



A hero's story

Vietnam vet awarded Silver Star.

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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.

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January 2017

The beat goes on

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

By Judy Woodward

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 in 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 Seitzer 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 "Cuckoo 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."



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

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 even offers regular coeducational 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 percussive ambitions beyond having a good time.

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

Drum center to 10

The little village that still can

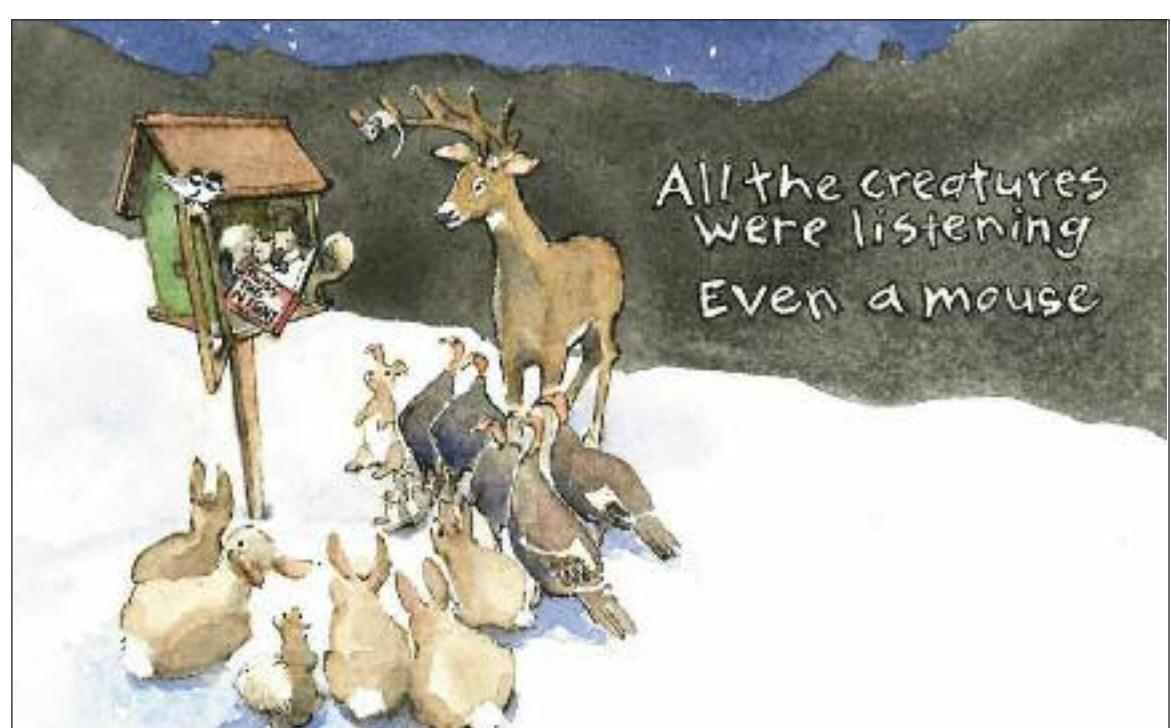
By Roger Bergerson

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 A+ 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 Gaasch, "and a lot of that has to do with being creative at partnering."



. . . 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 Lawson created a series of illustrations called "The Neighbors" that depicts 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 Lawson's work at www.janetlawsonstudio.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.

Lauderdale to 9

C I T Y F I L E S

Como Park

The District 10 Como 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 District 10:

Carts. Eureka Recycling will distribute full-size recycling carts (with wheels and lids!) to the Como neighborhood after the first of the year. The carts will be delivered free to your home. Every residence will get a 64-gallon cart to start with. Beginning in April, you will be able to trade for a smaller or larger cart to more accurately fit your needs.

Recycling day. District 10's pick-

up day will change to Friday, beginning Jan. 20. Pickup will switch to the alley (if you've got one). So, between now and then, blue bins at the curb. Beginning Jan. 20, wheeled carts in the alley.

Your bins. Keep your blue bin 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.

Apartments. Recycling will be available to all apartments beginning Jan. 20. Not all will participate, but the option will be there.

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 (Dooley previously was an at-large member of the board); Darius DeBoer Massoudi, elected to represent Sub-District 4 through April 2018; Adina

Florea Weseman, elected as at-large member to fill a term that expires in April 2017; and Maggie Zimmerman, elected to represent Sub-District 2 through April 2017.

If you're shopping at Amazon...

You can now donate 0.5 percent of your online Amazon purchases to the District 10 Como Community Council if you make your purchases through the AmazonSmile program, instead of through the regular Amazon website. Learn more here: smile.amazon.com/ch/41-1304811.

Community Engagement.

Commissioners are volunteers and include residents, local business owners and business designees 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.

Honorees will be treated to a special dinner in late January. Their names will then join the names of neighborhood honorees from past years on a plaque that hangs in St. Paul City Hall.

Send the name and a 50-word description of the person's work and contributions to Suyapa Miranda, suyapa@sapcc.org, or Cailin Rogers, cailin@sapcc.org, by Friday, Dec. 30.

Put the Progressive Dinner on your calendar

The 31st annual St. Anthony Park Progressive Dinner will be Saturday, March 4. The event will begin at 5:30 p.m. at Centennial United Methodist Church at Como and Hillside avenues, where appetizers will be served and participants will receive a schedule for the evening.

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

New board members welcomed

District 12 has two new board members: Melissa Williams and Betsy Hjelseth from South St. Anthony. Max Herzberg was re-appointed as a representative of South St. Anthony Park, and Charlie Christopherson was officially elected (although he served as an appointee most of last year) from North St. Anthony Park.

Joy of the People update

The next SAP/JOTP Community Committee meeting is scheduled for Wednesday, Jan. 11, 6:30-8 p.m., at the Joy of the People/South St. Anthony Rec Center, 890 Cromwell Ave. Questions? Contact Alex Manning at 206-375-4331 or alex@joyofthepeople.org. Find out more about JOTP at www.joyofthepeople.org.

Mailbox goes missing!

If you've tried to mail letters at the mailbox on Gove Place, 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 Doswell and Como avenues, the USPS is consolidating collections in the 55108 ZIP code area, USPS spokesman Pete Nowacki said.

"A new, larger snokel box will be installed soon in front of Como Station," he said.

The two mailboxes in front of Frattalone'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 Leebrik

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'Reluctant soldier' awarded Silver Star

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

By Kristal Leebrick

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 at HealthPartners and a resident of St. Anthony Park—was given the Silver Star on Nov. 10 at the Vietnam War Memorial in St. Paul. Sen. Amy Klobuchar, D-Minn., presented the medal, the third-highest Army combat decoration.

"Every year, right after Election Day, we gather to honor veterans," Klobuchar said. "Today we focus on what unites us: deep love of our nation. Patriotism is why so many veterans have risked their lives on the battlefield. Kenneth Hughes is a true patriot."

Hughes and his unit were overrun by the Viet Cong on a mountainside in the Plei Trap Valley near the borders of Cambodia and Laos that March of 1969. Hughes ran into the firefight to attend to the wounded. He was shot in the left arm before he'd finished tying a bandage on one soldier. A friend tried to help Hughes tie a bandage on his own 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.

"I knew my effectiveness as a field medic was finished," Hughes wrote in a memoir about the incident. When the commanding

lieutenant ordered the troops to pull back, Hughes stayed with his friend and tried to bandage him, "but my arms wouldn't work. Then I tried to get him to use his arms to hang onto my belt so I could pull him out."

When Hughes heard U.S. gunships nearby, he knew that was the only chance to get out of there. "I tried again to get him to hold onto my belt, but he wouldn't, or couldn't."

Hughes eventually made it alone to what remained of his company. There, he was attended to by the only remaining medic. "Since I was technically still his boss, he asked for advice, both about me and several other wounded," Hughes said. Despite the intense pain, 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.

