



'Let's paint this'

A construction zone turns masterpiece.

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Schooldays snapshot

Faded newsletter gives glimpse of Tilden in 1951.

Page 7



Sweet!

A tasty neighborhood tradition continues.

Pages 10 & 11

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St. Anthony Park / Falcon Heights
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www.parkbugle.org
January 2018

Going out on a high note

After four decades with Music in the Park series, founder Julie Himmelstrup will retire in the spring.

By Judy Woodward

Fourteen years ago, Julie Himmelstrup, artistic director of Music in the Park Series, pulled off a coup. She announced that the world-famous Guarneri Quartet would play for the 25th anniversary concert season of the series she had started in 1978.

In the world of chamber music, Himmelstrup had done the equivalent of persuading the Minnesota Twins to move their season opener to Langford Park.

This month Himmelstrup has an equally momentous announcement, although this time the occasion is a much sadder one for those who love classical music in the intimate setting of the St. Anthony Park United Church of Christ (UCC). Himmelstrup, who will celebrate her 82nd birthday in 2018,

is stepping down as artistic director at the end of the season in April.

The much-lauded Himmelstrup has built a national reputation for her impeccable musical taste and her ability to attract the biggest names in chamber music to the series, which has been held annually for the last 39 years in the church, located across the street from her home.

Even after Music in the Park began to attract wider renown for Himmelstrup's ability to attract musical heavyweights, as well as her unswerving dedication to new music and the promotion of Minnesota composers, she always thought of it first as a neighborhood organization.

"I want my legacy to be that I provided a special kind of art form in the community," she says. And the

Himmelstrup to 8



Julie Himmelstrup stands in the sanctuary of St. Anthony Park United Church of Christ, where she launched the Music in the Park Series in 1978. Photo by Mike Krivit

Women's Press changes hands

Feminist publication was launched in St. Anthony Park more than 34 years ago.

By Jason DeMoe

The new year will bring about a new beginning for Kathy Magnuson and Norma Smith Olson. The duo, longtime co-editors of the Minnesota Women's Press, have been active with the publication in some capacity for three decades. They surrendered the reins to longtime collaborator Mikki Morrisette in mid-December.

Morrisette has 15 years of experience with the Press as a writer and copy editor and has worked with the New York Times and Time Inc.

"Every editor and publisher puts their own frame on things, so we do expect some changes," Olson said. "However, we are confident that Mikki will continue our legacy and maintain our mission of telling women's stories in ways that build community and encourage change."

Although both Magnuson and Olson agree that it is time to step away, the decision did not come lightly for either.

"It was a tough deliberation because this has been such a labor of love for both of us," Magnuson said. "Not only has it been our steady income, but more importantly, this is a mission that we are both very invested in. We are, however, excited to see the direction that the new

generation plans to take the Women's Press."

Minnesota Women's Press Inc. was founded by Mollie Hoben and Glenda Martin in 1984 to publish a biweekly newspaper, the Minnesota Women's Press. Over the years, the publication has grown and

expanded. In February 2009, the Press transitioned to a monthly magazine format. The magazine is distributed for free at more than 500 locations and events in the metro area. The current readership online and in print is estimated at 115,000. In addition to the print publication,

Women's Press provides opportunities for women to meet, read, learn, write, talk and explore through outlets such as the Minnesota Women's Directory, BookWomen Magazine, the Center

Women's Press to 8



Norma Smith Olson and Kathy Magnuson. Photo by Kristal Leebrick

Winter Classic set for late January

The 58th annual Langford Park Winter Classic will be held Thursday, Jan. 25, to Sunday, Jan. 28, and will feature basketball and hockey tournaments, a snack bar serving hot food throughout the weekend, and a medallion hunt on Sunday at noon.

The four-day event is a St. Anthony Park tradition that draws families from around the city and beyond.

The Winter Classic is sponsored by the Langford Park Booster Club and volunteers are needed. Call Langford Rec Center 651-298-5765 for more information or to sign up to volunteer.



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CITY FILES

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. Contact information: 651-644-3889, district10comopark.org or District 10 Community Council on Facebook.

Upcoming District 10 meetings

All District 10 committee and council meetings begin at 7 p.m. at the Historic Streetcar Station, which is at the northeast corner of Lexington Parkway and Horton Avenue. Community members are always welcome to attend and participate.

Whenever possible, agendas are posted in advance in the "Board News" section of District 10's website. Here are the upcoming meetings:

- **Como Community Council** monthly meeting: Tuesday, Dec. 19
- **Environment Committee:** Wednesday, Dec. 27
- **Neighborhood Relations and Safety Committee:** Tuesday, Jan. 2
- **Land Use Committee:** Wednesday, Jan. 3

Lauderdale

The Lauderdale City Council meets the second and fourth Tuesdays of the month at Lauderdale City Hall, 1891 Walnut St. Contact information: 651-792-7650 or visit the website at lauderdalemn.org.

Resolution asks Congress to reverse Citizens United decision

The Lauderdale City Council passed a resolution at its Nov. 28 meeting supporting legislation that would petition Congress to reverse the controversial 2010 Supreme Court decision Citizens United v. FEC.

The Supreme Court decision had two elements that have changed the way political campaigns are funded: It gave corporations and other artificial legal entities the same

constitutional rights enjoyed by citizens, and it equated the spending of money to free speech. The result has been an increase of money into the U.S. election system from corporations. Opponents to the decision say this gives corporations a disproportionate influence in the government.

The Lauderdale resolution requests that Congress clarify that "the rights protected under the Constitution are the rights of natural persons and not the rights of artificial entities and that spending money to influence elections is not speech under the First Amendment; asking that Congress propose a constitutional amendment to provide such clarification."

Copies of the resolution were sent to Minnesota's senators and representatives in Congress and Lauderdale's senator and representative in the Minnesota Legislature.

St. Anthony Park

The District 12 Community Council (SAPCC) meets on the second Thursday of each month at 7 p.m. at Jennings Community Learning Center, 2455 University Ave. The council offices are located at 2395 University Ave., Suite 300 E. Contact information: 651-649-5992 or www.sapcc.org.

Neighbors help draft 10-year plan

More than 70 community members attended community forums in November and contributed feedback to the St. Anthony Park Community Council's (SAPCC) community-vision planning. SAPCC is incorporating ideas from the community into a draft 10-year plan that will be reviewed by the city of St. Paul.

An updated draft of the plan will be shared with the community in the spring.

Thank you!

Thank you to all community members who have come together to make the achievements of the St. Anthony Park Community Council possible in 2017.

Between the incredible board

and committee members, generous donors, and hundreds of volunteers, partners and engaged community members, SAPCC has had an incredible year.

In the past year, our community partnerships have enabled the council to:

- Engage hundreds of residents, organizations and neighbors in surveys to design a community vision for the future of St. Anthony Park.
- Secure transportation improvements, including ADA accessibility, the Stop for Me campaign, bike connections to the Grand Round, and sharing the success in the National Walk Summit.
- Collaborate with the city of St. Paul to purchase 2.25 acres for a new public park in South St. Anthony surrounded by new affordable housing designed to integrate into the character of the neighborhood.
- Expand food access by delivering hundreds of pounds of produce from our community garden to local low-income housing and securing stops from the Wilder Mobile Market.
- Partner with public environmental agencies to monitor air and water quality and improve our shared natural resources in St. Anthony Park.

Join your community council

SAPCC's committees and board leadership are busy developing priorities for 2018 and are looking for more community members to join in and have an impact on improving this wonderful neighborhood.

Whether you're interested in housing, economic development, transit accessibility, environment, food access, community building or other ideas, join SAPCC to make your ideas a reality for all who live, work, play, pray, study and shop in St. Anthony Park.


Visit www.sapcc.org for more ways to get involved and donate time or funding to these efforts. Here is a list of upcoming meetings. Jennings Community Learning Center is at 2455 W. University Ave. The SAPCC office is at 2395 W. University Ave., Suite 300E.

- **The Transportation Committee** meets the first Monday of each month at 6:30 p.m. at SAPCC.
- **The Land Use Committee** meets the first Thursday of each month at 7 p.m. at Jennings Community Learning Center.
- **The Equity Committee** meets the first Friday of each month at 8 a.m. at SAPCC.
- **The Environment Committee** meets the fourth Wednesday of each month at 7 p.m. at SAPCC.
- **The SAPCC Board of Directors** meets the second Thursday of each month at 7 p.m. at Jennings Community Learning Center.

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One giant masterpiece

Some saw a long hallway of Masonite; she saw a corridor of canvas.

It was a classic making-lemonade-out-of-lemons idea.

When construction workers at St. Anthony Park Elementary School put up a temporary wall this fall between the school's soon-to-be-new library and the second-grade wing, construction-weary students and faculty got inspired.

"The big, blank, white wall aroused many voices to channel a single thought: 'We should paint this,'" said art instructor Courtney Oleen.

Because the wall was located in the second-grade annex, "I felt it should be [the second-graders']

project and a way to make the beginning of the year special."

And it was. Some 80-plus second-graders spent several weeks creating one really long mural that features birds, bees, trees, flowers, fish, hearts, a unicorn, the Statue of Liberty and a whole lot of color.

The mural will be up until sometime in the spring, when the new library space will be open and the wall will come down.

"I think of this as a performance piece," Oleen said, "a public art project that brought color to the long walkway." —Kristal Leebrick



Ingrid Bollman signs her name on the area of the mural she helped create. Photos by Kristal Leebrick



At top, St. Anthony Park Elementary School art instructor Courtney Oleen shows off the temporary hallway mural. Above, Oleen works with a second-grader on the piece.

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P.O. Box 8126
St. Paul, MN 55108
www.parkbugle.org
651-646-5369

Managing Editor
Kristal Leebrick
651-646-5369
editor@parkbugle.org

Production Manager
Stephen D. Parker
612-839-8397

Obituaries Editor
Mary Mergenthal
651-644-1650
mary.mergenthal@gmail.com

Delivery problems?
editor@parkbugle.org
651-646-5369

Subscriptions & billing
Fariba Sanikhatam
651-239-0321
fariba@parkbugle.org
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Send payment to P.O. Box 8126,
St. Paul, MN 55108*

Event submissions
calendar@parkbugle.org

Copyeditor
Ruth Weleccki

Proofreaders
Christine Elsing
Mary Mergenthal

Display advertising
Mary Hamel, New Business
Development Director
651-387-0738
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952-393-6814
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Publication date: Jan. 30

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

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Currently serving on the board are Ted Blank, Betsy Currie, Elizabeth Danielson, Michael Griffin, Gabrielle Lawrence, Beth Maddock Magistad, Joey McGarvey, Beth Mercer-Taylor, Bob Milligan, Merry Rendahl, Steve Plagens, Matt Vierling and Kathy Wellington.



E D I T O R I A L

The sun again will shine bright and clear (we hope)

As 2017 comes to a close and the winter solstice passes, here's to a happy new year and leaving the dark days behind. We give you this poem by 12th-century Persian poet Hafiz.

The Sun Never Says

by Hafiz

Even after all this time
the sun never says to the earth,
"You owe me."

Look what happens with
a love like that,
it lights the whole sky.



