square Theater, Flower Drum Song, St. Anthony Park Library, 7 p.m.

SENIOR EXERCISE
St. Anthony Park Area Seniors

Mondays and Thursdays, Lauderdale City Hall, 2-3 p.m. No class on Monday, Dec. 26 due to holidays.

Tuesdays and Fridays, St. Anthony Park Library, 2-3:30 p.m. Clear your Fridays, 6th and 20th.

Wednesdays, Centennial United Methodist Church, 10:30-11:30 a.m.

FREE SENIOR BLOOD PRESSURE CLINICS

Como Park/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

Saint Anthony Park Area Seniors

Wednesdays, Centennial United Methodist Church, 11 a.m.-noon

VENUE INFORMATION

Author Panel Senior Apartments, 675 W. Maryland Ave.
Centennial United Methodist Church, 2200 Hiwbelt Ave., 651-607-8946
City College, 1611 Pleasant St., Lauderdale
Falcon Heights Town Square, 1530 W. Larpenteur Ave.
Lauderdale City Hall, 1891 Webel St., 651-631-0000
Micahub’s Bookstore, Carson & Como, South Ival Milson Square, 651-646-5706
Olson Campus Center, Luther Seminary, 1490 Folwell St.
St. Anthony Park Library, 2245 Como Ave., 651-642-0411
St. Anthony Park United Church of Christ, 2129 Commonwealth Ave., 651-646-7713
St. Matthew’s Episcopal Church, 2136 Cedar St., 651-645-3058
Women’s Drum Center, 2242 W. University Ave., women@micahub.org

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12 PARK BUGLE • JANUARY 2017
New book is for families dealing with chronic disease

Agמחלה for Jan. Larson describes the feeling of learning a family member has been diagnosed with a chronic disease: “[It’s] like being told to climb a mountain and not being at all equipped.”

In 1990, Larson’s husband, Milton, was diagnosed with Parkinson’s disease. For more than 24 years, they walked an intense and emotional journey with this chronic disease.

Larson’s new book, Hope on the Journey: Walking With Chronic Disease, gives voice to their feelings. Published by Huff Publishing Associates of Edina, Hope on the Journey is a compilation of poems, reflections and friendly advice.

Larson will read from her book at two venues in January. Lyndhoolsten, 1413 Almond Ave., St. Paul, will host “Books, Cheese and Wine,” Thursday, Jan. 12, from 5:30 to 7 p.m., in the Lyndhoolsten Community Room. Cost is $5 if registered by Jan. 10 or $8 at the door. Register at 651-632-5330 or email, 2ndHall@lyndhoolsten.org.

Larson will discuss her book at St. Anthony Park Lutheran Church, 2323 Como Ave., on Sunday, Jan. 22, at 10 a.m.

The book is available at amazon.com, huffpublishing.com and Barnes and Noble.

You can also contact the author at hopontthejourney@gmail.com.

Congo gram honored in Illinois

Medora Sick, a 2013 graduate of Como Park Senior High School and a senior at Lake Forest College in Lake Forest, Ill., was named a student laureate of the Lincoln Academy.

Each year, the Lincoln Academy awards one student from each four-year institution in the state the student laureate honor. The recipients are nominated by the academic masters from each respective institution.

Local artists exhibit in Lanesboro

Two local artists will display work in “Currents of Change,”” at the Lanesboro Arts gallery in Lanesboro, Minn., Jan. 7 to March 5.

Linda Ricklefs Baudry of St. Anthony Park and Erik Pearson, whose Shipwrecked Studio is in the Dome Building, 2242 W. University Ave., are part of this companion art exhibit to the Smithsonian Institution’s Museum on Main Street “Water/Ways,” which will be on display at the Commonweal Theatre events hall Jan. 7 to Feb. 19.

Both shows open with a variety of activities on Saturday, Jan. 7, including an opening reception from 4 to 6 p.m.

“Currents of Change” pays historical water photos of Lanesboro with mixed media artwork interpreting those photos by 15 regional artists, including Pearson and Ricklefs Baudry.

“Water/Ways” is part of the Smithsonian’s Museum on Main Street program, designed to reconnect citizens to water and encourage more involvement in its protection by using the tools of story, history, faith, ethics and the arts.