"I wasn't really very religious, but I had promised myself as a young child that I would never again shoot a living creature because of how devastated I felt when I used a bow and arrow to shoot a baby robin," he said. He was dubbed "Nature Boy" by friends and family because he was



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

the kind of kid who wanted to rescue baby squirrels, feed birds and spend time outdoors.

On his last day of basic training in 1968, Hughes' company commander told him that he had orders for medic training and wouldn't need CO status because medics are not required to carry weapons. He hadn't yet thought about a career in the medical field, but he was happy to ship out to Fort Sam Houston in San Antonio, Tex., for his combat-medic training. A few months later, he landed in Vietnam and joined his company in the

Central Highlands south of Pleiku, "a noncombat medic in a company of infantrymen."

"No one in the company that I know of thought it bad of me not to have a weapon," he said. "They were just glad I was there to put bandages on them."

After the rescue

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

floated to Camron Bay 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.

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

Silver Star to 11

Road(s) closed

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

By Kristal Leebrick

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 fall.

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.

In May, water and gas crews will begin work on the Como Avenue paving project, a multi-year project that will begin from Raymond to Commonwealth Avenue.

And when the 2016-17 school year ends on June 9, crews will break ground on a \$12.4 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, cyclist and pedestrian safety in the area," said project manager Todd Larson. The St. Anthony Park Community Council's Transportation Committee

will help facilitate a discussion at the February meeting to generate ideas and address concerns about how the project will affect transportation in the area during the road construction next summer and later, as the school increases its enrollment.

"We'll be sharing our first efforts

at a plan to manage construction traffic and parking at that meeting as well," Larson said. The date and time of that meeting will be available in the next issue of the Bugle.

Como Avenue has been slotted for repaving because the street scored No. 12 out of 419 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 sidewalks 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,

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EDITORIAL

A warm story for this cold time

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 were a pair of eccentric identical twins who grew up in the town, then went off to pursue a career in vaudeville. They returned years later and tried their hands as business owners in their hometown. They always wore three-piece suits and bowties and helped bus 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 bowling league crammed into all the booths just 20 minutes before closing, 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 at that moment, let them know you plan to soon. A good life lesson.

The second owner came along within months of my hiring: Stan, a New Yorker now flipping burgers on the windy plains. 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 with a pack of boys at our school and knowledge of good food. Stan introduced "smorgasbord" to the community, and his Sunday spreads were fantastic: baked ham, real roasted turkey, 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.

One frantic Saturday morning he called me into the kitchen to pickup 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 onto 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 Violet Hotel, a run-down two-story building that was, yes, painted violet and just a quick walk from the café. 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 desperate need of a wash and 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 that town 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 means and seemingly quite lonely.

The first time I waited on him, Stan called me into the kitchen to tell me that I was to charge only 25 cents for his meal. John could order a no-meat hot sandwich—two pieces of bread, mashed potatoes and gravy, and a 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.

Stan didn't really know John, but what he did know was it wouldn't take much for him to help a stranger. And he did.—*Kristal Leebbrick*

L E T T E R S

Welcome to the Bugle editorial pages, the place where we exchange ideas and opinions. The views reflected in the letters printed here are the opinions of the individual writers, not the Bugle staff or board of directors. We encourage community participation on this page, but we do retain the right to edit letters and commentaries for clarity and brevity. Letters should be kept to 400 words or fewer and commentaries should be 800 words or fewer. Send your commentaries or letters to editor@parkbugle.org.

Join the St. Anthony Park Progressive Dinner

Every year since 1986, St. Anthony Park neighbors have enjoyed a progressive dinner that ranges from south St. Anthony Park to University Grove. The year 2017 marks the Progressive Dinner's 31st anniversary.

The 2017 event will be held Saturday, March 4. More than 100 St. Anthony Park residents will celebrate the opportunity to see old friends, meet new neighbors and enjoy delicious food.

Participation is easy. You only have to make one course: appetizer, salad, main dish or dessert. You need to host six to 10 people, including yourself.

A team of neighbors coordinates the master plan. They sort participants into groups that change for each course. Accessibility needs and food preferences (vegetarian, food allergies, etc.) are accommodated.

The evening begins at Centennial United Methodist Church, 2200 Hillside Ave., for appetizers and punch at 5:30 p.m. When you arrive, you receive your list of destinations for the night and the names of the guests coming to your house. Those who sign up for appetizers "host" at the church and help with set-up and cleanup.

Participants leave the church to arrive for their salad course by 6:30 p.m. and move on from there to the main course at 7:30 p.m. At 8:45 p.m., groups move again and meet for dessert to end the evening.

To participate and join the tradition, go to sapcc.org/event/sap-progressive-dinner and fill out the

participation form. If you have questions, send an email message to progressivedinnersap@gmail.com. The registration deadline is Friday, Feb. 24.

*Kate Mabel
St. Anthony Park*

Thank you

On behalf of the girls at the Blue House orphanage in Uganda, I would like to express appreciation to everyone who donated handmade gifts, and to all those who shopped at the Blue House Boutique.

We will be able to support more girls and their education in the coming year. The spirit of the season's generosity is alive and well in Bugle Land!

*Karen Lilley
Hope Multipurpose
board member*

Fear and loathing won

I write this on Dec. 7, 75 years after the Japanese sneak attack against Pearl Harbor in 1941, which catapulted the United States into World War II.

President Franklin D. Roosevelt described it as "a day which will live in infamy."

And it is almost one month after Nov. 8, 2016, a day that will eclipse in infamy Pearl Harbor Day—and every other date in American history.

On Nov. 8, the American belief in government "of the people, by the people, and for the people" was dealt a potentially lethal blow.

Eighty years after novelist

Sinclair Lewis wrote his fictional account of a fascist takeover of the U.S.A., under the title of *It Can't Happen Here*, it did happen.

Despite the fact that Hillary Clinton won 2.5 million more votes than the con man running against her on the modern Know Nothing ticket, it will be the sociopath Trump rather than the people's choice, Mrs. Clinton, who will occupy the White House in January.

There is no other election in any part of what we conceitedly call "the Free World" where the person who receives the most votes loses. But the will of the people has been subverted, just as in the 2000 election, by the archaic encumbrance of the Electoral College, which violates the most fundamental element of democracy, the principle of "one person, one vote."

So, seven decades after the "Greatest Generation" fought and won a world war against the fascist Axis nations, fascism has sneaked into power in Washington, by the side door. Not the people's choice, and that's a terribly important fact—the American people did reject Trump—who he is and what he stands for and what he intends to inflict on us.

We're looking at it. One-party rule with no restraint, headed up by a thin-skinned narcissist who's never read the Constitution and who's incapable of reflective thought or of self-criticism.

Relentless derogation of Mexicans and Muslims as scapegoats for people's fears and targets for inciting bigotry; Hitler-like mass rallies whipped up to lynch mob frenzy; dispatching opponents with

name-calling and vicious taunts instead of debate; never admitting error and never apologizing, no matter how transparent his lies or repulsive his manners. These are all textbook fascist techniques to foster what former Republican candidate Mitt Romney called "anger that has led other nations into the abyss."

No stretch of imagination brands Mr. Romney as an extremist or even a liberal.

The clearest proof that we've gone over a political precipice is found in the zombie-like loyalty of Trump's followers. Trump lies incessantly and habitually, but his supporters refuse to listen to any correction, refutation or evidence that contradicts their leader. There can't be a dialogue; there can't be any constructive civic engagement, with minds that are willfully closed.

What if Hillary Clinton had won the Electoral College and lost the popular vote? Do you think for a moment that Trump would have acquiesced? He said he'd only promised to accept the result "if he won."

In this election, fear and loathing won, and the people lost. Lost completely, for unlike past eruptions of the politics of unreason, of corruption and treason, this time no checks or balances remain. The Trump gang holds everything: the federal courts, both houses of Congress and the executive branch.