Deadlines, publishing dates and where to find a Bugle

Want to submit something to the Bugle?

Here are the deadlines and publication dates for the next three months:

February issue: The deadline is Wednesday, Jan. 17, and it will be published Tuesday, Jan. 30.

March issue: The deadline is Wednesday, Feb. 14, and it will be published Tuesday, Feb. 27

April issue: The deadline is Wednesday, March 7, and it will hit the streets Tuesday, March 20.

Got a story idea?

Give us a holler: editor@parkbugle.org or 651-646-5369. We take traditional mail, too: Park Bugle, P.O. Box 8126, St. Paul, MN 55108.

Missing your Bugle?

If your house was missed during our delivery week, we apologize. Here are some spots where you can pick up a Bugle:

- District 10 Como Community Council office, 1224 N. Lexington Parkway
- Dogwood Coffee Bar, 825 Carleton St.
- Finnish Bistro, 2264 Como Ave.
- Hampden Park Co-op, 928 Raymond Ave.
- Falcon Heights City Hall, 2077 Larpenteur Ave.
- Lauderdale City Hall, 1891 Walnut St.
- Little Wine Shoppe, 2236 Carter Ave.
- Roseville Library, 2180 Hamline Ave.
- Schneider Drug, 3400 University Ave., Minneapolis
- Speedy Market, 2310 Como Ave.
- St. Anthony Park Library, 2245 Como Ave.
- Urban Growler, 2325 Endicott St.
- Workhorse Coffee Bar, 2399 University Ave.

Or go to www.parkbugle.org/delivery for a more complete list of places that carry the Bugle. You can also read the Bugle online at www.parkbugle.org.

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 and commentaries printed on these pages are the opinions of the individual writers, not the Bugle staff or board of directors. We encourage community participation here, 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.

LED lighting is here

Are you paying attention to the new street lighting on Como and Raymond avenues in St. Anthony Park? Do you like it? Do you notice a difference between the new and existing lighting? Can you imagine all the neighborhood streets lined with that bright harsh lighting in place of our current soft lights?

I support energy conservation and the advances made in lighting, but I truly don't think that manufacturers have given good

thought to the visual impact of the new lighting and its consequences. Once here, we will have to live with the changes. I believe there are other options that can be pushed for, but it won't happen unless we do.

If you are with me on this, please contact me at bwrvfp27@gmail.com.

*Barry Riesch
St. Anthony Park*

Thank you, E&L Bindery

Shout out to Jeff Dahlin at E&L Bindery, 708 Vandalia St., for helping us archive all paper Bugles from 1974 to today. Thanks, Jeff!

Thank you for supporting the Park Bugle

Thanks to the following Park Bugle readers who have helped the Bugle raise \$ \$33,251 toward our goal of \$42,000 in the 2017-18 fund drive. This list reflects those who gave through Dec. 8. We will publish more donors in the next issue.

The Bugle relies on tax-deductible donations to help defray the newspaper's annual operating costs. You can donate online at www.parkbugle.org. Click the green DONATE NOW button on the right side of the page (scroll down. It's under the events calendar). Or send a check to: Park Bugle, P.O. Box 8126, St. Paul, MN 55108.

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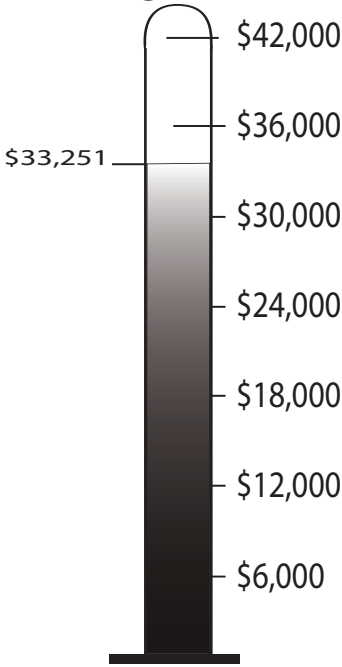
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Transition Town – All St. Anthony Park

This is one of 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.

Preparation and attitude are key assets in dealing with disasters

By Mindy Keskinen

In an emergency, our best asset isn't a flashlight, or a sleeping bag, or even a clean water supply. It's our attitude.

If we're calm and aware of others' needs, we help spark the community spirit that can rise in adversity.

This year, Americans have seen severe storms and floods, wildfires and heat waves, all intensified by climate change. Are we prepared here in Minnesota? In any disaster, our confidence will depend on our health and our preparation.

That insight came from Dave Crawford, who spoke at a Nov. 28 community meeting co-sponsored by Transition Town – ASAP and the St. Anthony Park Community Council, with support from the Saint Anthony Park Community Foundation.

Are we ready as households, as neighborhoods, as a city?

A disaster preparedness consultant, Crawford said that any household should be ready both to shelter in place and to evacuate quickly if needed. Pre-pack a "bug-out bag" of key supplies for each person. The items will depend on where you're likely to shelter, and for how long. But consider a first-aid kit, water-purification tablets, copies of documents such as property deeds, a base layer of clothing—and a few light items to lift spirits.

Check out what our Bugle Beetle packed (above), then download a full list from the Transition Town website, www.TransitionASAP.org.

At the neighborhood level, what skills can each of us bring? That was

speaker Kris Grangaard's focus; she's a Community Emergency Response Team (CERT) trainer for Falcon Heights. Ramsey County residents can take the nine-week Wednesday-night CERT training through the county. Topics include hazard

residents to take care of themselves for up to three days if a disaster strikes. You can find out more about how to do that at the Stay Safe

website, www.staysafe.org/disasterpreparedness, or read "Tom Brown's Field Guide to City and Suburban Survival."

In the big picture, we can also build resilience through a more local, sustainable economy. A community that produces much of its own food, energy and other necessities can bounce back more easily from any disruption.

Local Economy to meet in January

"That's partly why we formed the Local Economy group," said Pat Thompson, who co-leads the new group with Sherman Eagles.

"We live in a globally interdependent economy, but if we can bring at least some of our money home, we'll all be stronger in the long run."

Members are researching topics, such as:

- Rolling over IRAs to allow for local investment
- Starting a real estate investment co-op, similar to Minneapolis' NorthEast Investment Cooperative (www.neic.coop)

- Forming an investment club or chapter of Cooperative Principal, a Minnesota-based nonprofit that offers startup consultation to investment clubs

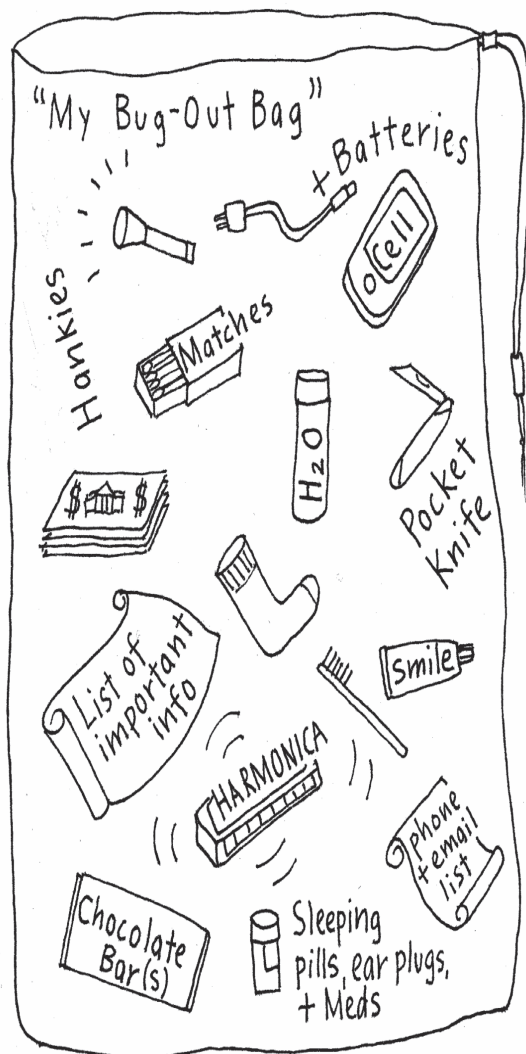
for the 99 percent," specifically for investing in co-ops (See more at www.thecp.coop.)

- Launching a local nonprofit community investment fund
- Collaborating with Slow Money Minnesota (www.slowmoneyminnesota.org)

All are welcome to the next meeting, Monday, Jan. 22, 6:30-8:30 p.m. at Lori's Coffee House, 1441 N. Cleveland Ave.

For more information about Local Economy, send an email to sherman_eagles@yahoo.com. There will be updates on the Transition Town – ASAP website.

Mindy Keskinen is a book editor who also coordinates communications for Transition Town – ASAP.



Any household should be ready both to shelter in place and to evacuate quickly if needed. Pre-pack a "bug-out bag" of key supplies for each person. Illustration by Michael and Regula Russell



History:



One darn thing after another

Roger Bergerson chronicles our remarkable past

‘Tilden Spotlight’: Here’s a snapshot from 60 years ago

By Roger Bergerson

The old elementary-school newsletter is yellowing, but the typewritten and mimeographed pages provide an informative and often-entertaining peek at the life and times in the Como area shortly after World War II.

Joan Mieloch of Lauderdale, a childhood friend of mine, passed on a copy of the “Tilden Spotlight” from June 1951. Members of the last pre-Baby Boomer generation, we were just finishing kindergarten at Tilden at the time.

Until it closed in 1974, the K-8 school was located for nearly a century at Arona and Albany streets, just northeast of the intersection of Como and Snelling avenues. Today a small park occupies its former site.

But in 1951, Tilden was a bustling place, as the last edition of the “Spotlight” before summer vacation clearly showed.

Early that June, an evening open house featured a concert by the Tilden Band, with refreshments, including cookies and shortcakes made by the eighth-grade girls as part of a home economics demonstration.

In an upper-grades track meet, Ralph Bevers used a unique head-first technique to win the high jump, clearing the bar with a mighty leap of 3 feet, 10 inches.

And members of the Tilden school patrol marched in a parade in downtown St. Paul and rode the streetcar back for the citywide patrol picnic in Como Park. There, Lorene Thompson, Tilden’s patrol captain, won a new bike.



Tilden students build their version of a school bus in 1948.

On a somber note, it was reported that Tilden graduates George Moncrief and Edwark Clark, friends from childhood, recently had died together in Korean War combat.

The “Spotlight” editor was Leo Snyder, the eighth-grade class president. The newsletter’s adviser, Mr. Panushka, also his teacher, appears to have given Snyder a relatively free hand and the young man’s wry humor comes through. It was particularly on display in what presumably (no byline) was his crafting of the “Eighth-Grade Prophecy,” looking far out to the year 2001.

There are plenty of inside jokes, some so inside as to be inscrutable to the Reader of the Future, but others not.

Joan Loveness and Bruce Hallen

apparently were fond of one another, for example. Our sage, “peering into the mist of tomorrow,” sees them getting married. “Joan blows up tires at Bruce’s filling station. They say that they were scolded for gassing so decided to put it to use. Thus the filling station. They have four little grease monkeys.”