Lanesboro is one of six small towns and Minnesota is one of five initial states selected by the Smithsonian to participate in this new traveling exhibition.

Alchemy’s Sonoma house honored

Alchemy Architects, 856 Raymond Ave., was honored for its Sonoma weeHouse, designed by Alchemy founder Geoffrey Warner and client BJ Siegel, an architect himself and Apple’s director of store design. The weeHouse won an AIA Minnesota Honor Award, a tribute to architectural excellence.

The Sonoma residence is a small, ultra-minimal, high-end home based on Alchemy’s weeHouse but customized to meet the base finishing requirements the client requested. The prefab house is composed of two minimalist open-sided boxes set on a concrete plinth nestled on the edge of gnarled oaks and an expansive view near Santa Rosa, Calif.

The Sonoma weeHouse is also featured in the December 2016 issue of Dwell magazine (and on dwell.com). You can learn more at www.weeHouse.com

SAP Garden Club awarded

The St. Anthony Park Garden Club was awarded the Community Livability Award by the Minnesota State Horticultural Society in October.

For 20 years the garden club, with financial help from the St. Anthony Park Library Association, has funded, designed and maintained the gardens surrounding the St. Anthony Park Branch Library. In late 2014, the club began a special expansion of these gardens—new pollinator gardens on the hillside along the Children’s Rounda with help from donations from Park Neighbors to 14
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Call for artists
The Undercroft Gallery at St. Matthew’s Episcopal Church, 2136 Carter Ave., will host the 19th annual “Celebration of Community” Art Show, beginning Saturday, Feb. 11, through Friday, April 7.

All artists, 18 and older, from St. Anthony Park and its surrounding communities who wish to display their work in a local gallery are encouraged to participate. A reception can be dropped off at St. Matthew’s on Saturday, Feb. 4, from 10 a.m. to 1 p.m. Artists can submit one or two pieces. A registration form and $10 registration fee are required. All work must be ready to hang or display and all media is welcome, including photography, oil, acrylic, watercolor, print, textile, pottery and paper.

The show will be juried this year, with cash awards given in several categories. There will be a reception at the opening reception Sunday, Feb. 12, between 6 and 8 p.m. St. Matthew’s Episcopal Church is located at 2136 Carter Ave. (Commonwealth)

For more information, contact Janet Murphy, at jmurphy@uad.com.
Mentor Charles Addicks, Jr.
Mentor Charles “Duke” Addicks, Jr., 76, of Falcon Heights, died Nov. 12, 2016, after a short illness. He was born in Minneapolis Dec. 28, 1939. He was an attorney by profession and a naturalist, eagle handler, historian, poet, musician, and supporter of the visually handicapped and rescue organizations. His loving family, on Nov. 28, 2016.

Robert Bacon
Robert Bacon, 91, formerly of Falcon Heights, died Nov. 28, 2016. Robert was a lifelong resident of St. Anthony Park, an excellent student, and a naturalist, eagle handler, historian, poet, musician, and founder of the Goldstein Gallery of Fine Art. Bacon was the visually handicapped and rescue organizations. His loving family, on Nov. 28, 2016.

Mary Barwise
Mary Barwise was a champion of the visually handicapped and rescue organizations. His loving family, on Nov. 28, 2016.

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School News

Avalon School
700 Gladstone St., 651-649-5495
www.avalonchool.org

Open houses announced
Avalon School, a grades 6-12 charter school that focuses on project-based learning, will host three open houses for prospective students and their families in January and February: Tuesday, Jan. 10, at 7 p.m.; Saturday, Feb. 4, at 10 a.m.; and Thursday, Feb. 3, at 7 p.m.

Questions? Contact Gretchen Sage-McIntosh at 651-649-5495, ext. 294, or enrollment@avalonchool.org.

Chelsea Heights Elementary
1557 Harson St., 651-293-8790
www.chelseaeys.org

Fitness Night at Chelsea Heights
The Chelsea Heights PTO will host its popular Family Fitness Night on Friday, Jan. 6, 6-8 p.m. The event will have activity stations where participants can challenge themselves with cardio, strength and agility exercises, dancing and yoga. All ages are welcome. This is a fun event for the entire family.