We have reached a nadir that Abraham Lincoln warned of in 1858: "Familiarize yourselves with the chains of bondage and you prepare your own limbs to wear

Letters to 6

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 list 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. We have \$8,000 more to go. If you haven't had a chance to donate, you still can by going online at www.parkbugle.org and 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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 Roger Bergerson &
 Val Cunningham
 Howard & Jane Bergstrom
 William & Margareta Beyer
 David Bienhoff
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 Michael Blandford
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 Richard & Carmen Bolger
 Linda Boss
 David Bowers & Suzanne Zander
 Ted Bowman &
 Marge Grahn Bowman
 Paul Boyd & Laura Matthiesen
 Willard & Susan Boyd
 Amy Brendmoen &
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 Pete Budd & Jenna Zark
 Michael Burbach & Mary Thomas
 Donna Burch-Brow
 Mary Buss
 Gregory Buzicky
 Shirley Campbell
 Marjorie Carlson
 Gary & Robin Carlson
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 Tom Countryman &
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 Ann Fendorf
 Cheri Fiola
 Dan Fisher & Sara Skovholt
 Thomas Fisher &
 Claudia Wielgorecki
 Evelyn Hanson-Florin
 Jean Forsberg
 Christopher Foss
 Richard & Nancy Foss
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 Derek Fried & Elizabeth Currie
 John Frost & Nanci Yermakoff
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 Paul Glaser
 Julie Glowka
 Terrence Gockman &
 Jeanne Schacht
 Robert & Jean Grams
 Granger Family
 Adam Granger & Renee Bergeron
 David Griffin
 Glenn & Cheryl Griffin
 Michael Griffin & Martha Nicoloff
 Robert Guenter &
 Deborah Kramer
 Sandra Hall
 Martin & Laurie Halverson
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 Deborah Heath
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 Bernadette Mahon
 Kathy Malchow
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 Richard Zeyen & Carol Van Why
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 Sandy's Barber Shop
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Transition Town – All St. Anthony Park

This is one in a series of occasional columns from Transition Town—All St. Anthony Park, the neighborhood-based group working for a local response to climate change: a smaller carbon footprint and a stronger community. You can find out more about Transition Town at www.TransitionASAP.org

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 sign up, join the Northeast Minneapolis Tool Library (www.nemtl.org) and specify you're with St. Paul. Memberships make great gifts; donations of tools and labor are also welcome.

2. Plan meals and food storage for reduced waste. Keep herbs fresh longer by storing them as a kitchen-counter bouquet. Learn how to use up sour milk (in pancakes) and zucchini overload (in brownies). Eat seasonally and make use of veggie skins. Eureka Recycling offers tips like these at makeditnotwaste.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 omelet. Best of all, refill those cartons with bulk eggs from Hampden Park Co-op, or share them with chicken-owning friends.

Reuse

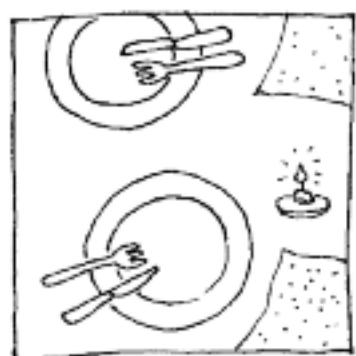
4. Bring your own containers.

You'll recognize ZW heroes by the water bottle they tote to the office, the mug they bring to Bruegger's, the to-go container they whip out after a meal at Foxy Falafel. (Did you know the Minnesota Department of Health endorses bring-your-own takeout 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 in Minneapolis at 2700 Minnehaha Ave.), the Repair Lair on East Lake Street in Minneapolis, Succotash on Raymond Avenue and MidModMen and Classic Retro at

MIRTH FOR THE EARTH



Cartoon by Regula and Michael Russelle

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 www.TransitionASAP.org/zero-waste.

Recycle

7. Commit to your new, blue recycling cart. Go ahead: say, "I do." Yes, that cart may seem awfully big, but how much of the stuff you now toss could be recycled or replaced by a recyclable option? Plus, more items will now be accepted, such as brown-cardboard tubes and paperboard boxes from refrigerated (not frozen)

foods. Starting the week of Jan. 16, show your cart you care.

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 Hampden Park Co-op's bin, 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 at Tech Dump, 698 N. Prior Ave.

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 slow-to-decompose items. Free bags (in two sizes) make it even easier. It is open weekends 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 group 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.

Pat Thompson leads Transition Town ASAP's Transportation action group and is active in Zero Waste.

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 bedrooms and two baths.

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nmeeden@cbburnet.com



Letters from 4

them. Accustomed to trample on the rights of others, you have lost the genius of your own independence and become the fit subjects of the first cunning tyrant who rises among you."

So what should we do about it?

At one level, just be obstinate. Resistance starts with individual decisions to refuse to conform or to accept the morally unacceptable. I just won't call Trump the "president." He doesn't deserve the dignity of that title, and furthermore he's not the people's choice.

Once Trump's imposture is under way, call him the dictator, the thug, the gangster-in-chief or the "predator."

The impending tyranny will look more like Putin's mafia-style autocracy in Russia than like the stereotypical police state. We can't fight back with violent means. But as we figure out what kind of resistance tactics could possibly work in the teeth of a high-tech, total-surveillance national security state intent on stifling dissent and intimidating opposition, let us also recall these other words from Lincoln's Edwardsville speech:

"What constitutes the bulwark of our own liberty and independence? It is not our frowning battlements, our bristling seacoasts, our army and our navy. All of those may be turned against us without making us the weaker for the struggle. Our reliance is in the love of liberty which God has planted in us.

Our defense is in the spirit which prized liberty as the heritage of all men, in all lands everywhere."

Remember Pearl Harbor. And realize that we owe a profound debt to so many men and women who have lived and worked and died for our national ideals of liberty and justice for all. Let's find the courage to keep the dream alive—as we somehow try to cope with this nightmare from which we cannot awake—because it is all too real.

*Oliver Steinberg
St. Anthony Park*

Petition update

This is an update for those who signed the petition asking for a community meeting on the proposed sale of some of the St. Anthony Park Library's land by the City of St. Paul. The petition, with 143 signatures, was submitted to

City Council President Russ Stark's office. Council President Stark had previously received a letter from the District 12 Community Council asking for fuller discussion on this contentious issue as an attempt to reach common ground in the community.

Stark has responded that he does not see a need for the requested public meeting. He feels this situation involves a private-land sale and does not call for community engagement, although the land in question is public and for public use. Having no direct information on the land sale's current status, we assume the city continues to negotiate the proposed sale.

It is disappointing that Stark, our elected representative, chooses to disregard the request by 143 St. Anthony Park residents for a public meeting that would allow an opportunity for us to receive a fuller explanation of the rationale for the land sale, to exchange viewpoints and perhaps facilitate an acceptable resolution of the issue.

Virgil Larson, Mary Maguire Lerman, David Fan and Carol Herman, St. Anthony Park



Of mice and bird seed

Two winters ago, as my wife and I pulled into the garage at night, we'd watch to see if a mouse ran up the furled 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 mousey 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 out four or five peanuts on the shelf to help the mice make it through the night. I felt like their giant benefactor. These were "my mice," and I was going to make sure they survived the winter.

I lived in this Disneyesque fantasy until one event opened my eyes. I'd occasionally pick up birdseed orders 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 carpet 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 do better 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 floor 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, moldy 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 fiberboard wall panel behind the shelves, the only fiberboard 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 its 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

compatriots 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 patch 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.

Let this 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.

Clay Christensen lives and writes in Lauderdale. His book, The Birdman of Lauderdale, is available at local bird stores, bookstores and BirdmanBook.com.

HEALTHCARE PROFESSIONALS

St. Anthony Park Dental Care, 2278 Como Avenue

Nate Cogswell, DDS 651-644-3685

Email: sheila@tagdds.com

Paul Kirkegaard, DDS 651-644-9216

Email: sapdentalcare@comcast.net

www.pkdds.com

Todd Grossmann, DDS

To add your business to this listing, contact Bradley Wolfe at 952-393-6814 or bradley.wolfe@parkbugle.org.