The sage continues, “Ray King is proving his old teachers wrong. They said he would never do anything big. He runs a factory making elephant sweaters.”

And the teaching staff was not spared: “I spotted a silver-haired lady. It was Miss Christensen, who retired on her funds resulting from the sale of marbles collected from innocent third-graders.”

The newsletter also included class-by-class reports on the year gone

by, including one by Mrs. Barnes, our kindergarten teacher. It seems we planted an indoor garden, raised two moths and acquired a turtle. News to me.

In a portent of things to come in an age when many households in the area were getting their first TVs, the combined sixth- and seventh-grade class appeared on WTCN (now KARE 11) television. The station was said to be evaluating the use of the medium for education.

The “Spotlight” carried advertising, which showed how many places there were to buy groceries in the neighborhood in those days.

Over on Como Avenue, for instance, there was Haggerty’s Dairy Store at 1556 Como and the combined Le Clair’s Grocery and Aschenbach’s Meats at 1562, about where Café 99 and J.O. Thompson Flooring are today. To the north, at Albany and Arona avenues, where

Chelsea Printworks now does business, there was Tilden Foods and Meats. (My mother bought a carving knife there that I still have.) At 1341 Pascal St., just north of Midway Parkway, in the building in which Delicata Pizza and Gelato is now located, the Lorenz Food Market operated.

And no more than a block away, up the hill, there was the Frankson Grocery and John Olin’s Meat Market, at 1458 and 1450 Frankson Ave., respectively.

But there was also an ad that signaled the beginning of the end for that neighborhood shopping era. Foodtown, “Midway’s Newest and Finest Super Market,” was opening at 1546 Como, today the site of the Shanghai Market.

I remember the grand opening of Foodtown because they gave away balloons. Very impressive to a 6-year-old.

Labor unrest

Six school patrol boys at Tilden caused a minor furor when they walked off the job in 1941.

Their complaint? Unlike previous years, they had not been provided with passes to the Shrine Circus.

R.F. Koessler, school principal, was unimpressed and suspended the boys from their patrol duties, an action that he said was “permanent, as far as I am concerned.” He allowed them to continue in school, however.

Lt. Frank Hetznecker, St. Paul superintendent of school police, said it was the first time anything of the sort had happened in the 20-year history of the patrol force.

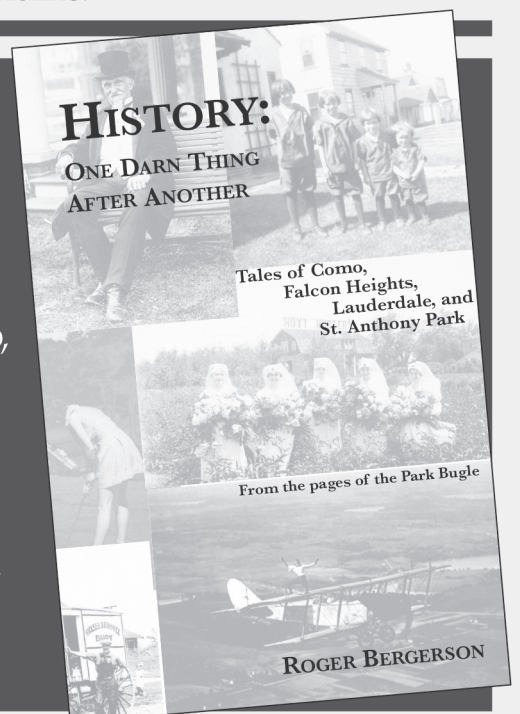


Dietrich Lange, director of nature study for the St. Paul schools, talks to Tilden kindergarteners in 1939. The St. Anthony Park resident previously had been principal of Mechanic Arts High School and St. Paul school superintendent. Photos courtesy of the Minnesota Historical Society

HISTORY:
ONE DARN THING AFTER ANOTHER

Roger Bergerson’s tales of area history are now in one volume.

Get your copy at Micawber’s, the Como Avenue Bibelot Shop, the Minnesota History Center bookstore or Hermes Floral.



Himmelstrup from 1

emphasis has always been on community. Himmelstrup was never interested in musicians who merely show up for their concert, then pack up their instruments and depart for the next gig. For Music in the Park, an engagement includes a meet-the-musicians reception after the performance and a pre-concert talk about the music. She looks for musicians who are also willing to do additional presentations at St. Anthony Park Elementary School and local nursing homes, and sometimes even add in a special Family Concert at nearby St. Matthew's Episcopal Church.

For all her love of music, Himmelstrup never planned a career as an impresario. Growing up in Chippewa Falls, Wis., her musical education was overseen by her mother, a violinist. Young Julie studied piano, and she spent a lot of time singing in and accompanying various choral groups. (For those who remember Chippewa Falls' other most-famous resident, computer legend Seymour Cray, Himmelstrup says, "Cray's mother was my Sunday school teacher.") It was Himmelstrup's accompanying skills that led to one of the most important encounters of her early life.

While studying piano at the Toronto Conservatory of Music, she gained a reputation as a skilled and accurate accompanist. One

afternoon famous Danish musician and conservatory professor Aksel Schiøtz asked the young pianist to meet a newly arrived young man from the Old Country. Anders Himmelstrup was an amateur cellist who had recently immigrated to Canada with "\$50 and his cello," says Himmelstrup. The harmonics produced by that meeting proved to be more than musical. Julie Himmelstrup had just met her future husband and biggest supporter. The couple has been married for 57 years.

By the 1970s, the Himmelstrups were living in St. Anthony Park, where Anders was building his graphic design business and Himmelstrup had been appointed as one of three artists-in-residence by COMPAS, a nonprofit that places teaching artists in Twin Cities schools. Meanwhile, an idea was taking shape in Himmelstrup's mind: "I had played with the choir at the UCC so I knew the setting, and I kept thinking, 'That would be a beautiful place to have chamber music.'"

Working with a committee of neighborhood residents and drawing on her contacts in the music world, Himmelstrup cobbled together a first season in 1978. The budget was a meager \$5,000. With characteristic panache, she decided to kick things off by spending most of it to bring in the entire 25-person St. Paul Chamber Orchestra for the series'

'Every time I walk in, I think [the St. Anthony Park United Church of Christ sanctuary] feels like a big living room.' — Julie Himmelstrup

inaugural performance.

"Anders said, 'If we don't make our budget back, I'll make up [the difference],' " Himmelstrup recalls. "He posted leaflets on the neighborhood trees to advertise. I would never have been able to do it without him."

Thanks also to musician friends like flutist Julia Bogorad, guitarist Sharon Isbin and pianist Thelma Hunter, the first season was a success, and Music in the Park was launched.

In the 39 years since then, there has been an impressive array of chamber music artists who have shared their gifts with the intimate 350-person concert space at the UCC. "People love to be close to the musicians," says Himmelstrup. "Every time I walk in, I think [it] feels like a big living room."

There have many unforgettable moments—not all of them musical. Himmelstrup remembers the night an overconfident out-of-town violist arranged to meet his colleagues at the church in time for his big musical moment, but ended up in St. Anthony Village instead. A couple of decades ago, there was the pianist who left his dress pants back at the

hotel. In those more formal times, no classical musician could ever take the stage in jeans, so Himmelstrup delivered a 30-minute extemporaneous welcome speech to an audience that included Dominick Argento, dean of American composers, whose work was on the program that afternoon. Meanwhile distinguished local composer Libby Larsen briefly imperiled the future of classical music in Minnesota by driving the pianist at reckless speeds back to his downtown hotel to retrieve the missing trousers.

Rumors that Anders Himmelstrup entertained the waiting audience with coin tricks are, however, not to be believed.

There are ways in which Himmelstrup has the sense of coming full circle as she nears the end of her tenure. For one thing, the SPCO will perform the same William Bolcom piece this season that they played in that first Music in the Park performance almost four decades ago. For another, many of the performers in the coming months will be old musical acquaintances, like the Parker Quartet and David Finckel and Wu

Han, whom both Himmelstrup and the audience have come to know and treasure.

This season's final concert on Sunday, April 13, will feature both the current Lark Quartet and the members of the original Lark, founded in 1985 by St. Anthony Park resident Laura Sewell. "It will be a kind of coming back," Himmelstrup says.

As for the future, Himmelstrup recognizes that audiences for classical music are aging. "Sure, I'm worried," she says. "The audience is graying, but chamber music itself seems healthy. . . . I'm encouraged by the numbers of young people with interesting program ideas [that don't] sacrifice the quality of the music."

After Himmelstrup's retirement, the series' day-to-day operations will remain in the hands of the area's oldest musical organization, the Schubert Club, with which Music in the Park merged in 2010. "I'm leaving Music in the Park with an organization that can maintain it," she says, "and cast a wider net and expand."

Besides, she adds after a moment, "I will certainly be attending the concerts, and maybe they will ask my advice occasionally."

Judy Woodward is a reference librarian at Roseville Library and a regular contributor to the Park Bugle.

Women's Press from 1

for Feminist Reading and the WoNews e-letter, released four times a month.

Although thriving now, the Women's Press wasn't always welcomed with open arms.

"We spent the early years looking for investors and a lot of people said this would never work and that it was a bad idea that no one would support," Olson said. "People didn't believe that anyone would want to read a magazine only about women. Even after we published, we were still getting push back from potential advertisers. They would want to see a year or two of work before they would buy ads."

Through hard work, dedication and a willingness to stick to the

mission, the staff and management of the Women's Press were able to turn the tides.

"We stayed true to what we're not and what we are," Magnuson said. "We focused on women's health, education, spirituality and politics. These are the things that matter to women in their everyday lives. It is tempting to follow ad dollars, but we resisted that and it has cost us financially. Our readers, though, are smart, and they reward our high editorial integrity."

Eventually, advertisers caught on and the task of securing financing became less daunting.

"We now have a reputation in and around the Twin Cities and calling on ads requires a lot less

explanation than it used to," Magnuson said. "Our credibility speaks for itself, and I believe we are a real asset and a voice for women."

Fans of the publications feel the same way.

"We regularly get calls or emails from readers that tell us that we are enlightened and that we are a breath of fresh air," Olson said. "I hear from people who thank us for being one of the few progressive voices in greater Minnesota. Others who have moved into the area credit the Women's Press as a sign that this was a welcoming place."

As for what's next for Magnuson and Olson, well, they don't rightly know.

"I think we will both be taking



The December 2017 Changemakers issue of the Minnesota Women's Press was the finale for Norma Olson and Kathy Magnuson.

some time to figure out what we want to do next," Olson said. "This is going to be a very big change for us. I think maybe we need to sleep in for a few days before we can make an assessment in regards to what's next."

"I think I need to take a sabbatical and then decide how I want to carry on being involved in the issues that I have always valued,"

Olson added. "I also want to learn new things and do new things."

Jason DeMoe has worked as a newspaper reporter for seven years in both Wisconsin and Minnesota. He lives in White Bear Township, enjoys the outdoors and has hiked at least one trail in every Minnesota state park.



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'Community Conversations' series aims to open dialogue on race

By Kristal Leebrick

As visitors approached the doors to Holy Trinity Episcopal Church, 1636 Van Buren Ave., on a Saturday afternoon in early November, they were greeted with two signs. The one on the left door said, "White only"; the one on the right, "Colored only."