Como Park Senior High
740 Rose Ave., 651-293-8800
www.comosr.spps.org

The results of Como’s mock election in October More than 900 Como students cast a vote in Como’s school-wide mock election on Oct. 25. AP U.S. Government and Politics students served as election judges, overseeing a registration table and distribution of official ballots for the presidential election, which were provided by the Secretary of State’s office.

The results of that school event were left out of the last issue of the Bugle. If you are curious about how Como students voted in the mock presidential election two months ago, here’s the breakdown: Hillary Clinton received 63 percent of the vote, Donald Trump received 8 percent, and 34 percent of the students preferred third-party candidates, with Dan Vacek of Legal Marijuana Now getting 7 percent of the vote. The statewide result of all Minnesota high school mock elections was 55 percent Trump, 34 percent Clinton and 30 percent other candidates.

You can see how other schools throughout the state voted in their own mock elections at the Minnesota secretary of state’s website, www.sos.state.mn.us/elections-voting/get-involved/students-vote-results.

Robotics team wins $10,000 high-tech cutting machine The Como Robotics team, BEAST Bot, earned a $10,000 piece of machinery through an online voting campaign. Maclow CNC conducted a three-week Kickstarter campaign for schools to acquire a high-tech cutting machine. BEAST Bot will be able to take the design of their robot and its complimentary parts to the next level with this 4-by-8-foot Maclow CNC saw designed to precisely cut objects out of wood and other flat materials.

The build season for Robotics begins in January. After a state tournament appearance last school year, an off-season invitational win and expanding external support, there is a lot of positive momentum in the program.

Field trip to financial awareness More than 60 freshmen students in the Academy of Finance (AOF) attended an all-day field trip to Finance Park at Junior Achievement. Students got a taste of the real world when they participated in a hands-on, money-management exercise that included a professional salary and a set of bills to pay and manage. Students learned how to manage a mortgage, insurance costs, utility bills and a handful of other details and responsibilities. It was a valuable exercise to gain financial awareness and literacy in preparation for their independent futures.

Choir concerts and more The Como Park choirs presented the annual Pops Concert on Dec. 12 at the school. The show featured five choirs performing music ranging from current to classics of oldies. Como’s Chamber Singers added spirit to Orchestra Hall with preconcert performance on Dec. 9 with members of Minneapolis’s Washburn High School choir.

Raising funds for Washington, D.C., trip, one bag at a time The annual Close Up trip to Washington, D.C., is the first week of March, and fundraising is in full swing. Students from AP Government classes will bag groceries for customers at the Roseville Cub Foods on Larpenteur Avenue on Friday, Dec. 23 and Friday, Dec. 30, from 11 a.m. to 6 p.m. Cub customers generally support the students with donations that help defray the expense of the educational adventure. Bagger readers are encouraged to swing through Cub and help the cause.

Como facility improvements will begin this spring Facility improvements and additions to Como Park High School will begin in the spring. Beyond classroom upgrades, new common areas, a new front entry, new bathrooms and a two-story addition, a multi-purpose synthetic turf field will also be installed inside the track this summer.

The field will be an asset to the students, athletic teams, families and the Como community as a whole. Many community leaders advocated for the field. The students and staff are excited to see the field investment coincide with the building improvements and modernization of the academic space.

Come visit Como Prospective students who are interested in experiencing a day at Como are invited to shadow a current student. Opportunities for shadowing will extend into January and February. Interested students may register online at comosr.spps.org. Click “Como Park Shadow Visits 2016-2017 Registrations.” Tours are also available upon request through Jill van Koolwijk, who serves as a parent coordinator. She can be reached at 651-744-9977.

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

Tutors needed at Murray
Murray Middle School provides an intentional intervention program called the “Pilot One-on-One Program” for at-risk students who are academically challenged. The program, now in its ninth year, focuses on students that typically do not have strong home support and are often living in crisis. Students work with a tutor individually each day. Both the tutor and student study English, math, social studies or science together. Students also work on developing the tools they need to improve their study skills.