Community Worship Directory



❖ LYDIA PLACE COLLABORATIVE COMMUNITIES ELCA

Rev. Scott Simmons, pastor, 612-859-1134, lydiaplace.com
Hymntap beer and hymns, fourth Monday of each month
7 p.m. Dubliner Pub, 2162 W. University Ave. 55114
Sunday Worship, 5 p.m., Dow Art Gallery,
2242 W. University Ave., St. Paul

❖ MOUNT OLIVE LUTHERAN CHURCH—WELS

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www.mount-olive-lutheran-church.org
Find us on Facebook
1460 Almond Ave., St. Paul, MN 55108
651-645-2575
Sunday Worship 9 a.m.
Bible Study and Sunday School 10:30 a.m.
Pastor Al Schleusener

❖ PEACE LUTHERAN CHURCH—ELCA

1744 Walnut St. (at Ione), Lauderdale, 651-644-5440
www.peacelauderdale.com
Sunday worship: 10 a.m.
Reconciling in Christ Congregation
All are welcome. Come as you are.

❖ ST. CECILIA'S CATHOLIC CHURCH

2357 Bayless Place, 651-644-4502
Website: www.stceciliasmn.org
Handicap-accessible
Saturday Mass: 4:30 p.m.
Sunday Masses: 8:15 a.m. and 10 a.m.

❖ HOLY CHILDHOOD CATHOLIC CHURCH

1435 Midway Parkway, St. Paul, 55108
Pastor, Fr. Timothy Cloutier
Weekend Masses: Sat. 5 p.m., Sun. 7:45 & 10 am.
Weekday Masses 7:45 a.m. Tuesday, Wednesday, Friday & Saturday
Confession: Sat. 3:30-4:15 p.m. or call for an appointment
Parish office: 651-644-7495, mcmadigan@holychildhoodparish.org
Christmas Masses: Dec. 24, 10 p.m.—Missa Brevis in C, K.259-W.A.Mozart,
with Orchestra & Dec. 25, 9 a.m.
Solemnity of Mary, Jan. 1, 10 a.m.: *Messe Pastorale* — Samuel Rousseau
Epiphany, Jan. 8, 10 a.m.: *Messe sur de Ais de Noel* — Henri Nibelle

❖ ST. ANTHONY PARK UNITED CHURCH OF CHRIST

2129 Commonwealth Ave. (corner of Commonwealth and Chelmsford)
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10:30 a.m. Worship
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Sunday 8:30 & 11 a.m. with education hour for all 9:30 a.m.
Christmas Eve: 3:30, 5 & 10 p.m.
Christmas Day: 10 a.m.
January 1, 2017: 10 a.m.
Wednesday Community Dinner 5-6:30 p.m. (free-will offering) Dec. 7 & 14

❖ ST. MATTHEW'S EPISCOPAL CHURCH

The Rev. Blair Pogue, Rector 2136 Carter Ave. at Chelmsford.
www.stmatthewsmn.org
Sundays 9:15 a.m. Education Hour for all ages
10:30 a.m. Worship and communion
5:30 p.m. Night Prayer and 6:30 p.m. Dinner
Dec. 24 4 p.m. Children's Living Creche – service with communion
Dec. 25 10 p.m. Candlelight service with full choir and communion
Jan. 8 10:30 a.m. Christmas Day service with communion
Jamaican Celebration! 9 a.m. learning hour, with Jamaican
prayers & music at the 10:30 a.m. service, Jan 8, 15, 22 and 29.

To add your church to the directory,
contact Bradley Wolfe at 952-393-6814 or
bradley.wolfe@parkbugle.org

History: One darn thing after another

Roger Bergerson chronicles our remarkable past

The plane to nowhere

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 would arc from a building doorway and zap the plane, adding to the mystique about the place.

There was, of course, nothing sinister going on. To the contrary, the tests being conducted helped make the skies safer for aviation.

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 crews, it interfered with radios and early radar gear, knocking out navigational



The bomber at the Lightning and Transients Research Institute on the northwest corner of the Highway 280 and Larpenteur Avenue intersection in 1971. Photo courtesy of the Minnesota Aviation Hall of Fame

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.

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.

"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 strike," 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.

Yesterday's news

Roger Bergerson shares headlines he has collected from old newspapers over the years, simply because "they're funny, bizarre, brutal, etc."

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

Pastor smashes film machines that show actor losing pants

Sleeps 18 hours in rain; doesn't hurt him a bit

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Movie begins at 6:45pm

December 22nd, Planes, Trains and Automobiles R
December 27th, The Adventures of Milo and Otis G
January 5th, Ferris Bueller's Day Off PG-13
January 12th, Jaws: The Revenge PG-13
January 17th, Karate Kid II PG

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 sewer 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 Butkowski, 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. "There's nothing major that we know about that will need doing in

the next five years."

The poor condition of Eustis Street between Larpenteur and Como avenues has long been a sore point for the city. But because it's a county road, Lauderdale has been able to do little but implore Ramsey County to get moving on repaving. It appears that that will happen in 2018, Butkowski said.

"This is not a particularly walkable community," Gaasch added. "That section of Eustis is particularly treacherous and really needs a sidewalk, as well."

Coffee shop a perennial wish

Park Bugle columnist Clay Christensen and his family moved to Lauderdale in 1970, when it was still a village, "and it still has a village feel," he said. Christensen served 10 years on the Planning and Zoning Commission and another 11 years on the city council.

When asked about milestone events over the years, for good or ill, Christensen mentioned:

- Lauderdale Elementary School closing in 1973 ("a real hit in terms of community identity")
- Acquiring the land for Lauderdale Park from the Roseville School District in 1985 ("a major plus")
- The Highway 280 noise wall

debated for decades and built in 2008 ("highly controversial")

- The creation of the dog park in 2008 ("It's turned out to be a great place for people to gather and get to know one another.")

Lauderdale is a little short on gathering places, and community surveys indicate many residents would like to see a coffee shop or cafe in the city's mini-commercial area at Larpenteur and Eustis.

Some also feel that the city could be doing more in terms of economic development. One of them is Mary Hamel, a five-year resident and executive director of the Metro Independent Business Alliance. Its mission is to help the Twin Cities maintain its community character through strengthening locally owned independent businesses.

"Our city staff is excellent," Hamel said, "but nobody is courting potential developers, nobody is dedicated to working on economic development in a serious way; we're just too small."

Dan Gumnit, a recent candidate for city council and a 25-year resident of the community, worked on the comprehensive plan that was developed in 1997 (there was also one in 2008) and intends to

be involved with the upcoming one, as well.

"In 1997, I don't think we put a lot of effort into talking to the existing businesses and seeing what their plans were and what they wanted to see happen," he said. "I expect things will be different this time around."

One of the focuses of the next plan—which likely won't be completed until 2018—may be on the future of the industrial corridor on the west side of Highway 280, Butkowski said. She noted that the building at 2520 W. Larpenteur Ave., the former home of Rapit Printing, is slated to be redeveloped for office/light industrial use.

Housing conditions

The condition of the city's housing stock may also need to be addressed. A few new homes are being built, and the former Luther Seminary student housing on Eustis is being redeveloped for public rental.

"I'm astonished by the numbers of young families we have, despite the fact that our homes tend to be on the small size, 30 percent of them under 1,000 square feet," Gaasch said.

"But a significant number of homes are not in good repair," she added. "Can we find ways to work

with the owners to fix them up?"

A subject that comes up from time to time is whether Lauderdale can continue to go it alone, given its small size, or whether it ought to seek annexation by Falcon Heights or Roseville.

Bob Milligan, a 13-year resident and chair of the committee that drafted the 2008 comprehensive plan, has raised the issue.

"To 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."