The signs set the tone for the afternoon's event, "Jim Crow: Then and Now," the first of a four-part discussion series aimed at opening dialogue on racial and ethnic issues.

Nearly 60 people—both black and white—attended this inaugural event of "Community Conversations for Racial and Ethnic Reconciliation and Understanding," funded through a grant from the Episcopal Church in Minnesota. Holy Trinity, a small predominantly African American church in the Hamline-Midway neighborhood, has partnered with St. Matthew's Episcopal Church in St. Anthony Park, Hamline-Midway business Mosaic on a Stick, Hamline University, Concordia University, Luther Seminary and Hamline United Methodist Church to present the series.

As participants settled into their seats at tables set up in the basement social hall of the church on Nov. 4, Marvin Gaye's song "What's Going On" played in the background. "What's Going On," was the unofficial theme of the afternoon, said facilitator Vanne Owens Hayes. The group was there to discuss their own experiences with Jim Crow laws in the past and how remnants of those laws continue now.

Jim Crow laws were state and local laws that enforced racial segregation in public facilities in the South and in public transportation, including segregated cars on interstate trains and buses. These laws were enforced until the Civil Rights Act was passed in 1964.

Linda Finney, a member of Holy Trinity and one of the coordinators of the Community Conversations, remembers sneaking over to a "white-only" public drinking fountain near her home in Miami-Dade, Fla., in the 1950s. She was just a kid, and curious and black.

"I remember thinking, 'It's got to be better. Why do they separate it like that? There's got to be lemonade in that one.'" She tasted it: "Just the same," she said.

Later, as a teenager, the Civil Rights Act was passed, and she has not forgotten "that visceral feeling" she had when she found herself one of two black students in a newly integrated classroom. "I finally connected what it meant to be a minority," she said.

The school bus she rode in was rocked by crowds of white kids as it pulled up in front of the school. When she walked into the school cafeteria, she saw white students lay their heads on the lunch tables and whisper expletives as she and her black schoolmates walked past them.

And "the teachers and



Holy Trinity Episcopal Church hung signs on the doors for its Community Conversation on Jim Crow Nov. 4.

administrators did nothing to stop it," she said.

"People assume Jim Crow was only a Southern dynamic," she said. "It was all over this country, even in this state."

There were laws in Minnesota in the 1950s that said a Native American living on a reservation could not vote. Homes in some communities had real estate covenants that stated owners could not sell to certain races or ethnicities. And there were laws throughout the country that made it illegal for a white person to marry "a Negro, an Indian or in some places they referred to Asian as 'Malays,'" Finney said. "That's Jim Crow."

Those who were raised in Minnesota had their own stories to tell at the gathering. Rita Lyell, daughter of Minneapolis civil rights leader Harry Davis, recalled how her younger brother had to be escorted by police to school when their father ran as the DFL-endorsed candidate for Minneapolis mayor in 1971.

Owens Hayes grew up in St. Paul and attended Webster Elementary School, the only black child there in the early 1950s. She recounted her story of being delighted at an invitation to a tea at a classmate's home and then being told she had to go in the back door of the house, not the front door.

Attendees told stories of being chased out of Northeast Minneapolis — an area of town where black teenagers knew they were not welcome — and of the sections of the city where their families were not allowed to buy homes and businesses they knew better than to walk into, some of which are still unwelcoming to blacks today, Owens Hayes said.

"The past is bleeding into the present day," Finney said.

Americans need to understand our history and have respectful

conversations around race and ethnicity, because "if you understand your history, you are less likely to repeat some of it," Finney said.

The second Community Conversation will address micro-aggressions and their impact on relationships both at work and on campuses, Finney said. The event will be held Saturday, Feb. 24, from 2 to 5 p.m. at Hamline United Methodist Church, 1514 Englewood Ave.

For more information, email holytrinityepiscopal@q.com. The last two forums will be held April 28 and July 14. The subjects and locations have not been determined.

Planners felt talking about what it was like to live under Jim Crow was an important topic to start with, especially for young people. The Jim Crow discussion was intentionally kept to 60 people to enable those in attendance "to have a conversation," Finney said.

The February conversation will accommodate more people.

Finney said Holy Trinity's aim is to bring people together in a safe and respectful forum through these Community Conversations. This small church has an active membership of just 50 to 75 people, she says. Nevertheless, "I call us the little church that could," she said.

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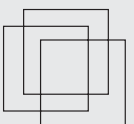
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Michelle Taylor helps her daughter Nora Imbertson with Nora's unique vision of a gingerbread structure: She created a Hawaiian surf shop. In the background, Nora's sister, Anna Imbertson, works on her more traditional house.

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One Sweet tradition

By Kristal Leebrick

If Gen Nakanishi were to add up all the gingerbread houses she's had her hand in creating over the last 36 years, the result probably would be close to 1,000.

Since 1981, when Nakanishi was working at the Maid of Scandinavia kitchen store in Roseville, she has been teaching people how to make and decorate those candy-laden concoctions. And many of those people have been her neighbors on Grantham Street in St. Anthony Park.

For at least 28 years, Nakanishi and her neighbors Ann Bettenberg and Patty Stolpmann have been hosting a gingerbread house extravaganza each December. Participants have changed over the years as children grew up (though a few 20-somethings come back to participate), houses sold and new



One of two houses created by Craig Krueger and Kathy Henry Krueger's children.



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Siblings Maddie Cram Helwich, 4, and Gabe Cram Helwich, 10, show off their gingerbread house, which features a skating pond and a snow fort.

neighbors moved in, but the rhythm of the event is still the same. You get the call from Bettenberg: Go down to Speedy Market to buy your gingerbread mix and if you didn't save your house pattern from the year before, she'll get you another one. Show up at Bettenberg's house on a certain Thursday night—adults only—with your house parts baked and ready to go, then Nakanishi guides the group through the building phase of the project.

First item: creating the lattice windows and the decorative borders on the door. Then the walls go up, then the roof and then the snowy yard surrounding the home. (Unless you're creating a Hawaiian surf shop, as 7-year-old Nora Imbertson did this year. Her yard was made of graham cracker crumbs to resemble sand.)

The houses sit for two or three days to harden, and then the children gather on the weekend to do the real work: filling those walls and roofs with gumdrops, peppermints, marshmallows, Skittles, Nerds, candy canes, chocolates and more chocolates. When asked how the candy decorations are chosen, the unanimous answer was: "We buy what we like to eat."

"Mostly chocolate," said 15-year-old Niko Scholtz, as he worked on his Viking longhouse with his 13-year-old sister, Kaia.

We asked Nakanishi what she thought made the perfect gingerbread house: "When the people—the kids—express their

individuality. When the houses are first erected they all look the same, but they come alive when everyone does their thing. When they finish, they are all unique."

It's been nearly three decades since Nakanishi started this neighborly tradition, and she plans to keep doing it, she says, until "I don't have anybody who wants [to make] them anymore."



First, the lattice windows. Photos by Kristal Leebrick



Gen Nakanishi (center) with Patty Stolpman (left) and Ann Bettenberg (right). They are holding the house Stolpman's two sons, Aaron and Sam Wallace (both in their 20s), decorated.



"We buy what we like to eat" was the unanimous answer to how the candy decorations are chosen.



Nakanishi demonstrates how to attach the walls.

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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. 17, to be included in the February issue.

1 MONDAY

St. Paul Public Libraries ARE closed.

2 TUESDAY

COMMUNITY BLOOD DRIVE, St. ANTHONY PARK LUTHERAN CHURCH, 2-7 p.m. REGISTER ONLINE AT redcrossblood.org, SPONSOR CODE SAPL, OR CALL 651-644-8833 AND LEAVE A MESSAGE.

HAND DRUM FOR BEGINNERS, WOMEN'S DRUM CENTER, 5:30-6:30 p.m. DRUMS PROVIDED; \$10 REGISTRATION, WWW.WOMENSDRUMCENTER.ORG.

3 WEDNESDAY

ENGLISH CONVERSATION CIRCLES, EVERY Wednesday in JANUARY, St. ANTHONY PARK LIBRARY, 4-5:30 p.m.

St. ANTHONY PARK ADULT BOOK CLUB, St. ANTHONY PARK LIBRARY, 6:30-8 p.m. ALL ARE WELCOME. NO REGISTRATION REQUIRED.

4 THURSDAY

CAREGIVER SUPPORT GROUP, first Thursday of each month, St. ANTHONY PARK UNITED CHURCH OF CHRIST, 10-11:30 a.m.

BEREAVEMENT SUPPORT GROUP, first Thursday of each month, St. ANTHONY PARK UNITED CHURCH OF CHRIST, 10-11:30 a.m.

PRESCHOOL STORYTIME IN MANDARIN CHINESE, St. ANTHONY PARK LIBRARY, 10:30 a.m.

DIALOGGERS TOASTMASTERS MEETS EVERY Thursday, U of M St. Paul Campus, NORTHERN RESEARCH STATION, 1992 Folwell Ave., 11:30 a.m.-12:30 p.m.

5 FRIDAY

Walking in the Langford Park gym from 2-3 p.m. EVERY Friday. FREE AND OPEN TO ADULTS.

9 TUESDAY

Baby/toddler STORYTIME BEGINS EACH Friday AT St. ANTHONY PARK LIBRARY, 9:30-10:30 a.m. NO STORYTIME ON Jan. 2.

11 THURSDAY

St. ANTHONY PARK AREA SENIORS CINEMA SERIES, "Wonder Woman," St. ANTHONY PARK LIBRARY, 2 p.m. ALL ARE WELCOME. FREE.

12 FRIDAY

SAPAS GAME DAY, CENTENNIAL UNITED METHODIST CHURCH, 10 a.m.-NOON. NO CHARGE OR REGISTRATION REQUIRED.

PRESCHOOL NATURESMART STORYTIME BEGINS EACH Friday in JANUARY, St. ANTHONY PARK LIBRARY, 10:30 a.m. EXPLORE A DIFFERENT NATURE THEME EACH week. NO STORYTIME Jan. 5.

15 MONDAY

COMMUNITY SING, OLSON CAMPUS CENTER first floor, LUTHER SEMINARY, 6:30 p.m. GATHERING, 7-8:30 p.m. SING. THE EVENT IS FREE, BUT A HAT WILL BE PASSED FOR THE MUSIC LEADERS AND TO MAKE THE SINGS POSSIBLE. CHILDREN WELCOME. CO-SPONSORED BY THE DISTRICT 12 COMMUNITY COUNCIL.

19 FRIDAY

SAPAS GAME DAY, CENTENNIAL UNITED METHODIST CHURCH, 10 a.m.-NOON. NO CHARGE OR REGISTRATION REQUIRED.

Tablet/Smartphone Drop-in Clinic, St. ANTHONY PARK LIBRARY, noon-2 p.m. THE clinic is for all tablets and smartphones.

25 THURSDAY

Langford Park Winter Classic begins AND RUNS THROUGH Sunday. Basketball & Hockey TOURNEYS, snack bar, medallion hunt. Call 651-298-5765 for more information.