Tutors are needed Monday through Friday for one to three hours from 11:08 a.m.-12:08 p.m., 12:12-1:04 p.m. and 1:08-2:00 p.m. For more information or to sign up for a training session, contact coordinator Cindy Thrasher at 651-293-8740 or cindy.thrasher@spps.org.

Be a judge at Murray’s science fair The 2017 Murray Middle School Science Fair needs volunteers to help judge projects on Tuesday, Jan. 10, from 6:40 to 9 p.m. Murray will provide guidelines and training on being a judge from 5:40 to 5:55 p.m. that day.

A light meal will be provided, as the event runs through the dinner hour. Judges review and discuss the displayed projects with students. Each project has three judges who independently view the project and evaluate it. Judges evaluate about 10 projects.

If you can help, please mark your calendar and reply by email to stefanie.folkema@spps.org.

Pre-K and Kindergarten School Choice Fair is Jan. 7 This year’s School Choice Fair will focus on early childhood, pre-kindergarten and kindergarten opportunities for St. Paul families. All schools that serve students in Pre-K and/or kindergarten will participate. The fair will be held Saturday, Jan. 7, 9:30 a.m.-2 p.m. at Washington Technology Magnet School, 1495 Rice St.

Open house set for Jan. 31 Enrollment for the 2017-18 school year is around the corner. St. Anthony Park Elementary’s New Student Open House will be Tuesday, Jan. 31, 5:30-6:30 p.m. Families interested in a tour of the school can call the office to make an appointment, 651-293-8735.

Applications for the 2017-18 school year will be accepted between Jan. 1 and Feb. 15. You can apply at http://apply.spps.org/.

Baby it’s cold outside Families should tune into TV or radio or to visit spps.org/winter, to find out if the school will close during severe weather.
Chelsea Heights teacher named WCCO’s Excellent Educator

By Alex Lodner

What began as an ordinary day for Laura Erickson and her second-graders at Chelsea Heights Elementary School was interrupted by a knock on the door Nov. 9 from a television crew carrying a shiny plaque bearing her name.

“You have been awarded WCCO’s Excellent Educator,” the reporter told a surprised Erickson, handing her the giant frame.

“At first I thought it was a joke,” Erickson said. The award is based on nominations from the public.

Retired teacher Cherie Frarseth, who volunteers in Erickson’s classroom, nominated her for this honor. “She is very caring, very innovative,” Frarseth said in her endorsement.

One of Erickson’s innovative solutions for calming down her energetic 7-year olds is Memoves, a program that helps focus young minds and bodies by teaching self-regulation through breathing, music and movement and helps the children reign in all that post-lunch energy.

“It’s just a disc that we watch on the screen and do the movements,” Erickson explained. “It takes about five minutes and gets them ready for the afternoon.” Erickson also reads to the children from Master of Mindfulness: How to Be Your Own Superhero in Times of Stress by Laurie Grossman, a book that offers ways to stay calm and cultivate inner strength to deal with life’s challenges.

Another out-of-the-box method Erickson is trying is alternative seating. There is a standing station, floor cushions or regular desks for students to choose from. Each month, the students indicate their choice of stations.

“Some of them really know what works for them and some like to try a new choice each month,” Erickson said. “It helps them, and it’s fun. They really like the butterfly chair and someone gets that once a day.”

Erickson eased into alternative seating last year and the children responded well. The school’s administration has been very supportive of her ventures, although perhaps a bit weary when Erickson began chopping off the legs of tables.

“But really, I have had a lot of support,” she laughed. “It works and the children love it.”

Erickson is a St. Paul native who currently resides in the Como neighborhood with her husband, Eric Erickson, a teacher at Como Park Senior High School, and two daughters who attend district schools. “We feel that it’s a very important thing, to be within our community,” she said.

After 24 years in the district, Erickson is as passionate as ever about her community and the public schools she has taught in and has sent her own children to.

“My youngest daughter was here at Chelsea when I started, so it was perfect,” she said. “I’ve spent my whole career in St. Paul. This will be my fourth year at Chelsea, and I hope to stay right here for the remainder of it.”
Como Park’s proud hockey history merges with Johnson

For the first time in 37 years, the high school hockey season will not include a team wearing the black and gold representing the Como Park Cougars.