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



The first settlers in the Lauderdale area were John Walsh and family, who farmed at the north end of Eustis Street starting in 1855. The farm was worked until 1921, when the family home next to Walsh Lake became the clubhouse for the new Midland Hills Country Club. Photo courtesy of the Minnesota Historical Society

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 Ruschmeyer 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*

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"Drumming builds confidence and happiness," says drum teacher Bettie Seitzer, shown here with her Tuesday night class. Photo by Mike Krivit

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 DrumHeart, 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.



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Retired Sgt. Sam Jones, Paul Mims, ret. Col. John Grist, Sen. Amy Klobuchar, Ken Hughes and retired Lt. Col. Felix "Buddy" Williams. Photo by Kristal Leebrick

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 March 3, 1969.

The inauguration "was near the Vietnam [Memorial] Wall," Hughes said. He went online and found a virtual wall and looked for the names 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 award 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 November afternoon, he looked around the crowd, which included an Army color guard and dignitaries from the Minnesota Army Reserve and Minnesota Dept. of Veterans Affairs, and said, "We are surrounded by heroes."

He used to refer to the U.S. Army as the Army, he said, but now, "for the first time in my life, I call it my Army."

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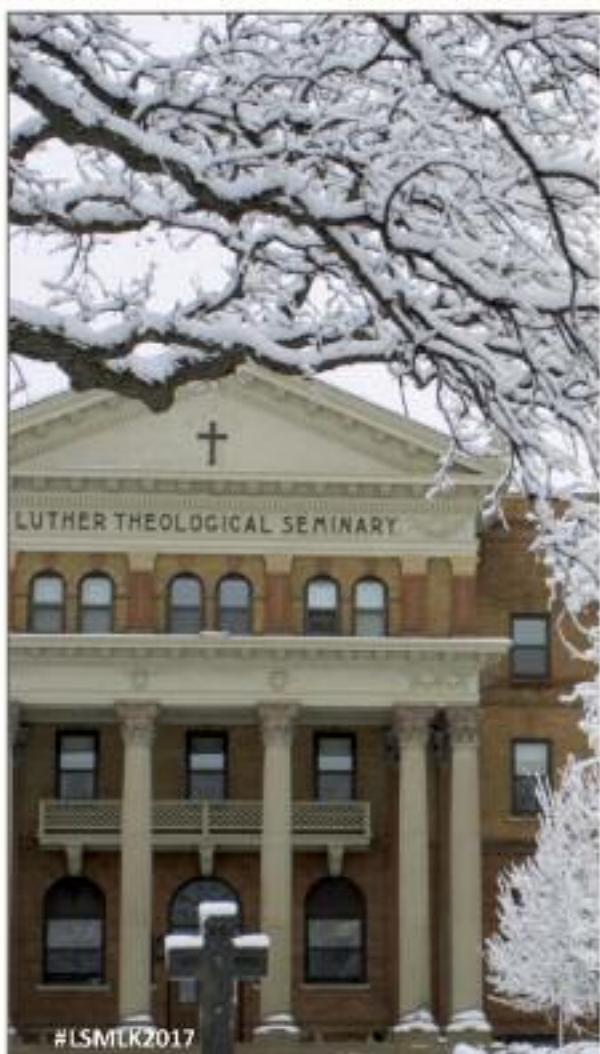
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JANUARY

EVENTS

VENUE 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 Libraries 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, 4-5:30 p.m.

St. Anthony Park Book Club, "Evicted: Poverty and Profit in the American City" by Matthew Desmond, St. Anthony Park Library, 6:30-8 p.m. All are welcome. No registration required.

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5 THURSDAY

Caregiver Support Group, first Thursday of each month, St. Anthony Park UCC, 10-11:30 a.m.

Bereavement Support Group, first Thursday of each month, St. Anthony Park UCC, 10-11:30 a.m.

Preschool Story Time in Mandarin Chinese, St. Anthony Park Library, 10:30-11:30 a.m.

Dialoguers Toastmasters meets every Thursday, Northern Research Station, 1992 Folwell Ave., 11:30 a.m.-12:30 p.m.

6 FRIDAY

Walking at Langford Park Gym every Friday, 1-2 p.m., for adults, free.

SAPAS blood pressure clinic, St. Anthony Park Library, 2 p.m.

10 TUESDAY

Baby and Toddler Story Time, ages 0-2, siblings welcome, Tuesdays, St. Anthony Park Library, 9:30-10 a.m. and 10:30-11 a.m.

12 THURSDAY**13 FRIDAY**

St. Anthony Park Area Seniors Cinema Series, "Sully," St. Anthony Park Library, 2-4 p.m. All welcome. Free.

14 SATURDAY

SAPAS Game Day, City Gables, 10 a.m.-noon. No charge or registration required.

Preschool Story Time, every Friday (except Jan. 6), St. Anthony Park Library, 10:30-11:30 a.m.

16 MONDAY

Martin Luther King Day: St. Paul Public Libraries closed.

Community Sing, Olson Campus Center, Luther Seminary, 6:30 p.m. Gathering, 7-8:30 p.m. sing. The event is free, but a hat will be passed for our music leaders and to make the singing possible. Children welcome. Co-sponsored by the District 12 Community Council.

20 FRIDAY

SAPAS Game Day, City Gables, 10 a.m.-noon.

Smartphone/Tablet Drop-in Clinic, St. Anthony Park Library, noon-2 p.m.

22 SUNDAY

Sunday Afternoon Book Club, "The Swerve: How the World Became Modern," by Stephen Greenblatt, Micawber's, 2:30 p.m.

27 FRIDAY

Lego Time, St. Anthony Park Library, 12:30-2 p.m. School-age children; no registration required.

Co-ed Drum Circle, Women's Drum Center, 6:30 p.m. \$10 at the door. All levels of experience are welcomed and encouraged. Drums provided.

31 TUESDAY

Behind the Curtain with Park Square Theater: Flower Drum Song, St. Anthony Park Library, 7 p.m.

SENIOR EXERCISE**ST. ANTHONY PARK AREA SENIORS**

Mondays and Thursdays, St. Anthony Park Library, 2:30-3:30 p.m. Chair yoga Fridays, Jan. 6 and 20.

TUESDAYS AND FRIDAYS, St. Anthony Park Library, 2:30-3:30 p.m. Chair yoga Fridays, Jan. 6 and 20.

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

COMO PARK/FALCON HEIGHTS BLOCK NURSE PROGRAM

TUESDAYS AND THURSDAYS, Falcon Heights Town Square Senior Apartments, 9:30-10:30 a.m. & Arbor Pointe Senior Apartment, 11 a.m.-noon

St. Matthew's Episcopal Church, 2136 Carter Ave., 651-645-3058

WOMEN'S DRUM CENTER, 2242 W. University Ave., WOMENSDRUMCENTER.ORG

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, 11:30 a.m.-noon.

VENUE INFORMATION

Arbor Pointe Senior Apartments, 635 W. Maryland Ave.

Centennial United Methodist Church, 2200 Hillside Ave., 651-603-8946

City Gables, 1611 Pleasant St., Lauderdale

Falcon Heights Town Square, 1530 W. Larpenteur Ave.

Lauderdale City Hall, 1891 Walnut St., 651-631-0300

Micawber's Bookstore, CARTER & COMO, Lower Level Milton Square, 651-646-5506

Olson Campus Center, LUTHER SEMINARY, 1490 Fulham St.

St. Anthony Park Library, 2245 Como Ave., 651-642-0411

St. Anthony Park United Church of Christ, 2129 Commonwealth Ave., 651-646-7173

St. Matthew's Episcopal Church, 2136 Carter Ave., 651-645-3058

Women's Drum Center, 2242 W. University Ave., WOMENSDRUMCENTER.ORG

*St. Anthony Park Area Seniors' Senior Cinema Series***"Sully" 2 p.m.****Thursday, January 12th, at SAP Library**

The story of Chesley Sullenberger, an American pilot who became a hero after landing his damaged plane on the Hudson River in order to save the flight's passengers and crew.