26 FRIDAY

Birdhouse-making workshop: Build your own birdhouse with the staff from Elpis Enterprises, St. ANTHONY PARK LIBRARY, noon-2 p.m. All supplies will be provided for this hands-on project; best for school-age children or preschool children with adult help.

28 SUNDAY

Sunday Afternoon Book Club, "Refugee" by Allen Gatz, Micawber's, 1:30-3 p.m. ALL ARE WELCOME.

SENIOR EXERCISE**SAINT ANTHONY PARK AREA SENIORS**

Mondays and Thursdays, LAUDERDALE CITY HALL, 2-3 p.m. No

Class on Jan. 1 or 15 due to the New Year and Martin Luther King holidays.

Tuesdays and Fridays, St. ANTHONY PARK LIBRARY, 2:30-3:30 p.m. Chair yoga is in place of exercise class on Jan. 5 & 19.

Wednesdays, CENTENNIAL UNITED METHODIST CHURCH, 10:30-11:30 a.m.

FREE SENIOR BLOOD PRESSURE CLINICS**Como Park/Falcon Heights Block Nurse Program:**

Fourth Monday, Falcon Heights City Hall, 12:45-1:30 p.m.

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 (SAPAS)

Wednesdays, CENTENNIAL UNITED METHODIST CHURCH, 11:30 a.m.-NOON.

Friday, Jan. 5, St. ANTHONY PARK LIBRARY, 2-2:30 p.m.

Tuesday, Jan. 9, Seal Hi-Rise, 3-3:30 p.m.

VENUE INFORMATION

Arbor Pointe Senior Apartments, 635 W. Maryland Ave.

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

Falcon Heights City Hall, 2077 W. Larpeur Ave.

Falcon Heights Town Square Senior Apartments, 1530 W. Larpeur Ave.

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

Micawber's, Carter & Como, lower level Milton Square, 651-646-5506

Olson Campus Center, Luther Seminary, 1490 Fulham St.

Seal Hi-Rise, 825 Seal St., 651-298-4673


St. ANTHONY PARK LIBRARY, 2245 Como Ave., 651-642-0411

St. ANTHONY PARK LUTHERAN CHURCH, 2323 Como Ave., 651-645-0371

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



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Neighbors



Dr. Michael J. Dorer

St. Anthony Park man receives Montessori education award

Dr. Michael J. Dorer, a St. Anthony Park resident, has been named one of six distinguished educators to receive the 2017 Wisdom of the Elders Award by the Montessori Accreditation Council for Teacher Education.

The Wisdom of the Elders Award recognizes educators' lifetime of dedicated service to Montessori education.

Dorer has been involved in Montessori education for more than 45 years. After beginning as a classroom assistant, he earned a Montessori education credential from the Minnesota Institute for Teacher Education in 1971 and early childhood and elementary school credentials from the American Montessori Society (AMS) and the Association Montessori Internationale. Dorer has a doctorate in instructional leadership from Argosy University.

Dorer taught in the St. Catherine University Montessori Teacher Education Program from 1984 to 1990 and served as program director from 1991 to 2012. He founded the Institute for Montessori Innovation at Westminster College in Salt Lake City, from which he retired in 2015. He also started and wrote the charter for the nation's first Montessori charter school, in Winona, Minn.

Dorer now serves as a senior consultant for the Montessori Foundation in Sarasota, Fla.

Dorer's latest book, "The Deep Well of Time: The Transformative Power of Storytelling in the Classroom," was released in 2016. Dorer and his wife, Rose, are longtime residents of St. Anthony Park.

Local nonprofit delivers books to historic Egyptian library

A piece of Midwestern literary culture now resides in one of the world's oldest libraries in Alexandria, Egypt, thanks to a joint effort by nonprofits Books for Africa, Little Free Library, Minnesota Friends of the Bibliotheca Alexandrina and the Minnesota Book Awards program. Books for Africa has a warehouse at 635 N. Prior Ave., just north of University Avenue.

In October, Patrick Plonski,

executive director of Books for Africa, presented Bibliotheca Alexandrina officials with a Little Free Library filled with award-winning books by Minnesota authors who had been recognized in the recent Minnesota Book Awards ceremony.

The library originally opened in the third century and has been recreated in recent years. The Little Free Library presented there is painted with a birch tree motif that evokes Minnesota's woodlands.

Books for Africa has distributed more than 40 million books and large numbers of computers and e-readers to nearly every African country over the past 30 years.

Women's Drum Center will host New Year's Eve Wassail

The Women's Drum Center, 2242 W. University Ave., St. Paul, is hosting a free informal co-ed New Year's drum jam Sunday, Dec. 31, from 6:30 to 9:30 p.m. All ages are welcome. No drumming experience is necessary and drums will be provided.

The evening's focus will be on drum jams, with other activities, including a short performance by Taikollaborative, a raffle prize drawing and a ceremonial ending with each person drumming in the New Year on a large Japanese taiko drum.

You can help support the Women's Drum Center and its community outreach efforts by purchasing a raffle ticket for a chance to win one of three Visa gift cards. First prize is \$300, second is \$200, and third is \$100. Purchase raffle tickets at the event or online at <https://go.rallyup.com/wdcwassail2017>. You do not need to be present to win. No registration is needed for this free event; just come on by.



This photo is from the exhibit "When Home Won't Let You Stay," which opens at St. Matthew's Episcopal Church Jan. 2

Look for last-minute events and news at womensdrumcenter.org or facebook.com/womensdrumcenter.

St. Matthew's photo exhibit documents lives of refugees

St. Matthew's Episcopal Church, 2136 Carter Ave., St. Anthony Park, invites you to attend the exhibit "When Home Won't Let You Stay," which runs Tuesday, Jan. 2, to Tuesday, Feb. 6, in the church's Undercroft Gallery.

"When Home Won't Let You Stay" is a poignant photography exhibition about refugees in Minnesota by documentary photographer James A. Bowey. It provides a new perspective on the often hidden lives and compelling experiences of refugees in our communities. The number of globally displaced people has risen dramatically in recent years and is expected to continue to rise in response to ongoing conflicts, poverty and climate change. International and national events have prompted debates in communities across the country about our duty to refugees, our

American roots and national identity. The traveling exhibition consists of contemporary color portraits accompanied by first-person stories highlighting the plight and resiliency of refugees who call Minnesota home.

The exhibition also includes a unique live community conversation moderated by the photographer to consider the experiences of refugees, and the responses of local communities to needs of displaced people around the world. The community conversation will be held at St. Matthew's Thursday, Jan. 25, 6:30 to 9 p.m.

St. Paul Public Library will offer Winter Wellness programs

St. Paul Public Library will host several programs to help encourage the community to embrace winter with laughter, meditation and warm mugs of tea. Programs are free and all are welcome.

Tea 101 with TeaSource will explore the many different types of teas—black, dark, oolong, yellow, green and white tea—and samples will be provided at each event. Tea

101 programs will be held at Hamline Midway Library, 1558 W. Minnehaha Ave., Wednesday, Jan. 10, at 6 p.m.; at Dayton's Bluff Library, 645 E. Seventh St., Wednesday, Jan. 24, at 6 p.m.; and at St. Anthony Park Library, 2245 Como Ave., Thursday, Feb. 15, at 6 p.m.

Participants are invited to discover how meditation can improve concentration and relaxation. Arvind Naik will present simple, powerful meditation techniques to reduce stress. These Meditation for Healthy Living programs will be held at Rondo Community Library, 461 N. Dale St., Tuesday, Jan. 9, at 6 p.m.; at Arlington Hills Library, 1200 Payne Ave., Thursday, Jan. 25, at 6 p.m.; and at George Latimer Central Library, 90 W. Fourth St., Sunday, Feb. 11, at 2 p.m.

Laughter Yoga invites more joy, play and well-being into the daily routine. It does not include physical asanas and can be practiced by anyone who is willing to be a bit silly. These programs will be presented by certified Laughter Yoga leader and holistic life coach Katy Taylor at Riverview Library, 1 E. George St., Saturday, Jan. 13, at 1 p.m.; at Rice Street Library, 1011 Rice St., Tuesday, Jan. 16, at 6 p.m.; and at Hayden Heights Library, 1456 White Bear Ave., Saturday, Feb. 17, at 2:30 p.m.

Call 651-266-7000 or go to sppl.org/WinterWellness for more information.

'A Steady Rain' to open at Gremlin Theatre in January

"A Steady Rain" will be performed at

Neighbors to 15




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L I V E S L I V E D

*The Park Bugle prints obituaries free of charge as a service to our communities.
Send information about area deaths to Mary Mergenthal at mary.mergenthal@gmail.com or call 651-644-1650.*

Joseph Bianchi

Joseph D. Bianchi, 93, of Falcon Heights, died Nov. 17, 2017.

Joseph worked as a social worker at Hennepin County for many years. He was a volunteer firefighter in Falcon Heights for 30 years. He also served in the army during World War II.

He was preceded in death by his wife, Dorothy; siblings, Catherine (Joe Keary), Ernest (Dorothy) and Dominic "Dick"; grandson, Joe Lynn; brothers-in-law, John Joki, Marvin Joki and Eugene Couture; and sisters-in-law, Jean Couture and Irene (Bill) Park. He is survived by his children, Nancy (Dennis) Post, Tom (Deb), David (Michelle), Jim (Muriel) and John (Scott Warrender); eight grandchildren; sister, Rose (Leon) Bourque; and brother, Paul (Barbara).

Mass of Christian Burial was celebrated Nov. 27 at Corpus Christi Catholic Church, with interment at Fort Snelling National Cemetery.

David Bienhoff

David A. Bienhoff, 88, died Nov. 8, 2017. He was a longtime resident of St. Anthony Park and died peacefully at home.

Dave was born to Arthur and Stella Gillbard Bienhoff in July 1929 at Miller Hospital in St. Paul. He met Eleanor Fredrick in a high school Bible study club and they married in 1949. After finishing college, Dave taught agriculture to farmers in Butterfield and Jackson, Minn., before moving back to St. Paul.

Dave loved helping people and enjoyed working selling life, rain and hail insurance for more than 50 years, getting to know farmers and other customers in eastern Minnesota and western Wisconsin. He was full of energy, stories and ready laughter.

He was well-known for his gift of music, playing beautiful piano medleys of hymns, carols and popular classics by ear, accompanying vocalists, groups and worship services at men's retreats at Big Trout Lake Camp for years.

He took bicycle trips and organized outings with other outdoors enthusiasts. He loved to travel and visited relatives in Cornwall and Scotland.

Dave is survived by his sister, Faith (Toby) Cole; brother, James (Meda); son, Paul (Alisoun);

daughters, Lisa Livingstone (John Kramer) and Estelle Batal; and three grandchildren. He was preceded in death by his parents; brother, Milton; wife, Eleanor; infant son; and daughter, Jan.

A special thanks to Dave's caregivers, Jamoke, Yema and KG. With their expert and loving care, Dave was given the gift to stay in his home in comfort.

A celebration of Dave's life was held at University Baptist Church on Nov. 21.