While the local hockey community comes to terms with this new reality, the boys at Como Park Senior High School who play hockey are participating in a cooperative program with Johnson High School. The merger of these two rivals has changed the landscape of city hockey once again.

During the 2015-16 season the Como Park Cougars hosted a varsity and a junior varsity team that included about 20 students from Como and another eight from Central. That cooperative partnership with Como serving as the host school had been in effect since 2006.

Boys Park hockey players also opted into Como’s program for a few years before resurrecting their own program in 2010. With declining numbers on the Como roster entering this season, a decision was made in late October to have the Como boys partner with Johnson and the Central Skaters join Highland.

Three fully operational boys hockey programs in St. Paul Public Schools (SPPS) are no longer sustainable. Ask around and you’ll get the same answers: There aren’t as many kids playing youth hockey in the city these days. The city and school district’s demographics are changing. Hockey has become a year-round sport that requires significant resources to secure ice time.

Shifts in population, participation and reorganization of school buildings and teams aren’t unique to the present. There has been considerable change since Murray High School and Johnson both qualified for the Minnesota State Hockey Tournament in 1960. Washington and Murray rivalries were part of the ultra-competitive 10-team St. Paul City Conference that flourished for decades. Then they merged to become Como Park Senior High School in 1979. Murray and Washington converted to junior high schools.

These early days of Como hockey at the new high school brought together former foes from the northwest quadrant of the city. From St. Anthony Park to the North End, new relationships were formed, traditions were carried onward, and continuity in the coaching was a blessing that created a common culture.

SPPS board director John Brodrick was Como’s first hockey coach and founding father. Along with teaching social studies in St. Paul, Brodrick had previously coached varsity hockey at Mechanic Arts and Washington before leading the Como Cougars for 18 seasons. Coach Brodrick’s leadership at Como helped create lifelong friendships in the community. While putting competitive teams on the ice was always a team goal the Cougar worked to achieve, having fun was Brodrick’s motto.

He made sure the team knew it and helped.

“During the season, if I forget that we were supposed to be having fun, the players were allowed to remind me. That’s what I tried to do.”

The bottom line is what we’re supposed to get out of athletics is fun, and then the ability to be a team and cooperate,” said Brodrick.

Brodrick’s players still get together at alumni games. The large reunions provide evidence of the tight bonds that exist in the community centered around the fun of the game. Como hockey alumni also frequently cross paths as they play pick-up games, watch their own kids and nephews play, and even coach them.

There are also Como hockey reunions anytime the Patrick family gathers.

Neil Patrick was Brodrick’s longtime assistant coach who was the obvious choice to take over the reins in 1997, when Brodrick stepped down. Neil played at Washington and his brothers, Dean and John, played for Brodrick, who were described as “outstanding” by their former coach.

The sons and nephews of the Patrick boys all developed into the next generation of leaders for the Cougars. In total, 11 from the extended family played at Como during the 1990s and 2000s, and Coach Patrick was honored to coach them all.

Overall, there were typically about 30 to 35 players per season, enough to keep a junior varsity and varsity running with a little creativity. Coach Patrick led the program for 13 years up until 2010.

Consistent philosophy and themes emerge when Coach Patrick discusses the tradition of Como Hockey.

“We worked hard and raised funds so we got the kids fun experiences. If you’re not in it for the kids, then what’s the point?” said Patrick.

Dave Zschokke was a captain for Patrick and a four-year varsity skater at Como. “We had kids that worked hard and had a lot of fun,” said Zschokke. He went on to explain that it was common for alumni to come back and skate with the team, welcomed with a warm motto: “Once a Cougar, always a Cougar.”

The motto was coined by the legendary Rod Magnuson, who connected both Como coaches and multiple generations of hockey players in the area. A high school star at Murray who graduated in 1953, a hockey and baseball stand-out at the University of M, and an art teacher in St. Paul, Magnuson served as a volunteer assistant to both Brodrick and Patrick, giving back to his community and educating hundreds of hockey players about the game— and life.

Ryan Patrick (class of 2001) played for his dad, Neil, at Como, on teams that were assisted by Magnuson. Ryan remembers Magnuson’s influence, emphasizing his urging to represent the name on the front of the jersey by giving 110 percent when the puck drops.