Starring: Tom Hanks, Aaron Eckhart, and Laura Linney. PG-13. 96 minutes

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Neighbors

New book is for families dealing with chronic disease

Author Jean 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. Lyngblomsten, 1415 Almond Ave., St. Paul, will host "Books, Cheese and Wine," Thursday, Jan. 12, from 5:30 to 7 p.m., in the Lyngblomsten Community Room. Cost is \$5 if registered by Jan. 10 or \$8 at the door. Register at 651-632-5330 or email, 2ndHalf@lyngblomsten.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 hopeonthejourney@gmail.com.

Como grad honored in Illinois

Medora Sweet, 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 senior from each four-year institution in the state the student laureate honor. The recipients are nominated by the academic trustee from each respective institution.

Sweet's award includes a \$1,000 scholarship. Sweet was nominated by Lake Forest College President Stephen D. Schutt.

At the convocation on Nov. 12, held at the Old State Capitol State Historic Site in Springfield, Illinois Gov. Bruce Rauner said, "President Lincoln's legacy is a reminder of the power of public service and civic engagement here in Illinois and across the country. The students chosen to receive this honor have exemplified the principles and ideals of the greatest Illinoisan through their hard work and dedication to their schools and communities."

Sweet, the child of Mary Lou and Michael Sweet of St. Anthony Park, is a studio art major with a minor in digital media design.

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 Dow Building, 2242 W. University Ave., are part of this companion art exhibit to the Smithsonian Institute's Museum on Main Street "Water/Ways," which will be on

display at the Commonwealth 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" pairs historical water photos of Lanesboro with mixed media artworks 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 luxe 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, installed 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 hillsides along the Children's Rotunda with help from donations from Park

Neighbors to 14

Local music in our own backyard

By Kristal Leebrick

Head over to the Dubliner Pub, 2162 W. University Ave., for some music on the right night, and you just might hear one of your neighbors performing on the corner stage.

Miss Becky Kapell of Como Park and Charlie Lawson of St. Anthony Park have regular gigs as part of the pub's monthly residencies.

Lawson, a bluesman who got his start with Crazy Legs Blues Band in 1976, did stints with the Kingsnakes, the Wallets, the Chaconnes, and a 10-year run as Charles and Ed Play the Blues at the Viking Bar on the West Bank of Minneapolis.

Lawson plays with Charlie's Combo on the last Saturday of each month, and that means he's got the New Year's Eve gig on Dec. 31.

"We are pulling out all the stops [that night]," Lawson said. "My featured artist is the punk Irish band Langer's Ball. We'll do back-to-back sets and join together at midnight."

The night will also include "a great unannounced opening act," surprise guests and Tom Mays, the pub's trivia king, who will be in charge of silly hats and more.

Kapell, a Minnesota native who played with Ed & the Boats and



Miss Becky and the Fat Six at the Dubliner. Photo by Dave Kapell



Charlie Lawson

several other bands in Portland, Ore., in the late 1980s and early 1990s, performs with her band, the Fat Six, the second Sunday of the month from 5 to 7:30 p.m. The band includes Paul Bergen (Erik Koskinen Band, Molly Maher and Her Disbelievers), Ray Barnard

(Ray Barnard Band, the Copperheads) and Mikkel Beckman (Corpse Reviver, Charlie Parr), who coordinates the Dubliner's Thursday Acoustic Happy Hours and Green Line Sundays.

Kapell moved back to Minnesota in 1996 "and didn't play any music after that because I worked full-time and was raising my kids." In 2007, she picked up the guitar

that sat in the corner of her living room and began teaching herself how to play it.

She played around with the few chords she knew and "melodies began to emerge and then somewhat magically, lyrics attached themselves to the melodies," she said. She recorded 12 of those songs with old friends in Portland for her first record titled "For Now."

Since the 2012 release of that record, she has continued to write songs and morph her style from folk to her true love, classic country. She is currently working on a recording to be released sometime in 2017.

You can see the Dubliner's calendar of music and events at thedublinerpub.com.

Pierce Richards

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Service, Speedy Market, Kern Landscaping and other local businesses.

Winter clothing donations sought

Jehovah Lutheran Church, 1566 Thomas Ave., in St. Paul, is gathering winter clothing and other items for Congolese refugees, ex-convicts, homeless youth and others.

Congolese refugees need children's sweaters, pants, jackets, hats, mittens, snowsuits, boots and bedding. Please label donations for CEEDS, the Center for Employment and Education Development Services, a refugee advocacy group that maintains an office in the church.

Ex-cons need adult hats, gloves, scarves and other winter wear. Label donations for Crossing Home, a service that helps ex-convicts and also has an office in the church.

Gift wish lists for homeless youth are posted at the church outside the church office. Gifts will go to youth sheltering at Lutheran Social Services' Rezek House and SafeHouse.

Donations can be left at the church before or after worship at 9:30 a.m. Sundays. Arrange another

drop-off time by contacting the church at 651-644-1421. The church's donation center is to the left of the Thomas Street entry.

December was busy at Job Corps

Students at the Hubert Humphrey Job Corps Center, 1480 Snelling Ave., volunteered at a number of events in the community in December, including singing holiday music at Lyngblomsten, Shalom Adult Day Care and Alton Memory Care; helping at Shop with Santa and the Salvation Army's Operation Christmas, the Lyngblomsten Annual Tree Lighting, St. Paul Chamber Holiday Open House and Cornerstone's Santa Shop; and ushering at Steppingstone Theatre.

Job Corps students will volunteer at the Salvation Army's Harbor Lights on Jan. 16.

For more information about how Job Corps students can help with your community event or project, call David Manthey at 651-642-1133, ext. 404.

Donations support youth program at Minnesota Textile Center

The Textile Center, 3000 S.E. University Ave., received financial gifts from Minnesota Contemporary Quilters and Minnesota Felt Makers and a \$1,000 gift from the Artists'

Circle, producers of the art shows Art at St. Kate's and Art at Ramsey. The gift will support the center's Youth Fiber Art Guild and its projects at the Hallie Q. Brown Community Center and Neighborhood House in St. Paul.

St. Paul rec center news

Here is a partial list of ongoing activities at Langford, Northwest Como and North Dale rec centers. To find a complete list of classes, call or visit the rec center or go to stpaul.gov/activityregistration.

Langford, 651-298-5765

Tot Time, Thursdays, 9-10:30 a.m.

Advanced Minecraft Mods, ages 10-14, Saturday, Feb. 4

Ice skating lessons, ages 6-9, begins Saturday, Jan. 14

Paint on Canvas—Snow Day, ages 5-12, Monday, Jan. 16

Soo Bahk Do, ages 5+, Thursdays, 5:30-6:30 p.m.

Zumba for adults, begins Thursday, Feb. 9, 8-9 p.m.

Sugar Addiction, adults, Thursday, Feb. 2

Art History: Ancient Egypt, adults, Monday, Jan. 27, noon-1 p.m.

Beginning Arabic Language, adults, begins Tuesday, Feb. 7



Santa and Mrs. Claus were at Langford Rec Center on Dec. 2 for the annual Parks and Rec Dinner with Santa and Mrs. Claus. Could it be that the missus moonlights through the year as a Ramsey County commissioner? Photo courtesy St. Paul Parks and Recreation

North Dale, 651-558-2329

Ice Skating Lessons, ages 5-7, begins Saturday, Jan. 21

Ballet, Tap and Jazz Dance, ages 7-12, begins Saturday, Jan. 28

Creation of a Storyteller, ages 15-18, begins Thursday, Feb. 9

Taekwondo, ages 4-17, begins Saturday, Jan. 4

Parent & Tot Play Time, Mondays, Wednesdays and Thursdays, 9 a.m.-noon

Tumbling, ages 3-5, begins Tuesday, Feb. 7

Tap/Ballet/Jazz Dance, ages 5-6, begins Saturday, Jan. 28

Laughter Yoga for Adults, begins Thursday, Jan. 5

Cribbage Night, Thursdays, 6:30-8:30 p.m.