Harold Fabríz

Harold Leo "Hal" Fabríz, 85, of Falcon Heights, died Nov. 25, 2017. Hal had a special talent in the arts of pulling pranks and telling jokes, endearing him to many.

Hal was born in Minneapolis in 1932 and attended Roosevelt High School (class of 1950), Bethel College and the University of Minnesota, before attending Michigan State University, where he obtained a bachelor's degree in criminal science and went on to post-graduate studies in his field. Hal served in the U.S. Army during the Korean War.

He began his law enforcement career as a Hennepin County deputy sheriff, was a Navy Special Agent NCIS and spent 25 years as a special agent in the FBI. He worked in Texas and Mississippi during the tumultuous years of the civil rights movement in the 1960s and 1970s.

Hal retired from his FBI career in 1987 while assigned to the Minneapolis office. After retirement, he worked as a private investigator for the NFL (Vikings) as a drug-program agent.

Hal held many church affiliations as his job moved him, his daughters and his first wife, Miriam Tapper Fabríz, from place to place. He served in roles from choir member to Sunday school teacher to deacon. He was a proud member of the Society of Former Special Agents of the FBI, ARNISSA, Torske Klubben and the Auburn Cord Duesenberg Automobile Museum.

Hal's hallmarks were his loyalty, grace and charm both in word and deed. He maintained friendships old and new, far and wide, while keeping family close at heart no matter the distance.

Hal is survived by his wife of 30

years, Patricia Fagerlie Fabríz; his daughters, Dawn Phillips of Houston and Sharon Fabríz of Sacramento; step-daughter, Thekla Fagerlie Madsen, and her husband, Bob, of River Falls, Wis.; four grandchildren; and three great-grandchildren.

His funeral was held Nov. 29 at Roseville Memorial Chapel, with interment at Fort Snelling National Cemetery.

Ned Hanna

Ned J. Hanna, 62, died peacefully on Dec. 10, 2017.

He grew up in Como Park and graduated from Murray High School. He continued to live in Como Park for most of his adult life. He was so active in neighborhood activities, including the Northwest Como Booster Club, that many dubbed him "The Mayor of Como Park." He later lived in Apple Valley, Minn., and Surprise, Ariz.

After retirement, he worked at Giggles Campfire Grill during the State Fair. He had a wide circle of friends. "There was no stranger who did not become a friend," said a longtime friend from St. Anthony Park.

The family remembers: "Ned was a beloved husband, grandpa, brother, uncle and remarkable friend. Ned's gentle soul and kind heart had a profound impact on everyone he knew."

He is survived by his wife and best friend, Sandra; step-daughter Nicole (Chris); and two grandchildren. Also surviving are his brothers, Bill (Karen) and George, and sister, Jean.

He was predeceased by his parents, James and Rose Hanna.

His memorial service was held Dec. 19 at St. Christopher's Episcopal Church in Roseville.



Dorothy Hopp

Dorothy Hopp

Dorothy (Gade) Hopp died Nov. 21, 2017. Dorothy celebrated her 101st birthday, joyfully surrounded by adoring fans, and left on her own terms, dying gracefully of old age. She will be missed and always remembered.

Born Dorothy Louise Gade, Nov. 6, 1916, on a farm near Seward, Neb., she grew up hard working,

active, inventive and artistic. She drove tractors, helped harvest, cooked for threshers and sewed a closet full of dresses. At the University of Nebraska in Lincoln her eyes were opened to cultural pursuits, classical music and interior design. She graduated with foods and nutrition and interior design majors.

She met Ralph Hopp at a dance in 1938, and they married on June 8, 1941. After travels for Ralph's studies, they settled in St. Anthony Park. They enjoyed a happy life of Colorado skiing, tennis leagues, canoe trips, golf, dancing, music and entertaining—and raising three kids (Caroline, 1944; Tom, 1948; and Susan, 1951). Summers were spent car-camping and at their cabin in Amery, Wis. The family spent 1962–63 in Ankara, Turkey.

Dorothy was active in organizations, including the University of Minnesota Faculty Women's Club, where she was president in 1973-74. Dorothy's lifelong passion for interior design was evident in her lovely homes full of Oriental rugs, paintings and treasures gathered from Turkey and world travels. Asked late in life what her profession was, she replied, "I make things beautiful." She did indeed.

She is survived by son, Thomas (Lorraine); her daughter, Susan (Karl Schweikart); and two grandsons. She was preceded in death by her husband, Ralph (2003); her daughter, Caroline (1963); her brother, Donald Gade; and her sister, Josephine Stoner.

Private services will be held. Her ashes will be buried alongside Ralph's at Osage Church in Cook, Neb.

Raymond Keller

Raymond A. Keller, 82, died peacefully Nov. 16, 2017, at St. Anthony Park Home.

He graduated from the University of Minnesota and was a talented architect and artist. He resided in his St. Anthony Park home and community for more than 40 years.

Ray is survived by his sister, Virginia (Don); his brother, David (Lynn); his sister-in-law, Jacqueline Keller; and nieces and nephews. He was preceded in death by his brother, Wendell, and parents, Leona and Raymond.

Nicholas Koh

Nicholas Koh, 79, died Nov. 22, 2017. He is survived by his wife, Chenda Chhay; daughter, Huoy Lin Mao; and son, Leang Heng Mao. His funeral was held Dec. 2 at Mt. Olive Lutheran Church in Como Park, with interment at Roselawn Cemetery.

Ruth Marie Peterson

Ruth Marie Peterson, 59, of Lauderdale, died December 8, 2017.

She was preceded in death by her father, Howard Jensen, and brother, Paul "Bucky" Jensen. She is

survived by her husband of 31 years and lifetime friend, Joe Peterson; her mother, Helen Jensen; and siblings, Tony (Robin) Jensen, Marty (Sharon) Jensen and Lynda Jensen.

A celebration of Ruth's life will be held in the spring.

Barbara Scherek

Barbara Ann "Bobbi" (Proshek) Scherek, 85, of Annandale, Minn., died Oct. 16, 2017.

Bobbi grew up in St. Anthony Park, attended Murray High School and graduated with a bachelor's degree in nursing from Hamline University.

Her long career of "helping people help themselves" began with teaching nurses at Bethesda Hospital, continued more than 50 years through leadership positions in the American and International Red Cross and culminated in mentoring students through the University of Minnesota Center for Spirituality, upon becoming a certified holistic health coach at age 79.

After a career in the American Red Cross, Bobbi received the Ann Magnussen Award for Outstanding Service. She was assigned to lead the preparations of German medical facilities in anticipation of the Persian Gulf War; she initiated recruitment and training of 4,000 volunteers; she established military family health-and-safety programs; and she created a home-care program to help returning troops. She received the Clara Barton Award for Exemplary International Service from the International Red Cross.

She was preceded in death by two husbands, Dr. Jerome J. Scherek and William Wegleitner, and a daughter, Barbara Scherek. She is survived by three daughters, Kathleen Scherek (Bob Brewer), Teresa Khan MacKay (Greg) and Mary Jo Hennessey (Tim); nine grandchildren; and one great-grandchild.

A Celebration of Life service was held Nov. 18 at White Bear Unitarian Universalist Church.

Lottie Sugdon

Lottie Sugdon, 102, of Falcon Heights, died Nov. 22, 2017.

Lottie grew up in Glyndon, Minn., and graduated with a degree in home economics from North Dakota State University in Fargo. She loved her work as food judge at the Minnesota State Fair for more than 30 years.

Lottie was preceded in death by her husband, Malcolm E. Sugden; parents; and three brothers. She is survived by her children, Byron (Ann), Lisa (Gene) Gaetke, Paul (Barb), Penny (Jim) Langland and Mark (Betty); eight grandchildren; and three great-grandchildren.

A memorial service will be held Wednesday, Dec. 20, at 11:30 a.m. at Waverly Gardens Chapel, 5919 Centerville Road, North Oaks, with private interment at Roselawn Cemetery.

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Bettye Olson in her studio in the Dow Arts Building on University Avenue. Photo by Kristal Leebrick

A persistent vision

New book explores the life and art of 94-years-young Bettye Olson

By Jason DeMoe

It was 1923 when Emil and Irene Johnson welcomed daughter Bettye into the world at Norwegian Lutheran Deaconess Hospital and subsequently brought her home to their Powderhorn Park apartment in Minneapolis. Little did they know at the time, that Bettye would grow to become one of the most influential Minnesota artists of the 20th century.

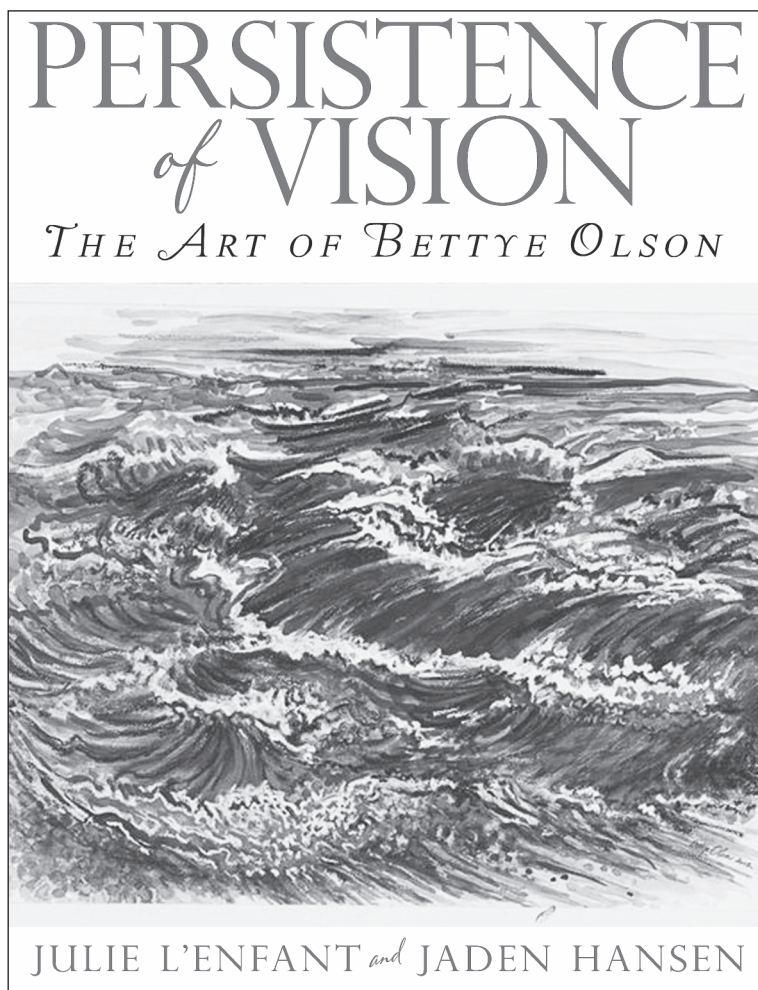
In “Persistence of Vision,” a newly released book detailing Lauderdale resident Bettye Olson’s life and art, co-authors Julie L’Enfant and Jaden Hansen provide a thorough birth-to-present examination of the artist, who has been compared to both Vincent Van Gogh and Emily Carr.