Ryan is now the head coach of the St. Paul Blades, which is the cooperative team for girls’ hockey in the city. He’s grateful for the opportunity to share what he’s learned and help foster growth of the game across gender lines.

The Como boys’ last six years of hockey were coached by Dave Bakken, who quickly learned to appreciate the pride his players felt playing for Como. While numbers remained a challenge, he saw a work ethic and joy in playing the game that he hadn’t witnessed at previous coaching stops. Ian Tully was Como’s leading scorer during his junior and senior seasons and a captain on Bakken’s 2015-16 team.

“I took away more than just better hockey skills,” Tully said of his experience on the team. “The coaching staff, my friends and the adults involved pushed me to be the best individual I could on and off the ice.”

Murray, Washington, Central, Como and others—the number of St. Paul teams has dropped because there aren’t enough players to field a team. Como are the days when every high school had a team.

This season, some of the high school players in the city are picking a different jersey than they did last season. Como boys will be teammates with their former rivals at Johnson.

Yet some things remain constant. The kids still play a game they love with the support of the city and its schools. They’re having fun, cooperating as teammates and building relationships on the ice that will carry over into the community and help build character for the rest of their lives.

Eric Erickson is a social studies teacher at Como Park Senior High School and a longtime coach of school and youth sports in St. Paul.
THE UNIVERSITY OF MINNESOTA is looking for African American cigarette smokers who are interested in quitting smoking. This study requires 12 visits. Participants will receive up to $390.00. For more information, call 612-626-5981.

JANUARY 2017   PARK BUGLE 19

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Graphic design professor Steven McCarthy is the recipient of the 2017 Minnesota Book Artist Award for his Wee Go Library project, a mobile collection of 22 altered books found in Little Free Libraries throughout the Twin Cities. The Friends of the St. Paul Public Library announced the award Dec. 9.

Using various techniques—collage, rebinding, cutting, folding, tearing, gluing—McCarthy altered the books to create a collection in which used items are reborn as a part of the larger library narrative. Each book is sourced to its donor library with a pinpointed map and photos of the library structure and sponsoring house. The entire collection is housed in a custom-built oak and pine display case with felt-lined drawers to hold each of McCarthy's whimsical creations.

Members of the award committee praised the project as “a play on books, narratives, and libraries,” saying that it “transforms existing text for an experience that is at once random and intentional.”

McCarthy is a professor of graphic design at the University of Minnesota, Twin Cities campus, and lives in Falcon Heights.

A retrospective exhibition celebrating McCarthy’s work will be on display Jan. 20 to March 26 in the Cowles Literary Commons on the second floor of the Open Book building, 1011 S. Washington Ave., Minneapolis. A reception and artist presentation will take place Friday, Feb. 10, 5:30-7:30 p.m. McCarthy will also receive special recognition and an award at the 29th annual Minnesota Book Awards Celebration on Saturday, April 8, at the InterContinental Hotel in downtown St. Paul.

**Smallest Museum**

The Smallest Museum in St. Paul at Workhorse Coffee Bar, 2399 W. University Ave., has announced its monthly exhibits from January to June 2017. The Smallest Museum is a micro-museum housed in a vintage fire hose cabinet just outside the front door of the coffeehouse.

In January, Annie Walsh Alvarado will install the show “Miniature Books—Little(er) Free Libraries.” February’s show, “Here,” will feature work by Nate Turner. In March, Elizabeth Finch will show “Beauty of the Beaten Path—University and Raymond Pedestrian Photos.”

In April, J. Kevin Byrne will present “OATH (Outrageously Artistic Tiny Home): 30th anniversary of ‘Tiny Houses’.” Jesse Jarnow’s May exhibit will be “The Promised Land: Keith Haring and the Grateful Dead in St. Paul, May 1977.” The June show will be Nathanal Flink’s Vintage Dentist Slides and Teeth Zines.

The 2017 exhibit year was funded by a grant from the Metropolitan Regional Arts Council. Five leaders from local arts organizations and community members read and scored all submissions. You can find out more at smallestmuseum.com.