Pilates/Mind/Body/Strength, Mondays and Wednesdays, 7:15-8:15 p.m.

Men's 35+ Ice & Advil Basketball, begins Sunday, Feb. 12

Adult Basketball, begins Wednesday, Jan. 4, 1-3 p.m.

Adult Pickleball, begins Tuesday, Jan. 3, 10:30 a.m.-12:30 p.m.

Adult Volleyball, begins Monday, Jan. 9, 1-3 p.m.

Senior Fitness, Tuesdays and Thursdays, 9:30-10:30 a.m.

Yoga Earth/Moon, Tuesdays and Saturdays, beginning Tuesday, Jan. 3

Challenge Square Dance, begins Monday, Jan. 9

Special events

Langford Winter Classic, Thursday-Sunday, Jan. 5-8

North Dale Winter Classic, Saturday, Jan. 14, 9 a.m.-4 p.m.

Family Skating Party and Bonfire, Northwest Como, Friday, Feb. 3, 6-8 p.m.

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\$4	Marinated Olives Bacon Tartine Pint of Summit Tap Beer
\$5	Chicken Salad Canapé Flatbread Glass of House Wine
\$6	Mussels Turkey Slider Glass of LaMarca Prosecco

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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.

Art 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. These will be awarded at the opening reception Sunday, Feb. 12, between 6 and 8 p.m. St. Matthew's Episcopal Church is located at 2136 Carter Ave (at Commonwealth).

For more information, contact Janet Murphy, at jmurow@aol.com.

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Mentor Charles Addicks, Jr.

Mentor Charles "Duke" Addicks, Jr., 76, of Falcon Heights, died Nov. 12, 2016, after a short illness.

Duke was born in Minneapolis Dec. 28, 1939.

He was an attorney by profession and a naturalist, eagle handler, historian, poet, musician, fur-trade era re-enactor and storyteller by avocation.

He was preceded in death by his father, M. C. Addicks; mother, Rubye Chandler Addicks, and infant sister, Rubye. He is survived by his wife, Jeannette Bach; daughter, Jennifer Hanna (Tim); sons, Gregory (Jennifer Phillips) and Mentor C. "Charlie" Addicks III (Rachael); and two grandchildren.

His funeral was held Nov. 19 at St. Matthew's Episcopal Church in St. Anthony Park.

Robert Bacon

Robert Bacon, 91, formerly a longtime resident of St. Anthony Park, died at Johanna Shores Presbyterian Homes, surrounded by his loving family, on Nov. 28, 2016.

He is survived by his son Richard (Christine); daughter, Connie (Stanley); 14 grandchildren; and 27 great-grandchildren. He was preceded in death by his wife, Mary, and son, Robert.

His memorial service was held Dec. 3 at North Heights Lutheran Church in Arden Hills.

Mary Barwise

Mary Joyce Barwise died Dec. 6, 2016. She was born Sept. 27, 1939, to Luella and John Barwise. Mary was a lifelong resident of St. Paul, the past 25 years in St. Anthony Park.

Mary was a champion of the underdog and always concerned about justice for all; she supported immigrants, international students, the visually handicapped and rescue dogs, encouraging them with her energy, time, resources and belief in them becoming the best that they could be.

Mary graduated from the University of Minnesota School of Journalism, earned a master's degree from the University of Wisconsin, and was an "all-but-dissertation" PhD at the U of M, studying the economics of the 1930s and its influence on small-town Minnesota newspapers.

She was one of the first women reporters at the Winona Daily News; taught at John Marshall High School in Rochester, Minn.; Bir Zeit University in Jordan; and for 30 years at Metropolitan Community College in Minneapolis, where she was also adviser for the acclaimed student newspaper.

Mary will be greatly missed by her sister, Susan Hervey (Barwise); niece, Lisa Miller (Pieter); nephew, Daniel Hervey (Deborah); cousins, Nancy Piper Jankovich, Joyce Harvey-Morgan, Virginia Shapiro, Michael Harvey, Katherine Harrison,

Jim Andrews and John MacArthur; four grand-nieces; a grand-nephew; her special friend and caregiver, Jodie L'Allier; her dogs, Frankie and Suzi; and scores of students and friends.

Mary will be fondly remembered for her loyalty, creativity, compassion, deep interest in others, delightful sense of humor and fiery authenticity.

A family gathering will be held in the spring.

Dr. H. Mead Cavert

Dr. Henry Mead Cavert, 94, of St. Anthony Park, died Nov. 4, 2016.

Mead enjoyed a career of nearly four decades at the U of M, serving as professor of physiology and associate dean of the Medical School, where he served as operational chief and twice as its interim dean. Mead retired in 1992.

He was preceded in death by his parents, sisters and son, John. He is survived by his wife, June; sons, Harlan (Linda Odegard) and Winston (Carol Witte), all of Minneapolis; four grandchildren; and two great-grandchildren.

A memorial service will be held Sunday, Jan. 8, at 2 p.m., at Central Lutheran Church, 333 S. 12th St., Minneapolis, with visitation starting at 1 p.m.



Gertrude Esteros

Gertrude Esteros

Gertrude Esteros of Falcon Heights, head of the University of Minnesota Department of Design for 30 years and founder of the Goldstein Gallery (now the Goldstein Museum of Design), died Dec. 2. She was 102.

The daughter of Finnish immigrants, Esteros was born in Cloquet, Minn., on Oct. 1, 1914. She earned bachelor's and master's degrees in education from the U of M in 1936 and 1941, respectively, and a doctorate in fine arts education from Columbia University in 1958.

Esteros was teaching at a small college in Missouri in 1941, when the U.S. entered World War II. She quit her teaching job and volunteered for the American Red Cross, working as a hospital recreation worker in New Guinea and the Philippines.

After the war, she joined the faculty at the U of M. A housing expert, she took a lead role in developing 1666 Coffman, a

condominium complex for retired University employees on Larpenteur Avenue.

In September 2014, Falcon Heights Mayor Peter Lindstrom declared Oct. 1, 2014, Gertrude Esteros Day in the city.

(Una) Jane Keeley

(Una) Jane Keeley from Pine River and St. Anthony Park, died Dec. 10, 2016. She was born on Dec. 8, 1945, in Minneapolis.

Jane was a nurse for more than 40 years, a profession she loved.

She worked as a nurse practitioner at Minnesota's first venereal disease clinic, the Red Clinic in Minneapolis, and as a public health nurse in Kansas. Jane also worked for the St. Anthony Park Block Nurse Program during the early days of development of home health care for the elderly. Her last nursing position was as a parish nurse at St. Anthony Park United Methodist Church during the formative years of parish nursing. Rather than taking blood pressures, Jane saw an opportunity to develop close supportive relationships with elderly members of the congregation.

Jane had many hobbies and volunteer activities. She met her husband while volunteering at the Cedar-Riverside Peoples Center, an experiment in a community providing its own health care. Jane's favorite hobby was reading and she was part of two book clubs. She also enjoyed spending time with family and friends.

Her memorial service will be held Dec. 29 at 1 p.m., at the Pine River United Methodist Church, with visitation 1 hour before. In lieu of flowers, Jane requested that memorials be directed to the Pine River Food Shelf and the Family Safety Network of Cass County.

She was preceded in death by her parents Una Brown Keeley and Stanley D. Keeley. She is survived by her husband, Douglas J. Weiss; son, Matthew K. Weiss; brother, Stanley J. Keeley; granddaughter, Kalia K. Weiss; nieces and nephews; and many dear friends.

Jane faced death with dignity and was at peace with her life and her loved ones.

Shirley Kroona

Shirley T. Kroona (née Gillund), 85, of St. Anthony Park, died Nov. 14, 2016.