Olson is a lifelong resident of the Twin Cities who received bachelor’s and master’s degrees in art education from the University of Minnesota with summer sessions at the University of New Mexico in Taos and the Cranbrook Academy of Art in Bloomfield Hills, Mich. Boasting an art career that spans seven decades, Olson has held 56 one-woman shows, including a retrospective at St. Catherine’s University in November 2006. That show was curated by associate art and art history professor Patricia Olson, who also wrote the forward for “Persistence of Vision.”

“Each of Bettye Olson’s artworks is but a single image in the prolific flow of her distinguished body of work,” Patricia Olson writes. “Her art documents the authentic response of an artist compelled to carefully observe the incredible world around her.”

“Persistence of Vision” is broken into eight chapters’ worth of an examination of Bettye Olson. Each of those chapters explores a different set of years of her life. The book opens with 1923 to 1945, moves on to 1945 to 1949, and then provides six decade chapters: 1950s, ’60s, ’70s, ’80s, ’90s and 2000s.

One focal point of the book is the fact that Olson persevered as an artist and never stopped creating,



even during a time when many believed wife and mother were the only two acceptable things for women to be and art was referred to as nothing more than a hobby for even the most serious of female painters.

“Who can say that the art world didn’t change but for the persistence of women artists like Bettye, who kept submitting their work to exhibitions and competitions, visiting art colonies, all the while so busy that they sometimes had to paint in the bathroom at night after the kids went to bed,” wrote Kristin Makhholm, director of the Minnesota Museum of American Art, in the introduction to “Persistence of Vision.”

Although the book does weave an interesting truth about the life and times of Olson by providing vivid details in text, the artwork and personal photographs heavily peppered throughout the pages also

speak to her enduring legacy while providing the reader an intimate look at the different phases of her life. From watercolors to acrylics to ink wash and charcoal work, Johnson’s efforts come to life on the pages. Also, 70 years worth of personal photographs from Minnesota to Washington to New Mexico to London to Italy and beyond provide a pictorial history lesson that provides for a welcome addition to the book.

“Persistence of Vision” is available through Afton Press at goo.gl/8gpJS4.

Paintings are included in the collections of the Weisman Art Museum, Minnesota History Center, Minnesota Museum of American Art, St. Catherine’s University, Augsburg University, Luther College, Concordia College, St. Olaf College, Pillsbury, Thrivent, 3-M and others, including private collectors—national and international.

Neighbors from 13

Gremlin Theatre, 550 Vandalia Street, St. Paul, Friday, Jan. 12, through Saturday, Feb. 3. “A Steady Rain” explores the complexities of a lifelong bond tainted by domestic affairs, violence and the rough streets of Chicago.

Joey and Denny have been best friends since kindergarten, and after working together for several years as policemen in Chicago, they are practically family: Joey helps out with Denny’s wife and kids; Denny keeps Joey away from the bottle. But when a domestic disturbance call takes a turn for the worse, their friendship is put on the line.

Written by Keith Huff (TV’s “Madmen” and “House of Cards”), “A Steady Rain” premiered on Broadway with Daniel Craig and Hugh Jackman.

Tickets are \$28 for general admission and those under 30 pay half their age every night. Discounts are available for seniors and Fringe button holders.

For times, dates and tickets, go to www.gremlintheatre.org or call 1-888-71-TICKETS.

Classes at St. Paul Parks & Rec

Registration for spring sports (indoor soccer, volleyball, floor hockey) is open Jan. 1-31. The first five days are early-bird discount days.

Here is a sampling of offerings at the Parks & Rec centers in the St. Anthony Park and Como areas. Go to the centers’ websites to find out more about classes.

North Dale Recreation Center

www.stpaul.gov/northdaleRec
651-558-2329

Adult Ping Pong, Mondays through March, 6:30-8:30 p.m.

Zumba for Adults, Wednesdays, Jan. 24-March 21, 9:30-10:30 a.m., \$60

Ice Skating Lessons, ages 5-7, Saturdays, Jan. 6-Feb. 3, 10-11 a.m., \$40

Mix It Up Chemical Engineering, ages 7-11, Thursdays, Jan. 18-Feb. 1, 4-5:30 p.m., \$75

POWA Hip Hop, ages 16-adult, Saturdays, Feb. 3-March 31, 9:30-10:30 a.m., \$60

Domestic Violence 101, ages 16-adult, Saturday, Feb. 3, 10-11 a.m., free

Men’s 35+ Ice & Advil Basketball, Sundays, Feb. 11-March 25, 1-2:30 p.m., \$26

Men’s Soccer, Saturdays, Feb. 10-April 7, 9:30 a.m.-12:30 p.m., \$3/weekly

Parent/Child Tot Time, Mondays, Wednesdays and Thursdays, 9 a.m.

Winter Classic High School Girls Hockey, Saturday, Jan. 13, 9 a.m.-4 p.m.

Northwest Como Rec Center

www.stpaul.gov/northwestcomoRec
651-298-5813

Family Open Gym, Sundays, Jan. 7-March 25, 3-5 p.m., free

Adult Indoor Soccer, Sundays, Dec. 3-March 25, 5-6:30 p.m., \$5/weekly

Senior Gamers (ongoing), Tuesdays, 1-3 p.m., free

Women’s 35+ Basketball,

Sundays, Dec. 3-March 25, 6:30-7:30 p.m., \$4/weekly

Men’s 35+ Ice & Advil Basketball, Sundays, Feb. 11-March 25, 1-2:30 p.m., \$26

My Buddy & Me Dance, ages 3-17 and their adult buddy, Wednesdays, Jan. 17-May 9, 6-6:30 p.m., \$80

Parents Night Out, ages 4-12, Friday, Feb. 16, 6-9 p.m., \$7/child

Creative Writing Club, ages 7-12, Wednesdays, Feb. 7-28, 3:15-4:15 p.m., \$30

Ice Skating Lessons, ages 3-5, Saturdays, Jan. 6-27, 12:30-1 p.m., \$35

Ice Skating Lessons, ages 6-9, Saturdays, Jan. 6-27, 1-1:30 p.m., \$35

Lego Machines, ages 7-12, 1 Mondays, Feb. 19, 1-4 p.m., \$35

Softball Fast Pitch Clinic, ages 9-14, Tuesdays, Feb. 20-27, 7-8:30 p.m., \$20

Teen Open Gym, ages 12-17, 7-8:30 p.m. Wednesdays, Jan. 10-Feb. 28, free

Wacky Craft Thursday, ages 6-12, 3:15-4 p.m. Thursdays, Jan. 11-March 1, free

Family Skating Party and Bonfire, Friday, Jan. 26, 6-8 p.m., free

Langford Rec Center

www.stpaul.gov/LangfordRec
651-298-5765

Ice Skating Lessons, ages 3-5, Saturdays, Jan. 6-Feb. 3, 2-2:30 p.m., \$35

Ice Skating Lessons, ages 6-9, Saturdays, Jan. 6-Feb. 3, 2:30-3 p.m., \$35

Baseball/Softball Clinic, ages 7-11, Tuesdays, Feb. 6-27, 7-8 p.m., \$25

Parents Night Out, ages 4-12, Friday, Feb. 9, 6-9 p.m., \$7/child

Chair Yoga for Adults, Thursdays, Feb. 1-April 5, 1:30-2:30 p.m., \$40

Have a Heart Cooking Class, ages 7-12, 6:30-8 p.m., Thursday, Feb. 15, \$35

STEM Club, ages 7-11, Mondays, 6-7:30 p.m., Feb. 5-19, \$75

Chess Club, ages 7-12, Wednesdays, Jan. 10-March 28, 6-7:30 p.m., \$65

Babysitting Training, ages 11-17, Saturdays, Feb. 3, 9:30 a.m.-4 p.m., \$60

Zumba for Adults, Mondays, Jan. 22-March 19, 7:45-8:45 p.m., \$60

Badminton, ages 10-adult, Saturdays, Jan. 6-Feb. 3, 2-4 p.m., free

Pickleball, ages 10-adult, Sundays, Jan. 7-Feb. 4, 2-4 p.m., free

Open Gym, all ages, Saturdays and Sundays, Jan. 6-Feb. 3, 4-6 p.m., free

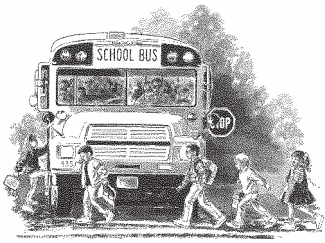
Bowling, ages 50+, Fridays, 9-11 a.m., free

Walking, ages 18+, Fridays, Jan. 5-March 30, 2-3 p.m., free

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

Men’s 35+ Ice & Advil Basketball, Sundays, Feb. 11-March 25, 1-2:30 p.m., \$26

Soo Bahk Do, ages 6-adult, Thursdays (ongoing), \$45/month



School News

We welcome news about area schools and students in our coverage area. Send your news about local schools and students to editor@parkbugle.org. The next deadline is Wednesday, Jan. 17.

Como Park Senior High

740 Rose Ave., 651-293-8800
www.comosr.spps.org

They were on TV

Academy of Finance (AOF) students at Como welcomed Wells Fargo employees to school last month for an all-day networking event. Leaders from Wells Fargo guided AOF students from each grade level in small group discussions, mock interviews, resume-building lessons and soft skills refinement.

Coordination between Como AOF instructor Kris Somerville, Wells Fargo and Junior Achievement's "JA Inspire" outreach program created a large-scale, impactful experience at Como for more than 300 students.

Reporter Jessica Miles from KSTP-TV was on site interviewing students and Wells Fargo representatives. A feature story was produced for evening and morning news broadcasts.

Senior Janeijha Jones said developing confidence in professional situations will serve all students well, regardless of what they study in the future.

"The communication skills we get are huge because a lot of young people in this era don't know how to

talk to people or approach someone," Jones said. Senior Robert Adams added that joining AOF was one of the best decisions he has made in high school. The program has given him confidence to reach for his goal of being an entrepreneur.

Close Up students are bagging groceries to raise funds for trip

AP Government and Politics students are fundraising for the March Close Up trip to Washington, D.C. Students will bag groceries for customers at the Roseville Cub Foods on Larpent Avenue Friday, Dec. 22, and Saturday, Dec. 23, 10 a.m.-6 p.m. Donations from Cub customers will help defray the expense of the educational adventure.

Also, throughout the month of January, proceeds from all sales at Sunrise Banks' Park Perks Coffee Bar will support the Como students' journey to the nation's capital. Tasty treats and coffee are located inside the bank at 2250 Como Ave. in St. Anthony Park.

Twenty-six seniors will participate in the Close Up program, which promotes education in democracy and uses the capital as a living classroom.

Throughout the week, Como students will connect their learning through study visits to monuments and memorials, have meetings with elected officials, policy experts and journalists, while representing Minnesota in their peer groups with other high school students from across the nation.

Apps Club meets weekly

Como girls interested in technology applications and who want to learn more about writing code have started up the Como Technovation Apps Club again this winter.

The club meets weekly for three months and includes mentorship from a field expert, the use of the App Inventor product and coordination from club adviser Liz Riggs.

The culminating event is participation in Minnesota's Technovation Appalooza, where students showcase their app to local business and industry leaders at the Minneapolis Convention Center. Last year, one of Como's teams won at the Minnesota event by developing an efficient language translator. They advanced to the national level of competition, which was evaluated virtually by a committee of judges.

This year, the returning girls aspire to develop a new app that serves people in another effective way. They also hope to have even more girls participating in the fun, instructive and useful club activity.

Come shadow at Como

Prospective students who are interested in experiencing a day at Como Park Senior High School are invited to shadow a current student. Students may shadow Jan. 10, 11, 17 and 18, as well as Feb. 7 and 8. Parents of students who would like to shadow may register on the school website, www.comosr.spps.org. Under "Families," click the "shadowing and tours" link. Any questions can be referred to Dede at patricia.hammond@spps.org or 651-774-6825.

Murray Middle School

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

Learning about environment and culture at Wolf Ridge ELC

Seventy Murray students went to Wolf Ridge Environmental Learning Center in northern Minnesota in late November to learn about the environment.

As they rode the bus, they sat with their friends and started to make new ones. As they met their dorm mates, they continued to make new friends and even more were made as they attended their classes, which



Murray Middle School students spent many hours outdoors during the late-November trip to Wolf Ridge Environmental Learning Center near Finland, Minn. Photos courtesy of Tim Chase.

varied from adventure ropes to lichens.

These environmental classes were interspersed with classes taught by eighth-grade leaders from four of the many different cultures represented in the student body at Murray. All students participated in classes ranging from dance contests, making Yule heart crafts, learning about the Rondo neighborhood, how the Karen came to America and enjoying *pan de muerto*.

These cultures, although different, all coexist within the Murray community. The classes helped students respect the differences and understand that every culture has traditions and stories that make us more alike than different.

As the retreat closed, students were asked how they could make Murray an even better school. Their ideas will start conversations around school within all foundations classes. The school's staff and administrators will work to implement and help the student voices become integrated into school life.

Tutors needed at Murray

Murray Middle School offers a comprehensive tutoring and study skills support program called the Murray Pilot One-on-One Tutoring Program.

Now in its 11th year, the program is offered during the school day as an elective class Monday through Friday during the last three class periods of the day at 11:08 a.m.-12:08 p.m., 12:12-1:04 p.m. and 1:08-2 p.m.

The seventh- and eighth-grade



Voyageur camp is a popular class at Wolf Ridge.

children involved in the program are primarily at-risk students who benefit from obtaining daily support from a tutor and mentor. Tutors work with students on developing solid study skills and they work on core subjects, including English, science, math and social studies. The goal is to have 75 tutors each week who are either members of the community or are students from the local colleges and universities.

People enjoy working at Murray because it is an urban middle school with a diverse population and they have an opportunity to work with the same student each day. This lends itself to developing positive relationships with the Murray students. Cindy Thrasher is present in the classroom during the entire time so that both the Murray student and the tutor have a support system in place at the school.

All tutor volunteers are asked to participate in a 90-minute training and orientation session. Contact Cindy Thrasher, coordinator, to sign up for a training session or for more information at 651-293-8740 or cindy.thrasher@spps.org.

New Year's Resolutions for 2018

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- ☐ Look for my dream home while interest rates remain low
- ☐ Work with a caring and knowledgeable realtor

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

Ski team hopes for snowy season

The Nordic ski season for high school teams across the state officially began Nov. 13. As of Dec. 13, the Como Cougar Nordic skiers had yet to ski on snow, which, after all, is pretty much the point of Nordic skiing.

An icy mix in early December topped off with flurries covered the ground in white, but the snow pack required for skiing in St. Paul was not sufficient.

Roller skis that simulate skiing technique have been used by a handful of Como skiers that have their own equipment, but the majority of team members have been running. And running. And running some more.

The circumstances create a bit of a conundrum for coaches and captains. How should skiers practice skiing when they can't ski?

"It's like the basketball team having practice every day, but they've deflated all the basketballs," quipped senior captain Dominic Wolters.

Seniors Gabe Reynolds, Eli Pattison and Eva Hanson are also captains. They share the sentiment. Nevertheless, they know there's not much they can do. When there is enough snow, their fitness needs to be at a high level.

All the captains, plus a majority of the 30 team members, are cross-country runners in the fall.

"It's a lot of running when there's no snow, and some people get a little tired of that after many months, but endurance is very important to Nordic, so it's still helpful to get us ready," Hanson said.

"I'm not bothered by dryland training, but it is a bit tricky to try and maintain team excitement when we're not actually doing the sport we signed up to do," Pattison added.

To mix things up and avoid monotony, dryland training activities have included spirited games of soccer and Ultimate Frisbee. Skill levels and passion for those forms of cross training vary, but the camaraderie of the team keeps things fresh.

Another element to team chemistry is pasta. Team bonding over pasta dinners is a tradition carried out the night before every race. Or more accurately, every scheduled race.

While lack of snow may cancel a meet, it doesn't stop Como Nordic skiers from feasting together on carbs the prior evening. Pattison and Reynolds explained, with a smile, that they wouldn't want to miss their carbo loading.

When spending time around the Cougars' skiers, it's difficult to not be impressed with the attitude, maturity and pleasant spirit they demonstrate. Those traits are greatly appreciated by Como head coach

Sasha Van Voorhis.

"It's a really smart group of kids. It's nice not having to explain every decision we make. They understand why we're running. You definitely get committed kids when you're only skiing a third of your actual season," Van Voorhis said.

Van Voorhis is an accomplished skier with deep knowledge of technique and equipment. He is well-connected in the larger Nordic ski community and enjoys the supportive relationships.

"He's young and he's passionate and he's really committed to seeing skiing grow in St. Paul," Gabe

Reynolds said of his coach.

Van Voorhis grew up in St. Paul and attended Central High School. He was on the ski team there and in college. After schooling and work with the forest service, he returned to Central and served as the assistant coach. The head coach was his father-in-law, Robb Lageson.

After five years as an assistant, Van Voorhis applied for the head coaching position at Como when it opened up in 2015. While taking the job at Como may have split up the daily family gathering, a

Como sports to 18

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Choir with Strings, Harp & Organ
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Sunday, January 7, 2018, 9:15 a.m.
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The Como Nordic ski team spent another warm November day doing dryland training on the school track and field before heading around Lake Como. Photo by Eric Erickson

Como sports from 17

partnership of sorts between the Central and Como Nordic teams blossomed.

The two teams now take an annual trip together over winter break to the Upper Peninsula of Michigan, where a deep snow pack is virtually a guarantee in late December.

"It's visually stunning. You're going through the north woods of the Upper Peninsula, and it's an opportunity to get closer to nature, and to get closer to your teammates in a setting that inspires introspection," Wolters explained.

Three days of training in a spectacular environment with two nights of bonding and laughter shared by integrating students from two St. Paul schools has certainly stood out as a peak experience for past participants. The dates of Dec. 27-29 are already eliciting excitement, as this year's teams anticipate the event.

When the calendar turns over to 2018 after the winter break, the Como Nordic team hopes it will be resuming workouts on the Como Golf Course. The urban gem just across the lake from school is an ideal spot for skiing if Mother Nature cooperates with snow.

For assistant coach Dylan Adair, a science teacher at Como, interacting with the environment is a major benefit of Nordic. "You can tell [Adair is] passionate about the outdoors, and it's cool to share in that love and passion for doing something that's hard but rewarding," Reynolds said.

While relatively new to skiing, Adair's consistent support of each skier is a valuable asset appreciated by all. Reynolds and Pattison described how Adair always tends to those with an issue, injury or equipment need and hangs back with anyone having

a challenging day.

Some describe Nordic skiing as a solitary sport. It certainly can be an isolated activity if desired and there are moments in each practice or race when it's required. Oftentimes the competition is really against yourself, pushing to be your best and enduring all the challenges in order to cross that finish line.

However, without the network of support on the Como Cougars Nordic Ski team, it's doubtful that dryland training, inconsistent snow conditions and sporadic races would be enough to attract 30 busy, talented, top students to commit their time and energy after school for three months.

It's about the relationships. Relationships among teammates, between coaches and kids, and interaction with the outdoors are integral ingredients to the Nordic skiing culture at Como and in St. Paul.

As for the final ingredient, let it snow.

Eric Erickson is a social studies teacher at Como Park High School and a longtime coach of school and youth sports in St. Paul. Follow twitter @eestp for current school sports news.

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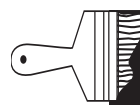
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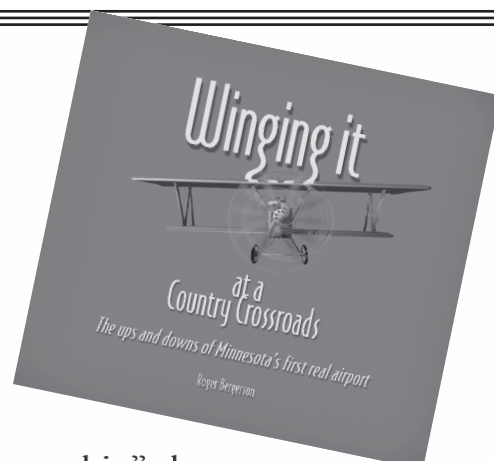
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Business News



Angelo Giovanis and his daughters cut the ribbon at the Naughty Greek's new location on University Avenue. Holding the ribbon are St. Paul Mayor Chris Coleman (left) and Chad Kulas of the Midway Chamber of Commerce. *Photo by Kristal Leebick*

Naughty Greek opens second store on University Avenue

St. Paul Mayor Chris Coleman was on hand Dec. 5 to hold the ribbon as Angelo Giovanis and his two daughters cut it, marking the grand opening of the Naughty Greek's second location at 2400 University Ave.

Giovanis, a native of Greece,

opened his first restaurant at Snelling and Selby avenues a year ago. It was so successful that he needed a new space with a larger kitchen and more storage to house the olive oil, feta cheese, honey and olives that Giovanis imports from Greece, he said.

The University Avenue restaurant has a similar menu to the Snelling Avenue location, including the store's signature dish: pork gyro made from scratch with layers of locally sourced meat, herbs, garlic, olive oil and citrus. The new restaurant can seat up to 74 people.



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Katheryn Menaged, proprietor at Scarborough Fair, helps Diane Young with pieces from the store's new jewelry line, Clara Williams of Chicago. *Photo by Kristal Leebick*

A new jewelry line at Scarborough Fair

Katheryn Menaged threw a party at Scarborough Fair Dec. 5 to introduce a new handmade jewelry line by Clara Williams of Chicago. The patented jewelry system uses magnetic technology that allows for ever-changing accessorizing, Menaged said.

All pieces are made in the Chicago area by artisans or are antique precious pieces sourced from throughout the world. "The wearer can interchange the centerpieces with any of the necklaces," she said. Menaged has been intrigued by the artistry and innovation of this

line for years, she said.

Scarborough Fair carries "romantic" women's clothing, jewelry and accessories, and art. It is located in Milton Square in St. Anthony Park, at the corner of Como and Carter avenues.




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