Shirley was born in Decorah, Iowa, on Sept. 29, 1931. She graduated from Preston (Minn.) High School, an excellent student, enthusiastic chorus and band member, and cheerleader.

In 1952, she graduated from the School of Nursing at Lutheran Deaconess Hospital in Chicago. She then obtained her nurse anesthetist's degree. Shirley started her career in West Virginia, moving to Minnesota in the late 1960s, to work at the old Miller Hospital. She lived in the St.

Anthony Park neighborhood for more than 40 years.

She married Bill Kroona in 1969, and in 1972, joyfully welcomed son, Scott, to join Bill's family of four children.

In 2011, Shirley moved to St. Paul's Lyngblomsten apartments.

She was preceded in death by her parents, Talmer and Signe (Vang); husband, Bill; sons, James and David; and brothers, Arden and Dean. She is survived by her sons, Scott (Patty), Bill (Jodi) and Bob (Colleen); daughters, Sue (Jana) and Deb; 10 grandchildren; 10 great-grandchildren; sisters, Cleo (Mayfield) and Arla (Sullivan); and brother, Dan.

Shirley was a member of St. Anthony Park Lutheran Church. Her funeral service was held there on Nov. 18, with interment at Roselawn Cemetery.

Richard Nielsen

Richard Dale Nielsen, 83, died Nov. 20, 2016. He was born in St. Charles, Minn., on Feb. 17, 1933. He served in the U.S. Air Force, working in communications in Germany in the 1950s.

After returning to Minnesota, he met Carolyn Jespersen at the Prom in St. Paul. They married on Feb. 18, 1959, and headed off to honeymoon in the frozen North. Richard promised Carolyn two rooms and a path, and that is what she got. They lived in a rustic farmhouse in Afton, Minn., prior to returning to St. Paul.

After moving to St. Anthony Park, they raised three children, Christine, Peter and Heather.

Following retirement from United Defense, where he worked as a locksmith, Richard and Carolyn traveled the country. Richard loved his two granddaughters, Maren and Hannah, with all of his being.

Richard's hobbies included cross-country skiing, hiking, camping, photography and a good cup of coffee while discussing the affairs of the world. He was well-read and could discuss any person, place

or event in history. His favorite place was Grand Marais, Minn.

He was preceded in death by his wife, Carolyn; parents; and siblings, Charles, Warren, Esther Stahel and Alice Cowley. He is survived by his children, granddaughters and sisters, Charlotte Coleman and Mary Bruncker.

A memorial service was held Nov. 26 at St. Anthony Park Lutheran Church, with private inurnment at Fort Snelling National Cemetery.

Dorothy Sorenson

Dorothy A. Sorenson, 89, died Nov. 4, 2016. Dorothy was born in Nunda, S.D., on April 6, 1927.

A graduate of St. Olaf College, Dorothy was married to Morris "Bo" Sorenson Jr. from 1952 until his death in 1999. They served together as Lutheran missionaries in Japan from 1953 to 1965 and lived in St. Anthony Park after they returned from the mission field. Dorothy was a teacher in Roseville public schools. She was married to Bob Bergeson from 2002 to 2006.

Dorothy is survived by her sons, Bob (Jadranka), Arne (Ruth) and Michael (Lisa); daughter, Mary Ranum (Michael); and nine grandchildren.

Her funeral service was held Nov. 11 at Redeemer Lutheran Church in White Bear Lake.

Betty Svendsen

Betty (née Boser) Svendsen, 90, formerly of Como Park, died Nov. 27, 2016.

She was preceded in death by her husband, Richard, and sister, Eileen Conzett. She is survived by her children, Diane Cibulka, Richard B. (Glennis) and Robert (Connie); nine grandchildren; 15 great-grandchildren; and brothers, Jack and Bob.

Her funeral service was held Dec. 1 at St. Timothy Lutheran Church, Como Park, with interment at Cannon Falls Cemetery.

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School News

The Bugle welcomes news about students and schools in the area. The deadline for the February issue is Wednesday, Jan. 14. Send your news to editor@parkbugle.org.

Avalon School

700 Glendale St., 651-649-5495
www.avalonschool.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. 23, at 7 p.m.

Questions? Contact Gretchen Sage-Martinson at 651-649-5495, ext. 204, or enrollment@avalonschool.org.

Chelsea Heights Elementary

1557 Huron St., 651-293-8790
www.chelsea.spps.org

Fitness Night at Chelsea

The Chelsea Heights PTO will host its popular Family Fitness Night on Friday, Jan. 20, 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 distributing 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 are the results: Hilary Clinton received 63 percent of the vote, Donald Trump received 8 percent, 29 percent of the students voted for 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 35 percent Trump, 34.7 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, BEASTBot, earned a \$10,000 piece of machinery through an online voting campaign. Maslow CNC conducted a three-week Kickstarter campaign for schools to acquire a high-tech cutting machine. BEASTBot will be able to take the design of their robot and complimentary parts to the next level with this 4-by-8-foot Maslow CNC saw designed to precisely create 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 profile, 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 hits to classics and oldies.

Como's Chamber Singers added spirit to Orchestra Hall with a preconcert performance on Dec. 9 with members of Minneapolis' Washburn High School choir.

van Koolwijk, who serves as a parent coordinator. She can be reached at 651-744-3997.

Murray Middle School

2200 Buford Ave., 651-293-8740
www.murray.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.

Students trek to Wolf Ridge

Seventy Murray students trekked to Wolf Ridge Environmental Learning Center in northern Minnesota in November just before a big snow hit. The students spent the evening getting to know the names of other classmates in some team-building and problem-solving activities.

Students participated in a variety of classes and learned about raptors, renewable energy at Wolf Ridge, geology and much more.

St. Anthony Park Elementary

2180 Knapp St., 651-293-8735
www.stanthony.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.



The Murray Middle School Wolf Ridge Voyager class included a strong paddle on a snowy lake, starting a fire with flint and steel, and carving wood. The reward was warm homemade biscuits and raspberry tea.

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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



Chelsea Heights teacher Laura Erickson, WCCO's Excellent Teacher.
Photo by Alex Lodner

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."

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Eric Erickson highlights Como Park Senior High School athletics each month in the Bugle.

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.

Highland 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 1963.

Washington High School was also a hockey powerhouse in the 1950s and was the state runner-up 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.

Those 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 school 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 Cougars worked to achieve, having fun was Brodrick's motto.

He made sure the team knew it and helped.

"During the season, if I forgot 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 Paitich family



The Como Park Cougars varsity hockey team 30 years ago during the 1986-87 season, at top. Above, the 2000-2001 Como hockey team tied Cretin for the St. Paul City Championship.

gathers.

Neil Paitich 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 Paitich 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 Paitich 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 Paitich led the program for 13 years up until 2010.

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

"We worked hard and raised funds to get the kids fun experiences. If you're not in it for the kids, then what's the point?" said Paitich.

Dave Zschokke was a captain for Paitich 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 U of M, and an art teacher in St. Paul, Magnuson served as a volunteer assistant to both Brodrick and Paitich, giving back to his community and educating hundreds of hockey players about the game—and life.

Ryan Paitich (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. Gone are the days when every high school had its team.

This season, some of the high school players in the city are sporting 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.

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U of M design professor named 2017 Minnesota Book Artist

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 small pamphlet that has 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.



McCarthy and his Wee Go Library project were featured in the July 2016 issue of the Park Bugle ("Take a book. Leave a book. Remake a book.") You can learn more about McCarthy and his work at faculty.design.umn.edu/mccarthy.

Steven McCarthy, at left.
Bugle photo by Lori Hamilton

The mobile Wee Go Library,
below.



Smallest Museum announces six months of very tiny shows

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—Littl(er) Free Libraries." February's show, "Here,"

will feature work by Nate Turner. In March, Elizabeth Flinsch 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 exhibited will be "The Promised Land: Keith Haring and the Grateful Dead in St. Paul, May

1977." The June show will be Nathanael 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.

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